

## Carrot Kugelettes

### **Ingredients**

3 onions, chopped oil, for sauteing 3 lbs (1 1/2 kilo) carrots 1/2 cup sugar 1/4 cup potato starch (up to 1/3 cup) 3-4 eggs black pepper to taste, optional

### **Directions**

1. Heat the oil in a medium sized pan. Add the onions and begin to sauté them. Meanwhile, peel the carrots and then slice them in the food processor. Add them to the onions and cover the pan. Steam the vegetables until they are soft, about 45 minutes. Remove the pan from the flame. 2. Preheat the oven to 350°F (180°C). Add the sugar, starch, eggs, salt and pepper to the carrot and onion mixture and mix well. Pour this mixture into greased muffin tins and bake for at least 30 minutes. Cool slightly and remove the kugelettes from the muffin pan.

Variation; You can make this in a 9x13-inch pan as well, and bake it for 50 minutes. (It will serve about 15). The reason I like making individual ones is that kugels made with sliced carrots, as opposed to grated carrots, don't slice as nicely. If you prefer to make one large kugel, and you want it to serve easily, coarsely grate the carrots and proceed as above. Note: These kugelettes freeze beautifully. Instead of cookies or nosh (which many people don't eat on Pesach) take these along on your Chol HaMoed outing. Pack in a plastic container with a bag between each layer. Served room temperature, they're really good. Everyone will appreciate having something healthful to bite into. Tip: You can make this during the year. Just substitute 1/2 cup flour for the starch

## **Spinach Squares**

Margie Litman

4 T butter, melted (to grease pan)  
3 eggs  
1 cup flour / cake meal  
1 cup milk  
1 tsp. salt  
1 tsp. baking powder  
2 small packages chopped spinach - thawed and drained  
1 onion, diced  
1 lb. cheddar cheese, grated

9 x 13 pan  
Preheat oven to 250.

Grease pan with melted butter.

Mix all ingredients in a large bowl. Place in pan and bake for about 40 min. or until golden on top.

## Pear & Cranberry Chopped Salad

1 medium cucumber, peeled, halved lengthwise  
seeded & cut into ½ " dice

table salt

3 T extra virgin olive oil

3 T sherry vinegar

1 medium chopped yellow pepper, ¼ " (1C)

1 ripe but firm pear cut into 1/4 " (1C)

½ small red onion minced (1/4 C)

½ C dried cranberries

1 romaine heart, cut into ½ " pieces (3C)

4 oz blue cheese, crumbled (1C)

½ C pistachios, toasted & coarsely chopped  
ground black pepper

1. Combine cucumber and ½ t salt in colander set over bowl and let stand 15 mins.
2. whisk oil and vinegar together in large bowl. Add drained cucumber, pepper, pear, onion & cranberries; toss & let stand at room temperature to blend flavors, 5 minutes
3. add romaine, blue cheese & pistachios; toss to combine. Season w/salt & pepper

## **Roasted Root Vegetables**

Any root vegetable, cut into quarters or halves.

Arrange in one layer on a baking sheet.

Liberally cover w/olive oil and honey or agave nectar

With the palm of your hand rub the vegetable so that they are well coated

Bake at 350 for about an hour or until tender

Serve alone or w/a grain

**Dill Sauce**  
Ina Garten

Ingredients

1 cup good mayonnaise  
1/4 cup sour cream  
3/4 teaspoon white wine vinegar  
12 fresh basil leaves  
3/4 cup chopped fresh dill  
1 1/2 tablespoons chopped scallions, (white and green parts)  
1/4 teaspoon kosher salt  
1/4 teaspoon freshly ground black pepper  
3 teaspoons capers, drained (not used on Passover)

Directions

For the sauce, place the mayonnaise, sour cream, vinegar, basil, dill, scallions, salt, and pepper in the bowl of a food processor fitted with a steel blade. Process until combined. Add the capers and pulse 2 or 3 times.