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EnLITened KOSHER COOKING - PASSOVER RECIPE LIST

For more information on Passover and diabetes and/or healthy living visit www.jewishdiabetes.org

In addition to the Passover Section of ENLITENED KOSHER COOKING (page 356), the following recipes can be used for Passover without any changes, (unless otherwise specified).

All ingredients used for Passover must be certified as Kosher for Passover.

There are many more recipes throughout the book that, with minor substitutions, may also be used for Passover. In general, any recipe that calls for small amounts of flour or soy protein powder (1-3 tablespoons) can be adjusted using potato starch instead.

Unfortunately, there are very few sugar-free products available with Kosher for Passover certification. Therefore, in recipes that call for small amounts of sugar-free products, such as vanilla pudding, jam, etc, one can substitute regular Kosher for Passover products and make the adjustments in the nutrition facts, using the information provided on the product label.

Any changes in your diet regimen should be discussed with your health care professional. We recommend showing this book to your health care team in order for them to help you make adjustments in your regimen.

For a wide selection of Passover titles visit us at www.feldheim.com.

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43 - EnLITened Egg Whites	86- Mashed Eggplant Salad (Babaganoush)
43- EnLITened Roasted Nuts	87- Sweet and Sour Salad
47- Classic Golden Chicken Soup	87- Shredded Black Radish Salad
48- Low-Carb Chicken Soup	89- Kohlrabi Salad
49- Fat-Free Knaidlach (Matzah Balls) (Gebrochts)	89- Moroccan Cooked Carrot Salad
52- Blended Soup	92- Creamy Israeli Salad
58- Spinach-Veal Soup	93- Light Waldorf Salad
61- Spicy Yemenite Soup	96- EnLITened Egg Salad
62- Crock-Pot Cabbage Soup	97- Tangy Chicken Salad
63- Vichyssoise (Potato-Leek Soup)	98- Greek Salad with Grilled Chicken
(Replace soy milk with regular milk.	102- Sour Peppers 1
Remember, this will then be Dairy.)	103- Sour Peppers 2
64- EnLITened Vichyssoise (Mock Potato Soup)	104- Pickled Roasted Peppers
70- Orange and Fennel Salad	104- Marinated Vegetables
72- Fennel in Vinaigrette	106- Antipasti
73- Spring Salad	107- Light Lettuce Salad
74- Multi-Green Creamy Balsamic Salad	108- Three-Bean Salad
75- Powerhouse Breakfast Salad for Two	110- Pickle Salad
76- Orange-Kiwi Salad	111- Broccoli-Cauliflower Salad
78- Creamy Cucumber Salad (Dairy Dressing)	112- Mock Potato Salad
79- Fresh Spinach and Strawberry Salad	114- Mixed Greens and String Bean Salad
82- Tossed Salad with Roasted Almonds	115- Broccoli-Almond Salad
	118- Chrayonnaise (Horseradish Mayonnaise)

118- Dill Dip
 120- Roasted Pepper Dip
 121- Onion-Cheese Dip (Dairy)
 121- Ranch Dip (Dairy)
 122- Creamy Dressing
 125- Matboucha
 125- Quick Tomato Dip
 126- Authentic S'chug
 128- "Imitation" S'chug for Beginners
 130- EnLITened Tapenade (Olive Spread)
 130- Rich Avocado Spread
 131-Spicy Guacamole Spread
 142- Vegetarian Stuffed Peppers
 144- EnLITened Mock Noodle Kugel (Casserole)
 146 Easy, Quick and Light Letcho (Gazpacho)
 148- Letcho (Gazpacho/Shakshuka)
 150- Braised Zucchini with Leek and Onion
 152- Mushroom-Spinach Sauté
 155- Braised Vegetables
 157- Broccoli Kabobs
 158- Portobello Mushroom Caps
 160- Baby Artichokes
 163- Oven-Steamed Endives with Lemon and Parsley
 172- Vegetable-Cheddar Frittata
 174- Powerful Egg White Omelet
 175- Powerful Egg White Omelet (Sweet Version)
 177- Cheese Balls
 179- Any-Vegetable Parmesan Microwave Delight
 180- Roasted Vegetables with Feta Cheese
 186- Syrian Cucumber-Mint Soup
 191- EnLITened Sweet and Sour Fish
 192- EnLITened Low-Carb Gefilte Fish
 195- Seared Salmon with Broccoli Florets & Scallions
 196- Susannah's Orange-Glazed Salmon
 199- Halibut Steaks in Pouches
 201- Fish Fillets Stuffed with Steamed Fresh Spinach
 202- Tilapia with Vegetable Topping
 203- Easy Broiled Fish Steaks
 207- Baked Whole Rainbow Trout in Ginger Sauce
 209- Stuffed Red Snapper Moroccan Style
 210- Snapper with Celery Stuffing
 212- Sephardic Spicy Fish in Red Sauce
 214-Fish Cholent (Stew)
 215-Tuna or Salmon Patties
 216- Middle Eastern Tuna Salad
 218- Salmon Pate'
 219- Tuna, Mushroom and Egg Quiche
 226- EnLITened Chopped Liver
 229- Satisfying Low-in-Everything Chicken
 231- Meatballs over Mashed String Beans
 237- Galerette (P'tcha, Calf's Foot Aspic)
 238- Shoulder Roast
 247- Roast Chicken Provençal with Whole Garlic
 248- Jerusalem "Mixed Grill"
 249- Turkey Cutlets with Almonds in Mustard Sauce
 250- Mediterranean Herb Chicken
 251- Lemon Chicken113
 254- Sloppy Joes
 255- Surprise Roast

257 Balsamic Chicken
 259- Chicken Cacciatore
 288- Baked Cheesecake (omit soy protein powder)
 297- Mandelbread (omit soy powder)
 303- Cream Cheese Frosting (Dairy)
 306- Easy Fruit Dip (NON-Dairy Version)
 306- Cinnamon Butter Topping (Dairy)
 307- Chocolate Cream (Dairy)
 312- EnLITened Velvety Chocolate Mousse / Half-Bake
 316- Tempting Cheese Snack (Dairy)
 324- Calorie-Wise Fruit Fools
 328- De"lite"ful Fruits Romanoff (omit optional rum)
 330- Luscious Lemon Ice Cream
 331- Esrog (Citron) Compote
 332- Peach Skewers
 332- Blueberry/Strawberry/Melon/Wine Salad
 333- Microwave Cinnamon-Apple Slices (Dairy Topping)
 336- Lemon-Orange Yogurt Ice Cream (Dairy)
 337- Cheese Cups (Dairy)
 342- Almond Milk (Dairy)
 344- Fruit-Lime Smoothie
 347- Fruit Punch (use available diet soda)
 347- Mulled Wine
 348- Morning Coffee (Dairy)
 350- Spiced Coffee
 350- EnLITened Coffee Float (Dairy)
 355- Lime-Mint Iced Tea
 355- Gingered Iced Tea

KITNIYOT (suggested substitutions in parenthesis)

83- Cabbage Salad with Almonds and Sesame Seeds (omit Sesame Seeds)
 90- Wild Rice- Broccoli Salad
 124- Pesto (substitute walnuts for pine nuts)
 124- Sun-Dried Tomato Pesto; same as above
 123- Tehina (Middle Eastern)
 151- Pearl Onions with Tiny Peas
 161- Brussels Sprouts with Pecans and Sweet Potatoes (substitute walnuts for pecans)
 178- Pesto "Cheesecake (substitute walnuts for pine nuts)
 204- Sole Amandine (substitute oil)
 206-Fillet of Sole with Mustard Sauce on a Bed of Fresh Spinach (substitute oil)
 234-5- Stuffed Cabbage (Holubtchas)
 256- Quick and Easy Chicken Breasts in Wine (omit sesame seeds)
 305- Delectable Halva Syrup/Cream