



A HEALTHY PASSOVER:  
FREEDOM FOR THE MIND BODY AND SPIRIT

**LILY ARONIN**





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## PREPARATION

A perfect oasis of calm. Green fields and crystal water, the perfect place to enjoy a moment of quiet. This what I dream about in the midst of Passover cleaning. In fact, it is the feeling that a perfectly clean lemony bleach smelling house creates in the mind. The trick to achieve the clean and organized house you want, without sacrificing your health begins with preparation.



*“All things are ready, if our mind be so.”*  
— William Shakespeare, Henry V

## ORGANIZATION

It is a constant surprise how much less organization you need when you are prepared. This year begin with a calendar from Purim to Passover and break up the tasks you want to accomplish over those dates. Purim 2015 is Wednesday night March 4, so start your Passover preparation Friday March 6. I created this easy to fill out pdf for you to use so that you can schedule your success. Passover begins this year on Friday April 3, 2015. Imagine sitting in your house ready for Passover as far in advance as you need. In fact, you will be in that perfect place of calm, without losing your temper when your confused kids track crumbs into the house. You will feel calm and ready, on your schedule, without late nights spent eating the leftover Purim

candy as a reward for your sacrifice. In fact, you will be slimmer and less stressed than you have ever been before Passover.

To begin and be truly prepared you need start with two lists.

The first list for the basic Passover cleaning needs. The floors, drawers, closets, fridge, counters, cabinets, cleaning products, food shopping, clothes, carpets, plastic-ware shopping and furniture cleaning. List every single thing you want done in advance of cooking and the start of the Holiday. This list must come first. It is necessary to differentiate between needs and want, to achieve that perfect mental Passover calm.

You can do more than the basics and still remain calm. In fact, for many of us this is the perfect time to do some throwing out and reorganizing. In your second list, name all of the organizational chores you want to implement before Passover. Sorting toys, organizing the garage, painting the living room, switching the winter clothes, donating old toys or clothes to charity, throwing out un-used kitchen tools or de-cluttering shelves.

Now you are ready to make your schedule.

Tips for building the perfect stress-free Passover prep list:

1. Match cleaning chores with organizing chores in the same location.
2. Make sure you add in the shopping for tools or any help you hire to each task so that you really see how much time you are going to use everyday.
3. Add phone numbers and open/close times of any services, like carpet cleaning or handymen with the appropriate tasks.
4. Look over the family schedule to make sure that you have the time for the desired task on that desired day.
5. Think about rewards for yourself or your family members that will be working hard on this project, and add them in advance to the schedule. For example, a manicure after cleaning the fridge and pots or a batch of kitniyot healthy blondies for the cleaners.

This cleaning chart and tips have helped me to prepare for a household of 30 out of town guests for the entire holiday or a small intimate family Passover.

In the end you are responsible to get as much help as you need to achieve your goals and keep your calm. Adjust your expectations accordingly, and accept how much time you want to personally give to your cleaning and organizing efforts. What fits in your schedule and what needs to go on a list for next year? In the next chapter, we will learn all about how to eat to stay energized to implement your schedule.





### **Healthy Kitniyot Blondies**

#### INGREDIENTS

2 Cans of Drained and Rinsed Hummus or White Beans

1 Cup Ground Almonds

2 T Potato Starch

1/4 Cup Unsweetened applesauce

3 T Canola Oil

2 t Vanilla extract

1/2 t Baking Soda

2 t Baking Powder

1/2 t salt

1 Cup Raw Sugar

2 T Silan

1 Cup semi-sweet chocolate chips

#### PREPARATION

Blend everything (except the chocolate chips) in the food processor only. Blend until very well mixed. Pour into a lined 10 inch spring-form pan and bake at 350 F 185 C for 35-40 minutes. It should still look soft in the middle. Do not over-cook. I will admit my first batch was a bit undercooked but I got the hang of it pretty quick, and returned it to the oven for the full 35 minutes.



The Original recipe and Photo Courtesy of [www.Marthastewart.com](http://www.Marthastewart.com)

Ingredients:

**For the Crust**

- Kosher for Passover Cooking Spray
- 2 Cups unsweetened coconut
- 1/2 Cup of organic Cane Sugar
- 2 large egg whites
- 1 Tablespoon Vanilla Extract
- 1/2 Teaspoon salt

**For the Filling**

- 1 Packet of Vanilla Pudding Mix for Passover
- 2 Cups low fat ricotta cheese
- 1 Cup low fat Sour Cream
- 5 Tablespoons all fruit apricot Jam
- 4 Cups assorted Berries

Directions:

1. Prepare the Crust: Preheat the oven to 350 degrees F 185 C. Combine the crust ingredients into a bowl and press into the tart pan. Bake for 15 minutes until brown. To prevent bubbling, cover with baking paper and fill the space with pie weights or nuts and bolts.
2. Whisk the filling together until it is creamy. Begin with the cream and pudding mix and slowly add the sour cream until your desired thickness.
3. Pour the filling into the cooled crust.
4. Spread Jam evenly over the tart and then add the berries. Set in the fridge for a minimum of 1 hour to overnight.

[Original Apple Cake Recipe and Photo](#) -.- This Recipe is g'brokts.



My Personal Family Recipe for Apple Cake.

#### Ingredients

- 1/4 Cup Organic Cane Sugar
- Juice of 1 Lemon
- 5 Granny Smith apples cored and sliced
- 1 T Cinnamon
- 2 Cups Organic Cane Sugar
- 6 Eggs
- 1 Cup Oil
- 2 Cups Matzo Cake Meal
- 2 tsp Potato Starch
- dash of salt

#### Directions

1. Combine the apples with 1/4 cup sugar, lemon juice and cinnamon. Set aside.
2. Beat the eggs with the sugar until light colored. Then add the oil, cake meal, starch and salt.
3. Pour the Batter into a 9x13 inch pan. Add the Apples on top and sprinkle with extra cinnamon and sugar. Bake at 350 for 1 hour or when the cake tester comes out clean.

**These two apple cake recipes are big hit with a cup of coffee and can be G-Free with G-Free matzo meal.**



## Roasted Sweet and Spicy Vegetables

### Ingredients

- 2 Beets diced
- 1 large Sweet Potato diced
- 3 Carrots peeled and sliced
- 2 Tablespoons of Extra Virgin Olive Oil
- 2 teaspoons of Sweet Paprika
- 2 teaspoons of Cinnamon
- 1 Teaspoon of Red Pepper flakes

### Directions

1. Toss the vegetables with the olive and spices until well coated.
2. Preheat the Oven to 500 F 250 C. Pour into a paper lined baking tray in a single layer
3. Roast the vegetables until they brown for about 10 minutes.  
Serve hot.

Bonus Recipe: chop the leftover roasted vegetables into smaller pieces with equal parts cooked quinoa and golden raisins. Stuff inside a hollowed out tomato for a yummy dish.

**Roasting Vegetables is a great way to build extra fiber and flavor into every passover meal**



## Spinach Spring Salad

### Ingredients

6 Cups rinsed and dried spinach.

1 Cup halved tri-colored cherry tomatoes

2 Ripe Avocado's sliced.

juice of 1 lemon

salt/pepper

1 Tablespoon of raw sunflower seeds

This salad needs no oil thanks to the creamy avocado.

Spinach is a great way to liven up your salads and makes a perfect compliment to creamy avocado.



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## FOOD FOR ENERGY

Every Flower is only as beautiful as the purity of its water and the quality of its sunlight. We flourish the same way. The better we eat, the more energized and efficient we feel. To succeed in staying positive and strong throughout the grueling Passover cleaning, eating well is key.



Do you feel like you are always serving?  
Passover preparation can look like a  
never ending road.

Food is the building block of energy in the body. To fill your energy reserves successfully and keep them full, even during sustained stress, you need to take care with what you eat. For the most satisfying and sustained energy, alternate small meals of vegetables and whole grains with meals of vegetables and lean protein. Reserve fruit to eat alone in between meals.

This unique way of eating makes the most of your body's natural digestive system but the truth is, food combining is not scientifically better than the average mixed plate. Why I advocate it here, and why so many people eat this way, is that it keeps your portions under control, and helps you to see how you react to different foods.

For example if you feel hungry after a plate of 1/2 cup brown rice and 2 cups stir fried vegetables in one hour, but a plate of 2 eggs and 2 cups of israeli salad keeps you full 4 hours, you may want to consider when you eat, what. In fact, you may discover that you have more energy after the brown rice, but feel stronger after the egg. Food separation or food combining is a great way to get in touch with your body and feed it, what it needs, when it needs it.

\* Fruit, since fruit is full of healthy fast burning sugar it makes a great snack.



Add more greens into your meals for increased Iron. Boost energy and Mood with 3 extra cups of greens a day.

## MEAL IDEAS AND MAKE IT EASY TIPS

When you simplify your meal choices to whole grains, lean proteins, vegetables and an occasional fruit. you would be shocked at how easy and simple preparing food can be. For these weeks leading up to Passover eating simple, healthy meals will keep you energized and shed excess water or weight before spring season shopping.

### Top 5 Tips for Eating simply

1. Chop raw vegetables and check greens once a week.
2. Make one broth based soup for anytime snacking, or midnight cleaning comfort.

3. Make a whole chicken or large salmon that you can repurpose all week.
4. Make one batch of two different whole grain mixes to use all week long.
5. Buy frozen vegetables and heat them by covering with boiling water from a kettle and let them sit in a glass bowl for 3 minutes and then strain.

All of the recipes here will be kitniyot Passover friendly, so that you can enjoy them during your Passover cleaning and not worry that you will bring in chametz.

After Purim, I stop buying chametz at all. I also try to use whatever is left in my house before the holiday, so that I don't but needless doubles of vinegars, herbal teas and condiments. This is a great inspiration for using different salad dressings, and drinking 3L of herbal tea or water a day.

Salad dressings:

[Raw Apple Cider Vinaigrette](#)  
[makes about 1 cup](#)

Ingredients:

1 garlic clove, minced  
1/4 cup raw apple cider vinegar  
2 tablespoons fresh lemon juice  
1-2 tablespoons raw honey, as needed for sweetness  
1/3 cup extra-virgin olive oil  
salt and pepper, to taste

Directions:

Combine all of the ingredients in glass mason jar, then seal the lid and shake until the honey dissolves and the ingredients are well combined. Adjust flavor to taste, if necessary. For best flavor, allow

the dressing to marinate for at least 30 minutes before serving over your favorite greens.

Store leftovers in the fridge for up to a week, and shake well before serving each time.

[Balsamic Vinaigrette](#)

Makes about 1 cup

3/4 cup extra-virgin olive oil

1/4 cup balsamic vinegar

Salt

Fresh-ground pepper

Optional extras: spoonful of mustard, minced shallots, minced garlic, minced fresh herbs, teaspoon dried herbs, spoonful of honey or brown sugar

[Asian Sesame Dressing](#)

-Ingredients-

4 T. rice vinegar

2 T. soy sauce (non kitniyot substitution)

2 t. fresh ginger (or 1 t. ginger powder)

2 t. sesame oil

1 clove garlic, peeled (use a small clove, or half of a large clove)

1 T. honey

2/3 C. olive oil

1. Place all ingredients in a blender. Blend on high until smooth. Chill before serving.



Fresh Vegetables make you feel as good as they look. Mix herbs in with your vegetables for simple colorful salads that sing with flavor.

### 3 Ingredient Salads

1. Red cabbage with parsley and raw beets
2. Green cabbage with dill and grated carrot
3. Red bell pepper, artichoke and romaine hearts
4. Kale, red onion, cherry tomatoes
5. Spinach, pumpkin seeds, cucumber circles



This famous Weight Watchers soup, has stayed a personal favorite since I did Weight Watchers after the birth of my first child.

[Weight Watchers Unlimited portion Vegetable Soup](#)

**Ingredients**

- 2 Carrots diced
  - 2 cloves garlic
  - 2 small zucchini
  - 2 Cups shredded white cabbage
  - 2 Cups uncooked swiss chard, beet leaves, kale
  - 2 Cups Cauliflower florets, uncooked or frozen
  - 2 Cups broccoli florets, uncooked or frozen
  - 2 medium onions diced
  - 1 red bell pepper diced
  - 3 ribs celery diced
  - 2 tsp fresh thyme chopped
  - 1/2 tsp salt, or to taste
  - 1/4 tsp black pepper or to taste
  - 2 Tbsp Fresh lemon juice
  - 2 Tbsp fresh dill
- You need a very large pot and lots of water for this recipe



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## EATING ON THE RUN IS HALF THE FUN

Passover is a time for trips and to enjoy the spring breeze. If it's still snowing outside, you will also definitely want to be taking day trips before the natives get too restless. Many of our Passover trip memories revolve around endless matza sandwiches and potato chips. We can do better, and enhance our adventures with fun to-go foods.



Fresh Fruit is a great, mess-less snack on the road.

## ROAD FOOD: KEEP IT SIMPLE

The key to make to go food, fast and friendly is to keep it simple and standard. If you have a pre-set travel menu, it will reduce the amount of complaints and maximize the ease of preparation. If you are traveling multiple days in a row, you can even double up on the time consuming slicing and dicing.

You have two basic strategies for to go meals.

Strategy 1: Make your own wrap:

Prepare tuna, salad, hard boiled eggs and low fat white cheese or ricotta.

Pack uncut, cucumbers, peppers, cherry tomatoes and fresh fruit on the side. Bring a travel knife and as needed. Then bring matza, large washed romaine leaves and thin omelets to wrap your spreads in. For those bean and legume eaters, bring a bag of edamame for munching. If you are bean free you can also pack, pickles, olives or baby corn for a salty snack.

or a Travel Mason Jar Salad

Strategy 2: The pre-made meal

You can make a Passover Lasagna with the [basic Passover crepe](#)



(G-Free) noodle. Serve Cold. You can also make a crustless quiche or two to take with. Thank you [Joy of Kosher and Tamar Genger](#)



This (G-Free) Mushroom Onion Quiche has an almond Crust

[Thanks ConfidentCook.com](#)



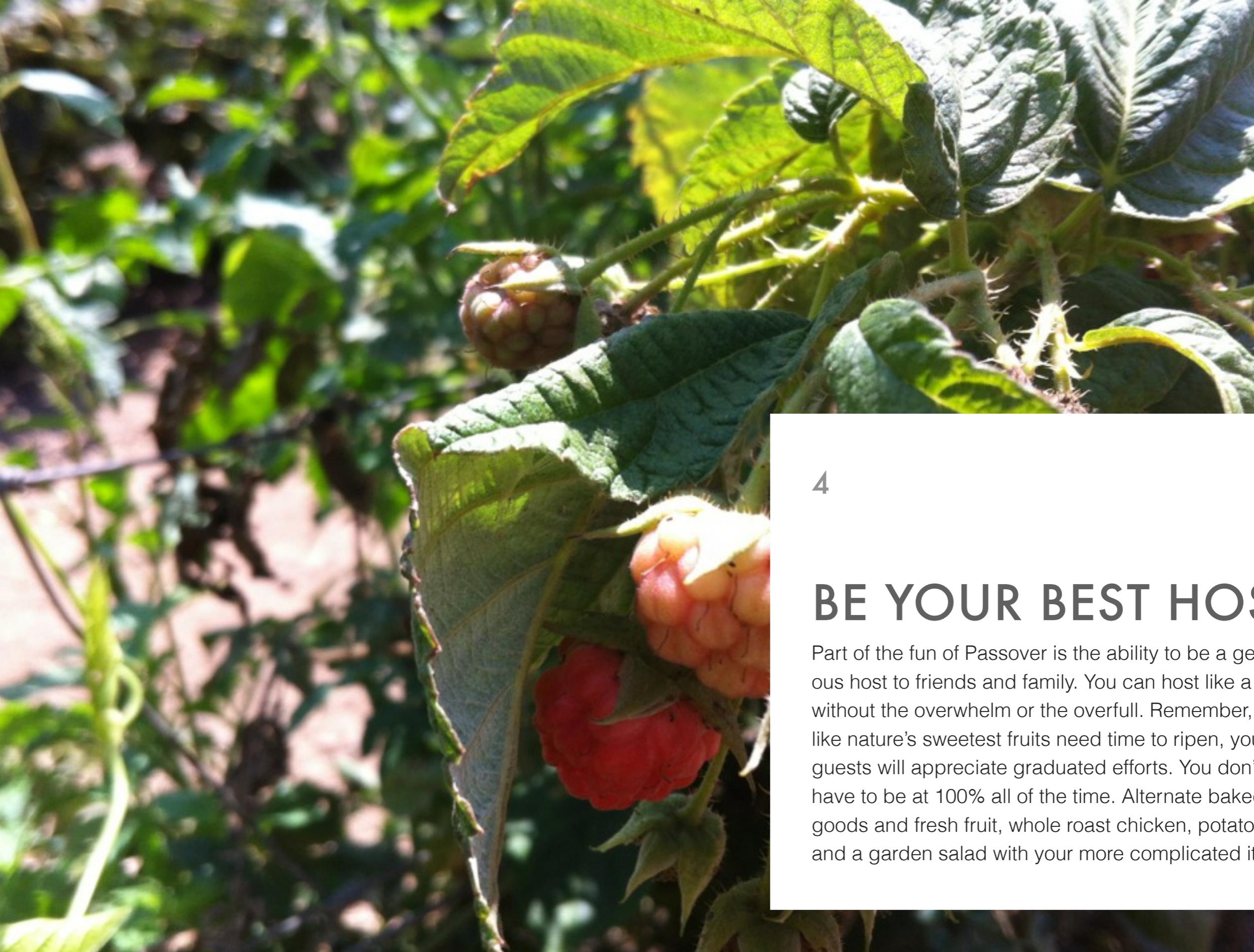
This Quiche Like Recipe is a [potato Tian from Martha Stewart](#)

These fully prepared meals are all delicious cold and make an easy cooler stuffer for your picnics.

#### 5 Tips to remember for easy travel on Passover

1. Bring Plenty of frozen water bottles to keep the cooler cold. Avoid dehydration.
2. Bring extra plasticware and a disposable table cloth. With this essential tool you will be prepared to eat enjoyably no matter where you are.
3. Make a checklist of any travel knives, tupperware or equipment you want to bring home with you. Bring as much disposable as possible. (sorry environmental soul).
4. Grab some dark chocolate dipped nuts or bars to sweeten the deal. Remember you will eat again in a few hours, so avoid the quick stop for emergency junk food. Try some gum instead.
5. Don't forget to have fun, the food is the fuel for your outing, not the source of all fun. So keep it in perspective.





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## BE YOUR BEST HOST

Part of the fun of Passover is the ability to be a generous host to friends and family. You can host like a pro, without the overwhelm or the overfull. Remember, just like nature's sweetest fruits need time to ripen, your guests will appreciate graduated efforts. You don't have to be at 100% all of the time. Alternate baked goods and fresh fruit, whole roast chicken, potatoes and a garden salad with your more complicated items.

A gracious host is relaxed and meets her guests needs without making them feel as if she has slaved away for them.

Often, when we are in charge, we feel that we have to anticipate and go over and beyond our guests' needs. In fact, have you ever been a guest where you felt like an imposition instead of a pleasure?

Allow your guests to help you chop vegetables, prepare a salad, straighten up or play with your kids. When a guest feels like family you have done a great job at serving them with a smile.

### 5 Tips for Easy Hosting

1. Cook double and freeze, that way last minute meals are always available, and when they all go home, you can even take a meal off.
2. Have a bowl of fresh fruit and bottle of water with plastic or paper cups out at all times for in between snacking.
3. Make sure you leave a nice welcome note with expectations for the guest, such as where to put a dirty towel, as well as any meal times, or special house rules. This will save your guest embarrassment and you a lot of frustration.
4. Keep a list of items that need to be replaced on the fridge, and point it out to your guests. This way if they finish the milk or yogurt you can replace it, before you need it for something else.
5. Say no when you need to. If you can't meet a request a simple and nice "I'm sorry I just can't get to that" or "we are out" will make hosting easier and your guest feel free to make a request without feeling embarrassed or concerned about putting you out.

A great host isn't running a hotel. A great host is gracious with she gives and appreciative of the gratitude.





### Zebra Cookies ([photo courtesy](#))

1/2 c. vegetable oil	4 eggs
2 c. sugar	1 tsp. vanilla
2 c. matzah meal	2 tsp. baking powder
1 c. cocoa	confectioner's sugar

Line 2 cookie sheets with parchment paper. Mix all ingredients together until a soft dough forms. Roll into balls. Roll the balls in the confectioner's sugar and place on cookie sheets. Leave room between the dough balls, as the cookies spread during baking. Bake for about 12 - 18 minutes (depending on the size of the cookies; smaller ones for 12 min. and 18 for larger ones). Cool completely.

### Chocolate chip cookies:

1 C. Oil	1 c. cake meal
1 c. brown sugar	1 c. potato starch
1/2 c. sugar	3/4 tsp. baking soda
2 lg. eggs	1 (12 oz.) pkg. choc. chips
1 tsp. vanilla	1/2 c. chopped walnuts (optional)

Begin with oil. Add sugars and beat well. Add eggs, vanilla & beat well. Add cake meal, potato starch & baking soda and mix well. Stir in choc. chips and nuts. Drop by teaspoonfuls onto greased cookie sheet. Bake at 350 for about 12-15 minutes.

**Passover Chocolate chip cookies and Zebra cookies are one of the few ways I will use matzo meal.**



Recipe for the [Meringue Kiss Here](#). from food52.com. Use the kisses to make an [Eton Mess](#) an amazing layered kiss dessert.

Meringue Cake: Pavlova (top with whip cream and berries)

Ingredients

4 room temperature egg whites

pinch of salt

1/2 Cup raw cane sugar

1 teaspoon Potato starch

2 teaspoons white wine vinegar

1 teaspoon vanilla extract

Preheat Oven to 300 F 135 C

Draw an 8 in circle on a baking paper. Turn pencil side down on a baking sheet pan.

In an electric mixer beat egg whites until stiff and glossy. Add the salt, sugar and then incorporate by folding the vinegar and corn-starch and the vanilla. Gentle fold to combine.

Mound the meringue in the center of the 8 inch circle and spread evenly. bake for 1hr 15 minutes. Then turn off the oven and leave the meringue to cool completely.

**Meringues are the perfect G-Free passover cookie. These have a surprise chocolate chip inside.**



[Chocolate Flour-less Caramel cake recipe and Photo](#)

To make this cake Parve, try coconut cream caramel.

Coconut Cream Caramel

by Laura Friendly

Start to Finish: 40 to 50 min.

Makes: about 1-1/2 cups

- 1-1/2 cups coconut milk fat (from 2 13.5-oz. cans of unsweetened, full fat, coconut milk)
- 1 cup vegan brown sugar
- 1 tbsp gluten-free vanilla extract
- 1 tsp sea salt

I recommend following the [step by step instructions here](#) for the best results.

**Dairy and Flour-less This G-Free cake will be a year round reason to eat vegetarian.**



Matza is very dehydrating. Think about 1 cup of extra water per a slice of matza or per 1/4 Cup matza meal.

## THE FIRST QUESTION IS ALWAYS, "CAN I GET YOU A DRINK?"

One of the greatest pleasures of hosting is providing your guests with foods they love. I have included many desserts to avoid buying processed foods; However, remember every cookie, kugel or piece of matza and butter is very dehydrating. So like a great host offer your guests a drink and then keep offering them drinks. I recommend keeping it simple with water, wine and seltzer but if you have a lot of children coming over or soda spoiled guests try flavored vitamin waters. These refreshing drinks are sweetened with only natural fruit and low calorie. Look for a brand that is preservative free and each cup should have no more than 15 calories. Often we host other's as we wish we could be hosted, and not as we would really

want to experience the holiday. We may offer countless sweets and never ending meals, but as a guest the constant food may be sabotage to thier health goals or holiday wardrobe. Is there anything worse than being unable to fit into your clothes on the last days of a chag? When you host this year think about what will make your guests happy while they are eating, but also in the days afterward.



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## THE MAIN MEETS MEAT

Passover is a low carb friendly feast of many meals. The best advice to keep things fit and friendly is to avoid sugar heavy sauces and keep your protein lean and clean of extra fats. This is the time to skip the processed, packaged food and spring for great cuts of meat. Look for words like natural, hormone free and grass fed.

Even if You are a vegetarian, it is key to know how to prepare simple meat, poultry and fish options for the holiday. You can also ensure that you add a lot of vegetables in with your meat mains. This will keep calories per portion down and nutrition up.





Sweet is fine for main dishes sometimes, but use real, whole foods and avoid the pre-made sauces. Here are 3 sweet and 3 sweet free mains to rock your holiday a healthy way.

### Caramelized Salmon

#### Ingredients

1/2 Cup raw sugar

2.5 Tablespoons coarse sea salt, gently pulsed in a food processor.

a few dashes of freshly crushed black pepper

16 ounces salmon, cut into 4 fillets with skin

olive oil

I upgrade this recipe by swapping raw or demerara sugar for the plain white.

[Follow the easy step by step instructions here.](#)



A crock pot recipe is key after a busy day trip. Boneless, skinless chicken thighs are a lean way to maximize fun and flavor.

This Recipe is made with easy to find ingredients you already have at home.

To make this passover friendly I swap balsamic vinegar for the soy sauce.

#### Ingredients

3 lbs or more boneless skinless chicken thighs

1 Cup balsamic vinegar

1 teaspoon salt

8-10 garlic cloves, peeled and smashed

3 bay leaves

1/2 teaspoon whole black peppercorns

1/4 Cup honey

2 Tablespoons potato starch

lime juice for topping (can swap lemon)

[For step by step directions visit the original recipe here.](#)

Serve over cooked quinoa or [cauliflower rice](#).



Roasting meats is a sweet free way to increase flavor and cut back on prep time.

## ROASTING 101

Roasted meats, poultry and fish are delicious. What I love best about them is the simplicity and short amount of prep time. When I am doing a lot of cooking, the best recipes help me get in and out of the kitchen as quickly as possible. Roasting does take some oven time, but the cook's energy input is low and the taste is off the charts high.

Roasting 101: Roast means to cook something uncovered at a high temperature 400-450 F 200-250 C with no liquid or sauce.

Chicken/ Fish:

Rule 1: Retain moisture

Roast chicken with the skin on. This adds flavor and most importantly keep the meat moist, you can remove the skin when serving or eating.

To keep fish moist when you roast, you should leave the scales on and drizzle with olive oil.

or go skinless and wrap both in thin peels from vegetables like sweet potato and zucchini.

**The key to moist chicken is temperature and resting. Invest in a thermometer and remove chicken from the oven at 80 C or 165 F**

**and loosely cover to rest for 30 minutes before slicing. Fish is done at 145 F or 62 C.**

Add citrus. Citrus adds moisture and brightens the heavy flavor of roasted food. With whole chicken you should stuff the cavity with a lemon, or halved orange or grapefruit. When you roast pieces of chicken or fish you can space out lemon or orange segments or slices. I recommend placing the slices under the chicken/ fish filet.

Baste: Baste your poultry or fish for best results. This will create a golden crust, infuse the food with flavor and keep to rule 1 retain moisture. Basting does not have to be a hassle. Baste chicken in the last 30 minutes of cooking or after temp 130 F 60 C ever 20 minutes. For fish baste as soon as there is liquid on the sides about 10 minutes into cooking temp 30 C 65 F. Fish roasts very quickly so stay close by. Baste 2 times before it is done.

The Spices: Mixes to rub into chicken or fish that all pair well with those citrus juices.

Mix 1: 1 T Curry powder, 2 t kosher/ sea salt/ .5 t crushed red pepper

Mix 2: 1 T mix dried oregano, thyme, basil, 2 t Kosher salt/ .5 t crushed black pepper, 1 tsp sweet paprika

Mix 3: 1 T cumin, 1 tsp sweet paprika, 1 T fresh chopped rosemary, 2 t kosher/ sea salt/ .5 t crushed red pepper.

Mix 4: 1 T sweet paprika, 1 T fresh chopped rosemary, 1 T fresh chopped sage, 2 t kosher/ sea salt/ .5 t crushed black pepper

Mix 5: 1 T turmeric, 1 T fresh thyme, 5 cloves of crushed garlic, 2 t kosher/ sea salt/ .5 t crushed red pepper

Roast Meat:

Beef can be both more simple and more complicated than fish and chicken. To make phenomenal roast beef you need less spices but perfect cut to cooking technique.

Season with kosher salt, sugar and crushed black pepper on all sides.

[The best step by step guide to roasting beef:](#)

Easy reminder: Rare is 125 F

Medium is 140 F

Well Done is 150 F

Always check in the center of the middle to know the true temp and expect some variety along the meat, depending on the thickness.

Trussing a Roast to keep the meat even.

This technique is key for roasting a turkey breast or beef roast.

[Easy to follow video tutorial here.](#)

We do a lot of eating on Passover so to keep your meat as lean as possible try a roasting bag as a fat free way to healthify traditional roasting.

A turkey or beef roast makes a great festive table without a lot of work. Try this recipe and Photo Courtesy <http://www.health.com/>





& healthy  
ROASTED TURKEY BREAST  
made without any added fats

Oven bags make great healthy roasting very easy. While not traditional roasting, this short cut is necessary knowledge for every cook.

I am a big fan of this fun and healthy blog, [southern in-law](#). She gives the best tutorial on using a roasting bag for your oven to maximize moisture without fats or skin. You can roast any poultry in an oven bag and use this simple technique to keep it fat free.

For a day off from the kitchen, try using the leftovers for your wraps and stir fries.

### **My Family Favorite Turkey Salad**

Ingredients:

4 cups leftover cubed turkey breast

2 hard boiled eggs

1/3 Cup diced green onion

2 stalks celery diced

1 apple cored, peeled diced

Dressing: Puree in a food processor or blended. Start with other ingredients then add the olive oil in slowly as you blend.

1/4 Cup olive oil

1/4 Cup lemon juice

2 crushed garlic cloves



Thank you so much for allowing me to share my Passover tips with you.

2 Tablespoons chopped cilantro or flat leaf parsley

2 leftover egg yolks from the meringue kisses. (chapter 4 page 22)

The recipes and ideas shared here come straight from my heart and my kitchen. Every recipe from another blog or site is something I have used, and that you can use to expand your tool box for easy and healthy holiday entertaining.

I know that you will make this year a special holiday that frees you from weight or food stress and empowers you to see food as the happy loving way we interact with the world.

Blogs mentioned here

1. [Southern in law](#)
2. [Health.com beef roast](#)
3. [Pinch of Yum](#)
4. [Cinnamon spice and everything nice](#)
5. [Food52](#)
6. [Kosher eye](#)
7. [Confident Cook](#)
8. [Martha Stewart](#)
9. [Gourmet](#)



As always you can find more inspiration and empowerment at [www.lilyaronin.com](http://www.lilyaronin.com)

Keep reading for more tips and tools to make this passover a holiday to remember.



## YOUR TOOL BOX

The 5 essential tools

[The Passover Cleaning Prep calendar](#)

[Pinterest](#)

[Best Haggadahs](#)

Bonus

Tools are the key to empowerment and personal freedom. The knowledge that no matter what comes we can fix it.

Best Spiritual Reading/ Listening/ watching to get you in the mood for freedom

[Aish](#)

[Mrs. Shira Smiles Passover Video Course Free](#)

[My favorite Passover Inspiration Rabbi Wein Audio course](#)

[Passover Kid crafts and games](#)

[The History Channel's exodus decoded \( a personal favorite\)](#)



Start in a positive and realistic spirit

#### MOVIE 5.1 Passover e-course Intro



Tip 1: Get organized with the preparation guide



Having Guests? Show yourself and them love by making a great spread without martyring yourself.

Easy eats for a quick bite before going out to a less healthy friends house.

1. Cut up veggies with hummus
2. Apple with almond butter
3. Yogurt

#### MOVIE 5.2 Peer Pressure of Passover



Relax and enjoy the pleasure of being with people you love.  
<https://www.youtube.com/watch?v=M52-pxMDRbY>



## Easy Smoothie Recipe

1 Cup liquid: soy milk, regular milk, almond milk, water, vegetable juice

1 Tablespoon healthy fat: Almond butter, peanut butter, chia seeds, flax seeds

1/2 Cup Fruit: banana, berries, apple, mango

Ice, other fun additions are cinnamon, vanilla, almond extract.

## MOVIE 5.3 Tip 2



Ready to get your smoothie on?

<https://www.youtube.com/watch?v=m3KSAcq3f9U>



Feeling like a picky guest? Be gracious and pleasant to be around with a positive word for everyone. No one will care what you eat.

Easy Tips for long term vacations with family

1. Bring gum
2. Buy yourself some fruit for your room
3. Compliment the host on everything you enjoy, she won't notice what you skip

#### MOVIE 5.4 Family trips over the holiday



How to open up a dialogue with your family and eat well everywhere. <https://www.youtube.com/watch?v=VSJyPBgOXFI>



Picture via [www.foodnetwork.com](http://www.foodnetwork.com)

Is there more to snacking than potato crisps?

Chocolate Bark

Melt good quality 60%- 70% cacao

Pour onto a baking sheet lined with baking paper and top with chopped nuts, white chocolate chips, dried fruit, coconut shavings or any combination there of. Set in the freezer, crack and enjoy.

**MOVIE 5.5** Freedom to enjoy!



Make your sweets count. Save the family favorites, and make the most of fresh seasonal produce.

<https://www.youtube.com/watch?v=qgxpOvMNnvk>



## Sample Menu's

1. Marinate salmon in lemon zest, lemon juice, dill s/p 1 T olive oil. broil on a pan with tri-color pepper slices and 1 bag frozen broccoli florets and serve with greek salad.
2. Marinate Pargit in fresh thyme rosemary and sage s/p 1 T olive oil and 1/3 cup orange juice. Grill or roast and serve with rosemary roasted sweet potatoes and an israeli salad ) maybe with mint and purple onion)
3. Make a fresh parsley 1 bag, cilantro 1 bag, 1/3 cup chopped dried dates and 1/3 cup slivered almonds salad. Serve with Dag Amnon of white fish wrapped in baking paper. Place the fish fillet on a piece of parchment paper and sprinkle it with the salt and pepper, lemon juice and olive oil, lay the thyme on top and place the olives next to the fillet. Fold the paper in half. Carefully fold the edge of the parchment paper under and around the fish to make a package. Place the package on a sheet pan and cook for 12 to 15 minutes, until the fish is cooked through. Serve hot in the baking paper. Serve with herb mashed potatoes. Boil potatoes 5 cups add 2 cups cauliflower frozen. Strain. Mash with low fat sour cream, chopped parsley and green onion s/p.
4. Zucchini and tomato slices made into little mini pizzas, with an antipasti salad of leftover roasted vegetables over greens.

**Here is my sample menus for some crowd pleasing but easy cooking meals.**

# A HEALTHY PASSOVER: FREEDOM FOR THE MIND BODY AND SPIRIT

MOVIE 5.6 Passover is finally here. Enjoy it. watch now  
<https://www.youtube.com/watch?v=HUX6vMQi7I8>



Click here to finish off a great holiday or realign after you might have over indulged. Passover Recovery Cleanse  
<http://us3.campaign-archive2.com/?u=b65a5dc4b8a990f2c58a75155&id=cce86e8016>

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