

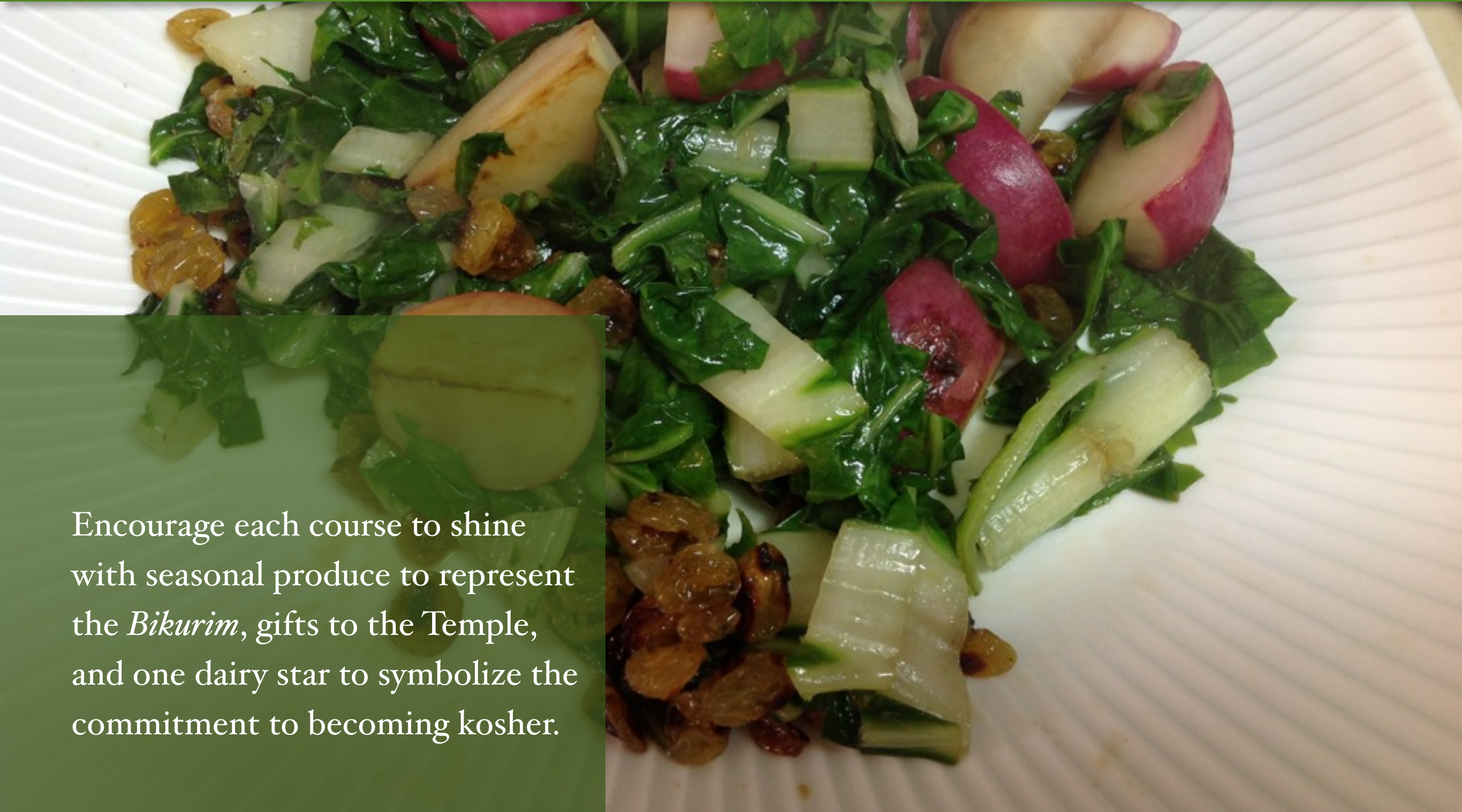
Lily Aronin

# Sweeter: Shavuot

a holiday recipe guide without refined sugars



# Sugar Free Salads



Encourage each course to shine with seasonal produce to represent the *Bikurim*, gifts to the Temple, and one dairy star to symbolize the commitment to becoming kosher.

## Section 1

# Braised greens and radishes with yellow raisins

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This recipe is full of detoxifying greens and has a perfect balance in taste and texture.



### Ingredients

1 kilo spinach or collard greens (washed and chopped)

4 cups sliced mushrooms

2 onions (chopped)

1/2 Tablespoon Olive oil

salt / pepper

white wine

4 Tablespoons favorite brand pesto

(4 Tablespoons grated parmesan optional)

### Directions

Heat a ceramic pan with 1/2 tablespoon olive oil. Immediately add the chopped onion and sweat. Then add the mushrooms and sauté until they begin to caramelize. Add the salt and pepper, then pour the 1/4 Cup white wine, pesto and scrape up the bottom and cover. Simmer for 2 minutes. Serve warm or cold. over the greens. Add optional cheese before serving.

## Chopped Thai Sesame Salad

### Ingredients

#### For the dressing:

- 1/3 cup canola oil
  - 3 cloves garlic, peeled
  - 3 tablespoons low sodium soy sauce
  - 2 tablespoons water
  - 2 tablespoons white distilled vinegar
  - 2 tablespoons honey
  - 1 tablespoon sesame oil
- 
- 1 tablespoon ginger
  - a squeeze of lime juice

#### For the salad:

- 16 ounces frozen shelled edamame
- 5-6 cups baby kale
- 3 large carrots
- 2 bell peppers (1 red, 1 yellow)
- 1 cup cilantro leaves

recipe adapted from

<http://pinchofyum.com/chopped-thai-salad-sesame-garlic-dressing>



Put your favorite vegetables together in unique festive ways.

- 3 green onions
- ¾ cup cashews (if you can find them, Trader Joe's Thai Lime and Chili Cashews are the bomb)

### Instructions

1. Puree all the dressing ingredients in a food processor until smooth. Taste and adjust to fit your preferences. Transfer to a dressing jar and rinse the food processor out for use later.
2. Cook the edamame by boiling it for 3-5 minutes in a pot of boiling water. Drain and allow it to cool. Meanwhile, slice up the kale, carrots, peppers, cilantro leaves, and green onions into thin strips or shreds.
3. Place the cooked edamame in the food processor and pulse 5 times to get a minced texture. Transfer to a bowl and repeat the same process for the cashews. Toss the kale, carrots, peppers, cilantro, green onions, edamame, and cashews together until well combined. Drizzle with the dressing, toss gently a few times, and serve immediately.

### Notes

The salad will stay fresh longer if you store the dressing separately from the salad ingredients, tossing them together just before serving.

This recipe is a perfect balance to some asian salmon and a palate cleanser from all the Italian type cheese recipes.



Go for one dish that screams cheese and leave the rest of each course to support that star without competing for attention.

## My Favorite Dairy Dressings

### **Parmesan Lemon Dressing**

#### Ingredients:

- 1/2 cup lemon juice
- 1/4 cup olive oil
- 1/2 cup good grated parmesan cheese
- 1 tablespoon honey/ silan
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

#### Directions:

Put all the ingredients in a glass mason jar or other container with a tight fitting lid. Cover tightly and shake all ingredients to combine. Store unused dressing in the refrigerator. Use within a few weeks. If it even lasts that long.

### **Blue Cheese Dressing**

#### Ingredients

- 1 cup low fat sour cream
- 1/8 cup mayonnaise
- 1/3 cup yogurt

Adapted from

<http://www.mountainmamacooks.com/2012/08/best-blue-cheese-dressing-heirloom-tomatoes/>



The best cheesy salads choose sharp recognizable flavors

- 1 teaspoon red wine vinegar
- 1 teaspoon lemon juice
- 1-2 cloves garlic, minced
- 3/4 cup crumbled blue cheese
- 1/8 teaspoon kosher salt
- 1/2 teaspoon fresh ground black pepper (or a little less if you don't like it hot!)
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#### Instructions

1. In a small bowl, stir together sour cream and mayonnaise. Add red wine vinegar, lemon juice and minced garlic. Stir in blue cheese crumbles. Season with salt and pepper and taste. Adjust seasonings if needed.
2. Store dressing in a container with a tight fitting lid. Store any leftovers in fridge for up to 5 days.

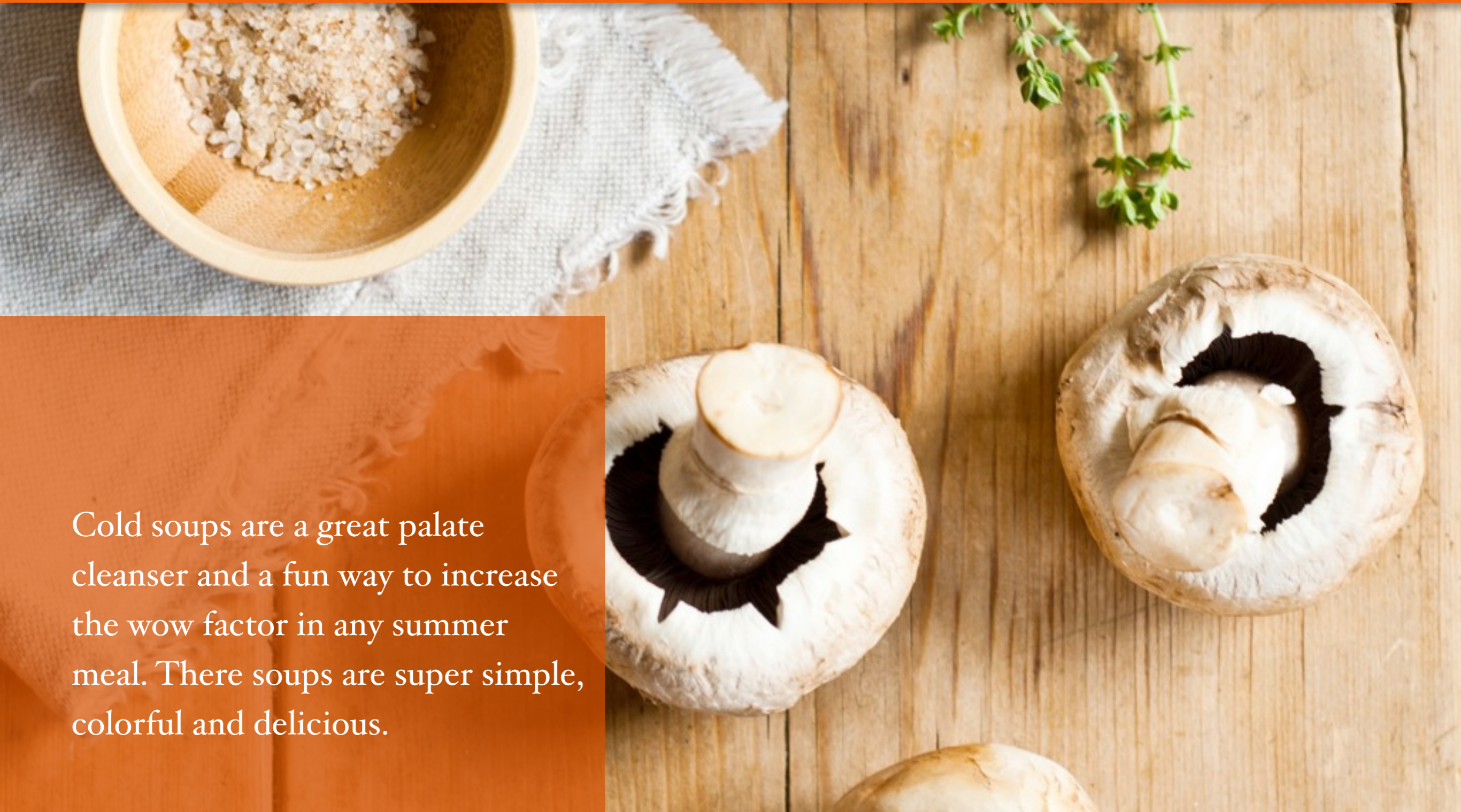
No matter what vegetables you use these dressings make them festive.



If you go for cheese overload, use a flavorful dressing as a balance to a plethora of colorful vegetables.

# Soups

Cold soups are a great palate cleanser and a fun way to increase the wow factor in any summer meal. There soups are super simple, colorful and delicious.



# Tomato Watermelon Soup

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This is perfect for the summer in Israel. A true celebration of flavor, color and fun.



Via [LoveFoodEat .com](http://LoveFoodEat.com)

Ingredients:

- 1 cup + 1/4 cup deseeded watermelon
- 1/2 cup chopped tomatoes
- 1/4 cup chopped shallots
- 1 clove of garlic
- a few springs of cilantro
- 1/4 tsp salt
- 1 tsp balsamic
- 1/4 tsp tabasco

Put everything except for the 1/4 cup of watermelon in a blender and pulse it a few times till everything is combined. Taste and adjust the flavors. Blend a little more if you like your gazpacho smooth and creamy. To serve pour the soup into a bowl and top it with the 1/4 cup of finely chopped watermelon with a spring of cilantro.

## Cold cucumber soup

### INGREDIENTS

- 1 cup seedless cucumber, peeled and diced
- 1/2 cup water
- 1 cup plain Greek yogurt
- 1 green onion, diced
- 1 tsp Dijon mustard
- 2 tbsp fresh dill
- 2 tbsp fresh parsley
- 1 tsp salted herbs (I buy this ready-made at my local grocery store)

### INSTRUCTIONS

1. Add all the ingredients to your food processor and blend until nice and smooth.
2. Refrigerate for at least 4 hours before serving. This step is crucial as it really changes the flavor and consistency of the soup.
3. Serve chilled and garnish with a few slices of cucumber and sprigs of fresh dill.

<http://thehealthyfoodie.com/cold-cucumber-soup/>



With so many quiches, and salads and pasta dishes bursting with cheese, let the soup stand alone. Or pick a lighter yogurt based one and skip the cheese somewhere else. Choose wisely.

## Moroccan Carrot Summer Soup

3 Tablespoons Olive Oil  
1 large Red Onion, diced  
3 Cloves Garlic, minced  
1 pound Organic Carrots, scrubbed and diced  
4 Cups Better Than Bouillon Vegan Chicken Broth or Vegetable Broth  
1/4 teaspoon Garlic Powder  
1/4 teaspoon Paprika  
2 teaspoon Cumin  
1/4 teaspoon All-Spice  
Pinch of Turmeric  
Crushed Pink Himalayan Salt to taste  
Diced Green Onions and crushed Black Peppercorns to sprinkle over the top

In a large soup pot or Dutch oven, heat Olive Oil and Onion over a medium heat. Using a large spoon mix your Oil and Onions until your Onions are completely coated. Cook until your Onions begin to get tender. Then toss in your Garlic and Carrots mix again to make sure your Carrots are lightly coated in hot oil. Then add the remaining ingredients except Salt, Green Onions and Peppercorns and mix with your spoon. boil and then reduce heat to a simmer and let cook for 10 minutes or until your carrots are tender. turn off your stovetop and remove your soup from heat. Then using either an immersion blender blend your soup until it's creamy and smooth. Then let in sit out for an hour and move to the fridge to chill.

<http://www.meettheshannons.com/moroccan-carrot-summer-soup/>



No matter what soup you choose, a cold soup is perfect as snack on a long holiday afternoon.

Chapter 3

# Fish/ Quiche

Learn how to make perfect quiche every time. You still get your serving of vegetables, without blowing your cholesterol.



# Savory goat cheese and greens quiche

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## Ingredients

8 Cups chopped greens (chard, spinach)

2 onions

1/2 Cup 5% fat goat cheese

1/2 Tablespoon olive oil

10 eggs (4+ 6 whites)

1 cup white wine

salt pepper, dried pinch of nutmeg

fresh 1T each basil, parsley, thyme rosemary

## Crust

4 Cups of whole spelt flour

1 Cup coconut oil/ canola

1 teaspoon salt

3 Tablespoons of water

## Preparation

1. Start with the flour and salt in a bowl. Use warm

## Cherry Tomato Quiche

### Ingredients

2 cups fresh cherry tomato halves

2 cups swiss chard or spinach

1 large leek

1/2 cup 5% goat cheese

1/2 Tablespoon olive oil

10 eggs (4 eggs + 6 whites)

salt pepper dried oregano, thyme, basil

### Crust

4 Cups of whole spelt flour

1 Cup coconut oil/ canola

1 teaspoon salt

3 Tablespoons of water

### Preparation

Start with the flour and salt in a bowl. Use warm coconut oil and water, combine until it forms a dough ball. Press into 2 large rectangle pans to cover the bottom evenly.

Sauté the leeks, tomatoes and greens together until they wilt add salt and pepper, herbs to taste. **UNDERSALT**, cheese will increase the salt level. Then deglaze the pan with half of the white wine. Add more as needed and drink the rest of the glass.

when cooled a bit, add the eggs and cheese. Then pour into the crusts and bake at 190 C 374 F until golden and set.

Two meals from Lily's Kitchen



Both these recipes follow a simple formula. Personalize the filling for your family.

## Cold Salmon with Avocado salsa

### Ingredients

- 1 kilo salmon cut into pieces
- 1 tbs olive oil
- 1 tsp salt
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp paprika powder
- 1 tsp onion powder
- 1 tsp black pepper

### Avocado salsa

- 1 avocado, peeled, seeded and sliced
- 1 small red onion, sliced
- 3 mild hot peppers, seeded and deveined, diced or
- Juice from 2 limes
- 3 tbs olive oil
- 2 tbs finely chopped cilantro
- Salt to taste

Season and rub then drizzle salmon with olive oil.

Broil Salmon on 400 F 200 C until set. Firm and flakey.

Serve cold with salsa on top.

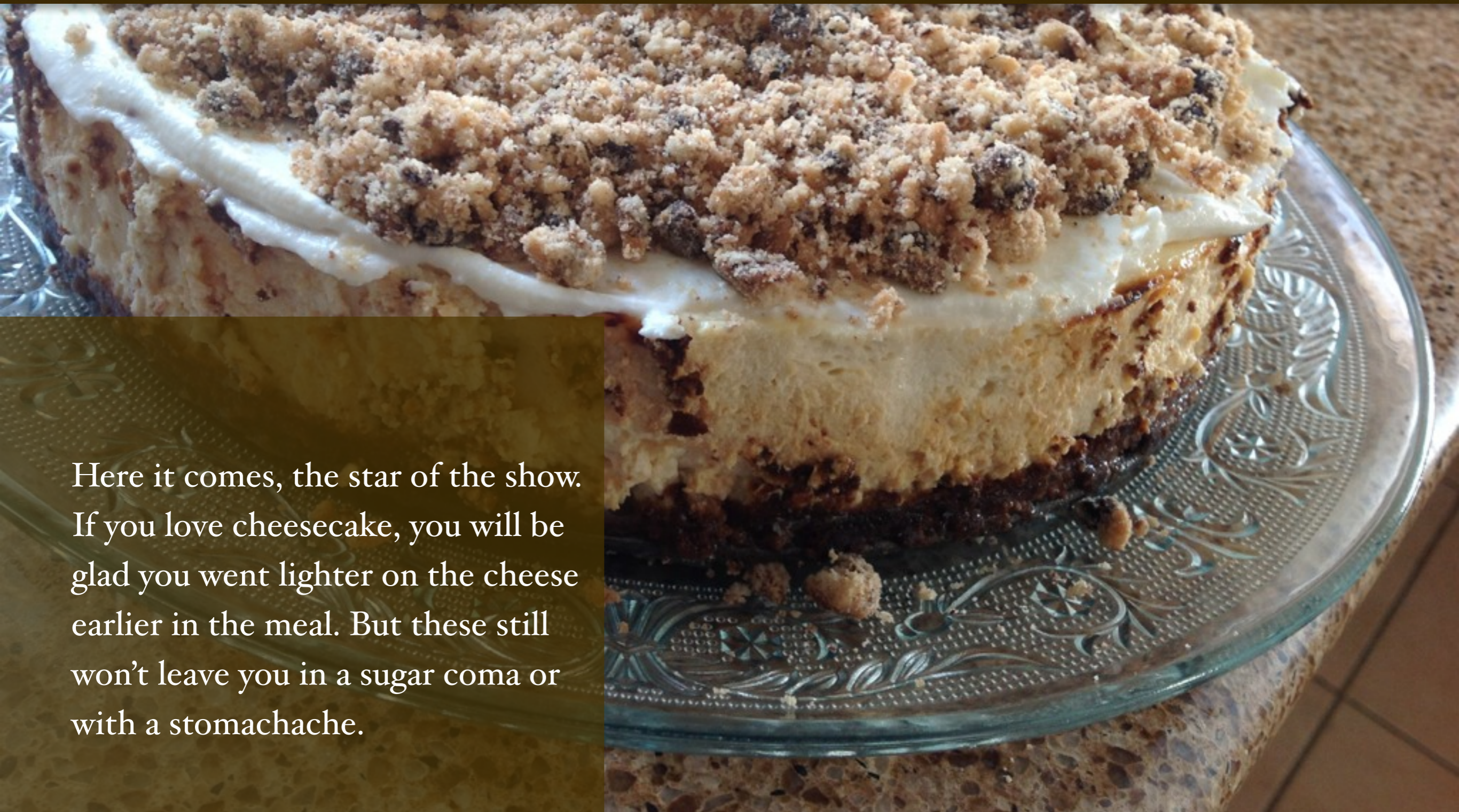
Adapted by [Photo from http://laylita.com/recipes/2008/06/30/grilled-salmon-with-avocado-salsa/](http://laylita.com/recipes/2008/06/30/grilled-salmon-with-avocado-salsa/)



## Chapter 4

# Deserts

Here it comes, the star of the show. If you love cheesecake, you will be glad you went lighter on the cheese earlier in the meal. But these still won't leave you in a sugar coma or with a stomachache.



# Cookie Crumble Cheesecake

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This recipe is really three steps. Personalize it your way, in the crust or the topping.



You can make a plain cheesecake with this lighter filling or be creative and add cookies, fruit or whip cream on top.

Here I used crumbles whole-wheat cookies. I have used whole wheat graham crackers or tea biscuits in the past as well. I have found that with a springform pan, I prefer a crumbly crust to one made with a lot of butter. The cheesecake itself helps to hold the crust together. If you prefer, you can always add a little bit of butter to help hold the cookie crumbs together, but it is not necessary.

The key to a great cheesecake is in the baking. Watch the video on water-baths and cheesecake will seem like a much simpler undertaking.

Enjoy!

## Makes 6 Chocolate Cake Ramekins

### Ingredients

1/3 Cup Olive Oil  
2 bars 75-85% Dark Chocolate  
4 eggs  
1 Cup Honey  
6 Tablespoons Whole Wheat Flour

### Directions

1. Chop the bars to melt in a double boiler with the olive oil.
2. In a separate bowl beat the eggs with sugar and slowly add the slightly cooled chocolate.
3. Whisk in the flour. The batter should still be runny but thick. (you can add a few red pepper flakes, dash of cinnamon, vanilla extract, or instant coffee here for a change of pace)
4. Pour into non stick or greased ramekins and bake at 350 F until the tops crack but the insides are still gooey. To reheat place on a heated surface for a few minutes prior to serving.
5. (you double the recipe and save any ramekins unbaked in the fridge for up to 5 days and bake on demand, yum!)

This is perfect for homemade vanilla ice-cream or frozen yogurt



Make your own frozen yogurt by adding yogurt, vanilla and honey into your ice-cream maker. Or buy some from your favorite shop.

## Cheesecake Template

**Crust:** Your favorite whole wheat cookie recipe. Here you may not have a refined sugar-free choice unless you use a substitute.

Chocolate chip, zebra, or store bought organic tea biscuits. Crushed and on the bottom of a springform pan. I used Nestle Toll House cookie recipe, made with natural sugar and butter, or go crustless. Use the same cookies for crumbs over the filling.

### Filling:

6 Cups 3% white cheese or ricotta                      2 Cup 9% sour Cream

4 eggs + 6 whites not whipped

1 Cup Honey + (1/2 cup honey only to taste) I prefer not too sweet since there is plenty of sugar in the crust and toppings.

4 Tablespoons of flour

2 teaspoon vanilla

1 T lemon zest

### Topping after cooked

Lemon curd/ berries: **amazing lemon curd** and berries.

or as pictured

2 Cup 9% sour cream

1 T vanilla pudding mix or (1 tsp cornstarch, 1 Tablespoon sugar) You then add the cookie crumbs.

### Preparation

Bake at 350 in a water bath until just set around an hour, then let them cool and chill for an hour, before topping and serving. Must watch video for a water bath

<https://www.youtube.com/watch?v=68htVeDaYh4>

what is your favorite cheesecake?



You can swirl chocolate ganache on top or add whip cream and sprinkles.

## Section 2

# Shavuot in Balance

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I hope you have enjoyed these basic recipes to add to your traditional family favorites. A healthy holiday is a blend between lightening up your traditions, and adding in new healthy ideas to support the traditional super creamy, fatty dishes we grew up with.

In each section there are some cheesy dishes and some cheeseless ones. Choose wisely. Remember, every course is a balance of colors, flavors and textures. A cheese laden meal leaves everyone feeling sick, heavy and lethargic. When you pick one cheese dish per a course you can balance the excitement and still use other lighter dairy products or none at all. The other forgotten part of the holiday is the bikurim. The traditional produce offering to the temple. Celebrate the harvest of the first fruits by making them the star of each course dressed with a dairy condiment or highlighted by another dairy dish in the course.

Like the theme of everything at [www.Lilyaronin.com](http://www.Lilyaronin.com), we strive to enjoy our good health and protect it without overly restricting ourselves. The upcoming B-lance retreat is a perfect example. We have 6 experts to tell you how to pick and choose where to spend your energy to create harmony in your life. Your meal should work the same way. Choose where to expend your calories and fun factor but ensure a harmonious experience for your

body and your guests by balancing the amount of heavy foods with healthy ones.

Thank you again for your support and join our Sugar Detox which begins May 26 right after Shavuot. Or join us on May 20 Wed night at 8:30 pm, for a get started call. We will discuss how to use these refined sugar free recipes to create a plan for a successful and craving less holiday.

If you are receiving this because you signed up for our detox. I can't wait to hear from you. We will be discussing many more recipes and ideas on the call.

Have a beautiful and meaningful holiday.