

Lite & deLicious
Seder Menus



StartFresh.com

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Does Keeping Kosher Mean Keeping Fat?

Our traditions may have handed us a recipe for obesity, **but we can make better choices that will allow us to honor and enjoy certain customary foods and lose weight too.**

For years, I heard a story about my father being chased around the house by my grandmother with a spoonful of some delicious dish. “Eat! Eat!” She reportedly implored. This is the image that jumps to mind every time I see cholent, tzimmes, borscht, matzoh brie, shlishkes, lukshen and potato kugels, farfel, kasha varnishkes, chicken soup, kishka, brisket, flanken, and the variety of other wonderful traditional kosher foods we have the pleasure of cooking and eating in our world. I see this image very often, because I blame a lot of these traditional dishes for raising my appetite into adulthood and making life much harder for me.

But it’s not that I don’t love these foods. Not only are they tasty and satisfying, they also have so much meaning to me. First, there’s the traditional meaning that always gets me. Knowing I am eating something my ancestors once ate as they struggled to survive or that my great, great, great grandfather enjoyed in the comfort of the home he made that I never had the chance to see makes me feel I am continuing the custom and sharing in their missions. Then there is the more personal meaning – the memories of how my Bubbe’s house always smelled when she was making “a nice chicken soup” or the sweet flavor of my Tante Goldie’s delicious kugel are brought forth again today as I sample the same dishes in my own kitchen. So I don’t want to abandon them, because to stop eating these foods would be to halt all of that meaning, which is too important to me to keep in my life and share with my own children.

There is a serious problem with my desire to keep these foods in my life. They are extremely fattening by nature. Just a half a cup of Shlishkes is enough starch to make my fat cells start wishing each other Mazel Tov on the multiple births of the new fat cells among them. A “little” piece of kugel, once eaten, sits precariously on my hip as I try to sleep at night and actually talks

to me. A blintz is a burden and the cholent chides me, come scale time. It's no secret that the chicken soup needs salt – and lots of it. Everything seems to be held together by schmaltz, eggs and oil.. So is it possible that in order to lose weight and be healthy, I have to give up these things?

The good news is that I don't and neither do you. You can make these foods the low fat way so you can still have them, and even though it won't taste exactly like it used to, it will be close! So why not just alter the recipes a little to make our lives healthier and to pass newer and healthier traditions on to our children? It makes a lot of sense.

There are some easy substitutions. Where you would use oil, use less oil or a low fat spread or emollient spray and mix it with a light fruit juice. Instead of entire eggs, use only the whites. Trim the fat from everything. Measure your portions and store them in individual packages. At events, taste very lightly for the memories' sake and count them on your program under Starsavers, but resume healthy substitutions in recipes in your own home, where you are in total control.

Above all else, know that sometimes, the way your mother used to make it doesn't have to mean it's the way you will make it. After all, nobody can make lukshen kugel like Tante Goldie, so why bother trying? It simply can't be replicated, so move on to your own newer and healthier version. You are still carrying out the tradition and enjoying the tastes and significance of customary dishes, so you are hurting no one. Then you can help yourself in more ways than one.

Thanks for taking the time to read our new Passover recipe collection. We are glad to share it with you. We hope you, your family and guests will enjoy these selections. **They are simple to prepare, great to eat and best of all- no regrets when the meal is over. Just that light happy feeling.** We are sure you'll visit startfresh.com for many more recipes, great advice, support and most of all , a highly successful weight loss plan.

Seder Menu Choices

Sparkling Melon Wedges

Crispy Crunchy Salad

Gefilte Fish Updated

Curried Zucchini Soup

Chicken/Turkey Wraps

Turkey London Broil

Roasted Cauliflower

Sweet Potato, Mushroom and Broccoli Pie

Cranapple Compote

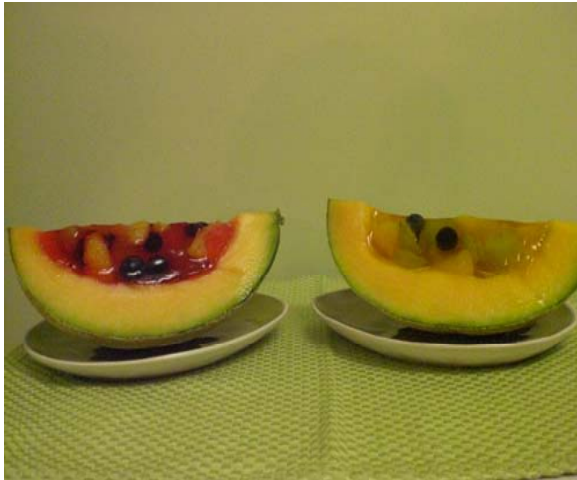
Macaroon Strawberry Sorbet

Sparkling Melon Wedges

A truly sparkling appetizer to grace your Seder table.

Serves: 4 Program Equivalents: 1 Fruit selection

1 cantaloupe halved and seeded
1 sugar-free strawberry dessert jell
1 ½ cups boiling water
1/3 cup blueberries
1/3 cup green seedless grapes halved
1/3 cup mandarin oranges segments



1. Cut melon in half, lengthwise. Scoop out seeds and try to make the flesh of the cantaloupe as smooth as possible.
2. Pour jell dessert powder into a bowl. Add 1 ½ cups boiling water (less than the usual amount) to dissolve the powder. Stir for two minutes. Place melon halves into two small bowls (for stability) and spoon jell into centers. Add fruit into jell.
3. Chill until firm. To serve, cut each half of the melon in half.

Calories 106 Calories from Fat 0 Total Fat 0g Sodium 58mg Protein 2.0g

Crispy Crunchy Salad

Another excellent and good looking appetizer. A stay-slim-secret exposed: Fill'er up on salads.

Serves: 10

Program Equivalents: 1 limited vegetable, unlimited vegetables, 1 1/2 fat selections

1 small purple onion
1 pt. fresh mushrooms
1 bag romaine lettuce or classic iceberg lettuce mix
1 lb. frozen or fresh sugar snap peas, defrosted (please check with your Rabbi for use on Passover)
1/4 cup toasted, slivered almonds
1 tsp. celery seed, optional

DRESSING

1/2 cup lite mayonnaise
1/2 cup water
3 cloves garlic, minced
2 T lemon juice
1 t. vanilla extract
1t dried parsley flakes
1/8 t black pepper
1/4 t salt
3 T xylitol (or any KFP sweetener)



1. Wash mushrooms well and slice. Slice purple onion. The snap peas can be used as is whether fresh or frozen.
2. Combine all the salad ingredients in a bowl. In a cruet or jar, combine dressing ingredients and shake well. Dress immediately before serving.

Calories 76 Calories from Fat 35 Total Fat 4.2g Sodium 132mg Protein 2.0g

Gefilte Fish: Updated

A delicious alternative to traditional Shabbos fish. We love it hot from the pot, cold from the fridge and at room temperature too.

Serves: 10 Program Equivalents: 1 Protein selection, unlimited vegetables

**1/2 teaspoon olive oil
1 large onion, chopped
2 carrots, diced
1 large zucchini, diced
1 medium chili pepper seeds removed, minced (optional)
1 15 oz can tomato sauce
1/2 cup tomato juice (or water)
2 packets sweetener
1 loaf sugar free gefilte fish, defrosted**

1. Preheat oven to 350°.
2. Heat the oil in a skillet. Add onions and sauté for about 5 minutes. Add carrots, zucchini and chilli pepper and sauté an additional 5 minutes. Add the tomato sauce, juice(or water) ,sweetener & continue to cook for about 15 minutes.
3. In the meantime, lightly spray 10 silicon muffin cups with cooking spray. Spoon gefilte fish mixture into each of the cups, filling them all the way to the top. Place on a baking tray and bake for about 40 minutes or until the tops are golden. Cool for a few minutes and then invert on a tray.
4. Spoon sauce on individual plates. Place inverted fish muffin onto sauce. Top with additional sauce. This dish is best served hot, but it is also very good at room temperature or even cold.

Calories 133 Calories from Fat 33 Total Fat 5.0g Sodium 484mg Protein 12.0g

Curried Zucchini Soup

Delicious, hearty and creamy and only 22 calories per portion! After testing this recipe, I had to have it for lunch every day (until I grew a little bored of it) Have no fear- I'll be back to it soon. All that flavor with no price to pay. Hey!

Serves: 4 Program Equivalents: Unlimited vegetables, trace of fat



1/2 teaspoon olive oil
1 medium onion sliced as half moons
2 cloves garlic minced
2 1/2 medium zucchini unpeeled and sliced thinly
1/2 teaspoon fresh ginger grated
1/2 teaspoon curry powder
1/2 teaspoon cumin
4 cups vegetable broth
Salt to taste

1. Heat oil and place most of the onion in the pot (leaving some of the slices for the garnish). Sauté for five minutes and add the garlic. Sauté for two more minutes. Add zucchini, (leave some out for garnish) ginger, curry powder, and cumin. Sauté 3 more minutes.
2. Add broth and bring to a simmer. Cover and simmer until vegetables are tender, about 25 minutes. Puree soup with an immersion blender.
3. Spray a small frying pan with cooking spray. Sauté the remaining onions and zucchini until truly golden. Use as garnish in the center of each soup bowl or crock.

Calories 22 Calories from Fat 5 Total Fat 1.0g Sodium 210mg Protein 2.0g

Chicken/Turkey Wraps

Innovation is the key ingredient to a colorful and flavorful diet. I am sure you will incorporate this lovely dish into your all year round menus and entertaining.

Serves: 12 Program Equivalents: 1 Protein selection, ½ fruit selection, unlimited veggies.



1 pound ground turkey
¾ pound ground chicken breasts
1 medium onion chopped
2 large carrots, chopped
1 stalk celery, chopped
1 15 oz can mushrooms, chopped
4 egg whites
1 tablespoon ketchup
1 teaspoon salt
12 slices chicken breast deli meats (round)
12 slices turkey balogna deli meats (round)
Sauce:
¾ cup apricot jam
1/3 cup orange juice
1 ½ tablespoons Dijon mustard

- 1.**Preheat oven to 375°. Combine the chicken a turkey in a medium bowl.
- 2.**In a large nonstick skillet, heat a medium skillet and lightly spray with cooking spray. Sautè all the vegetables with a ¼ t. of salt, for about 15 minutes, until the vegetables are very soft.Let cool slightly. Blend the veggies with an immersion blender or with a food processor.
- 3.**Add the vegetables to the ground chicken/turkey mixture. Beat the egg white with a fork and add to the rest of the mixture along with the salt and ketchup; with moistened hands, gently combine. Separate the slices of the deli meats. Place a small mound of the mixture onto each slice, fold the sides in and place seam side down in a 9x13 pan.
- 4.**Combine sauce ingredients. Spoon some over each wrap. Cover and bake for 30 minutes.

Calories 165 Calories from Fat 11 Total Fat 2.0g Sodium 654mg Protein 17.0g

Turkey London Broil

Needless to say beef is not a weight loss food. Preparing poultry the right way can result in an absolutely delicious and memorable meal as well. This London Broil is fit to grace your Seder table.



Serves: 6 Program Equivalents: 1 ¼ Protein selections, 15 SS

2 pounds turkey breast tenderloin
1 tablespoon paprika
1 tablespoon garlic powder
1 tablespoon salt
1 teaspoon black pepper
1 teaspoon cumin
2 tablespoons prepared horseradish
2 tablespoons honey
1 teaspoon olive oil

1. Mix the spices together for the Spice Rub. Rub onto both sides of turkey breast. Mix the last three (glaze) ingredients together and set aside.
2. Place turkey breast on baking pan and place under broiler in oven. Broil for 5 minutes on each side.
3. Brush with the glaze; reduce heat to 350°F (175°C) and continue baking about 40 minutes covered, until cooked thoroughly. Baste occasionally throughout the cooking. Slice across the grain and serve immediately for best results. It is also very good when refrigerated or frozen a reheated with the pan drippings.

Calories 216 Calories from Fat 20 Total Fat 2.0g Sodium 1654mg Protein 23.0g

Roasted Cauliflower

Skip the potatoes and try this super easy, super delicious and super lite side dish..



Serves: 8 Program Equivalents: unlimited veggies, trace of fat

2 16-ounce bags frozen cauliflower
8 cloves garlic peeled and slivered lengthwise
1 teaspoon olive oil
2 teaspoons kosher salt, divided
1/2 teaspoon freshly ground black pepper
2 tablespoons fresh parsley, minced
1 tablespoon freshly squeezed lemon juice


- 1.Preheat oven to 450 degrees. On a sheet pan, toss cauliflower with garlic, 1 teaspoon olive oil, 1 1/2 teaspoons kosher salt and pepper. Spread the mixture in a single layer and roast for about a half hour.
 - 2.Stir a couple of times until the cauliflower is tender and the garlic is slightly browned. Scrape the cauliflower and garlic into a big bowl. Add the parsley, lemon juice and salt. Serve hot or warm.
- WARNING:** Don't leave this out in the open. The grazers and nibblers will have it finished long before the meal is served.

Calories 37 Calories from Fat 6 Total Fat 1g Sodium 1834 Protein 4g

Sweet potato, Mushroom and Broccoli Pie

A tasty and colorful side dish. You may also want to prepare this as individual tartlets. What? 73 calories...Seconds anyone?

Serves: 8 **Program Equivalents: ¼ Starch selection, unlimited vegetables**



1 onion chopped
1 clove garlic minced
1/2 cup sliced mushrooms
3 cups cooked broccoli gently pureed
1 egg slightly beaten
Salt to taste
Pepper to taste
2 sweet potatoes cooked and mashed
1 egg white
1/2 teaspoon cinnamon

1. Preheat oven to 350°. Spray a medium skillet with cooking spray. Saute the onion for about three minutes then add the garlic and mushrooms. Continue sauteing on low heat until the vegetables are soft.
2. Combine the sauteed vegetables in a bowl with broccoli. Add egg and mix. Place this mixture in a 9 inch pie pan.
3. Add an egg white, a pinch of salt and a 1/2 teaspoon cinnamon to the mashed potatoes. Lightly spoon the potatoes over the broccoli mixture. You can also do this with a star tip for a pretty presentation.

Calories 73 Calories from Fat 3 Total Fat 0g Sodium 18mg Protein 2g

Cran-Apple Pear Compote

This absolutely scrumptious compote is unique in its combination of flavors. The orange extract adds a tantalizing tang to this dessert, so don't leave it out.

Serves: 14 Program Equivalents 1 Fruit selection, 15 SS

10 Cortland apples
4 ripe pears
3 cups water
2 Tbsp honey, or to taste
1 large cinnamon stick
3-4 cloves, optional
1 16-oz can jellied cranberry sauce
1 tsp orange extract



1. Peel and core apples and pears, cut into pieces, then place in a large pot.
2. Add remaining ingredients and bring to a boil. Lower heat and simmer, stirring occasionally to break up fruit. Cook until soft (about an hour). Allow to cool. Remove cinnamon stick and cloves.

Calories 134 Calories from Fat 0 Total Fat 1.0g Sodium 18mg Protein 0g

Berry Macaroon Frozen Mousse

This truly de"light"ful mousse is topped with a Passover favorite. Yes, we are all "watching" but we can never do Passover without macaroons.

Serves: 10 Program Equivalents ¼ Fruit selection, 1 Fat selection

Mousse

1 pound frozen or fresh strawberries chopped
1 egg white
¾ cup xylitol or other KFP sweetener
1 tablespoon lemon juice

Macaroon Crust

4 egg whites (at room temperature)
1 ½ cups xylitol confectioners sugar (you can make your own by putting xylitol in a blender with 1 t potato starch)
1 ¼ cup peeled almonds ground
1 teaspoon almond extract



1. Place the first three ingredients in an electric mixer. Beat on low for 2 minutes, and on high for another 8 minutes. Your mousse is ready. Serve at room temperature or freeze and serve as ice cream.
2. Preheat oven to 325°. Grind almonds carefully in a coffee grinder or food processor. It should become fine crumbs and not a paste.
3. Beat egg whites. Add confectioners sugar and then almonds/almond extract. Bake in flat cookie sheet for 20-25 minutes. To serve, break macaroon into large jagged pieces. Crumble the rest and use as a "crust" when serving.

Calories 82 Calories from Fat 25 Total Fat 3.0g Sodium 38mg Protein 1.0g