



*Olive Dip*

**Ingredients:**

Time: 5 minutes

Serves: 10

1 jar of Olives with Pimentos (safeway brand has an O-U)  
1 Tbsp. of Mayonnaise

**Directions:**

Combine ingredients in a bowl and using a hand blender puree until you reach desired consistency.

Alternatively, use a food processor.



## *Chatzylim (Eggplant dip)*

### **Ingredients:**

Time: 1 hour including bake time.

Serves: 6-8

2 Eggplant

1 - 2 Tbsps. of Mayonnaise

Kosher salt to taste

Garlic powder to taste

### **Directions:**

Wrap eggplant in tinfoil and place on baking sheet. Bake at 400 degrees (or if in a rush 450 degrees) for 45 minutes.

Unwrap eggplant when cool to touch and slice in half to scoop out eggplant leaving skin behind.

Combine eggplant and other ingredients in a bowl and using a hand blender puree until you reach desired consistency.

Alternatively, use a food processor.

check for seasoning.



## *Roasted Eggplant and Red Pepper Dip*

### **Ingredients:**

Time: 45 minutes

Serves: 6-8

- 1 medium eggplant
- 2 red bell peppers, seeded
- 1 red onion, peeled
- 2 garlic cloves, minced
- 3 tablespoons good olive oil
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon tomato paste

### **Directions:**

Preheat the oven to 400 degrees F.

Cut the eggplant, bell pepper, and onion into 1-inch cubes. Toss them in a large bowl with the garlic, olive oil, salt, and pepper. Spread them on a baking sheet. Roast for 45 minutes, until the vegetables are lightly browned and soft, tossing once during cooking.

Cool slightly.

Place the vegetables in a food processor fitted with a steel blade, add the tomato paste, and pulse 3 or 4 times to blend. Taste for salt and pepper.



## *Chummus*

Time: 10 minutes

Serves: 2 3/4 cups

### **Ingredients:**

4 garlic cloves

2 cups canned chickpeas, drained, liquid reserved

1 1/2 teaspoons kosher salt

1/3 cup tahini (sesame paste)

6 tablespoons freshly squeezed lemon juice (2 lemons)

2 tablespoons water or liquid from the chickpeas

8 dashes hot sauce (optional)

### **Directions:**

Turn on the food processor fitted with the steel blade and drop the garlic down the feed tube; process until it's minced. Add the rest of the ingredients to the food processor and process until the hummus is coarsely pureed. Taste, for seasoning, and serve chilled or at room temperature.



## *Sweet Eggplant Dip*

### **Ingredients:**

Time: 30 minutes including cook time

Serves: 8-10

1 Eggplant

1 onion

1 green pepper

1/4 cup Brown Sugar

5 Tbsp. Ketchup or Tomato sauce

3 Tbsp. Water

1/4 cup Olive Oil

### **Directions:**

Cur eggplant into 1 inch cubes and green pepper into small squares. Chop onion coarsely.

Saute (on medium high) the onion and green pepper in oil for 5 minutes, add the eggplant and toss for another 5 - 8 minutes until all ingredients are tender. Add the sugar, ketchup and water and simmer for 20 - 30 minutes.



## *Hot Sauce*

### **Ingredients:**

Time: 50 minutes

Serves: 10 - 15

1 16oz can whole Tomatoes (hunts)

2 green peppers

4-8 habinjeros

### **Directions:**

Pour can of whole tomatoes into a saucepan. Add 2 green peppers, chopped into 1 inch pieces and hot peppers, sliced. Using a hand blender, pulse a few times until the consistency resembles a chunky, thick consistency.

Alternatively, use a food processor to pulse all ingredients and add to saucepan.

Bring to a boil and turn down to simmer. Simmer for 45 minutes.

Let cool. Refrigerate before serving.

(freeze extra in ziplocs. Note: the sauce's hot flavors will become more intense as it freezes.)



## *Garlic Pita Chips*

### **Ingredients:**

Time: 40 minutes

Serves: 6-8

12 Pita breads (white or whole wheat)

10 - 15 cloves of garlic, peeled

3/4 cup olive oil

Kosher Salt

### **Directions:**

Preheat oven to 400 degrees

Using a food processor, puree the fresh garlic and olive oil. Add salt to taste (about 1/2 tsp.) and pulse to combine.

Stack 2 or 3 pitas and cut in eights to resemble pie pieces. Pull a part each triangle of Pita so you are left with thin triangles, doubling the amount of Pita.

Do this with all Pita breads and place in a large mixing bowl.

Toss garlic mixture over all Pita and gently toss to combine.

Place pita triangles on a parchment lined baking sheet and bake at 400 degrees for 15-25 minutes until looking lightly browned and toasted.

You may need to do this a few times until all pita chips are made depending on size of baking sheets.



## *Strawberry Fields Salad*

### **Ingredients:**

Time: 20 minutes

Serves: 8

1/4 cup sugar

1/4 cup red wine vinegar

1/4 cup honey

1/2 Tsp. freshly ground black pepper

1/2 Tsp. dry mustard powder

1/2 cup canola oil

1 pound salad greens

Strawberries, sliced

Pine nuts

1/2 a red onion, sliced

### **Directions:**

Combine first 6 ingredients in a jar and shake until combined or use a hand blender.

Combine salad greens, strawberries, pine nuts and red onion and toss with dressing.



## *Basic Lemon Vinaigrette*

### **Ingredients:**

Time: 10 minutes

Serves: yields: 1 cup

1/2 cup olive oil

1/4 cup freshly squeezed lemon juice

2 Tsp. lemon peel, minced

2 Tsp. minced garlic

salt

freshly ground pepper

### **Directions:**

Combine oil, juice, peel and garlic in a jar, cover tightly and shake or use a hand blender to emulsify. Add salt and pepper to taste.



## *Provençal Potato Salad*

### **Ingredients:**

- 1 pound small white boiling potatoes
- 1 pound small red boiling potatoes
- 2 tablespoons good dry white wine
- 2 tablespoons chicken stock ( or water)
- 3 tablespoons White wine vinegar
- 1/2 teaspoon Dijon mustard
- 2 teaspoons kosher salt
- 3/4 teaspoon freshly ground black pepper
- 10 tablespoons good olive oil
- 1/4 cup minced scallions (white and green parts)
- 2 tablespoons minced fresh dill
- 2 tablespoons minced flat-leaf parsley
- 2 tablespoons julienned fresh basil leaves

### **Directions**

Drop the white and red potatoes into a large pot of boiling salted water and cook for 20 to 30 minutes, until they are just cooked through. Drain in a colander and place a towel over the potatoes to allow them to steam for 10 more minutes. As soon as you can handle them, cut in 1/2 (quarters if the potatoes are larger) and place in a medium bowl. Toss gently with the wine and chicken stock. Allow the liquids to soak into the warm potatoes before proceeding.

Combine the vinegar, mustard, 1/2 teaspoon salt, and 1/4 teaspoon pepper and slowly whisk in the olive oil to make an emulsion. Add the vinaigrette to the potatoes. Add the scallions, dill, parsley, basil, 1 1/2 teaspoons salt, and 1/2 teaspoon pepper and toss. Serve warm or at room temperature.

### **Ingredients**

Add the following ingredients.

1/2 pound haricots verts, stems removed

1 6-ounce can Italian tuna, drained and flaked

1/2 cup capers, drained

1 cup halved cherry tomatoes

1/2 cup small-diced red onion

1/2 cup black olives, pitted

6 hard-cooked eggs, peeled and quartered, optional



## *Ultimate Vinaigrette*

### **Ingredients:**

Time: 10 minutes

Serves: 4

1 shallot, finely minced  
1 teaspoon Dijon mustard  
2 teaspoons red wine vinegar  
1/4 cup extra-virgin olive oil  
1 teaspoon sugar  
1 teaspoon honey  
Kosher salt and freshly ground black pepper  
6 cups arugula

Combine the shallot, mustard, vinegar, oil, sugar, honey and salt and pepper in a jar and shake to emulsify.

Toss arugula with vinaigrette, to taste.



## *Honey Mustard Salad*

### **Ingredients:**

Time: 10 minutes

Serves: 4

1 head of Lettuce  
1 Avocado  
1/2 cup Craisins or pomegranate seeds  
1 Mango  
1/2 - 1 cup Honey Mustard Cashews

### **Dressing:**

1/4 cup Mayonnaise  
2 Tsp. Vinegar  
2 cloves garlic crushed  
1 Tbsp. mustard or Dijon  
1/4 cup honey

Combine all dressing ingredients and whisk together. Toss over salad and add craisins, mango, avocado and nuts and toss again.



## *Salsa Chip Salad*

### **Ingredients:**

Time: 5 minutes

Serves: 4

1 head of Green leaf Lettuce (or other lettuce)  
1 cup cherry tomatoes sliced in half  
1 bag of Tias Salsa chips crushed

### **Dressing:**

2 Tbsp. Mayonnaise  
1/2 cup LaVictorias Mild Salsa Sauce

## *Al Hamichyah*

An "abridged" version of Grace After Meals that incorporates elements from its first three blessings is said after eating certain foods. There are three versions of this abridged after blessing:

1. "Al Hamichyah" is said after eating foods (not bread) prepared from the five grains. Anything that gets the fore-blessing "Mezonot" gets the after-blessing "Al Hamichyah."
2. "Al Hagefen" is recited after drinking wine or grape juice.
3. "Al Haaretz v'al Hapeirot" for the special fruits with which the Land of Israel was blessed: grapes, figs, pomegranates, olives and dates.

Blessed are You, L-rd our G-d, King of the universe, for

After food prepared from the five grains:

After wine or grape juice:

After grapes, figs, pomegranates, olives or dates:

the sustenance and for the nourishment,

(and for) the vine and for the fruit of the vine,

(and for) the tree and the fruit of the tree,

for the produce of the field, and for the precious, good, and spacious land which You have graciously given as a heritage to our ancestors, to eat of its fruit and to be satiated with its goodness. Have mercy, L-rd our G-d, on Israel Your people, on Jerusalem Your city, on Zion the abode of Your glory, on Your altar, and on Your Temple. Rebuild Jerusalem, the holy city, speedily in our days, and bring us up to it and make us rejoice in it, and we will bless You in holiness and purity.

On Shabbat:

May it please You to strengthen us on this Shabbat day.

On Rosh Chodesh:

Remember us for good on this day of Rosh Chodesh.

On Pesach:

Remember us for good on this day of the festival of Matzot.

On Shavuot:

Remember us for good on this day of the festival of Shavuot.

On Sukkot:

Remember us for good on this day of the festival of Sukkot.

On Rosh Hashanah:

Remember us for good on this day of the festival of Remembrance.

On Shemini Atzeret:

Remember us for good on this day of the festival of Shemini Atzeret

For You, L-rd, are good and do good to all, and we offer thanks to You for the land and  
for

After food prepared from the five grains:  
After wine  
or grape juice:  
After grapes, figs, pomegranates, olives or dates:  
the sustenance.  
the fruit of the vine.  
the fruits.

Blessed are You L-rd, for the land and for

After food prepared from the five grains:  
After wine  
or grape juice:  
After grapes, figs, pomegranates, olives or dates:  
the sustenance.  
the fruit of the vine.  
the fruits.

**— BLESSING AFTER OTHER FOODS AND DRINKS —**

Blessed are You, L-rd our G-d, King of the universe, Creator of numerous living beings and  
their needs, for all the things You have created with which to sustain the soul of every  
living being. Blessed is He who is the Life of the worlds.