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To Our Neighbors and Friends,

As real estate agents, our number one goal is making sure that each and every house we sell becomes a home. Not only a place to eat and sleep in, but a place that is warm, welcoming, and tells the story of those living inside of it. This year has been particularly challenging for many of us and we have begun to realize, now more than ever, the importance of having a home you truly love. We have been working tirelessly to do everything we can to help families throughout the community in any capacity that we are able

during these times. Since our inception, we have prided ourselves on being known as the local real estate team that cares about more than just the sale; we truly care about the people we work with—people that quickly become our neighbors and friends. Our team of award winning agents, along with our unbelievable staff, have helped so many homeowners throughout Bergen County find the right homes for their families.

One common theme that has stood out to us this year was watching so many parents and children become home chefs. We have seen so many pictures of dishes that have inspired others to start cooking and experimenting with new ingredients. Watching everyone create these wonderful meals and dishes is truly amazing.

This has inspired us to create the Links Cookbook, made up of our favorite recipes that we are sharing with you. We hope you love these recipes as much as we do, and that you use them to make your home that much more unique and warm.

This is the first of what we hope will be many Links Publications that we will bring to you, our past and future clients. These projects are one of many ways we hope to deliver more value and connections to each other, especially in these times of distance. If there is a recipe that you make and love, please post it on social media using #linksnj and reach out to let us know. We would love to hear from you!

We hope you enjoy this and share it with others.

—Marc Stein, CEO Links Residential brokered by eXp Realty

Marc Stein
CEO Links Residential
brokered by eXp Realty

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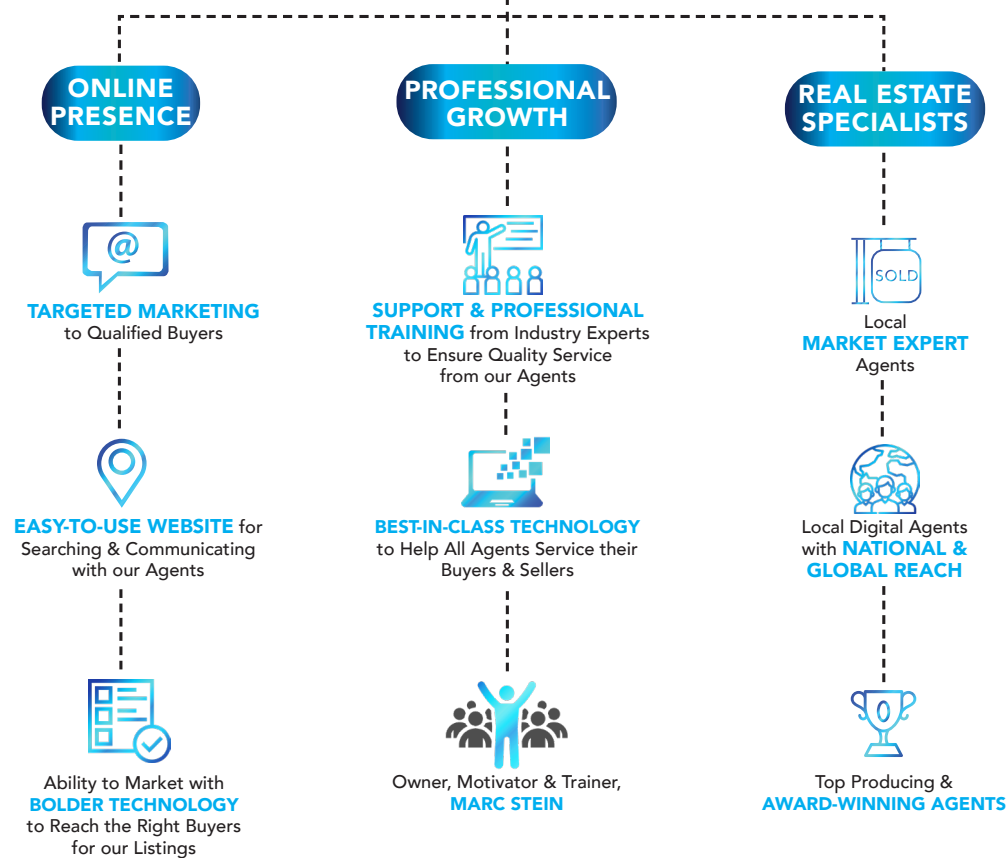
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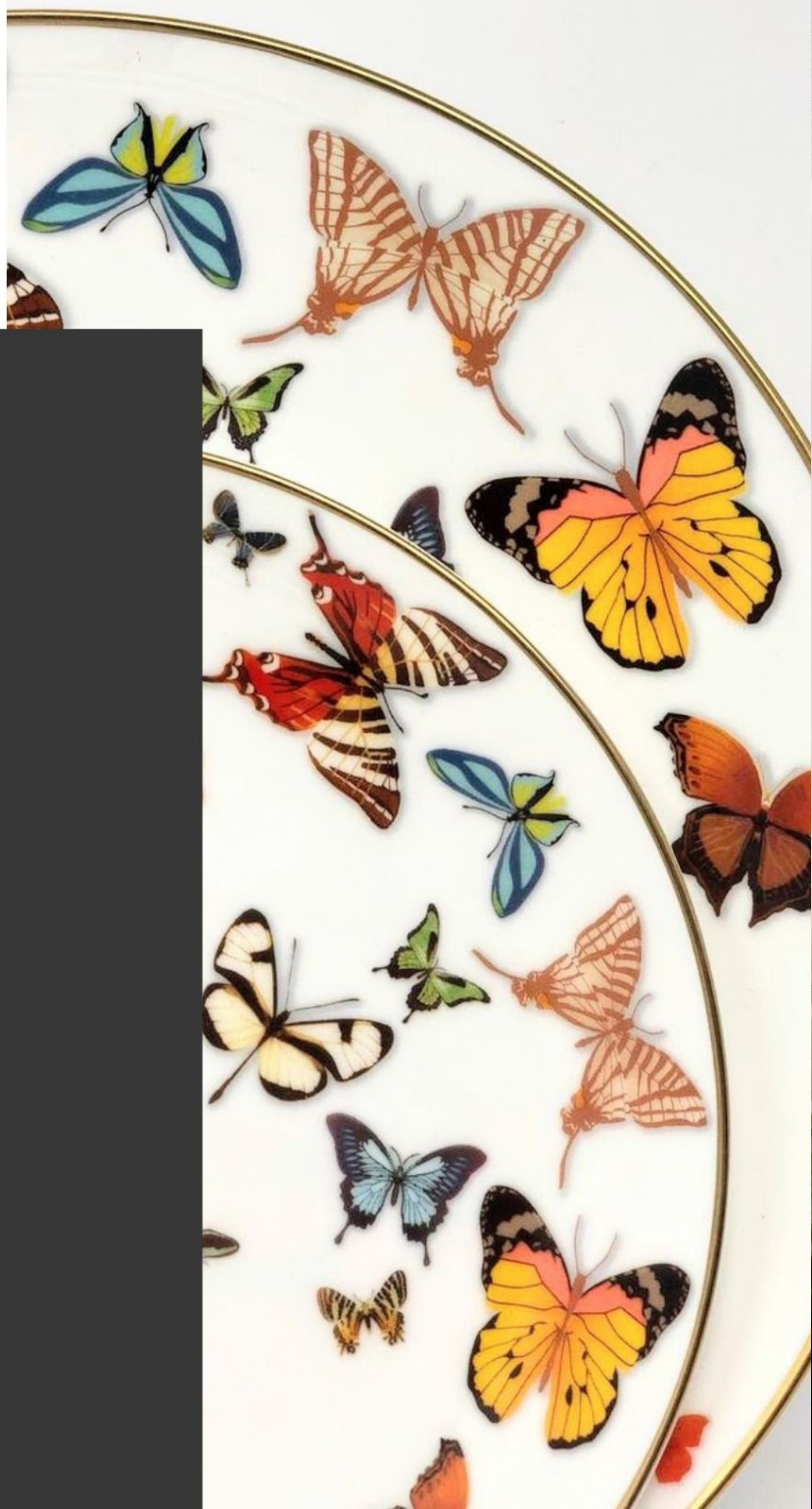


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QUICK AND EASY APPETIZERS



"First we eat, then we do everything else"
~M. F. K. Fisher



JACLYN'S CHICKPEA MINISTRONE SOUP



SERVES 5-8 | COOK TIME: 30 MIN | PREP TIME: 10 MIN

This recipe uses hearty chickpeas, vegetables and greens to make soup a delicious, filling meal. It's not at all tricky and is a comforting option for the colder winter months!

 @JaclynRealEstate_

INGREDIENTS

- 1 box pasta of choice
- 2 cans chickpeas
- 1 can crushed tomatoes
- 3 cups chopped mixed or frozen vegetables
- 4 cloves garlic
- 1 onion
- 2 Tbsp Italian seasoning or oregano
- 2 Tbsp fresh cilantro or basil
- Crushed red pepper, to taste
- Salt, to taste
- Black pepper, to taste
- 10 cups water

TO MAKE THE SOUP

- 1.** In a big pot, sauté the garlic and onion in 1 Tbsp olive oil for 5 minutes, until caramelized.
- 2.** Add the chopped vegetables - you can substitute any vegetables you have/like for this recipe. Cook for 5 minutes.
- 3.** Add the water, chickpeas and 1 can of tomatoes.
- 4.** Bring to a boil.
- 5.** Season with your favorite herbs.
- 6.** Cook for 15 minutes, allowing all the flavors to meld.
- 7.** Cook the pasta separately according to directions on the box, and add in while serving.
- 8.** Garnish with fresh cilantro and red pepper.



@NinaLinks

NINA'S ROASTED CAULIFLOWER & BUTTERNUT SQUASH SOUP

SERVES 8 | COOK TIME: 1 HOUR | PREP TIME: 45 MIN

This soup recipe is rich, silky, cozy, healthy, full of flavor and so easy to make! There's no cream in here, so it's a great option for those who do not eat dairy. The recipe doesn't call for it, but it's great with some pumpkin seeds sprinkled on top as a yummy garnish.

INGREDIENTS

1 Tbsp olive oil
(plus extra to drizzle
over veggies)

1 onion, chopped

1 bag frozen butternut squash

1 bag frozen cauliflower

Salt,
to taste

Pepper,
to taste

5 cups chicken
or vegetable broth

5 Tbsp of sugar or agave

TO MAKE THE SOUP

1. Preheat oven to 400°.
2. Place frozen veggies on parchment-lined baking sheets.
3. Drizzle with olive oil and sprinkle with salt & pepper.
4. Roast veggies at 400° for 40 minutes or until roasted nicely, but not burnt.
5. While veggies are roasting, sauté chopped onion in 1 Tbsp of oil in a big soup pot.
6. Once squash and cauliflower are roasted, add them to the pot.
7. Add 5 cups of chicken or vegetable broth and the 5 Tbsp of sugar or agave.
8. Boil for about an hour and then blend with an immersion blender. Serve while hot.

ROASTING CARAMELIZES AND INTENSIFIES THE NATURAL SWEETNESS AND FLAVOR IN BUTTERNUT SQUASH, AND ROASTING CUBES IN PARTICULAR MAXIMIZES THE AMOUNT OF SURFACE AREA FOR THAT TO HAPPEN.





MARC'S GARLIC ZUCCHINI SOUP

SERVES 12 | COOK TIME: 45-60 MIN | PREP TIME: 20 MIN



@MarcTheMisfit

This soup is so creamy and silky – it tastes like it's full of cream...but it doesn't have a drop of dairy! Don't let the amount of garlic scare you. This comes out with a nice but not overpowering garlic flavor that pairs wonderfully with the zucchini. It's is delicious as soon as it's made, and tastes great the next day too!

INGREDIENTS

- 2 onions, chopped
- 18-20 cloves of garlic, chopped
- ¼ cup avocado oil
- Salt, to taste
- Pepper, to taste
- 2 heads of cauliflower, chopped
- 10 medium to large zucchini, sliced

TO MAKE THE SOUP

1. Put ½ cup oil in pot and heat.
2. Chop the onions and sauté in a pot. Once they become translucent, add in chopped garlic and continue to sauté for a few minutes.
3. Add in 2 cups of water and salt and pepper, then mix.
3. Add in chopped cauliflower and sliced zucchini.
4. Cover and simmer on low flame for 45-60 minutes.
5. When the cauliflower and zucchini are soft, take off the flame and use an immersion blender to blend until completely smooth.
6. Add salt and pepper to taste and ENJOY!



MALKA'S VEGETABLE HERB SOUP

SERVES 4-6 | COOK TIME: 40 MIN | PREP TIME: 20 MIN

I like to make this hearty soup whenever my family needs a good dose of veggies. It's a quick and easy recipe made in one pot in less than 1 hour on stove top. It's healthy, packed with vegetables and the herbs add extra flavor.



 @MalkaAbrahams

INGREDIENTS

2 Tbsp extra virgin olive oil

2 medium onions,
peeled and chopped

3 celery ribs,
rinsed and chopped

3 carrots,
peeled and sliced

3¼ slice ginger,
peeled

3 large garlic cloves,
peeled

6 cups water

1 can diced tomato
(including juice)

1 large or 2 medium zucchini,
sliced

1 (10oz) package frozen spinach

1 large Yukon gold potato,
peeled and chopped

¼ cup pearl barley

Salt,
to taste

1 tsp dried basil

1 tsp dried thyme

1 bay leaf

Freshly ground black pepper,
to taste

TO MAKE THE SOUP

1. Heat the oil in a large stockpot or dutch oven over medium heat.
2. Add the celery, onions, carrots, ginger and garlic. Sauté until the onions begin to soften and turn translucent (about 5 minutes).
3. Add the water, tomatoes, zucchini, spinach, potato and barley. Raise to high heat, and bring to boil.
4. Once the soup comes to a boil, lower the heat and add the salt, basil, thyme, bay leaf and black pepper.
5. Simmer the soup, partially covered, for 30-40 minutes, until vegetables and barley reach desired tenderness.
6. Remove the ginger, garlic cloves and bay leaf.
7. Add salt and pepper to taste.
8. Ladle the soup into bowls, and garnish with fresh herbs.





MALKIE'S SWEET POTATO & COCONUT CURRY SOUP

SERVES 4 | COOK TIME: 45 MIN | PREP TIME: 5 MIN



 MalkieBenson

My sweet potato and coconut curry soup is perfect for the onset of cooler autumn weather! With only a handful of ingredients, this sweet potato soup comes together in just 45 minutes - it's perfect for busy weeknights.

FOR THE SOUP

- ½ Tbsp coconut or olive oil
- 1 medium white onion, diced
- 4 cloves garlic, minced
- 1 large sweet potato, peeled & cubed
- 2 Tbsp yellow curry powder
- ¼ tsp cayenne pepper (optional)
- ¾ tsp sea salt
- 3 cups light coconut milk

FOR THE SPICY CHICKPEAS

- 1 15oz can chickpeas
- 3 Tbsp avocado or coconut oil
- ½ tsp sea salt
- ½ tsp garlic powder
- ½ tsp ginger powder
- 1 pinch cayenne pepper

TO MAKE THE SOUP

1. Start the soup by sweating the onions in a large pot over medium heat in ½ Tbsp coconut or avocado oil. Cook for a few minutes, then add garlic and stir.
2. Season with ¼ tsp salt and pepper, and stir.
3. Add in sweet potatoes, curry powder, and cayenne pepper, if you're using it.
4. Cook for 5 minutes, stirring frequently.
5. Add ¼ tsp more salt and the coconut milk; cover.
6. Bring to a simmer and then reduce heat to low. Simmer for 25 minutes.
7. Taste and adjust seasonings as needed. Purée using an immersion blender.
8. Transfer back to the pot if needed, and keep on low heat until ready to serve.
9. Garnish with chick peas, coconut milk, herbs, or any other toppings you like.

TO MAKE THE SPICY BAKED CHICKPEAS

1. Preheat oven to 400°F (for the chick peas).
2. While soup is cooking, prep your chickpeas by rinsing, draining, and towel off until dry.
3. Toss in oil and spices, and spread evenly on a baking sheet.
4. Bake for 25-30 minutes or until crispy on the outside and slightly soft on the inside. Remove and set aside.
5. Sprinkle on top of soup or serve on the side.



LISA G'S DUKKAH-CRUSTED BRUSSELS SPROUTS

SERVES 4 | COOK TIME: 20 MIN | PREP TIME: 5 MIN

@TheOodleDoodleShop

Dukkah is an Egyptian spice blend made from toasted nuts, seeds and spices. I love this recipe because it's so easy to make and is super flavorful! The Dukkah you have leftover is great to sprinkle over vegetables and meats, or dip raw veggies in olive oil, then in the Dukkah - makes a great (and healthy) appetizer.

FOR THE DUKKAH

- ½ cup shelled pistachios
- ¼ cup sesame seeds
- 3 Tbsp coriander seeds
- 2 Tbsp cumin seeds
- 1 tsp kosher salt
- ½ tsp cracked black pepper

FOR THE SPROUTS

- 1½ pounds Brussels Sprouts
- 3 Tbsp extra-virgin olive oil

TO MAKE THE DUKKAH

1. Preheat the oven to 350°F.
2. Place the pistachios on a rimmed baking sheet and toast for 5 minutes.
3. Add the sesame seeds, coriander, and cumin and toast for additional 5 minutes, until the nuts are golden and the spices are fragrant.
4. Remove from the oven and let cool (keep the oven on).
5. Place the pistachio mixture in a food processor and add salt and pepper.
6. Pulse just until roughly chopped (do not over process).
7. Let cool completely.
8. Store the dukkah in an airtight container at room temperature for up to 1 week. (Makes about 1 cup)

TO MAKE THE BRUSSELS SPROUTS

1. Increase the oven temperature to 400°F.
2. Trim the ends from the Brussels sprouts and remove any outer yellow leaves. Cut each sprout in half lengthwise and place them in a 10x15 baking pan.
3. Drizzle with olive oil and toss to coat.
4. Sprinkle with 3 Tbsp of the dukkah and stir to coat.
5. Roast for 20 minutes, stirring after 15 minutes, until the sprouts are golden brown and crisp on the outside, and tender on the inside.





DEBORAH'S ROASTED BUTTERNUT SQUASH WITH TAHINI & ZA'ATAR

SERVES 2-4 | COOK TIME: 40 MIN | PREP TIME: 5 MIN



 @DeborahPearlman

I am always looking for healthy sides that I enjoy eating. This recipe involves quick steps and looks fresh and delicious when plated. And most importantly, tastes great!

INGREDIENTS

- 1 butternut squash, cut into cubes
- 1/4 cup tahini
- 2 tsp za'atar spice
- 1 Tbsp olive oil
- Salt, to taste

TO MAKE THE SQUASH

1. Preheat the oven to 375°F.
2. Put squash on a roasting pan.
3. Pour oil on top and season with salt.
3. Roast until outside is slightly crispy and inside is soft.
4. Remove and plate.
5. Drizzle with tachina and sprinkle with za'atar.

For an option to add protein: Mix some cubed turkey or pastrami bits on top.

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MARC'S ROASTED ACORN SQUASH

SERVES 8 | COOK TIME: 60-90 MIN | PREP TIME: 20 MIN

@MarcTheMisfit

This is one of my favorite side dishes to make in the fall, and it's one of the easiest acorn squash recipes you can make! You don't have to do much to squash to make it taste good. Since it has a natural sweetness to it, I find roasting to be the best method, so it can intensify and caramelize the sweetness and flavors.

INGREDIENTS

4 medium acorn squash

8 Tbsp unsalted, soft margarine

4 Tbsp Dijon mustard

8 Tbsp honey

Kosher salt,
to taste

Freshly ground pepper,
to taste

TO MAKE THE SQUASH

1. Preheat oven to 375°F.
2. Set the squash on its side and, with a large knife, cut in half vertically. Trim a piece off the bottom of each squash half so they will lie flat in the pan.
3. Scrape out the seeds and stringy membranes with a large spoon.
4. Place the cavity side up in a large roasting pan.
5. Whisk the margarine, mustard, and honey in a small bowl until blended.
6. Fill each squash cavity with 2 Tbsp of the dressing.
7. Season with a sprinkle of salt and pepper over the top.
8. Bake until the squash is very tender - about 60-90 minutes. Every 20-30 minutes, baste the dressing from the cavity to the top of the squash.
9. When done, cut in half and serve.





DALIA'S POLO SHIVED BOGOLEY PERSIAN DILL RICE

SERVES 4 | COOK TIME: 30 MIN | PREP TIME: 10 MIN



 @DaliaSakaiRealEstate

This dish is a simple way to make use of a whole bunch of dill and transform an ordinary pot of plain rice. It can be dressed up to be an entree by serving with a protein such as chicken or fish, but also makes a great side dish for dinner or at a picnic.

INGREDIENTS

- 3 Cups basmati rice
- 1½ cups fresh chopped dill
or 1 cup of dry dill oil
- ½ pound frozen lima beans
or green beans
- ½ tsp turmeric
- Salt,
to taste
- Saffron,
to taste

TO PREP THE RICE

1. Wash the rice in warm water 3 times
2. Add hot water and salt to the rice and let sit in a bowl for a 1-2 hours to soak.

TO MAKE THE RICE

1. Boil water in a Teflon pot and add ½ tsp of turmeric to the boiled water for color.
2. When water is boiling, add rice and cook al'dente (halfway). ***Do not leave the pot because you don't want to overcook the rice.
3. Strain rice in a colander, and add in beans, dill and saffron. Mix slowly.
4. Prepare your Teflon pot by adding oil, turmeric and sliced potatoes to the bottom. Let cook for 3 minutes, then add in rice. Cover top of pot with paper towels, then cover with lid.
5. Cook on medium flame for about 30 minutes.
6. Serve and enjoy!



ALEXIS' COLOMBIAN AREPAS WITH CHEESE

SERVES 3-4 | COOK TIME: 35 MINS | PREP TIME: 10 MIN

@AlexisCreates

This is a quick and easy recipe to make delicious Colombian arepas. They can be served for breakfast, as a side dish, or even for a quick meal. Eat them plain, drizzle with honey, serve with your favorite proteins and sauces — any way you make them, they're delicious!

INGREDIENTS

- 1 cup arepa flour (precooked cornmeal)
- 1 cup grated mozzarella
- 1 cup water
- 2 Tbsp water
- 1/8 tsp Kosher salt
- 1/4 cup vegetable oil

TO MAKE THE AREPAS

1. Toss together the arepa flour, cheese and salt in a bowl, then stir in water until incorporated.
2. Let stand until enough water is absorbed for a soft dough to form (about 1-2 minutes). Dough will continue to stiffen.
3. Form 3 level Tbsp dough into 1 ball and flatten between your palms, gently pressing to form a 1/4" thick patty. It should be between 2 1/2 - 2 3/4 inches wide.
4. Gently press around the side to eliminate cracks.
5. Transfer to a wax paper-lined surface.
6. Form more disks with remaining dough in the same manner, transferring to a wax paper-lined surface.
7. Heat oil in a large nonstick or cast-iron skillet over medium heat until it shimmers.
8. Fry arepas in 2 batches, turning over once, until deep golden brown in patches.
9. Arepas should cook 8-10 minutes per total batch.
10. Enjoy plain or with your favorite toppings!

**Store these in the freezer for up to 1 month!*





SARA'S HASSLEBACK SALAMI



SERVES 6 | COOK TIME: 35 MIN | PREP TIME: 5 MIN

The coolest hasselback trick? Simply place a chopstick on either side of the salami and slice. The knife will stop cutting when it hits the chopstick for perfect accordions every time! How cool is that?

INGREDIENTS

- 1 salami
- BBQ sauce of choice

TO MAKE THE SALAMI

1. Preheat the oven to 375°F.
2. In a tinfoil pan, cut the salami in thin slices halfway down.
3. Pour the BBQ sauce over the salami, being sure to get sauce between the slices.
4. Bake uncovered for 35 minutes.
5. Serve plain, or with dips/sauces of your liking.

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ADAM'S HOMEMADE BEEF JERKY

SERVES 30-40 | COOK TIME: 4-6 HOURS | PREP TIME: 10 MIN

Beef jerky. The epitome of the low carb, high protein snack. This homemade version is healthier than the standard brands you find in a store, and is very easy to make.

@AdamHertzberg

INGREDIENTS

- 3-4 lbs pepper steak
- ½ cup soy sauce
- ½ cup duck sauce
- 1 Tbsp garlic powder
- 1 Tbsp liquid smoke
- 1 tsp black pepper
- 1 shot of bourbon or ½ beer (optional)

TO MAKE THE BEEF JERKY

1. Cut pepper steak into strips (½ inch thick).
2. Mix duck sauce, soy sauce, garlic, liquid smoke, salt, pepper, etc. together in large Ziploc bag.
3. Marinate meat in mixture for 12-24 hours.
4. Drain meat.
5. Lay meat flat on oven-safe cookie rack (or dehydrator rack).
6. Cook in oven (or dehydrator) on 170° for approx. 4-6 hours. For best results, leave the oven open an inch or two while cooking.

BEEF JERKY TIPS

1. USE LEAN CUTS OF MEAT WITH VERY LITTLE CONNECTIVE TISSUE
2. CUT THE MEAT INTO THIN SLICES
3. PARTIALLY FREEZE THE MEAT FOR EASY SLICING
4. YOU CAN TURN ANY TYPE OF MEAT INTO JERKY - VENISON, RABBIT, TURKEY, BISON OR CHICKEN!
5. STORE JERKY IN ZIPLOC BAGS - CONDENSATION SOFTENS THE MEAT.
6. REMEMBER TO DRY MEATS ON A LOW TEMPERATURE



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DELICIOUS DINNERS

"You don't have to cook fancy or complicated masterpieces, just good food from fresh ingredients."
~Julia Child





MALKA'S EASY ROAST CHICKEN

SERVES 4 | COOK TIME: 60 MIN | PREP TIME: 10 MIN



[f @MalkaAbrahams](#)

This roast chicken recipe is so easy to prepare, plus it's healthy, moist and flavorful. You can vary it by using different vegetables each time you make it, and you can use whole or pre-cut pieces of chicken. The trick is having a good roasting pan that seals in the juices and flavors.

INGREDIENTS

- 1 whole roasting chicken (3.5lbs), or the equivalent amount of chicken pieces
 - ¼ cup olive oil
 - 2 tsp paprika
 - 2 tsp garlic powder
 - 2 tsp onion powder
 - 1 tsp salt
- ½ tsp freshly ground black pepper
- 1 large onion, cut into eighths
 - 2 large carrots, peeled and cut into chunks
 - 5-7 large carrots, cut into strips
- 8 garlic cloves, left whole
- 3-5 small to medium potatoes
- 1 red onion, quartered

TO MAKE THE CHICKEN

- 1.** Place chicken in roasting pan.
- 2.** In a small bowl, mix oil, paprika, garlic powder, onion powder, salt and pepper. Rub on chicken, and refrigerate for at least an hour (or overnight.)
- 3.** Preheat the oven to 375°F.
- 4.** Distribute the vegetables around the chicken, rubbing the vegetables and the chicken with the marinade.
- 5.** For additional flavor, fill cavity with onions, garlic and herbs (optional step).
- 6.** Roast the chicken, covered, for 1 hour.
- 7.** Uncover and cook for another 20-30 minutes, until the chicken is browned on top and cooked through.
- 8.** Once cooked, put the chicken on a platter, and let stand for 15 minutes to allow the juices to settle and the meat to rest.



MICHELLE'S BAKED CHICKEN LEGS

SERVES 4 | COOK TIME: 75 MIN | PREP TIME: 10 MIN

@MichelleLinksRe

These baked chicken legs are the easiest way to get dinner on the table quickly! The skin crisps up in the oven, the seasoning is simple and perfect, and the chicken legs come out juicy every time!

FOR THE CHICKEN

- 5-8 chicken legs
- 2 eggs, beaten
- 2 Tbsp mustard
- 2 Tbsp mayonnaise
- 1 cup panko bread crumbs
- Paprika, to taste
- Salt, to taste
- Pepper, to taste
- Garlic powder, to taste
- Onion powder, to taste
- Parsley flakes, to taste

FOR THE VEGGIES

- 1 onion, sliced
- 5 Yukon gold potatoes, peeled and cubed
- 1 bag frozen peas
- ½ cup water

TO MAKE THE CHICKEN

1. Preheat the oven to 400°F.
2. Remove the skin from the chicken legs.
3. Mix together eggs, mustard and mayonnaise.
4. On a separate flat plate, mix together panko, salt, pepper, paprika, garlic powder, onion powder, and parsley.
5. Dip the chicken first into the egg mixture, then into the panko mixture.
6. Lay on a baking sheet and spray liberally with spray oil.
7. Bake covered for 45 minutes.
8. Uncover and cook for another 30 minutes, or until crispy.

TO MAKE THE POTATOES & PEAS

1. Stir fry the onions until golden brown, then add the potatoes, peas and water.
2. Season with paprika, salt, pepper, garlic powder and turmeric.
3. Cook while mixing often until potatoes are tender.





NINA'S GRILLED CHICKEN

SERVES 4 | COOK TIME: 10 MINS | PREP TIME: 10 MIN



@NinaLinks

Say goodbye to dry, bland grilled chicken. This recipe guarantees juicy, flavorful chicken every time! It tastes amazing as-is in the recipe, but is a fun family meal if you combine with different dipping sauces.

INGREDIENTS

- Approx. 3 lbs. dark chicken cutlet (also known as baby chicken or pargiyot)
- 2 Tbsp olive oil or avocado oil
- 1 tsp balsamic vinegar
- 3-4 Tbsp Trader Joe's coffee rub

TO MAKE THE CHICKEN

1. Mix oil, vinegar and coffee rub together in a large ziploc bag.
2. Add chicken and mix to coat each piece.
3. Grill until chicken reaches an internal temperature of 165°F.

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DALIA'S PERSIAN CHULENT

SERVES 4 | COOK TIME: 10 MIN | PREP TIME: 10 MIN

This dish offers excellent flavor with minimal work! It's very easy to make, and is a great dinner option for busy families.

@DaliaSakaiRealEstate

INGREDIENTS

- 2 turkey legs
- 4 turkey necks
- 2 bags of shelled wheat
- 1 bunch of leeks
- 1 large onion
- Turmeric, to taste
- Salt, to taste
- Pepper, to taste

TO MAKE THE CHULENT

1. Wash the shelled wheat at least 3 times with cold water.
2. Add water to a very large pot.
3. Add all ingredients and cover with lid.
4. Cook on high until boiling - the haleem will get thick.
5. Add boiling water and mix. Repeat a few times.
6. Cook for 5-6 hours.

We put it on the platta before Shabbat and allow it to continue to cook. I recommend you taking the bones off the turkey legs and neck after they are cooked, before you put on the platta. Enjoy!





MICHELLE'S CHICKEN POT PIE

SERVES 4-6 | COOK TIME: 30 MIN | PREP TIME: 20 MIN



 @MichelleLinksRe

A family favorite in my house is this chicken pot pie recipe. This classic pot pie has a flaky, crust and a hearty mix of chicken and whatever vegetables you love. Plus it's super easy to make, so it's great for busy families.

INGREDIENTS

- 3 cups chicken, shredded
- 1 cup frozen peas
- 1 small onion, diced
- 2 carrots, diced
- 1 stalk celery, diced
- 1 Tbsp corn starch mixed with ½ cup water
- Puff pastry dough

TO MAKE THE CHICKEN POT PIE

1. Preheat oven to 425°.
2. Stir fry the onions until they become translucent.
3. Add in the peas, carrots, and chicken; stir together.
4. Simmer for about 10 minutes, then add the corn starch mix.
5. Mix together until you have a thick consistency.
6. Place the mixture in a large baking dish and cover with a sheet of puff pastry dough. (You can make individual pot pies as well.)
7. Bake in the oven for 20-25 minutes, or until golden brown.
8. Serve immediately and ENJOY!

YOUR CHICKEN POT PIE
CAN BE FILLED
WITH ANY INGREDIENTS,
FROM POTATOES TO CORN
TO FRESH OR DRIED HERBS!



MARC'S LONDON BROIL MARINADE

SERVES 2-4 | COOK TIME: 20 MIN | PREP TIME: 5 MIN

@MarcTheMisfit

This is my go-to marinade for London Broil —the flavor is awesome and I always have the ingredients on hand. The acid in the marinade helps break down any tough fibers, making the steak more tender, and the agave gives a touch of sweetness and helps it caramelize on the grill. The marinade is so flavorful you'll skip the steak sauce.

FOR THE MARINADE

- ½ cup avocado oil
- ½ cup red wine vinegar
- ½ cup sugar
(or ⅓ cup agave)
- ¼ cup soy sauce
(or tamari)

TO MAKE THE MARINADE

1. Mix all the ingredients together in a ziploc bag.
2. Add London broil to marinade for 4-12 hours; store in refrigerator.
3. Cook on the grill on medium high heat for 6-8 minutes per side, for a temperature of medium.
4. Let rest for 15 minutes, then slice thin and serve.





ADAM'S PULLED BBQ BEEF

SERVES 6-8 | COOK TIME: 8-10 HRS | PREP TIME: 20 MIN



 @AdamHertzberg

My pulled BBQ beef recipe is made easily in the crock pot! It's quick and easy, with a sauce that's sweet and tangy. This pulled BBQ beef is truly the best!

INGREDIENTS

- 3 lbs 2nd cut brisket
- 3 onions
- ½ bottle red wine
- ½ cup soy sauce
- Garlic,
to taste
- Black pepper,
to taste
- 1 bottle BBQ sauce

TO MAKE THE PULLED BEEF

1. Slice 3 onions and place on the bottom of a slow cooker (crock pot.)
2. Add brisket.
3. Pour over red wine and soy sauce.
4. Spice with garlic and black pepper, to taste.
5. Cook on low for 8-10 hours.
6. Pour out ¾ of liquid.
7. Using 2 forks, shred the beef as desired.
8. Add BBQ sauce, mix, and serve!

THIS PULLED BEEF RECIPE
TASTES GREAT SERVED PLAIN,
OVER FRENCH FRIES,
ON A SANDWICH OR WITH A
SIDE OF YOUR FAVORITE VEGGIES.



CHAIM'S CARNE ASADA TACOS

SERVES 4-6 | COOK TIME: 20 MIN | PREP TIME: 25 MIN

My favorite recipe for street-style carne asada tacos — made with tender marinated grilled steak, soft tortillas, salsa, guacamole or whatever other toppings sound good!

 @ChaimAtLinks

INGREDIENTS

- 1 bunch cilantro (no stems), finely chopped
- 3 large cloves of garlic, minced
- 1 Tbsp cumin
- 1 tsp light brown sugar
- 1 tsp Kosher salt
- 1 tsp freshly ground pepper
- ½ cup neutral oil
- Zest & juice of 1 lime
- 1 Tbsp soy sauce
- 2 lbs. skirt, flank or flap steak (I like skirt and flap)
- 1 medium tomato, diced small
- ½ white or yellow onion, diced small
- Street taco sized flour tortillas
- Avocado cream

TO MAKE THE TACOS

1. In a large bowl, combine cilantro, garlic, cumin, salt, brown sugar, pepper, oil, lime zest, lime juice and soy sauce.
2. Mix well, then put steak and the marinade into a large ziploc bag, zip shut and squish around to make sure steak is well covered.
3. Refrigerate 1-4 hours.
4. Combine diced tomato and onion in a small bowl; set aside.
5. Heat grill to high and grill steak approx. 3 minutes per side, or as necessary until it reaches 130°F.
6. Remove from grill, cover with foil and let rest about about 10 minutes before cutting across the grain.
7. Heat tortillas, add avocado cream, carne, and a bit of the tomato/onion mixture.





DALIA'S PERSIAN KABAB

SERVES 4-6 | COOK TIME: 30 MIN | PREP TIME: 20 MIN



@DaliaSakaiRealEstate

These kabobs are the most juicy and amazingly flavorful minced meat kababs ever! Using minimal ingredients, they are the epitome of perfection when it comes to grilling ground meat — they're perfect year round.

INGREDIENTS

- 1 Family pack chopped meat
- 1 large onion
- 4 cloves fresh garlic
- 1 tsp turmeric
- 1 tsp salt
- 1 tsp pepper
- Parsley (optional)

TO MAKE THE KABABS

1. Place meat into a large bowl. Grate onion and garlic into the bowl, then add all ingredients.
2. Mix by hand (using gloves so the turmeric doesn't turn hands yellow).
3. Take a handful of meat and shape into kababs or hamburger patties.
4. Grill on hot barbeque, turning when you see the bottom is brown, or put in oven at 350°F for about 30 minutes, turning the kababs after 15 minutes.

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DEBORAH'S SWEET & SOUR MEATBALLS

SERVES: 6-8 | COOK TIME: 45 MIN | PREP TIME: 20 MIN

These meatballs are a favorite in our house and it is quick and easy to prepare. Serve on top of spaghetti, rice, zoodles or inside club bread. So many options and always good!

 @DeborahPearlman

INGREDIENTS

- 1 lb. ground chopped meat
- 1 can jellied cranberry sauce
 - $\frac{3}{4}$ cup chili sauce
 - $\frac{1}{4}$ cup brown sugar
 - 1 Tbsp lime juice
 - 1 egg
- $\frac{1}{4}$ cup panko bread crumbs

TO MAKE THE MEATBALLS

- 1.** In a pot, boil together the cranberry sauce, chili sauce, brown sugar and lime juice.
- 2.** In a bowl, mix together the chopped meat, panko crumbs, and egg.
- 3.** Form Tbsp-size balls, and add to the pot.
- 4.** Cover and simmer for 45 minutes.
- 5.** Dish and enjoy!

For a healthier option, you can substitute ground turkey or chicken.



MALKIE'S POMEGRANITE GLAZED LONDON BROIL WITH CAMELIZED ONIONS

SERVES 6 | COOK TIME: 15 MIN | PREP TIME: 35 MIN



@MalkieBenson

A decadent dinner made easy! This London broil recipe is packed with delicious flavors. My whole family loves it! It has a sweet, tangy, mouth-watering flavor profile, and is very easy to make.

INGREDIENTS

- 1 Tbsp olive oil
- 4 onions,
sliced into rings
- ¼ cup dark brown sugar
- ¼ cup pomegranate molasses
- ¼ cup chicken broth
- ½ tsp black pepper
- ⅓ cup bottled barbeque sauce
- 1 Tbsp yellow mustard
- 1 Tbsp pomegranate molasses
- 2 lbs. London broil or fillet split
- Salt,
to taste
- Freshly ground black pepper,
to taste

TO MAKE THE LONDON BROIL

1. Heat the oil in a large pan over medium heat. Add the onions and brown sugar.
2. Cook uncovered for 20-30 minutes, until caramelized and sticky.
3. Add the ¼ cup pomegranate molasses, chicken broth, and pepper to the pan. Cook for 2-3 minutes until thick. Keep warm.
4. In a small bowl, mix the barbeque sauce, mustard and pomegranate molasses. Set aside.
5. Sprinkle both sides of the meat with salt and pepper.
6. On an outdoor oiled grill, or in the oven set to broil, with the meat 6-8 inches from the broiler, cook the meat 8 minutes per side.
7. Baste the meat with the prepared sauce, and finish cooking 2-4 minutes per side.
8. Remove the meat to a cutting board and let rest for about 10 minutes.
9. Slice the meat into strips and drizzle with the onions.





CHAIM'S SPICY STEAK SANDWICH

SERVES 4-6 | COOK TIME: 25 MIN | PREP TIME: 20 MIN

@ChaimAtLinks

Steak sandwiches always hit the spot. My sandwich has tender, juicy strips of steak and caramelized onions are covered with a delicious relish and nestled in between two grilled slices of ciabatta. Yum!

FOR THE SANDWICH

Olive oil, for frying

1.5 lbs fillet of beef

1 head of garlic,
cut in half horizontally

3-4 thyme sprigs

Margarine

Sea salt,
to taste

Fresh ground black pepper,
to taste

1 baby gem lettuce

FOR THE TOMATO RELISH

Olive oil, for frying

½ red onion,
peeled and finely chopped

2 red chillies,
de-seeded and chopped

½ lb mixed red & yellow
cherry tomatoes, halved

1-2 tsp sherry vinegar,
to taste

Small handful shredded basil leaves

FOR THE MUSTARD MAYO

3 Tbsp mayonnaise

3 tsp wholegrain mustard

FOR THE CIABATTA

12 slices of ciabatta, ½ inch thick

2-3 Tbsp olive oil

TO MAKE THE SANDWICH

1. Preheat oven to 400°F.
2. Heat a large, oven-proof frying pan until hot; add oil.
3. Grind a generous amount of salt and pepper onto a board and roll the fillet in the seasoning.
4. Fry over high heat for 1-2 minutes on each side until colored all over, including the ends.
5. Add the garlic and thyme sprigs, heat for 1 minute, then sit the beef on top of them.
6. Add a couple knobs of margarine, spooning it over the steak to baste.
7. Place the beef in the oven and roast 15-17 minutes until rare or medium rare. (It should feel springy when pressed.)
8. Remove from the oven, cover loosely with foil and leave to rest for 15 minutes, basting every so often with the juices from the pan.

TO MAKE THE RELISH

1. Heat olive oil in a large frying pan. Add the onions & chillies, fry over medium heat for 5 minutes, until soft.
2. Stir in the tomatoes, then season and cook 6-8 minutes until the tomatoes begin to collapse.
3. Add the vinegar and stew down over medium heat for about 6 minutes until reduced to rough relish consistency.
4. Remove from heat, stir in the basil and season. Tip into a serving bowl and set aside.

TO MAKE THE SPICY MUSTARD MAYO

1. Combine all ingredients, season; set aside.

TO MAKE THE TOAST

1. Heat a griddle pan until smoking hot.
2. Drizzle sliced ciabatta with olive oil; griddle for 1-2 minutes until golden on both sides.
3. Repeat until all bread is toasted; place on serving platter.






DEBORAH'S PASTRAMI AND POTATO EGG ROLLS

SERVES 6 | COOK TIME: 15 MIN | PREP TIME: 25 MIN



 @DeborahPearlman

I am always on the run, so if I can incorporate instant foods into a recipe and turn it into something homemade and appetizing, it's a no brainer!

INGREDIENTS

- 12 egg roll wrappers
- 2 cups mashed potatoes
- 12 oz. diced pastrami
- 3 Tbsp apricot jam
- 1½ Tbsp white vinegar

TO MAKE THE EGG ROLLS

1. Follow any instant mashed potato recipe and place in bowl.
2. Heat 2 Tbsp of oil in a pan and saute the pastrami until slightly crispy.
3. Mix the potatoes and pastrami together in a bowl.
4. Scoop 2 Tbsp of the mixture into each egg roll wrapper, wrap it up.
5. Heat oil in a skillet, about 1" high.
6. Place egg rolls in skillet, closure side down.
7. Fry for 1-2 minutes, until each side is golden.
8. Remove and place on a paper towel to absorb excess oil.
9. Serve and enjoy!

For an optional, easy dipping sauce: Mix in a small bowl the apricot jam and vinegar.



ALEXISIS' COLOMBIAN-STYLE STREET HOT DOGS

SERVES 8 | COOK TIME: 10 MINS | PREP TIME: 10 MIN

Columbian-style hot dogs are one of those recipes that I really enjoy preparing. This recipe takes the basic hot dog, and adds all kinds of fun and flavorful toppings!

@AlexisCreates

INGREDIENTS

1 pack Kosher, all-beef hot dogs (grilled or boiled)

1 package potato rolls

1 bag potato chips

20oz. can crushed pineapple

½ tsp salt

1tsp corn starch

1 tsp honey

Juice of 1 lime

½ cup ketchup

2 cups mayo

2-3 cloves of garlic (minced)

Plastic squeeze bottles for storing sauces

TO MAKE THE PINEAPPLE SAUCE

1. Combine crushed pineapple, salt, corn starch, honey and lime juice in a small saucepan.
2. Bring to a boil, reduce to simmer for about 10 minutes.
3. Allow to cool to room temperature.
4. Blend in an immersion blender until relatively smooth.

TO MAKE THE PINK SAUCE

1. Combine ketchup and mayo. Start with 1 part ketchup to 2 parts mayo; adjust to taste.

TO MAKE THE GARLIC MAYO

1. Combine 1 cup mayo with minced garlic and a pinch of salt. If too thick, you can thin with a few tablespoons of water—this makes it easier to squeeze out of the bottle.
2. Toss in some cilantro (optional) and run through the blender until smooth.

TO MAKE THE HOT DOGS

1. Cook on desired heat source according to package directions.
2. Place cooked hot dogs on buns and top with sauces, potato chips and any additional toppings. Enjoy!

**Note: There are a few variations to Columbian-Style Street Hot Dogs, but in general most are topped with pineapple sauce, pink sauce, garlic mayo, and crushed potato chips. They can also be topped with quail eggs, cilantro sauce, coleslaw, cheese, and/or mustard.*



Photo courtesy of @MyColumbianRecipes



LISA G'S SALMON FILLET WITH FRESH MANGO SALSA



SERVES 4 | COOK TIME: 10 MIN | PREP TIME: 10 MIN

This is a restaurant-quality meal that you can make and enjoy in the comfort of your own home. It's packed with fresh, irresistible flavors that will leave you craving more! It's not listed in the recipe, but it pairs great with a sweet coconut rice.

 @TheOodleDoodleShop

FOR THE SALSA

- 1 ripe mango, pitted, peeled and chopped
- 1 ripe avocado, halved, pitted, peeled and chopped
- ½ cup chopped red bell pepper
- ½ cup roughly chopped fresh cilantro leaves
- 1 small fresh jalapeno, seeded and finely chopped (optional)
- 1 tbsp fresh lime juice
- Salt, to taste

FOR THE FISH

- 1½ tsp dried thyme, crushed
- ½ tsp garlic powder
- ½ tsp salt
- ½ tsp ground allspice
- ¼ tsp cayenne pepper (optional)
- ¼ tsp ground cinnamon
- 4 skinless salmon fillets (6-8 oz each) about 1" thick
- 1 Tbsp extra-virgin olive oil
- 6 cups fresh baby spinach

TO MAKE THE SALSA

1. In a medium bowl, gently combine the mango, avocado, bell pepper, cilantro, jalapeno (if using), and lime juice.
2. Season with salt.

TO GRILL THE FISH

1. Grease the grill rack.
2. Preheat grill to medium (350° - 375°).
3. In a small bowl, combine the thyme, garlic powder, salt, allspice, cayenne (if using), and cinnamon; set aside.
4. Rinse the fish; pat dry with paper towels.
5. Brush both sides of the fish with olive oil.
6. Sprinkle with the spice blend and rub it in with your fingers.
7. Grill the fish over direct heat for 8-12 minutes, turning once until it barely starts to flake when pulled apart with a fork.
8. To serve, divide the spinach leaves between plates. Top with grilled salmon and mango salsa.

TO PAN FRY THE FISH

1. In a small bowl, combine the thyme, garlic powder, salt, allspice, cayenne (if using), and cinnamon; set aside.
2. Rinse the fish; pat dry with paper towels.
3. Brush both sides of the fish with olive oil.
4. Sprinkle with the spice blend and rub it in with your fingers.
5. Heat oil in pan.
6. Once pan is hot, place fish in pan. You should hear a sizzle.
7. Fry the fish for 5-10 minutes, flipping once when edges begin to cook. Remove when fish reaches desired doneness.
8. Serve on top of fresh spinach leaves. Top with mango salsa.



BRACHA'S SALMON FILLET WITH CREAMY DILL SAUCE

SERVES 4-6 | COOK TIME: 25 MIN | PREP TIME: 5 MIN

@BrachaRealEstate

There's nothing like fresh salmon, and I bake it just right so it nearly melts in your mouth. The dill sauce is subtly seasoned with mustard so that it doesn't overpower the delicate salmon flavor. It's a winning recipe in our house!

INGREDIENTS

- 2.5 lbs salmon fillet
- ½ cup lite mayonnaise
- 1½ tsp yellow mustard
- Salt, to taste
- Dill, to taste

TO MAKE THE SALMON

1. Preheat oven to 350°.
2. Place salmon fillet on parchment paper in a roasting pan.
3. Sprinkle with salt.
4. Mix mustard with mayonnaise, and spread mixture on top of the salmon.
5. Sprinkle with dill (dried or fresh).
6. Bake in oven for 15-25 minutes, depending on salmon thickness and desired doneness.

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SARA'S SQUASH KUGEL BAKE

SERVES 8-10 | COOK TIME: 30 MIN | PREP TIME: 10-15 MIN



A melt-in-your mouth soufflé that really is like dessert with dinner. It tastes great on it's own, but can be paired with your favorite sides or vegetables for an easy weekday meal.

INGREDIENTS

- 1 box frozen squash
- ½ cup flour
- ½ cup sugar
- 2 eggs
- Cinnamon
- 1 pre-made frozen pie shell

TO MAKE THE KUGEL

1. Preheat oven to 350°.
2. Defrost squash in microwave or in a pot on stove.
3. Add flour, sugar and eggs to squash, and mix well.
4. Pour mixture into the pie shell.
5. Sprinkle cinnamon on top of pie, and bake for 30 minutes or until top is golden brown.





BRACHA'S VEGETABLE KUGEL

SERVES 12 | COOK TIME: 30 MIN | PREP TIME: 20 MIN

@BrachaRealEstate

When you think of kugel, you often think of rich, creamy, and sweet kugel. But it doesn't have to be that way! If you are looking for a healthy, tasty recipe that is easy to prepare and is filled with flavor, look no further! Try this delicious vegetable kugel.

INGREDIENTS

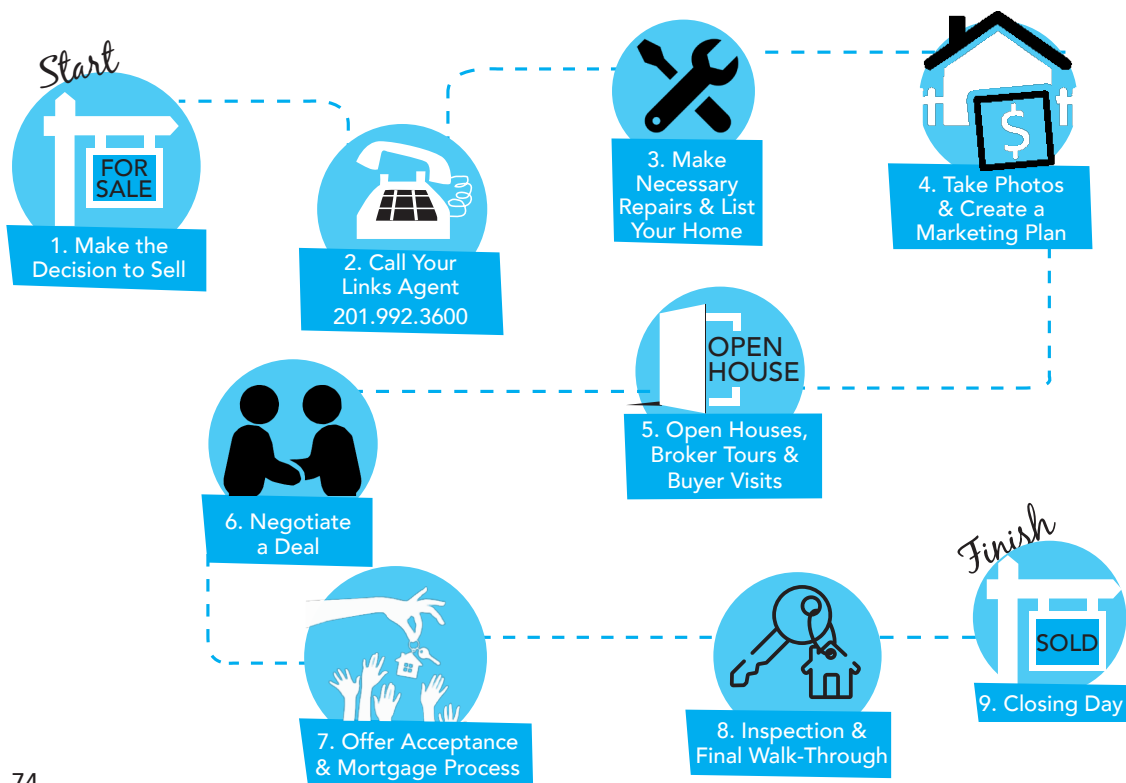
- 10 oz chopped frozen broccoli
- 10 oz chopped frozen spinach
- ½ cup lite mayonnaise
- 4 eggs
- 1 package onion soup mix
- 3 Tbsp flour
- Paprika, to taste

TO MAKE THE KUGEL

1. Preheat oven to 375°.
2. Defrost broccoli and spinach.
3. Mix all ingredients together and put in 9x13 baking pan.
4. Sprinkle top with paprika, and bake for 45 minutes, or until top is golden brown.



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MICHELLE'S CALZONE DINNER

SERVES 4 | COOK TIME: 30 MIN | PREP TIME: 10 MIN



 @MichelleLinksRe

Calzones are a fun meal option for lunch or dinner. A calzone is like a stuffed pizza pocket, filled with all the classic toppings – meat, cheese, your choice of sauce — really any ingredients you like to put inside. They also re-heat really well and are perfect for packing for work or school lunch.

FOR THE STUFFING

- 2 bell peppers, largely diced
- 1 large onion, largely diced
- ½ cup ricotta cheese & mozzarella cheese, mixed
- 1 beaten egg
- 1 bag frozen chopped spinach, thawed and squeezed dry

FOR THE PIZZA DOUGH

- 1 pkg yeast
- 1 cup warm water
- 1 tsp sugar
- 2 ½ cups flour
- 2 tsp olive oil
- 1 tsp salt

CALZONE CAN BE FILLED WITH ANY INGREDIENTS, FROM MEATS, TO FRUITS, TO VEGGIES OR A VARIETY OF MIXED CHEESES!

TASTES GREAT PAIRED WITH MARINARA SAUCE FOR DIPPING, OR GARNISHED WITH YOUR FAVORITE GREENS/HERBS.

TO MAKE THE DOUGH

1. Combine yeast, warm water and sugar; Mix until it bubbles.
2. Add remaining ingredients.
3. Mix together and let it rise for 30 mins, uncovered.

TO MAKE THE CALZONE

1. Preheat oven to 350°.
2. Stir fry the vegetables until they are translucent and soft, about 12-15 minutes.
3. In a bowl, mix cheeses with veggies, add in spinach and put to the side.
4. On a baking surface, lay out some flour and roll the dough into a square.
5. Cut the square in 3 smaller squares.
6. Place about 3 Tbsp of cheese mixture in a diagonal fashion across the dough, going from corner to corner.
7. Take the other 2 corners and fold over to form a calzone.
8. Spread egg on each calzone and bake for 25 minutes, or until golden brown.



f @Chaim.File

CHAIM'S BAKED LASAGNA

SERVES 12 | COOK TIME: 45-60 MIN | PREP TIME: 15 MIN

This is hands down the best lasagna recipe. It takes a little work, but it's worth it! It's great for feeding a family, and also freezes well if you find yourself having leftovers. The extra ingredients in the prep add a burst of flavor - enjoy!

INGREDIENTS

- 1 onion, diced
- 2 Tbsp. olive oil
- Salt
- 2 cloves of garlic, crushed
- 3 carrots (peeled and grated)
- 3 stalks of celery (peeled and very finely sliced)
- 8 oz. fresh spinach
- 4 cups marinara sauce
- 1 lb. ricotta cheese
- 8 oz. muenster cheese (shredded)
- 8 oz. mozzarella cheese (shredded)
- 12 lasagna noodles (not the oven-ready ones)

TO MAKE THE LASAGNA

1. Preheat oven to 350°F.
2. Soak lasagna noodles in warm water.
3. Meanwhile, sauté the onion in the oil until translucent. Add the carrots and celery, and cook down until wilted.
4. Add in garlic and fresh spinach; cook until the spinach has wilted. Season as you go along, adding a sprinkle with each added ingredient.
5. Mix the sautéed vegetables with the ricotta cheese, and set aside.
6. Layer 1: Spread 1 cup marinara sauce across the bottom of the pan. Place 3 noodles on top. Spread half the ricotta mixture on top of the noodles, and sprinkle half of the muenster cheese on top.
7. Layer 2: Place 3 lasagna noodles on top of the ricotta. Top with 1½ cups marinara and half the mozzarella cheese.
8. Layer 3: Layer 3 lasagna noodles on top of the marinara. Cover with remaining half of the ricotta mixture and the remaining half of the muenster cheese.
9. Layer 4: Last 3 noodles. Cover with 1½ cups marinara and the remaining mozzarella.
10. Pour 1 cup of water around the edges of the lasagna.
11. Cover tightly with foil and bake approx. 1 hour at 350°F.
12. Uncover and bake another 15 minutes.
13. Remove from the oven and let rest for 15-20 minutes before cutting.

MY LASAGNA TIPS:

GRATE YOUR OWN CHEESE!
THE PRE-SHREDDED STUFF IS COATED WITH POWDER TO PREVENT IT FROM STICKING, BUT IT PREVENTS IT FROM MELTING PROPERLY.

USE A REAL PAN
GLASS OR CERAMIC. IT CONDUCTS HEAT BETTER THAN A DISPOSABLE PAN, SO YOUR LASAGNA WILL COOK EVENLY.

DON'T REPLACE THE RICOTTA
SOME PEOPLE LIKE TO SUB IN COTTAGE CHEESE. DON'T DO IT!





MICHELLE'S MEATBALLS AND SPAGHETTI



SERVES 4 | COOK TIME: 30-45 MIN | PREP TIME: 10 MIN

This meal comes together in about 15 minutes, and then you let it cook to perfection. The pasta and sauce are the perfect accompaniment to the big meatballs.

 @MichelleLinksRe

INGREDIENTS

- 1 lb chopped meat
- 1 tsp cumin
- Salt, to taste
- Black pepper, to taste
- 3-4 splashes of water, or 1 egg
- 1 Tbsp bread crumbs (or 1 slice of wet wheat bread)
- 1 large can of tomato sauce
- 2 sprinkles of parsley flakes
- 1 onion, sliced
- 1 box of spaghetti

TO MAKE THE MEATBALLS & SPAGHETTI

1. Mix together the meat, cumin, salt, pepper, water and bread crumbs in a bowl and allow it to sit.
2. In a pot, stir fry the onion. Once golden, add the tomato sauce and parsley flakes; bring to boil.
3. Roll meatballs to desired size, and add to the sauce.
4. Cook for 30-45 minutes on a small flame.
5. Prepare your spaghetti, according to directions on box.
6. Serve meatballs & sauce on top of spaghetti (or desired pasta).

JACLYN'S CRISPY CAULIFLOWER STEAKS WITH AVOCADO PEA PESTO PASTA

SERVES 3 | COOK TIME: 25 MIN | PREP TIME: 15 MIN



@JaclynRealEstate_

You may have tried boiling, mashing, and even turning cauliflower into 'rice'. For a different take on cauliflower, try these oven-roasted cauliflower steaks seasoned with a simple pesto pasta. It's delicious!

FOR THE PESTO

- 1 clove garlic, minced
- 1 ripe avocado
- 2 Tbsp fresh lemon juice
- ¼ cup pine nuts
- 1 handful basil leaves
- 1 cup defrosted green peas
- ⅓ cup vegan Parmesan (or nutritional yeast)
- ¼ cup + 2 Tbsp water
- Salt, to taste
- Pepper, to taste

FOR THE CAULIFLOWER

- 1 head cauliflower
- ¾ cups flour
- 1 Tbsp cornstarch
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp fine ground black pepper
- ¾ tsp salt
- ¾ cup non-dairy milk

TO MAKE THE PESTO

1. Combine all ingredients and blend on high until you reach desired consistency.

TO MAKE THE CAULIFLOWER STEAK

1. Preheat oven to 425°F.
2. Remove outer leaves from cauliflower. Trim stem, leaving cauliflower intact, and slice the cauliflower head through the middle.
3. Slice ¾-inch steaks through one half. Repeat for the other side. (You should get 3-4 steaks).
4. Rub both sides and tops of steaks with generous sprinkle of salt, black pepper, garlic powder and smoked paprika. Set aside.
5. In a medium bowl, mix the flour, cornstarch, paprika, garlic powder, onion powder, black pepper and salt.
6. Transfer to a small, rimmed baking sheet/dish, and add non-dairy milk.
7. Dip both sides of the cauliflower steaks into milk. Use a spoon to get into the cracks and top.
8. Dip into flour mixture until fully coated on both sides, using a spoon to place flour into cracks. Shake to remove excess.
9. Pan-sear the cauliflower steaks. Heat about ¼ inch oil in a non-stick skillet and cook 3 minutes on each side. Use tongs to sear tops.
10. Place steaks on a large non-stick baking sheet (no parchment paper). Transfer the steaks to the oven and bake for 10 minutes.
11. Remove from oven; flip. Brush both sides of steak with milk as needed, until no white floured parts remain.
12. Roast for 10-15 minutes more, until cauliflower is fork tender.





LISA G'S PESTO PENNE WITH ZUCCHINI



SERVES 4 | COOK TIME: 15 MIN | PREP TIME: 5 MIN

I love trying new pasta dishes that are hearty and nutritious. I chose to use gluten free penne, but you could substitute your favorite noodle into this dish and it'll be perfect. This dish is packed full of protein, fiber, and delicious mixable ingredients for a fast and easy dinner option.

 @TheOodleDoodleShop

FOR THE PESTO

- 1 bunch stinging nettles (optional)
- 2 large Swiss chard leaves
- 2 cups chopped fresh basil leaves
- ¼ cup raw pumpkin seeds
- ¼ cup extra-virgin olive oil
- Juice of ½ lemon
- 1 clove garlic

FOR THE PASTA

- 1 (12oz.) package [gluten free] noodles, or pasta of your choice
- 1 medium zucchini
- 1 tsp extra-virgin olive oil
- Basil for garnish

TO MAKE THE PESTO

- 1. OPTIONAL STEP:** If using stinging nettles, bring a medium pot of water to a boil, add nettles, and blanch for 1 minute. Remove from the pot, remove the leaves from the stems, discard the stems, and add the leaves to the pesto.
- 2.** Remove the stems and central veins of the Swiss chard.
- 3.** In a food processor, combine all ingredients and blend until smooth. Add a little water or olive oil if the mixture is too thick.

TO MAKE THE PASTA

- 1.** Cook the pasta according to the package instructions. *(Gluten free pasta sticks together more than wheat-based pasta. Rinse with hot water to remove excess starch, then add a little more olive oil to keep the noodles from sticking.)*
- 2.** Slice zucchini into rounds or chunks.
- 3.** In a medium skillet over medium heat, sauté the zucchini in the olive oil for about 5 minutes, or until it starts to brown and become soft.
- 4.** Toss the pasta, pesto, and zucchini together, stirring to distribute the pesto evenly.
- 5.** Garnish with fresh basil.

THIS DISH TASTES GREAT WITH ANY VEGGIES! TRY IT WITH ASPARAGUS, PEAS, BROCCOLI, SPINACH, OR YOUR FAVORITE VEGETABLES.

YOU CAN ENJOY THIS DISH WARM OR COLD.



JACLYN'S SPICY CURRY RAMEN

SERVES 4 | COOK TIME: 45-60 MIN | PREP TIME: 15 MIN

Homemade spicy curry ramen is loaded with all of my favorite ingredients. This ramen noodle bowl is perfect for cold rainy evenings! Bonus - it's very easy to make.

@JaclynRealEstate_

INGREDIENTS

- 3-4 carrots
- ½ cauliflower
- 2-3 Tbsp oil
- 1 tsp salt
- ½ tsp paprika
- ¼ tsp pepper
- ½ large yellow onion, diced small
- 2 cloves garlic, minced
- 2-inch piece ginger, minced
- 1½ Tbsp red curry paste
- 4 cups filtered water
- 2 cans coconut milk
- 1½ Tbsp soy sauce
- 2 tsp bouillon paste
- 1½ Tbsp hot sauce
- 1 small bunch of broccolini, chopped
- 2 heads bok choy, chopped
- 4 (2 oz) Ramen noodles

FOR THE TOPPINGS

- Limes
- Cilantro

TO MAKE THE RAMEN

1. Preheat the oven to 400°F.
2. Roughly chop carrots, and cut cauliflower into florets.
3. Place on baking sheet, and drizzle with 1-2 Tbsp oil.
4. Season with salt, pepper and paprika. Bake for 30 minutes.
5. Mince garlic and fresh ginger, and finely chop the onions.
6. In a large pot, heat some oil, add the garlic, onions, and ginger. Saute for 3 minutes. Season with a pinch of salt.
7. Add curry paste, water, ground turmeric, soy sauce, and coconut milk to the pot.
8. Bring to a boil, stirring to ensure everything is well incorporated. Once boiling, reduce to a simmer and add bouillon paste.
9. Stir to dissolve, and then add hot sauce. You can add more spice depending on your preference.
10. Add broccolini and bok choy to the simmering curry; cook for 5-7 minutes, or until vegetables are tender.
11. Turn off the heat and taste, adjusting seasonings and spice if needed.
12. About 5 minutes before serving, cook your ramen noodles according to directions on package. When ready to serve, divide noodles between serving bowls, top with hot curry, baked carrots, cauliflower and finish with cilantro and lime.





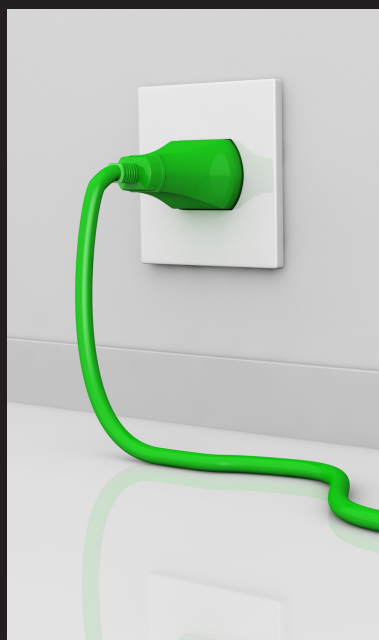
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- 112** Vegan Baked Pumpkin Donuts
- 115** Vegan Orange Cake
- 116** Lemon Bars

SWEET & SAVORY DESSERTS



CHAIM'S CLASSIC PUMPKIN PIE

SERVES 6-8 | COOK TIME: 70 MIN | PREP TIME: 20 MIN

 @Chaim.File

Bursting with flavor, this pumpkin pie recipe is my very favorite. It's rich, smooth, and tastes incredible. A slice of homemade pumpkin pie is one of my favorite desserts during the fall and holiday season. I hope you enjoy it as much as I do!

INGREDIENTS

1 pie crust
(either homemade or ready-made)

4 Tbsp melted margarine

1¾ cups pumpkin purée
(canned or fresh)

3 eggs

1¾ cups pareve milk
(soy milk or rice milk work well)

1 cup dark brown sugar

1¼ tsp cinnamon

½ tsp nutmeg

½ tsp ground ginger

½ tsp allspice

¼ tsp cloves

¼ or ½ tsp salt

TO MAKE THE PIE

1. Preheat the oven to 450° F for about 10 minutes.
2. Prick the bottom of the pie crust in several places to allow steam to escape. Line the crust with a double layer of aluminum foil, and bake for about 10 minutes.
3. Reduce the oven to 375°F, remove the foil, and continue to bake crust for about 10 minutes, until lightly browned.
4. Remove the shell from the oven and reduce temperature to 350°F.
5. In a large bowl, combine the margarine, pumpkin purée, eggs, milk, sugar, cinnamon, nutmeg, ginger, allspice, cloves and salt. Mix well.
6. Pour the mixture into the pie crust and place the filled pie shell on a cookie sheet (to catch any dripping.)
7. Bake for about 50 minutes, until a toothpick inserted into the center comes out clean.
8. Serve plain or with whipped cream / ice cream, sprinkle some pumpkin seeds on top, and enjoy at room temperature or chilled!





ALEXIS' APPLE CRUMB PIE

SERVES 6-8 | COOK TIME: 30 MIN | PREP TIME: 45 MIN



@AlexisCreates

Apple crumb pie is a tasty and easy pie that everyone absolutely raves about. It has a tender, flaky crust and is filled with sweet cinnamon-kissed apples, topped with buttery crumb topping. It's the perfect apple pie to serve after any meal!

FOR THE CRUST

- 1¼ cups all-purpose flour, plus extra for dusting
- 2 tsp granulated sugar
- ½ tsp salt
- 1 stick cold, unsalted butter, cut into ½-inch cubes
- 1 Tbsp apple cider vinegar
- ¼ cup ice water, plus more if needed

FOR THE CRUMB TOPPING

- 1 cup all-purpose flour
- 1/3 cup packed light brown sugar
- 1/4 tsp ground cinnamon
- 1/4 tsp salt
- 1 stick unsalted butter, cut into ½-inch pieces, at room temperature

FOR THE FILLING

- 3 lbs. mixed apples, peeled & sliced 1/4" thick (such as Gala, Golden Delicious & Granny Smith)
- 4 Tbsp unsalted butter, melted
- 1/3 cup granulated sugar
- 1/4 cup packed light brown sugar
- 2 Tbsp all-purpose flour
- 1 Tbsp fresh lemon juice
- 1 tsp ground cinnamon
- 1/8 tsp salt

TO MAKE THE CRUST

1. Whisk the flour, granulated sugar and salt in a large bowl.
2. Rub the butter pieces into the flour using your fingers until pea-size pieces form.
3. Drizzle in the vinegar and ice water; stir gently with a fork to combine. (If the dough doesn't hold together when you squeeze it, add more ice water, 1 Tbsp at a time)
4. Turn out the dough onto a piece of plastic wrap and form into a disk; wrap tightly. Refrigerate until firm.
5. When ready, roll out the dough on a lightly floured surface into a 13-inch round.
6. Ease into 9" pie plate. Trim the edges leaving a 1" overhang, then tuck the overhanging dough under itself, crimp the edges with a fork and refrigerate at least 1 hour or overnight.

TO MAKE THE CRUMB TOPPING

1. Mix flour, brown sugar, cinnamon & salt in a medium bowl.
2. Rub the butter into the mixture with your fingers until no longer flour and crumbs form, and freeze until ready to use.

TO MAKE THE FILLING

1. Place a foil-lined baking sheet on the lowest rack; preheat oven to 400°F.
2. Mix the apples, melted butter, both sugars, flour, lemon juice, cinnamon and salt in a large bowl.
3. Spoon the filling into the chilled pie crust, and pat the crumb mixture on top.
4. Bake the pie until lightly browned - about 30 minutes.
5. Reduce the oven temperature to 350°F. and bake until the apples are completely soft when pierced with a paring knife, 60-80 more minutes. (If topping is getting too dark, cover loosely with foil.)
6. Transfer the pie to a rack to cool completely.



BRACHA'S HOT FUDGE PIE

SERVES 8-10 | COOK TIME: 30 | PREP TIME: 10 MIN

This fudge pie is my go-to when I need a quick, yummy dessert — it tastes just like a rich, moist and gooey brownie. A favorite for all ages to enjoy!

 @BrachaRealEstate

INGREDIENTS

- 1 stick margarine, melted
- 1 cup sugar
- 3 Tbsp flour
- 3 Tbsp cocoa
- 2 eggs
- 1 tsp vanilla
- Shallow pie crust
(cookie or pie dough crust)

TO MAKE THE PIE

1. Preheat the oven to 350° F.
2. Mix all ingredients together and pour into pie crust.
3. Bake for 30-35 minutes, or until center of pie is set. (When a toothpick comes out clean)
4. Serve with ice cream or whipped cream. Can be served warm or at room temperature.





MALKA'S ULTIMATE CHOCOLATE CHIP CAKE



SERVES 12-14 | COOK TIME: 50 MIN | PREP TIME: 25 MIN

Moist, rich, and very chocolaty, this is the ultimate chocolate cake! This cake works great in a Bundt pan, in layer cake pan or cupcake tins. Easy to make and delicious!

 @MalkaAbrahams

INGREDIENTS

- 1½ cups chopped bittersweet or semi-sweet chocolate chips*
- 2¼ cups flour
- 1¾ cups sugar
- ¾ cups cocoa powder
- 1½ tsp baking powder
- 1½ tsp baking soda
- 1½ tsp instant espresso granules
- ¾ tsp salt
- 1¼ cup canola oil
- ¾ cup orange juice
- ¾ cup water
- 3 large eggs
- 2 tsp pure vanilla extract

**You can also save some extra chocolate chips to add to your batter for a chocolate chip chocolate cake*

TO MAKE THE CAKE

- 1.** Preheat the oven to 350°F. If you are using a dark or nonstick pan, reduce the heat by 25°F.
- 2.** Lightly grease and flour a Bundt pan, making sure to tap out excess flour, or grease two 9-inch layer cake pans, and line the bottom of each with a parchment paper circle.
- 3.** Grease the parchment circles and set aside.
- 4.** In a double-boiler or microwave, melt the chocolate.
- 5.** Stir constantly until the chocolate melts, then set aside.
- 6.** In a large bowl, whisk together the flour, sugar, cocoa powder, baking powder, baking soda, instant espresso and salt.
- 7.** In another bowl, whisk together the oil, orange juice, water, eggs and vanilla.
- 8.** Add the wet ingredients to the dry, and mix until just combined.
- 9.** Add the melted chocolate, and stir just until it's well-incorporated and the batter is smooth.
- 10.** Pour the batter into the prepared pan(s).
- 11.** Bake until a tester inserted in the center of the cake comes out clean, about 50-60 minutes if using a Bundt pan, or 35-40 minutes if using layer cake pans.
- 12.** Cool completely on a wire rack.
- 13.** Glaze or frost as desired, and ENJOY!



NINA'S BEST-EVER CHOCOLATE CHIP COOKIES

MAKES 48 COOKIES | COOK TIME: 10 | PREP TIME: 15 MIN

This is one of my favorite cookie recipes — they're so easy, require no margarine and taste amazing! They're great for the whole family to make and enjoy.

 @NinaLinks

INGREDIENTS

- 1 cup canola oil
- 1 cup brown sugar
- ½ cup granulated sugar
- 2 tsp vanilla extract
- 1 tsp salt
- 2 eggs
- 2 Tbsp cornstarch
- 2½ cups flour
- 1 bag chocolate chips*

**Any type of chips can be used: chocolate, white chocolate, caramel, butterscotch, etc.*

TO MAKE THE COOKIES

1. Preheat the oven to 375° F.
2. Line 2 baking sheets with parchment paper; and set aside.
3. In the bowl of an electric mixer, beat together oil and sugars until smooth and creamy.
4. Add the vanilla, baking soda, salt, eggs and cornstarch, beating well to combine after each addition.
5. Add the flour and beat until just combined.
6. Add chocolate chips and stir to combine.
7. Scoop the dough using a medium cookie scoop (or a heaping tablespoon) onto the prepared cookie sheets.
8. Bake for 8-9 minutes, until the tops are set. Make sure you do not over bake!





MARC'S OATMEAL CRAISIN CHOCOLATE CHIP COOKIES

MAKES 12-16 COOKIES | COOK TIME: 15 MIN | PREP TIME: 10 MIN



@MarcTheMisfit

A perfect treat for the holidays! Not only are these cookies easy to make, but they're also jam-packed with so many goodies. You can even mix in chopped pecans, walnuts or white chocolate chips for a little something extra.

INGREDIENTS

- 1 cup unsalted margarine, softened to room temperature
- 1 cup packed light brown sugar
- ¼ cup granulated sugar
- 2 large eggs, room temperature
- 1 Tbsp pure vanilla extract
- 1½ cups all purpose flour
- 1 tsp baking soda
- 1½ tsp ground cinnamon
- ½ tsp salt
- 3 cups old fashioned whole rolled oats
- 1 cup raisins
- 1 cup chocolate chips

TO MAKE THE COOKIES

1. Using a hand mixer or a stand mixer fitted with paddle attachment, cream the softened margarine and both sugars together on medium speed until soft (about 2 min).
2. Add the eggs and mix on high until combined (about 1 min) Scrape down the sides & bottom of the bowl as needed.
3. Add the vanilla and mix on high until combined. Set aside.
4. In a separate bowl, whisk the flour, baking soda, cinnamon, and salt together.
5. Add to the wet ingredients and mix on low until combined.
6. Beat in the oats, raisins and chocolate chips on low speed. Dough will be thick and very sticky. Chill the dough for 30-60 minutes (Do the full hour if you're afraid of the cookies spreading too much.)
7. Use a small or medium cookie scoop (about 1-2 tsp per cookie) and place 2 inches apart on the baking sheets. I recommend using a cookie scoop since the dough can be sticky.
8. Bake for 12-14 minutes until lightly browned on the sides. The centers will look very soft and under-baked.
9. Remove from the oven and let cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely. The cookie will continue to "set" on the baking sheet during this time.





@NinaLinks

NINA'S OREO TRUFFLES

MAKES 30 TRUFFLES | COOK TIME: 2 HOURS | PREP TIME: 10 MIN

I like to make these for different occasions - I can turn them into apples for the fall or Rosh Hashanah, or dress them up for an engagement or birthday party. The best part is that it's not hard!

INGREDIENTS

1 18oz package of Oreos or Chocolate Sandwich Cookies (I have used a 16oz package + an additional 6 cookies)

1 8oz unwhipped cream cheese (you can substitute with Tofutti cream cheese)

1 semi sweet bar of chocolate, or one bag of chocolate chips

Colored chocolate, sprinkles, other items as needed

PREP FOR THE TRUFFLES

1. Grind up your cookies in the food processor.
2. Soften your cream cheese for easier mixing.

TO MAKE THE TRUFFLES

1. Mix ground up oreos with cream cheese.
2. Roll into golf size balls and place on a cookie sheet.
3. Put tray in freezer for about 45 minutes, or refrigerate for a few hours.
4. Prepare a few sheets of parchment paper on the counter.
5. Remove truffles from refrigerator or freezer. (If they were frozen, let them sit for a few minutes so the hot melted chocolate doesn't crack when you dip them).
6. Melt chocolate in a double boiler or microwave.
7. Using 2 forks (so that the melted chocolate can drip off), slide each truffle into the chocolate, being sure to coat all sides. **Don't stick the fork into the truffle.** Just place on the fork and slide in and out of the chocolate.
8. Once truffle is coated, rest them on the parchment paper to dry. If you plan to coat with sprinkles or cookie crumbs, do that now while the chocolate is still wet.



MALKIE'S PERFECT BUTTERNUT SQUASH MUFFINS

SERVES 12 | COOK TIME: 50 | PREP TIME: 20 MIN



@MalkieBenson

I make these all the time for my family and they are always a hit! These muffins are fluffy, full of warm fall spices, and a creative use for butternut squash.

INGREDIENTS

- 1 small butternut squash
- 3 large eggs
- ½ cup vegetable oil
(or melted coconut oil)
- ½ cup milk,
(or non-dairy substitute)
- ½ cup granulated sugar
- ½ cup brown sugar
- 3 cups white whole wheat flour
- 1½ tsp baking powder
- 1 tsp baking soda
- 2 tsp cinnamon
- ½ tsp salt
- ¼ tsp ground nutmeg
- ¼ tsp ground cloves
- ½ cup chopped pecans
(optional)

TO MAKE THE MUFFINS

1. Preheat the oven to 400° F.
2. Grease 24 muffin cups.
3. Poke holes in the butternut squash with a fork.
4. Place the butternut squash in the microwave and cook until it's tender (about 10-15 minutes), checking every 3 minutes. Let cool for about 15 minutes.
5. One cooled, cut the butternut squash in half, scoop out seeds and discard. Scoop out the flesh, placing it in a bowl. Mash with a fork.
6. Measure 1½ cups of the butternut squash purée.
7. In a large bowl, add the butternut squash purée, eggs, oil, milk, granulated sugar, and brown sugar. Mix well.
8. Add the flour, baking powder, baking soda, cinnamon, salt, nutmeg and cloves, and fold into the batter until just combined.
9. Fold in the pecans, if using.
10. Spoon the batter into the prepared muffin pans, about ¾ full.
11. Bake in the preheated oven 14-16 minutes, until a toothpick comes out clean.
12. Cool in the pans for about 5 minutes, then remove the muffins and cool completely on a wire cooling rack.
13. Serve topped with butter, nut butter, or plain. Enjoy!



SARA'S ZUCCHINI BREAD

SERVES 12 | COOK TIME: 60 MIN | PREP TIME: 15 MIN

Really, really good and moist- my kids eat it as quickly as I can make it! Bread freezes well and keeps in the fridge for weeks. It's a healthier dessert option than cookies or cakes, but doesn't lack any flavor, and satisfies your sweet tooth.

INGREDIENTS

- 1 cup sugar
- 2 cups applesauce
- 1 Tbsp vanilla
- 6 egg whites OR
3 eggs
- 2 cups flour
- 1 tsp cinnamon
- 1 tsp salt
- ¼ tsp baking powder
- 2 tsp baking soda
- 2 cups unpeeled grated zucchini

TO MAKE THE BREAD

1. Preheat oven to 350°F.
2. Combine all ingredients and mix well.
3. Bake for 60 minutes if making a loaf, or 30 minutes if making muffins.




CHAIM'S CHOCOLATE FILLED DONUTS



SERVES 12 | COOK TIME: 15 MIN | PREP TIME: 35 MIN

You don't need super culinary skills to make these donuts at home — anyone can do it! All you need is some time, making them the perfect weekend baking project.

 @ChaimAtLinks

FOR THE DONUTS

- 3 Tbsp caster sugar, plus 2-3 additional Tbsp for dusting
- ½ cup whole milk
- 1 Tbsp fresh yeast
- 3 Tbsp unsalted butter
- 2.5 cups plain flour, plus extra for dusting
- Pinch of sea salt
- 2 egg yolks
- Vegetable oil, for deep frying
- 2-3 Tbsp. malt powder (like Ovaltine) for dusting

FOR THE FILLING

- 1 cup double cream
- 2-4 Tbsp runny honey, to taste
- 2 cups dark chocolate, chopped
- 4 Tbsp unsalted cold butter, cubed

TO MAKE THE FILLING

1. Mix honey and cream in a pan, and the chocolate and butter in a bowl. When the cream is almost boiling, pour over chocolate mixture and stir until well mixed and glossy.

TO MAKE THE DONUTS

1. Heat the sugar and milk in a pan for 5 minutes, until the milk is warm and sugar has dissolved.
2. Crumble the yeast into a bowl, pour in ½ the warm milk, mix and set aside. Place the remaining milk back on the heat and add the butter.
3. Heat gently for about 3 minutes, making sure milk doesn't boil.
4. Sift the flour and salt into a large bowl and make a well in the center. Add the egg yolks, yeasted milk and hot milk.
5. Mix together, drawing in the surrounding flour to make a dough. Tip the dough onto a floured work surface, and knead with floured hands until dough is smooth & elastic.
6. Place in a clean bowl dusted with flour. Cover with plastic wrap and leave to rise in a warm place for 60-90 minutes.
7. Once dough has risen, roll out with floured rolling pin to a ¾" thickness; shape into 12 rectangular pillows.
8. Place on a baking sheet lined with baking paper and let rise 30-40 minutes.
9. In a bowl, combine remaining sugar with malt powder; set aside.
10. Put oil in a deep fryer and heat to 350°F, or fill a large pan one third with oil and heat until a cube of bread dropped in it sizzles and turns golden brown in 30 seconds.
11. Fry the donuts in batches for 3-4 minutes until evenly golden brown and cooked through.
12. Using a slotted spoon, remove the donuts from the hot oil and roll in malt sugar to coat.
13. Sprinkle on any toppings you desire.

TO FILL THE DONUTS, SPOON THE WARM CHOCOLATE INTO A PIPING BAG AND GENTLY SQUEEZE IN THE FILLING.

MAKE SURE YOU PIPE THE CHOCOLATE WHILE IT'S STILL WARM!



LISA G'S VEGAN BAKED PUMPKIN DONUTS

MAKES 12 DONUTS | COOK TIME: 20 MIN | PREP TIME: 15 MIN

@TheOodleDoodleShop

This recipe for baked donuts comes from the Medical Medium and uses all clean, gluten free ingredients. They are a delicious & healthy dessert, and they're fun (and easy) to bake! You can enjoy them dipped in the creamy cinnamon cashew glaze or unadorned for a simpler palate.

FOR THE DONUTS

- 1 cup pumpkin purée
- ⅔ cup pure maple syrup
- ¼ cup + 2 Tbsp melted coconut oil
- 1½ cups gluten free oat flour
- ½ cup brown rice flour
- 2 tsp baking powder
- 2 tsp cinnamon

FOR THE GLAZE

- ¾ cup cashews, soaked for 1 hour in hot water
- 2½ Tbsp maple syrup
- 1 tbsp coconut oil
- ½ tsp cinnamon
- ⅛ tsp cardamom
- ¼ cup water

TO MAKE THE DONUTS

1. Preheat oven to 350°F. Lightly grease a 12-donut pan. Set aside.
2. In a medium-sized bowl, whisk together pumpkin purée, maple syrup and coconut oil.
3. In another bowl, add the oat flour, brown rice flour, baking powder and cinnamon.
4. Whisk until uniform and lump-free.
5. Pour the wet ingredients into the dry. Stir until evenly mixed.
6. Spoon or pipe batter into the greased donut pan. Bake for 12-14 minutes, until lightly browned on top and toothpick inserted comes out clean.
7. Cool for 5 minutes in the donut pan, then move to a wire rack and cool completely.

TO MAKE THE GLAZE

1. Add drained cashews, maple syrup, coconut oil, cinnamon, cardamom and water to a blender and blend until very smooth – about 4-5 minutes – scraping down the sides as needed.
2. When the donuts are cool, dip them in the glaze.

DONUTS ARE BEST ENJOYED ON THE DAY OF BAKING, BUT CAN BE KEPT IN AN AIR-TIGHT CONTAINER UNTIL NEEDED.





CHAIM'S VEGAN ORANGE CAKE

SERVES 6-8 | COOK TIME: 20-30 MIN | PREP TIME: 10 MIN



[f @Chaim.File](#)

This is the perfect cake recipe for you and your little helper. It's easy, moist, fluffy and packed full of citrus flavor. This is a one-bowl-cake recipe—it is quick, simple, easy and most important, delicious! You can enjoy it plain or frosted.

INGREDIENTS

- 1 large orange, peeled
- 1 ½ cups all purpose flour
- 1 cup white sugar
- ½ cup vegetable oil
- 1 tsp baking powder
- ¼ tsp salt

TO MAKE THE ORANGE CAKE

1. Preheat oven to 375°F.
2. Grease an 8"x8" square pan, or a circular pan of similar dimension.
3. Blend the orange in a blender until liquefied; measure 1 cup of orange juice.
4. Whisk orange juice, flour, sugar, vegetable oil, salt and baking soda together in a bowl.
5. Bake in preheated oven for 20-30 minutes, or until a toothpick inserted in the center of the cake comes out clean.





ARIELLE'S LEMON BARS

MAKES 36 BARS | COOK TIME: 40 MIN | PREP TIME: 15 MIN

You only need 7 ingredients to make these lemon bars —they're simply the best! Perfect for picnics, bake sales, spring brunches, baby showers, and bridal showers, or just to make as a quick and delicious anytime dessert.

INGREDIENTS

- 1 cup margarine, softened
- ½ cup white sugar
- 2 cups all-purpose flour
- 4 large eggs
- 1½ cups white sugar
- ¼ cup all-purpose flour
- 2 lemons, without seeds, juiced*

**Lemons can also be swapped for limes to make a lime bar.*

TO MAKE THE LEMON BARS

1. Preheat oven to 350°F.
2. In a medium bowl, blend together softened margarine, 2 cups flour and ½ cup sugar. Press into the bottom of an ungreased 9x13 pan.
3. Bake for 15-20 minutes, or until firm and golden.
4. In another bowl, whisk together the remaining 1½ cups sugar and ¼ cup flour.
5. Whisk in the eggs and lemon juice, and pour over the baked crust.
6. Bake for an additional 20 minutes. The bars will firm up as they cool.
7. Cut into uniform 2-inch squares.



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~Teaneck Buyer



"Malkie was there until we closed, ensuring that **everything went smoothly.**"

~Teaneck Seller

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~Bergenfield Buyer

★★★★★
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"Nina won't stop working as long as it takes to **get you the result you need.**"

~Teaneck Seller

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~Bergenfield Seller

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