

# Thinking Outside

## the Matzah > Box

A collection of unexpected  
vegetarian recipes for Passover

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# Introduction

I became a vegetarian gradually. When I was in law school, I learned to cook vegetarian and enjoyed what I was making. It was mostly beans, grains and pasta, so not suitable for Passover. During Passover, I ate mostly meat. But the rest of the year, I was increasingly eating vegetarian.

By 2009, I was eating meat so rarely that I was no longer able to digest it properly. When I ate meat, I would get indigestion and stomach cramps. I didn't mind it when the meal was special or particularly good, but I couldn't eat like that day-after-day. And then came Passover, when I didn't know any appropriate recipes that weren't meat for eight straight days. By the end of Passover that year, I was feeling very sick and realized that I needed to come up with vegetarian options for Passover. I spent the next year coming up with ideas and experimenting with them. Thus was born **A Very Veggie Pesach**, a series of vegetarian recipes for Passover posted on my rarely-used blog.

The first year, I posted eight recipes: enough for each night of Passover. Some of them were vegan and many were gluten-free for my relatives and friends with celiac disease. I have added a few recipes every year and now have over 20 recipes in this book.

These recipes are designed to satisfy a fairly strict Orthodox standard for Passover, relying on Passover guides from the Orthodox Union (OU), Star-K and the Chicago Rabbinical Council (CRC). In the blog, I provided notes about the rules for each ingredient, but here I have moved the notes to the end with links. I realize that not everyone is this strict about Passover. I am not here to judge anyone's standards of kashrut generally or Passover specifically. I am simply providing some creative options that should satisfy most people's level of strictness. The Reform movement of Judaism believes in informed choice in observance. I am providing the information so you can make the choice.

All recipes in this document are vegetarian (no meat, fish or fowl). Recipes that are vegan (no animal products) are marked with **V** in the heading. Recipes that are gluten-free are marked with **GF** in the heading. If the recipe is not normally vegan or gluten-free but can be made that way with minor substitutions described in the recipe, the **V** or **GF** is followed by an asterisk (\*).

## Terminology

Just a few words that come up a lot in discussion of Passover kosher rules:

**Chametz:** (leaven; sounds like "hum it's" with that Scottish "ch"). Anything made from the five major grains (wheat, rye, barley, oats and spelt) that has not been completely cooked beyond the ability to rise within 18 minutes after first coming into contact with water. Chametz is forbidden during Passover by biblical law.

**Kitniyot:** (usually pronounced as in Yiddish, KIT-nee-yohs). A wide variety of foods that were forbidden during Passover by Ashkenazic rabbis (the rabbis of Central and Eastern Europe). Kitniyot includes rice, corn, peanuts, legumes (beans) and some other foods. This prohibition was never part of Sephardic tradition (Judaism of Spain, Portugal, North Africa and the Middle East), and in fact many rice and bean dishes are traditional Passover meals in Sephardic communities. In recent years, the rabbis of Israel have held that the kitniyot prohibition does not apply there, in part because Israelis are a mix of Sephardic and Ashkenazic communities, individual Israelis have both ancestries and neighbors should be able to eat at the homes of neighbors. More recently, the Conservative Jewish movement in America has rejected the kitniyot rule for somewhat less persuasive reasons. The recipes in this book avoid kitniyot because not everyone is willing to eat it for Passover.

## 2021 Update

I've added four new recipes that have been blogged since the first edition. The most exciting is [Make Your Own Ricotta](#), something that cannot be found kosher for Passover but can easily be made at home with easy-to-find ingredients. This recipe has been incorporated into several pre-existing recipes. I also added these three new recipes:

1. [Avocado "Toast"](#) (Vegan!)
2. [Sweet Potato Lasagna](#) (Gluten-Free!)
3. [Kiwi, Quinoa and Ricotta](#) (Gluten-Free!)

I also added a lot of pictures I have taken over the last few years to share with friends (especially during this pandemic that left me unable to share the actual food!). And I added a fun demonstration of "Baby Yoda Deviled Eggs" using my recipe for [Guacamole Deviled Eggs](#).

# Avocado "Toast"



Am I too late to be introducing this trendy food choice? It's a great breakfast, full of healthy fats that keep you satisfied all day along with many nutrients and more potassium than bananas! And like all fresh fruits (yes, avocado is a fruit), avocado is kosher for Passover. Toast, of course, is not, but you can easily spread the avocado on half a slice of matzah, and in fact it's easier to spread and eat that way than with a piece of toasted bread. And this is so easy to make that it hardly even counts as a recipe.



But as a vegetarian I have to be mindful: where's the protein? Fortunately, avocado is one of the few fruits that has a significant amount of protein: 3 or 4 grams of complete protein per avocado! But, always watching my protein, I added some chopped nuts to the mash. If you're not a nut eater, you could put a fried egg on top, a common topping for avocado toast.

This recipe makes two servings, which I know is a very small amount but you don't want to have leftovers because avocado goes brown very quickly! It's still edible when it's brown but it doesn't look very appetizing.

This recipe is vegan (contains no eggs or dairy), but it is not gluten-free or non-gebrochts (the "toast" is matzah!).

## Ingredients

- 1 ripe [avocado](#)
- 1 tbsp [lime juice](#)
- 1/4 to 1/2 cup ground or chopped [nuts](#) (whatever kind you like; I usually use ground walnuts)
- 1 clove [garlic](#), pressed
- Pinch of [salt](#) to taste (optional)
- 1 slice of [matzah](#), split in half
- 1 or 2 [eggs](#) (optional)

## Preparation

1. Slice the avocado in half, remove the pit and scoop the flesh out of the skin into a bowl. Mash the flesh just a little bit.
2. Add the lime juice, nuts and garlic, stir to combine, and mash to your

preferred degree of smoothness.

3. Spread half of the mixture onto each half of the matzah
4. If adding egg on top, fry or scramble it and put as much as you want on each half

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## Broccoli-Almond "Meatballs"

GF

I've seen a number of recipes for vegetarian "meatballs," but a lot of them don't really have a source of protein, always a key consideration for me when creating vegetarian meals for Passover. A few of them used ground almonds to provide the protein. I experimented with a few variations, and this is the one that worked. I served my first successful batch with marinara sauce, but I think during Passover I'm going to try it with the sweet and sour sauce I used to use back in the day when I used to eat real meatballs (it's similar to the sauce for my [stuffed cabbage](#)).



This recipe is gluten-free and non-gebrochts (contains no matzah products), but is not vegan (contains eggs and cheese). The cheese probably could be skipped, but I think the egg is necessary to hold the balls together.

### Ingredients

- 1 medium to large [broccoli](#)
- 1 cup ground [almonds](#) (or other ground nuts)
- 1/4 cup [Parmesan cheese](#)
- 2 cloves [garlic](#), minced
- handful of fresh [basil leaves](#), finely chopped
- handful of fresh [parsley](#), finely chopped
- 2 [eggs](#)
- [tomato sauce](#) to cover

### Preparation

1. Preheat the oven to 350 degrees

2. Cut the stem off of the broccoli, leaving only the crown
3. Steam the crown for about 10 minutes
4. While the crown is steaming, mix together the almonds, Parmesan, garlic, basil and parsley in a large mixing bowl
5. When the broccoli is finished steaming, drain it and chop it up as much as you can
6. Mix the broccoli with the other ingredients
7. Add the egg and mix well. You will probably need to do this with your hands to get the texture you want. You want it to be able to stick together well.
8. With your hands, make balls of the mixture a little bigger than a golf ball. Squeeze the balls together firmly and place them on a baking sheet. You should get about 12 balls.
9. Bake for about 30 minutes or until they are starting to brown. You may want to roll them over at about 20 minutes to make sure you get all sides cooked.

You can serve this with heated tomato sauce or other sauces appropriate for Passover.

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## Broccoli-Potato-Cheese Soup

GF

This is more or less a recipe I got in a brochure that the milk marketing board was handing out at a baseball game. I made it once before with the adjustments I suggest here, and it was very tasty. It stays in the refrigerator well enough for a week or so, but definitely doesn't freeze and reheat well. I've cut the original recipe in half, because the original recipe makes 12 servings. Obviously, the objective was to sell plenty of milk and cheese.

The only Passover adjustment I made in this recipe is substituting potato starch for flour to make the roux (a mixture of flour and butter that thickens a sauce). This substitution works very nicely, and should work in any recipe that calls for a roux, such as a cheese sauce or a soufflé. I thought about including a soufflé recipe in this series, but I've never had much success making a soufflé rise properly, so I didn't feel qualified to explain it. You're welcome to try it.

This recipe is not vegan (contains dairy products), but is gluten-free and non-gebrochts (contains no matzah products).

### Ingredients

- 4 tbsp. [butter](#)
- 1/2 cup chopped [onion](#) (a medium onion)

- 1/4 cup [potato starch](#) (or less)
- 2 cups [vegetable broth](#) or water
- 2 cups [milk](#)
- 1 cup [broccoli](#), chopped
- 1 cup [potatoes](#), diced
- 3/4 cup shredded [cheddar cheese](#)
- [salt](#) and [pepper](#) to taste (optional)

## Preparation

1. Melt butter in a large saucepan (3 quarts)
2. Add onion and cook until transparent
3. Add potato starch gradually, mixing until blended, until the potato starch can't absorb any more butter. You will likely find that this occurs before you reach the full 1/4 cup -- that quantity was intended for flour, and potato starch thickens somewhat better than flour. This mixture of fat and starch is called a roux (pronounced: roo), and is the thickening agent in many recipes (onion is not usually a part of it).
4. Stir in broth or water gradually, allowing the roux to absorb the liquid. Don't let the roux clump in the liquid.
5. Stir in the milk gradually. Like the broth, allow the roux to spread through the liquid without clumping.
6. Add broccoli and potatoes and cook on low heat for about 30 minutes.
7. Add cheese and salt and pepper and continue stirring over low heat until the cheese melts.

Serve topped with a little extra shredded cheddar.

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## Butternut Squash-Cheddar "Risotto"

GF V\*

This recipe is based on one I got from [Cabot Cheese](#), which made an excellent kosher-for-Passover run of sharp cheddar cheese. Sadly, they are no longer making kosher certified cheese, but other cheese sources are available for Passover.

Most of the ingredients in the original recipe were already vegetarian and kosher for Passover, with one key exception: Rice. "Risotto" is a rice dish, and rice is kitniyot, a class of food traditionally avoided by Ashkenazic Jews for Passover. I initially thought of substituting matzah farfel, but I realized that [quinoa](#) would give

it much more of a risotto look and feel. Of course, not everybody accepts quinoa as kosher for Passover, but in the last few years it has been accepted by most kosher certifying organizations, including Star K and OU.



I also made one other change that has nothing to do with Passover: I don't like mushrooms, so I substituted asparagus. My taste-testers, Rachel and Claire, gave this quinoa version two thumbs up, even though I made a few mistakes in my test batch! And yes, they liked the way the squash and asparagus went together.

If you want to make this recipe **vegan**, you can simply skip the cheese and milk. Taste-tester Rachel said she didn't even notice the flavor and didn't think it added anything.

This is not a particularly difficult recipe, but it is a time-consuming recipe, because the squash takes quite a while to roast. Don't try to make this after you get home from work on a weekday!

## Ingredients

- 1 small to medium [butternut squash](#)
- 2 tbsp. [extra virgin olive oil](#)
- 1/2 cup chopped [onion](#) (a medium onion)
- 1/2 cup chopped [asparagus](#)
- 2 cloves [garlic](#), minced
- 1/2 cup [wine or sherry](#)
- 1 cup dry [quinoa](#)
- 2 cups [vegetable broth](#) or water
- 1/2 cup [half-and-half or milk](#)
- 2 ounces [cheddar cheese](#), shredded (1/2 cup)
- [salt](#) and [pepper](#) to taste
- [parsley](#) to garnish

## Preparation

1. Roast the butternut squash about 45 minutes at 400 degrees. If you've never done this before: clean it, and slice off the top part (with the stem) and slice the bottom part if necessary to make a flat stable surface. Place the flat



bottom on a cutting board and slice in half downward. Wiggle the knife downward left and right if you get stuck. Scoop out the seeds and guts around the seeds (you can toast the seeds later -- they're edible in the shells, like pumpkin seeds). Brush the exposed side with olive oil and put it on a cookie sheet greased with olive oil. Cook it at 400 degrees for about 45 minutes. Don't bother to start the next step until the cooking is done, because you want to set aside the squash and for a while before you try to scoop out the flesh.

2. Saute the onion in the olive oil until the onion becomes transparent. Add the asparagus and garlic and saute for another minute or two.
3. Add the wine or sherry and simmer for a few minutes.
4. Add quinoa and stir well, coating it with liquid. Let it cook until the liquid has absorbed
5. Reduce to medium low heat and add 2 cups of broth or water. Stir and let this cook until the water is absorbed
6. While the quinoa is cooking (but keep an eye on it!), scoop the flesh out of the skin of the squash and mash it in a mixing bowl with the half-and-half or milk and the cheese.
7. Let the quinoa cook until the liquid is absorbed. If the liquid doesn't all absorb, increase the heat to boil off the excess; if it seems under-cooked, add a little more water.
8. Stir the squash mixture into the rice mixture and add salt and pepper to taste.
9. Serve topped with chopped parsley.

In case you're wondering what mistakes I made: I was short on a number of ingredients, and didn't notice until the squash was half cooked! I was out of kosher wine (substituted water), out of broth cubes (substituted water), and short on quinoa (but it was a small squash), and forgot the parsley. I also didn't measure carefully, and used too much olive oil and too much garlic (but really, is there such a thing as too much garlic?). It still came out delicious, so this recipe obviously has a high tolerance for mistakes!

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## Cauliflower Mac and Cheese

GF

Cauliflower is the trendy low-carb, gluten-free substitute that is found on recipe sites everywhere these days. I've seen a few cauliflower macaroni and cheese recipes, so I decided to try a variation for Passover. My only concern was that this seems a bit too much like a side dish: I routinely make broccoli with cheese sauce as a side dish, and it didn't seem very different from that. To make it seem more like a main course, I made it as a baked mac and cheese, and it worked very well! I also tried topping it with 1/4 cup of crushed almonds as a gluten-free crust, but I

wasn't crazy about how that worked; you're welcome to try it yourself (or 1/4 cup matzah meal, which is KFP but isn't gluten-free).

This recipe is not vegan (contains milk and cheese) but is non-gebrochts and gluten-free (does not contain matzah).

## Ingredients

- Florets chopped from 1 small head of [cauliflower](#)
- 2 tbsp. [butter](#)
- 2 tbsp. [potato starch](#)
- 2 cups [milk](#)
- 2 cups shredded [cheddar cheese](#)

## Preparation

1. Preheat the oven to 400 degrees (note that this is higher than usual)
2. Break off the cauliflower florets and cut the larger ones into relatively small pieces. Ideally, they should suggest the size of elbow macaroni. Rinse well, drain, and spread into an 8x8 baking pan.
3. Melt butter in a saucepan (2 quarts)
4. Add potato starch gradually, mixing until blended. This mixture of fat and starch is called a roux (pronounced: roo), and is the thickening agent in many recipes
5. Stir in the milk gradually. Allow the roux to spread through the liquid without clumping; break up any clumps you see.
6. Add cheese and stir until the cheese melts. If the sauce is too thin, continue stirring until it thickens. You may need to raise the heat a bit.
7. Pour the cheese sauce evenly over the cauliflower in the baking pan
8. Bake for about 30-45 minutes, until the top starts to brown

## Time-Saving Alternative

If you are in a rush and don't want to take the time to bake it in the oven, boil the cauliflower for about 3 minutes (don't make it too soft), drain it, put it in a bowl, pour the cheese over it and stir. This is the way you probably make macaroni and cheese normally, and it saves a lot of time. I think the baking gives it more of a feel of a main course rather than a side dish, but it tastes pretty much the same either way.

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# Crepe Brulee Matzah Brei

If you are a vegetarian for health reasons, you will want to skip this recipe, because it's made of butter and sugar. But if you are vegetarian for other reasons, you will definitely want to try this because it is made of AWESOME!

A few months ago, I was introduced to Crème Brulee French Toast, and it was so good that I went looking for a recipe. I noticed that most of the ingredients were things that are readily available for Passover, so I decided to try substituting matzah for bread in the recipe, along with a couple of other minor substitutions, making it similar to matzah brei. When I brought it in to the office for feedback, people tried a polite small piece... and then went back for more because it is very tasty! It's also incredibly easy to make, though it does require assembly several hours in advance.

This recipe is not vegan (includes butter, eggs and milk) and is not gluten-free (contains matzah).

This recipe needs to soak for at least three hours, ideally 12 or more hours. If you're planning to make it for breakfast or brunch, assemble the ingredients the night before and cook it in the morning.



## Ingredients

- 1/4 cup (half stick) [butter](#)
- 1/2 cup packed [brown sugar](#)
- 1 tbsp. [honey](#)
- 5 sheets [matzah](#)
- 4 [eggs](#)
- 1 1/4 cups [milk](#)
- 1 tbsp. [cooking wine](#)

You will also need a deep 8x8 cake pan (1 1/2 inches or deeper)

## Preparation

### ***THE NIGHT BEFORE YOU PLAN TO EAT IT:***

1. Melt butter, brown sugar and honey in a small saucepan over medium heat, stirring continuously. Gradually increase the heat until the mixture is smooth and a little foamy.
2. Pour the hot butter-sugar mixture into a deep 8x8 pan, covering the bottom of the pan
3. Press one sheet of matzah down into the middle of the butter-sugar mixture
4. Whisk together eggs, milk and wine until smooth and well-mixed
5. Pour a little of the egg mixture over the sheet of matzah in the pan (just enough to thinly cover it)
6. Place each of the remaining four sheets into the pan, covering each sheet with a thin layer of the egg mixture. If your matzah is significantly smaller than the 8x8 pan, you may want to shift each of the pieces to a different corner to fill the space. They will expand while cooking and fill the gaps better that way.
7. Pour the rest of the egg mixture over the top and gently press all the matzah down into the egg.
8. Cover and refrigerate for 12-24 hours

### ***AN HOUR BEFORE YOU PLAN TO EAT IT:***

1. Remove the pan from the refrigerator and remove the covering
2. Preheat the oven to 350 degrees
3. Check the top sheet of matzah. If it is dry on top (as it usually is for me), try to flip the top sheet over so the soaked underside is on top and the dry top side is in the egg mixture. Press down gently to make sure it is exposed to the egg mixture.
4. After the oven preheats, cook uncovered for 35-40 minutes

Makes 4-6 servings

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## Eggplant Parmesan

GF V\*

I've said for many years that matzah meal is an effective substitute for bread crumbs as a breading for things like eggplant parmesan. Here is a very simple recipe for eggplant parmesan that uses only ingredients that are usually available

for Passover.

The primary recipe is not vegan (includes cheese), gebrochts and not gluten-free (uses matzah meal), but I have some substitution suggestions at the end that might work to make it vegan or gluten-free.

## Ingredients

- 1/4 cup grated [Parmesan cheese](#)
- 1/2 cup [matzah meal](#)
- 1 [eggplant](#) cut into 1/2 inch to 1 inch slices
- 1/2 cup melted [butter or margarine](#) or [extra virgin olive oil](#)
- [Pizza sauce, pasta sauce or tomato sauce](#)
- 1 cup shredded [Mozzarella cheese](#)
- handful of chopped fresh [parsley](#)
- [matzah farfel](#) (optional)

## Preparation

1. Preheat oven to 400 degrees
2. Combine parmesan with matzah meal in a large bowl.
3. Put a thin layer of sauce on the bottom of a large baking pan
4. Dip eggplant slices one at a time into butter/margarine/oil, then into the coating mixture, then put in the baking pan
5. When all of the eggplant are in the pan, spread a layer of sauce over all, then sprinkle a layer of mozzarella, then a layer of parsley
6. Bake for 15-20 minutes, until the cheese on top begins to brown

Serve over matzah farfel, if desired. If your baking pan is not big enough to fit all of the eggplant you want on the bottom, you can make double-decker eggplant parmesan: eggplant, coating, sauce, eggplant, coating, sauce, cheese, parsley.

## Substitution Suggestions

To make this **vegan**, you can, of course, skip the cheeses in this recipe, but then you have no significant protein source. Skip the mozzarella and try substituting 1/4 cup [ground nuts](#) in place of the parmesan to get a nutty coating with plenty of protein. You could also serve it with a side of quinoa to make up for the missing protein.

To make this **gluten-free** and **non-gebrochts**, try a non-gebrochts coating mix. I've seen one from Lieber's once before. Once. It's made with seasoned potato

starch and potato flakes. It's hard to find, even in a well-stocked Passover aisle, but if you need gluten-free or non-gebrochts, it may be worth looking for. You might also try substituting [ground nuts](#) for the matzah meal, maybe mixed with some [potato starch](#) to make a coating, though I've never tried this myself.

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## Guacamole Deviled Eggs

GF

Recipes like this have been popping up everywhere as a healthy alternative to deviled eggs, substituting avocado for the mayonnaise usually found in deviled eggs. But what struck me when I started seeing this recipe was how easily it could be made for Passover! This recipe does not have any mustard, which is kitniyot and traditionally forbidden for Passover. It uses only eggs and fresh fruits and vegetables, so you don't need any special Passover certification for any of the ingredients (though the eggs must be purchased before Passover starts). It is also gluten-free, though of course it is not vegan (it's eggs). And my co-workers all gave it very favorable reviews, so I wanted to get this online ASAP!

I think the thing I found most fascinating about this recipe was the fact that the guacamole stayed green for a very long time. Usually when I make guac, it turns brown rather quickly, though the flavor is fine. I think maybe the egg yolks protect the avocado, but I was surprised to find that the egg filling was still its original shade of green even after it had been exposed to air long enough to be stiffening a bit.

**Update 2021:** I found some recipes last year for adorable Baby Yoda Deviled Eggs. The filling was very similar to this recipe, so I tried it out using this recipe and I think it worked pretty well! The ears are sliced from [scallions](#) and the eyes are whole [Black Peppers](#). These four were made from three eggs (two eggs cut in half for the bottom and a third egg quartered for the back).



## Ingredients

- 6 hard boiled [eggs](#)
- 1 medium, ripe [avocado](#) (the skin should be brown and should give a little bit when you squeeze it but not too much)
- 1 [jalapeno](#), chopped
- 1 [scallion](#) (green onion), chopped (green parts only or green and white; whatever you prefer)
- 5 cherry [tomatoes](#), chopped
- a dozen [cilantro](#) leaves (chopped or left whole as a decoration on top)
- 1 tbsp. [lime juice](#)
- [salt](#) to taste (optional)

## Preparation

1. Hard boil the eggs.
2. While the eggs are boiling, cut and pit the avocados, remove the flesh and mash it in a bowl. You can also chop the rest of the vegetables at this time.
3. After the eggs are cooled and shelled, slice them in half lengthwise. Remove the yolks and put the whites on a serving plate.
4. Mash the yolks from four eggs into the avocado until they are fully blended (you can save the remaining yolks for other cooking purposes or discard them).
5. Stir in the remaining ingredients until well blended.
6. Spoon the guacamole mix generously into the egg whites. If desired, top each egg white with a cilantro leaf.

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## Kiwi, Quinoa and Ricotta

GF

I had been looking for a recipe using kiwi fruit that would be good for Passover, but most of the recipes I found were more in the nature of salads and had little or no protein. The recipe this is based on originally used apples, but I really wanted to use kiwi and it was DELICIOUS!!! If you don't like kiwi or don't have access to it, you can always substitute chopped apples. For those who don't know: it's pronounced KEE-wee and KEEN-wah.

The really wonderful thing about this recipe is that it's quick, easy, and all the parts are assembled separately. If you don't finish it all the first day, you can store the ricotta and other parts separately for overnight refrigeration. Then you can reheat

the other parts without destroying the ricotta and put the ricotta back on afterwards. Do you have a vegan coming for dinner? Skip the ricotta. Is someone allergic to nuts? Skip the nuts. And because it's assembled separately, each person can skip the parts they don't want and keep the rest. Very convenient!

This recipe is gluten free and non-gebrochts. It can be made vegan by skipping the ricotta and will still have plenty of protein and flavor!



## Ingredients

- 4 [kiwi fruits](#), peeled (if you like), sliced and the slices quartered (make sure you don't use kiwis that are too soft if you want to peel!)
- 2 tablespoons [butter](#) or [Extra Virgin Olive Oil](#)
- 1 tablespoon [honey](#)
- 1 cup small curd [cottage cheese](#) or homemade ricotta (recipe [below!](#))
- 1/2 teaspoon [cinnamon](#)
- 1 cup [quinoa](#)
- 1/4 cup chopped [walnuts or other available nuts](#)

## Preparation

1. Cook the quinoa according to package directions
2. While the quinoa is cooking, melt the butter and saute the kiwi in it until it softens up nicely, about 5-10 minutes. Stir in the honey toward the end of the saute.

That's it! You're done! Now all you have to do is assemble the pieces: a scoop of quinoa into a bowl, a scoop of ricotta on top of that, a scoop of kiwi on top of that, and sprinkle some chopped nuts on top! Repeat for each person.

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## Matzah Lasagna

I made matzah lasagna long before I became a vegetarian. It is the ultimate



expression of a substitution mentality, which is exactly what I tell people to avoid and yet ... I really like the way it tastes. It is my Passover guilty pleasure. Matzah actually makes an effective substitute for grain products when the grain is used to provide structure rather than flavor. I made a similar substitution with [Matzah Spanakopita](#).

Basically, this is a typical lasagna with matzah substituted for the noodles and cottage cheese substituted for the ricotta (because ricotta cheese is usually made with grain vinegar, though it's not called that on the ingredients list -- it's called catalyzer or something goofy like that). I have since learned how to [make my own ricotta](#) and sometimes I use that but cottage cheese is very much a tradition for me for this recipe. I've never measured the ingredients carefully; I usually just eyeball it.

This recipe is not vegan (contains egg and dairy), and is not gluten-free or non-gebrochts (contains matzah).

## Ingredients

- 3 pieces of [matzah](#)
- [Tomato or pizza sauce](#)
- 8 oz. [Cottage cheese](#) or [Make Your Own Ricotta](#)
- 1 [egg](#)
- 1/4 cup [Parmesan cheese](#)
- Chopped [vegetables](#), such as chopped broccoli or zucchini (optional)
- [Mozzarella cheese](#), shredded

## Preparation

1. Beat the egg
2. Mix the egg with about the cottage cheese and parmesan cheese. If using vegetables, mix those in as well.
3. In an 8x8 inch cake pan (conveniently the same size as a piece of matzah), put down a thin layer of tomato sauce
4. Put a piece of matzah on top of the sauce
5. Put a thin layer of tomato sauce on top of the matzah
6. Spread half of the cottage cheese mix over the matzah
7. Put a thin layer of sauce over the cottage cheese mix
8. Cover with a second piece of matzah
9. Put a thin layer of tomato sauce on top of the matzah
10. Spread the rest of the cottage cheese mix over the matzah

11. Put a thin layer of sauce over the cottage cheese mix
12. Cover the last piece of matzah
13. Cover with sauce and shredded mozzarella
14. Bake at 350 degrees until the mozzarella turns bubbly and brown

If you need to make this faster, you can use only two pieces of matzah and put all of the cottage cheese mix between the two, but I like it better with three matzahs.

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## Matzah Spanakopita

I was trying to think of recipes like [matzah lasagna](#), where I could substitute sheets of matzah for a grain product that provides structure. I thought of spanakopita, the traditional Greek dish made with layers of pastry-like phyllo dough holding together layers of spinach and feta cheese. I love spanakopita, but I've never had much luck working with fragile phyllo dough. Substituting matzah loses the light pastry texture of traditional spanakopita, but is much easier to work with and is still quite tasty. Rachel declared it to be "crazy good." A second taste-tester, Hutch, called it "delicious," and he doesn't even observe Passover!

I ran into only one problem: too much filling! I was working from several different recipes, all of which were designed to make a 13 x 9 pan of spanakopita, while I was working with 8 x 8 matzah. I thought about reducing the quantities for this post, but that would complicate the measurements. I would recommend one of two options: either expand it to 13 x 9 (breaking some extra pieces of matzah in half to fill out the pan), or set aside the extra filling and use it on another occasion as a spinach-cheese dip!

This recipe is not vegan (contains cheese) and is gebrochts and not gluten free (contains matzah).

### Ingredients

- 1 tbsp [olive oil](#)
- 1 cup [onion, chopped](#)
- 4 [scallions](#) (green onions, both white and green parts), chopped
- 12 oz. finely chopped [spinach](#) (I used two bags of fresh baby spinach)
- handful of fresh [parsley](#), chopped
- handful of fresh [dill](#), chopped
- 4 or 5 leaves of fresh [mint](#), chopped
- 4 cloves [garlic](#)

- 3 tbsp. [potato starch](#)
- 1 pound [feta cheese](#), crumbled
- 1/2 cup [cottage cheese](#) or homemade ricotta (recipe [below!](#))
- 4 tbsp butter, melted
- 3 pieces of matzah (5 if you're using a 13 x 9 pan)

**Preparation:**

Note: Make sure you chop all the vegetables before you start!

1. Preheat oven to 350 degrees
2. Saute the onion and scallion in the olive oil until the onion becomes transparent
3. Add the spinach and herbs (not the garlic) and continue to saute until the spinach becomes soft (about 5 minutes)
4. Add the garlic and potato starch and stir over heat until well-mixed, a minute or two
5. Add the cheeses and stir until well-mixed, another minute or two
6. Pour half of the melted butter into the bottom of an 8 x 8 x 2 (or 13 x 9 x 2) baking pan
7. Put one sheet of matzah (or one and a half sheets for 13 x 9) into the bottom of the pan, soaking in the butter
8. Spread a thick layer of the spinach-cheese filling evenly over the matzah
9. Put another sheet of matzah (or sheet and a half) over the filling layer
10. Spread another thick layer of filling evenly over the second layer of matzah
11. Put a final sheet of matzah (or sheet and a half) over the second filling layer
12. Brush the top layer of matzah with a generous coating of the remaining melted butter
13. Bake in oven uncovered for about 45 minutes.

This can be served hot, warm, or cold. I like it best warm.

If there is extra filling left over, heat it in a saucepan, stirring constantly, adding a bit of milk or water, until the cheeses are mostly melted and it has a smooth consistency. This will make a very nice spinach-cheese dip for another occasion.

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## Mediterranean Medley

GF

This recipe is based on one from The Healthy Jewish Cookbook, which my mother

gave me. It's a very simple recipe, well-suited for making after a long day at work: sliced zucchini and tomato over a layer of shredded mozzarella on a bed of sauteed onion and garlic. The original recipe uses fresh mozzarella, but I've never seen fresh mozzarella certified kosher for Passover, so I made some changes to make it work with shredded mozzarella.



This recipe is not vegan (contains cheese), but it is gluten-free and non-gebrochts (contains no matzah). I suppose you could make it vegan by substituting some chopped or ground nuts for the cheeses, but I haven't tried that, so I don't know how well it would work.

## Ingredients

- 2 tbsp [extra virgin olive oil](#)
- 1 cup [onion](#), chopped
- 2 cloves [garlic](#)
- 1 tsp fresh [oregano](#), chopped
- 4 plum (roma) [tomatoes](#), sliced
- 2 [zucchini](#), sliced
- 8 oz shredded [mozzarella](#)
- 1/4 cup grated [Parmesan cheese](#)
- 6 fronds fresh [dill](#)

## Preparation

1. Preheat oven to 350 degrees
2. Saute onion and garlic in the olive oil until the onions begin to become transparent
3. Stir in the oregano and spread into the bottom of an 8" x 8" x 1" baking pan
4. Spread about 2/3 of the mozzarella over the onion layer
5. Layer zucchini, tomato and a pinch of mozzarella, alternating over the layer of mozzarella (see picture above)
6. Cover with foil and bake for about an hour
7. Remove foil and top with Parmesan. Bake for another 15 minutes.
8. Top with dill and serve

Note: This recipe should be eaten in one sitting; it doesn't hold up well in the

refrigerator overnight. The original recipe alternated zucchini, tomato and fresh mozzarella slices, and that held up well overnight. The shredded mozzarella, which is available with Passover certification, is dried. Placing the shredded mozzarella underneath the vegetables allows the juices from the vegetables to moisten the cheese, but that moisture tends to separate out when it gets cold, and the cheese becomes tough. It's not inedible at that point, but it's just not as good. I tend to make a half-sized batch (same amount of onion, garlic and oregano, but half of the rest) in a loaf pan, because I can't finish a full-sized batch in one sitting.

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## Mediterranean Zucchini and Quinoa

GF V

I found a recipe for Mediterranean Zucchini that looked good, but it didn't have a protein source. I found a recipe for Mediterranean Quinoa that I thought needed a vegetable. The recipes were quite similar, so I put them together and got Mediterranean Zucchini and Quinoa! Most of the ingredients are fresh vegetables, which are not a Passover problem. The only ingredients that would be challenging are tomato paste and black pepper.

This recipe is vegan (contains no eggs or dairy), gluten-free and non-gebrochts (contains no matzah products).

### Ingredients

- 2 tbsp [extra virgin olive oil](#)
- 1 cup [onion](#), chopped
- 1 [bell pepper](#), chopped
- 1 [zucchini](#), diced
- 3 oz can of [tomato paste](#) (about 1/3 cup)
- 12 oz of water (refill the empty paste can 4 times or measure 1 1/2 cups)
- 6 oz of dry [quinoa](#) (refill the empty sauce can 2 times or measure 3/4 cup)
- 2 cloves [garlic](#)
- 1 tsp. [black pepper](#) or more to taste

### Preparation

1. Sauté the onions and peppers in the olive oil in a 2 quart saucepan until the onions begin to become transparent.
2. Add the zucchini and continue to saute until the onions begin to brown

3. Add the remaining ingredients (tomato paste, water, quinoa, garlic, pepper) and stir well until the tomato paste is fully blended with the water into a thin sauce consistency (don't worry; the quinoa will absorb the water as it cooks)
4. Bring the mixture to a boil, then reduce the temperature and cover
5. Allow to simmer for about 20 minutes, stirring occasionally

This can be left on low heat with minimal attention for a long time, so it might be a good choice for a vegetarian seder meal.

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## Nut Loaf



This was one of the first recipes I came up with when I was trying to develop vegetarian recipes for Passover. I've always been a big fan of the matzah farfel stuffing that is available round Passover, and it conveniently comes with a bag of spices, which are not readily available for Passover. I had always put some sautéed vegetables in it to jazz it up a bit. The only thing it was lacking to make a main course was a protein source, so I added some nuts, and an annual tradition was born! This was the first veggie Passover recipe I posted in my blog.

This recipe is vegan (contains no eggs or dairy), but it is not gluten-free or non-gebrochts (contains matzah products).

## Ingredients

- 1/4 cup [extra virgin olive oil](#)
- 1 cup [onion](#), chopped
- 1 cup [celery or other vegetables](#), chopped
- 2 cups of [nuts](#), chopped, sliced or slivered (almonds, walnuts, cashews, pecans ... whatever you can find, preferably not salted)

## Preparation

1. Preheat oven to 350 degrees
2. Grease an 8x8 cake pan or a loaf pan with olive oil or [butter or margarine](#)
3. Heat oil in large pot (5 quarts is good)
4. Add onions and sauté until they begin to brown
5. Add remaining vegetables and nuts and continue to sauté for 3-5 minutes, until the vegetables soften
6. Add farfel packet from stuffing mix and sauté for 3-5 minutes, until the last of the oil is absorbed

7. Add spice packet from stuffing mix and carefully add 3 cups of hot water (may spatter if you're not careful). **NOTE:** the instructions on the stuffing mix call for 2 cups of water, not 3; this recipe needs extra water because of the extra ingredients and differences in desired consistency.
8. Stir on medium-low heat until the water is absorbed, about 10 minutes
9. Spread the mixture into the baking pan
10. Cook covered (foil is sufficient) for 20 minutes
11. Uncover and cook an additional 20 minutes to brown

I won't speculate as to how many servings this makes; it's so tasty that I eat way too much of it by myself!

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## Pizza! Pizza! Pizza! Pizza!

GF\*

Pizza: the food that people long for the most during Passover, the first thing that many people eat as soon as Passover ends. But what if there was a pizza we could have during Passover? This year I offer you four different kosher-for-Passover pizza recipes. These are not vegan (all have cheese on top and most require egg to hold the crust together), but one of them is gluten-free and two more could be made gluten-free with a substitution. Best of all: the common vegetable toppings for pizza are all kosher-for-Passover vegetables: onions, peppers, mushrooms, olives, broccoli and pineapple!

I haven't been able to make these crusts sturdy enough to eat with your hands as you normally eat pizza. You will need a fork and knife, or more cooking skill than I have! A friend suggested using a 12-inch cast iron pan to cook the crust and pizza in, making a pan pizza, which sounds like an interesting idea.

I offer you:

- [Matzah Pizza](#)
- [Latke Pizza](#)
- [Cauliflower Pizza](#)
- [Zucchini Pizza](#)

## Matzah Pizza

Is there any Jewish child who hasn't self-invented this recipe already? Take a piece of [matzah](#), cover it lightly with [tomato sauce](#) (not too close to the edge), cover that with shredded [cheese](#) (not too close to the edges), heat it until the cheese is melted. A quick and easy personal pizza.

# Latke Pizza

This recipe uses the ingredients of a traditional Chanukkah latke to make the pizza crust, though I wouldn't recommend trying to deep fry it. I tried that once and it was hard to deep fry a latke the size of a pizza. Just bake it to make the crust (or if you really want to deep fry, make very small personal pizzas).

Note that the potato starch gluten-free substitution suggested below doesn't usually work for Chanukkah latkes, because potato starch is too delicate to hold the latke together for deep frying, but that's not an issue in this recipe so it would probably work to make this recipe gluten-free.

## Crust Ingredients

- 4 medium [potatoes](#), shredded
- 1 medium [onion](#), chopped
- 2 [eggs](#), beaten
- 1/2 cup [matzah meal](#) or [potato starch](#)
- [salt](#) and [pepper](#) to taste

See [Preparation](#) instructions below.

# Cauliflower Pizza

Cauliflower is a very trendy option for carb-conscious and gluten-free eaters today. Most of the cauliflower pizza recipes I've seen tell you to cook the cauliflower and then drain it and squeeze out the liquid, but some comments to the recipes say that cooking is unnecessary, while other comments say that the pizza falls apart (apparently because the liquid was not sufficiently drained). I tried this without pre-cooking and it worked just fine, but your mileage may vary.

## Crust Ingredients

- 2 pounds of [cauliflower](#) florets (not the stem), riced (run it through a food processor or a cheese grater to break it down to small, rice-like pieces)
- 1 [egg](#), beaten

**Latke Pizza Crust**



**Latke Pizza with Sauce and Cheese**





- 1/4 cup [Parmesan cheese](#)
- 1/4 cup shredded [mozzarella](#)
- 1 tablespoon fresh [basil](#), chopped
- 1 tablespoon fresh [oregano](#), chopped
- 1 clove [garlic](#), pressed
- [salt](#) and [pepper](#) to taste

See [Preparation](#) instructions below.

## Zucchini Pizza

This is another option I've seen for carb-conscious, gluten-free eaters, and I leaped on it because zucchini is one of my favorite vegetables (you may have noticed that in my other Passover recipes).

### Crust Ingredients

- 3 cups shredded [zucchini](#) (about 3 zucchini) -- press out as much liquid as you can; zucchini is a very moist vegetable
- 2 [eggs](#), beaten
- 1/4 cup [matzah meal](#) or [potato starch](#)
- 1/2 cup shredded [mozzarella](#)
- 1/2 cup [Parmesan cheese](#)
- tablespoon of fresh [basil](#), chopped
- a few leaves of fresh [rosemary](#), chopped
- clove of [garlic](#), pressed

See [Preparation](#) instructions below.

## Preparation

1. Pre-heat the oven to 450 degrees (note: this is a higher temperature than you normally cook at).
2. Mix the crust ingredients well.
3. Grease the cooking surface
4. Spread the batter out into a large circle (12 inches or more) or square (for Sicilian-style) on a greased cooking surface.
5. Cook until the crust begins to brown (10-20 minutes, depending on the ingredients)
6. Take the crust out of the oven

7. Cover crust with about a cup of [tomato sauce](#) (not too close to the edge)
  8. Cover sauce with about two cups of shredded [mozzarella or pizza cheese combination](#)
  9. Put back in the oven until the cheese is melted and bubbly or browning
  10. Cool a little bit before cutting and serving
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## Potato-Cheese Gnocchi

GF

This recipe is based on the Ricotta Gnocchi recipe from the Moosewood Cookbook, with ingredients adjusted to meet Passover requirements. The switch from white flour to potato starch, necessary for Passover or gluten-free cooking, makes this recipe more like traditional gnocchi, which is made with potatoes. Ricotta is almost impossible to find for Passover because it is made with vinegar, which usually comes from grain. I originally substituted cottage cheese is here, but I have since learned how to [make my own ricotta](#) so you can do whichever you choose.

This recipe is not vegan (contains eggs and dairy) but is non-gebrochts and gluten-free (does not contain matzah). In fact, I used to make this exact recipe for my grandmother, who was on a gluten-free diet for celiac disease.

### Ingredients

- 1/2 pound shredded [mozzarella cheese](#)
- handful of fresh [parsley](#), chopped
- 2 cloves of [garlic](#), minced
- 2 cups small curd [cottage cheese](#) or homemade ricotta (recipe [below!](#))
- 2 [eggs](#), beaten
- 1/4 cup [parmesan cheese](#)
- 1 cup [potato starch](#)
- 1/2 tsp. [salt](#)
- [black pepper](#) to taste (optional)

### Preparation

1. Bring water to a boil in a 2 or 3 quart saucepan
2. Mix all ingredients together in a mixing bowl. If the mixture is not thick enough, you may want to add a bit more potato starch.
3. Drop balls of about a tablespoon of the batter into the boiling water. Note: all

of the batter may not fit in one batch.

4. Let the balls boil about 15 minutes. They should be soft, puffy and floating lightly at the top of the water.
5. Remove balls with a slotted spoon and refrigerate for at least 15 minutes (they will keep in the refrigerator for a week, if necessary).
6. When ready to eat, broil for 5 or 10 minutes, until lightly browned
7. Serve plain or topped with kosher for Passover [tomato sauce](#), pesto sauce or Alfredo sauce.

Gefen makes some very good kosher-for-Passover pasta sauces, if you can find them, and they go very well over this gnocchi. There are plenty of recipes online for pesto or Alfredo sauce, and I won't presume to choose one over another, but I'll just make a few comments about the ingredients.

Pesto is usually made with [basil](#), [garlic](#), [parmesan](#), [pine nuts or walnuts](#) and [olive oil](#).

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## Quinoa Stuffed Cabbage

GF V

When I was still eating meat for Passover, stuffed cabbage was a special recipe I made for many years. After I substituted quinoa for the ground beef in [stuffed peppers](#), I tried to do the same substitution with this stuffed cabbage recipe, and was happy with the results. Basically, I used the same filling used in the stuffed pepper recipe stuffed into steamed cabbage leaves and covered with the sweet-and-sour sauce from my original meat recipe.

This recipe is vegan (contains no eggs or dairy), gluten-free and non-gebrochts (contains no matzah products).

### Ingredients

#### *Wrapper*

- 8-10 leaves of [cabbage](#)

#### *Filling*

- 1 cup dry [quinoa](#)
- 2 tbsp. [olive oil](#)
- 1 [green bell pepper](#), chopped
- 1 medium [onion](#), chopped

## Sauce

- 16 oz. can of [Tomato sauce](#) (just plain tomato sauce, not the fancier pizza or pasta sauces, which may have flavors that conflict with the sweet-and-sour flavors)
- 1/2 cup [brown sugar](#)
- 1/4 cup [lemon juice](#)

## Preparation

1. Preheat the oven to 350 degrees
2. Prepare quinoa according to package directions. When it is ready, set it aside covered.
3. While quinoa is cooking, sauté the chopped onion and pepper in the olive oil until the onion is lightly browned
4. Add the cooked quinoa to the sauteed vegetables.
5. Combine the sauce ingredients in a saucepan and simmer, stirring, until the sugar dissolves (it will dissolve faster if you pour the lemon juice over it). Pour about 1/4 of the sauce into the bottom of a casserole dish or lasagna pan.
6. Gently remove the cabbage leaves from the head. You want them to be intact. It may help to steam the head briefly before attempting this. Boil the leaves for a minute or two to make them soft enough to roll.
7. Spoon some quinoa-vegetable mixture into the soft end of the cabbage leaf and roll it up from the soft end to the spiny end. Fold the sides into the middle partway through the rolling, to keep the filling from spilling out the sides. Put the resulting roll into the casserole dish with the sauce. Do this until you use up all of the filling, making 8-10 cabbage rolls.
8. Pour the remaining sauce over the top.
9. Bake approximately 30 minutes at 350 degrees.

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# Quinoa Stuffed Peppers

GF V

Quinoa is one of the best, most complete vegetarian sources of protein available. It looks like a grain, but it's really a seed related to beets and spinach. It has a mild nutty flavor and an interesting crunch. It was initially resisted by many widely-respected kosher certification agencies, suspected to be kitniyot, but it is now increasingly accepted. It makes an interesting vegan substitute for ground beef in many recipes, including this one.

This recipe is vegan (contains no eggs or dairy), gluten-free and non-gebrochts

(contains no matzah products).

## Ingredients

- 1 cup dry [quinoa](#)
- 2 tbsp. [olive oil](#)
- 5 [green bell peppers](#) (4 whole and 1 chopped)
- 1 medium [onion](#), chopped
- 1/2 cup [matzah meal](#) (optional -- skip for gluten-free / non-gebrochts)
- [Tomato sauce](#)



## Preparation

1. Preheat the oven to 350 degrees
2. Prepare quinoa according to package directions. When it is ready, set it aside covered.
3. While quinoa is cooking, prepare the peppers by either cutting off the tops (the most common procedure) or slicing lengthwise (my preference). Clean thoroughly and remove all seeds and membranes from inside the peppers.
4. Saute the chopped onion and pepper in the olive oil until the onion is lightly browned
5. Add the cooked quinoa to the sauteed vegetables. If using matzah meal, add that at this point as well. Add enough tomato sauce that the quinoa-vegetable mixture sticks together
6. Spoon the quinoa-vegetable mixture into the peppers and put the peppers into a baking pan lightly greased with olive oil or Passover [butter or margarine](#)
7. Cover the peppers with additional tomato sauce
8. Cook until the peppers begin to brown around the top edges, about half an hour? (watch them -- I haven't timed this well)

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## Ricotta Cheese: Make Your Own! GF

I love ricotta cheese, but I could never find it certified kosher for Passover. My understanding is that ricotta is normally curdled using white vinegar, which is distilled from grain, a definite no-no for Passover! I usually substitute small curd

cottage cheese for ricotta in my Passover recipes. Cottage cheese is not as good as ricotta but it has a similar taste and texture and gets the job done.

In 2018, toward the end of Passover, I was in the mood for my [Potato-Cheese Gnocchi](#) but I had run out of cottage cheese! And there was no kosher-for-Passover certified cottage cheese at my local grocery stores! I was ready to give up on the gnocchi but then I was watching a morning news show and a guest chef gave a recipe for homemade ricotta! It was very easy to make, worked great for my gnocchi and I'm sure it would work in other Passover recipes. I have heard that this recipe is not true ricotta because true ricotta is made from whey, not milk, but I don't really care because this is, at the very least, closer to true ricotta than the cottage cheese I was using, and the only two ingredients (milk and lemon juice) are easily available for Passover.

## Ingredients

- 1 quart [milk](#) (whole or 2%; not non-fat!)
- 2 tablespoons [lemon juice](#)

Yup, that's all you need! This will make about 1 cup of ricotta. Increase the quantities if you need more. The resulting ricotta will be about 1/4 of the amount of milk you use.

## Preparation

1. Put the milk in a pot and heat it on the stove slowly, until it starts to bubble or foam a little, but not to the boiling point
2. Take the pot off the heat, add the lemon juice and stir gently. You may quickly see the milk start to separate into curds (clumps that will become the ricotta cheese) and whey (a watery, yellowish, protein-rich liquid that many people discard but it can be saved and used in other recipes -- more below)
3. Let the mixture sit, uncovered and undisturbed, for about 10 minutes
4. Line a strainer with cheese cloth or paper towels. If you plan to save the whey, put this on top of a pot or bowl that is large enough to hold the liquid
5. Spoon the larger clumps into the strainer, then pour the rest into the strainer
6. Let it sit and drain for about 10 minutes

The curds in your strainer are your ricotta cheese!

The whey that you strained out of the curds is commonly discarded, but it is high in protein and other nutritional value. You can use it in place of water or broth in other recipes or put it into a smoothie.

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# Shepherd's Pie

GF V

Shepherd's pie is a great idea for Passover: it's a pie with a mashed potato "crust"! But it's normally a meat pie, and commonly includes a vegetable that is not kosher for Passover (peas). I substituted cashews for the meat to provide protein, and substituted asparagus for the peas, and was very happy with the results!

Be sure to use gold potatoes for this recipe (Yukon gold or any other gold). Russet potatoes are great for baking, and white or red are great for stewing, but gold potatoes have a smoother, creamier texture that is best for mashing, which is vital for this recipe. And don't skimp on the potatoes: I tried it once with less potato and ended up with a tough potato film on top instead of the soft top that should be there. The horseradish is not necessary, but it's a traditional Passover flavor that goes very well with potatoes.

If you're not a fan of asparagus, you can substitute another green vegetable, but you'll probably want something green to balance it out. Peas are kitniyos, not kosher for Passover, so don't go there! But you could use broccoli, green peppers, Brussels sprouts, maybe spinach or zucchini.

This recipe is vegan (contains no eggs or dairy), gluten-free and non-gebrochts (contains no matzah products).

## Ingredients

### Crust

- 1-1/2 pounds gold [potatoes](#) (with or without skins; whatever you prefer)
- 4 tbsp. [butter or margarine](#) (more or less)
- 1 tbsp. [prepared white horseradish](#) (optional)

### Filling

- 2 tbsp. [olive oil](#)
- 1/2 of a large sweet [onion](#), chopped (about a cup)
- 2 cloves [garlic](#), minced
- leaves from a sprig of fresh [rosemary](#) (Rosemary can be hard to find fresh, so you might need to find some Passover-certified dried. You don't want to skip the rosemary, because it really does wonderful things for the flavor.)
- 2 cups of [cashews](#), chopped
- 5 large [carrots](#), chopped
- 5 [asparagus](#), chopped
- 1 cup water or [vegetable broth](#)

## Preparation

1. Pre-heat the oven to 400 degrees (note that this is higher than usual)
2. Cut the potatoes into manageable pieces (I cut each potato into 8 pieces) and boil them for about 20 minutes
3. While the potatoes are boiling, heat the olive oil and sauté the onions for a few minutes, until they soften.
4. Add the garlic and rosemary to the onions and stir to mix well
5. Add the cashews, carrots and asparagus to the mix and continue to sauté for a few minutes.
6. Add the vegetable broth or water and stir.
7. Let the nuts and vegetables simmer while the potatoes finish boiling, then turn the heat down very low while preparing the potatoes.
8. Drain the potatoes.
9. In a large bowl, mash the margarine and horseradish into the potatoes until the mixture is smooth.
10. Pour the nut and vegetable mix into a deep 8 x 8 pan or casserole dish and spread it evenly.
11. Spread the mashed potatoes evenly over the vegetable mix. This will work best if you spoon it over various parts of the pan, rather than putting it all in one place and spreading. Some people like to flatten the potato crust, while others like to shape it into waves; there is no right or wrong.
12. Put the pan into the oven for about 25 minutes, until the mashed potatoes are beginning to brown.
13. Take it out of the oven and let it cool for at least 15 minutes before serving.

Makes 4-6 servings.

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## Solyanka Vegetable-Dairy Casserole

GF

This is based on one of my favorites from the [Moosewood Cookbook](#). In fact, I've made it often enough over the last 15 years that my book tends to fall open to that page! When I tell non-vegetarians what's in it, they frequently turn up their nose, but when I reheat it in the microwave at work, people tell me how good it smells (then they ask what's in it and turn up their nose -- people just don't know what's good for them).



Most of the original ingredients are readily available in kosher-for-Passover form, but a few of the ingredients need to be omitted. Caraway seeds and sunflower seeds are kitniyot, but I usually skip those ingredients when I make this anyway. The rest of the ingredients should not be too much of a problem.

This recipe is not vegan (contains dairy products), but is gluten-free and non-gebrochts (contains no matzah products).

## Ingredients

- 4 medium [potatoes](#), peeled and cut up
- 1-1/2 cups [cottage cheese](#) or homemade ricotta (recipe [below!](#))
- 1 cup plain [yogurt](#)
- 1 tbsp. [butter or margarine](#)
- 2 cups [onion](#), chopped
- 1 tsp. [salt](#) (optional)
- 1 small head of [green cabbage](#), shredded
- 2 medium [carrots](#), shredded
- 4 or 5 cloves of fresh [garlic](#), crushed
- 3 tbsps. fresh [dill weed](#)
- 1 tbsp. [black pepper](#) or more to taste
- 3 tbsps. [cider vinegar](#) or [lemon juice](#) (but really, try to find the cider vinegar because it is a significant part of the taste)
- [paprika](#)

## Preparation

1. Preheat oven to 350 degrees.
2. Lightly grease a 2 quart casserole dish.
3. Boil potatoes until mashable.
4. While potatoes are boiling, melt butter in a large, deep skillet. Add onions and saute until they begin to turn brown.
5. Add cabbage to onions and saute about 10 more minutes, stirring occasionally, until cabbage is tender.
6. Add carrots, garlic and dill to the onions and cabbage. Cook about 5 more minutes, then remove from the heat
7. Back to the potatoes: drain them and mash in the cottage cheese and yogurt
8. Add the sauteed vegetables to the potato mash, along with the salt, pepper and vinegar and mix well

9. Spread the result into the casserole dish and top with paprika
10. Bake uncovered for 35-45 minutes, until lightly browned on top. Serve hot.

Leftovers can be stored in the fridge for about a week. They can be frozen and will reheat reasonably well (though slowly!) in a microwave.

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## Spinach-Cheese-Quinoa Frittata GF

I recently found a great recipe for a frittata with spinach, cheese and grits. Most of it was easily adapted for Passover: eggs, cheese and fresh vegetables. The only problem was the grits (they're a corn product), but it occurred to me that quinoa would make a good substitute for grits. There used to be a dispute as to whether quinoa was kosher for Passover, but in the last few years it has been accepted by most kosher certifying organizations, including Star K and OU. If you don't accept quinoa, that's OK: a frittata is essentially an omelet casserole, and it doesn't really need the grits or quinoa. You can just add more eggs and cheese, or some other vegetable.



This recipe is not vegan (includes eggs and cheese), but it is gluten-free and non-gebrochts.

### Ingredients

- about 1/4 cup Parmesan or Romano [cheese](#)
- 1 cup [quinoa](#)
- 2 tbsp. [extra virgin olive oil](#)
- 2 or 3 cloves [garlic](#), pressed
- 6 oz fresh chopped [spinach](#)
- 1 cup fresh chopped [parsley](#)
- 4 oz cheddar [cheese](#), grated
- 3 large [eggs](#), beaten
- [salt](#) and [pepper](#) to taste

### Preparation

1. Preheat the oven to 350 degrees.
2. Lightly grease a 9 inch pie pan or casserole dish with a bit of olive oil and sprinkle with a light coating of the Parmesan or Romano cheese
3. Simmer the quinoa in 2 cups of water until all the water is absorbed
4. While the quinoa is cooking, saute the garlic in the olive oil for a few minutes, until it becomes fragrant.
5. Add the spinach and parsley and continue sauteing until they are softened
6. Remove the vegetables and the quinoa from the heat and mix them together as soon as they are both ready
7. Add the cheese and mix well
8. Add the eggs, salt and pepper and mix well
9. Pour the mixture into the prepared pie pan and dust the top with more Parmesan or Romano cheese
10. Bake for about 40 minutes, until the top is lightly browned
11. Allow it to cool for about 15 minutes, then cut into 6 or 8 wedges

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## Stroopmatzot (Matzah Stroopwafels)

V\*

Stroopwafels ("stroopies") are a Dutch treat made by taking two thin, round, pizzelle-like waffles and sticking them together with a layer of molasses syrup. They are commonly placed on top of a mug of coffee or tea like a lid, to keep the beverage warm and also heat up and soften the filling. The thinness of the waffles made me wonder, can you make this with matzah for Passover?

### YES YOU CAN!

True molasses isn't available for Passover but molasses substitutes are very easy to find. Obviously this is not for people who are vegetarian for health reasons because the filling is sugar, honey and butter, but if you are vegetarian for other reasons it's a delicious treat and easy to make. I brought a batch in to the office yesterday and one of my co-workers, upon tasting it, immediately identified it as a stroopwafel. He is very familiar with the Dutch treat and easily recognized this as a Passover version. My long-time taste-tester Rachel was also in town to try it. She was very pleased with them and took a bag



of them home.

This recipe is gebrochts and not gluten-free (contains matzah). It might be possible to make it vegan by substituting margarine for the butter, though I'm not sure how well that would work (I tried substituting olive oil and it definitely did NOT work).

## Ingredients

- 6 pieces of [matzah](#)
- 6 tbsp unsalted [butter](#) (most of a stick)
- 2 tbsp [honey](#)
- 1/2 cup packed [dark brown sugar](#) (be sure to use dark, not light, because it has the molasses flavor that is key to this recipe)
- 1/2 tsp ground [cinnamon](#)

## Preparation

1. Lay three matzot out on a baking sheet or a sheet of aluminum foil with about an inch of space between them (this can be messy, and the sheet will keep it from making a mess of your counter!)
  2. Melt butter in a 1 quart or larger pan over low heat.
  3. Add honey, brown sugar and cinnamon and stir until they are completely blended, butter absorbed into the sugars.
  4. Raise the temperature very slowly, until the mixture begins to bubble and get foamy on top. Be careful: don't raise the temperature too high, just the minimum necessary to get this foaming effect. Let it foam for about a minute.
  5. Pour the syrup slowly into the center of each of the three pieces of matzah until it spreads almost to the edges of the matzah. You may have to add a bit to the corners. You should have enough syrup for all three.
  6. Wait about 10 seconds, then gently press another piece of matzah on top of each of the three pieces (don't press too hard; you don't want to squeeze out the filling!).
  7. Let them sit for about 5 minutes, cooling a bit.
  8. Carefully cut them into four pieces -- you don't want them to crumble! I cut mine with a pizza cutting wheel that I bought for last year's Passover pizza recipes, and it worked very well.
  9. You can eat them as soon as they are cool, or put them in the refrigerator until you are ready to eat them. You can reheat them to a good eating temperature by putting them on top of a cup of hot tea or coffee, a traditional way of serving stroopies.
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# Sweet Potato Lasagna

GF

This recipe is very similar to my first vegetarian Passover recipe, [Matzah Lasagna](#), which was a guilty pleasure long before I became vegetarian. But I have an increasing number of friends and family who suffer from celiac disease (requiring a gluten-free diet), so I wanted to try a gluten-free Passover lasagna.



**Sweet Potatoes**



**Cottage Cheese**



**Cooked**

Gluten-free is a very trendy diet choice these days, so I have seen a number of recipes that substitute something for lasagna noodles. One recipe used butternut squash, but that seemed much too hard to cut for this purpose. Another suggested eggplant but I'm not a big fan of eggplant and it didn't seem to cook well enough for my taste. You're welcome to try those options if you like, but I was happiest with sliced sweet potatoes in place of lasagna noodles. The pictures above show a smaller version than what is described below, using a loaf pan to get only two servings out of it, but the 8 x 8 pan recipe described below should feed four nicely, maybe six lighter eaters.

This recipe is, as I said, gluten free and non-gebrochts (contains no matzah) but is not vegan (contains an egg and various cheeses).

## Ingredients

- 2 [sweet potatoes](#), peeled and sliced very thin

- Bottle of [pasta or pizza sauce](#)
- 8 oz (1 cup) [cottage cheese](#) or homemade ricotta (recipe [above!](#))
- 1 [egg](#)
- 1/4 cup [Parmesan cheese](#)
- 1/2 cup shredded [Mozzarella cheese](#) (or more to taste)

## Preparation

1. Preheat the oven to 350 degrees
2. Mix the cottage cheese, egg and Parmesan in a bowl
3. Put a thin coating of tomato sauce on the bottom of an 8 x 8 pan
4. Lay the sweet potato slices across the bottom covering as much as possible
5. Spread the cottage cheese mix over the sweet potato slices
6. Put a thin layer of tomato sauce over the cottage cheese mix
7. Put a second layer of sweet potato slices on top of that
8. Cover with sauce and shredded mozzarella
9. Cook covered for about 45 minutes, to ensure that the sweet potatoes become sufficiently softened

Makes 4 to 6 servings.

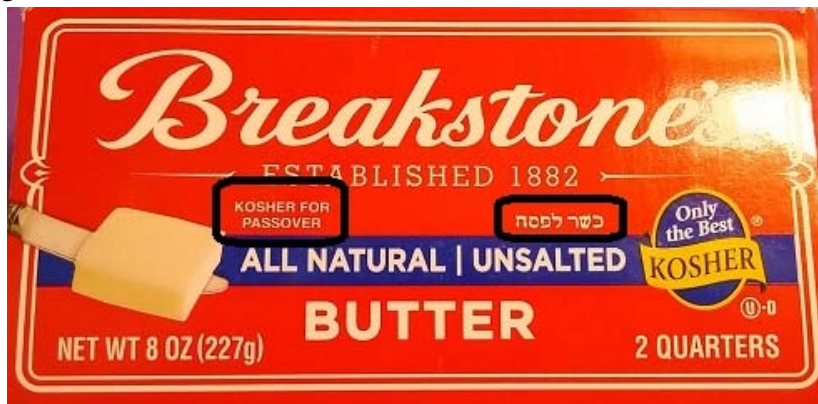
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# Kashrut Notes

These notes spell out some of the stricter Passover rules for all of the ingredients in all of the recipes in this book, and also some recommendations for widely available brands that are certified for Passover. Specific items mentioned in parentheses are the ones that are used in recipes in this book, but they are only examples and the same rules apply to other things of the same type.

## <= Butter or Margarine

Requires Passover certification. Breakstone's salted and unsalted whipped and stick butter are commonly available in stores marked Kosher for Passover at this time of year. If



you want to substitute margarine to make the recipe vegan, Mother's brand makes a kosher for Passover margarine that is available in stores with better kosher-for-Passover aisles. Be aware that most margarines are made with oil from kitniyot vegetables, particularly corn oil or soybean oil, and are not suitable for Passover.

## <= Cheese, Hard (Cheddar, Feta, Mozzarella, Parmesan, Romano)

Cheese requires Passover certification. Les Petites Fermieres makes excellent kosher cheeses if you can find them. I have found them at Wegmans. Make sure it's certified for Passover; it isn't always. The traditional kosher cheese brand, Millers, is more widely available in stores with better kosher aisles, and is always kosher for Passover. Les Petites Fermieres does not make Parmesan, Romano or Feta cheese, but Millers does a very good job with those cheeses.

## <= Cheese, Ricotta

Do not use store-bought ricotta! Ricotta is normally curdled using white vinegar (made from wheat) which is not clearly stated on the label. Most ricotta recipes can substitute small curd [cottage cheese](#), which requires kosher for Passover certification. Breakstone's cottage cheese is often certified if you can find it. If you can't find it, or if you want something a little more authentic, try my recipe for [Make Your Own Ricotta](#), which uses just two ingredients that don't even require Passover certification: [milk](#) and [lemon juice](#).

### <= Cheese, Soft (Cottage Cheese, Cream Cheese)

Soft cheeses like cottage cheese and cream cheese require kosher for Passover certification. I have seen Breakstone's cottage cheese in stores with kosher for Passover certification, though it doesn't seem to be in all stores. Look for the words "Kosher for Passover" on the cellophane around the lid. Philadelphia Cream Cheese has also had kosher for Passover runs.

### <= Cooking Wine

Cooking wine requires Passover supervision. I usually use Kedem's Marsala cooking wine, which is found in the kosher aisle of grocery stores that have one and is kosher for Passover year-round. If you can't find cooking wine, of course, you can substitute any kosher wine. Most kosher wines are certified for Passover.

### <= Eggs

Whole eggs in the shell are kosher for Passover without special certification, but must be purchased before the holiday if they are not marked as kosher for Passover.

### <= Fruit Juices

In the past, OU's Product Search has confirmed that and ReaLemon Lemon Juice and ReaLime Lime Juice are kosher for Passover without special certification, though they must be from new, unopened containers to avoid cross-contamination. For the amounts of lemon and lime juice in recipes here, you can easily squeeze the juice from fresh fruit, which are always kosher for Passover.

### <= Herbs (Basil, Dill, Mint, Oregano, Parsley, Rosemary)

Fresh herbs, like fresh [produce](#), are not a Passover problem, as long as they are fresh and not processed in any way. I have been known to home grow my Passover herbs using an Aerogarden, which is fine according to the rabbi who certifies the Aerogarden for year-round, though you'll need to start them at least a month in advance if you're going to grow them. You can also buy fresh herbs in the produce section of the grocery store, and most of the herbs in these recipes are readily available in grocery store produce sections. Like produce, they should be washed well and inspected for bugs, which are not kosher. If you choose to use dried herbs, they must be certified for Passover, because there is a high risk of cross-contamination, and good Passover-certified herbs are a bit hard to find.

### <= Honey

Honey requires Passover certification because some honey is mixed with corn syrup (kitniyot, not for Passover). In the past, the OU Passover Guide has indicated that some widely-available honeys had OU-P supervision, such as Sue Bee, Wegmans and Kirkland (the Costco brand). Make sure the honey has a P after the OU logo!

### <= Horseradish (Bottled)

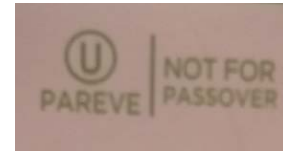
Requires Passover certification, but don't worry: the most widely available bottled horseradish, Gold's brand, seems to be certified KFP all of the time. Look for the OU with the P next to it.





### <= Matzah, Matzah Farfel and Matzah Meal

I know it sounds silly, but some matzah products are **NOT** suitable for Passover! You will sometimes find not-for-Passover matzah products in the Passover aisle at grocery stores because a customer or staff member misshelved it. Watch out for this! Not-for-Passover matzah products are usually clearly marked **Not For Passover**, usually at the top right.



### <= Milk

Fresh milk in a bottle or carton is kosher for Passover without special certification, but must be purchased before the holiday if it is not marked as kosher for Passover. I don't know if this leniency applies to cream or half-and-half; I usually just stick with milk.

### <= Nuts (Cashew, Ground Nuts, Walnuts)

Nuts require Passover certification. They are normally packaged with preservatives suspended in corn oil, a kitniyot oil. Make sure the nuts you use are marked kosher for Passover. These will normally be found in the Passover section of stores with a better selection. If you can't find them locally, online vendor [Oh! Nuts](#) had an extraordinary selection of certified kosher for Passover nuts.

### <= Oil

Extra Virgin Olive Oil (EVOO) is the way to go. Many brands of EVOO are marked for Passover all year round. OU's website has said in the past that all the EVOO they certify year-round are kosher for Passover without any special Passover certification. Star-K's Passover Guide says that many brands they certify do not require a P, most notably the widely available Pompeian. Be aware that many brands of cooking oil are made with oil from kitniyot vegetables, particularly corn oil, soybean oil and peanut oil, and are not suitable for Passover, which makes EVOO an ideal choice. If you don't like EVOO, there are a few other KFP cooking oils available in well-stocked KFP sections: safflower, cottonseed, and others. These require KFP certification.

### <= Potato starch

Potato starch is a very effective substitute for corn starch or flour for thickening in many recipes. It can even be used as a gluten-free, non-gebrochts substitute for matzah meal, and I have successfully made "matzah" ball soup with it. Potato starch requires Passover certification. Manischewitz and Gefen make kosher-for-Passover potato starch that is available in better Passover aisles. They are also available on Amazon.com but only in multi-packs.

### <= Produce, Fresh (Asparagus, Avocado, Butternut Squash, Broccoli, Cabbage, Carrot, Cauliflower, Eggplant, Garlic, Kiwi, Onion, Pepper (the vegetable, not the [spice](#)), Potato, Scallions (Green Onions), Spinach, Sweet Potatoes, Tomato, Zucchini)

Fresh produce is not a Passover problem as long as it is not kitniyot (various items that are historically forbidden to Ashkenazim because of risks of confusion or cross-contamination, including corn, peas, beans and rice). The

Conservative movement recently lifted the ban on kitniyot, but the Orthodox do not accept their ruling and many in the Conservative movement are not comfortable with the new leniency. None of the recipes in this book use any kitniyot. The produce must be fresh, not processed or preserved in any way (because the process might expose it to forbidden foods), and must be checked carefully for bugs, which are not kosher.

#### <= Quinoa

Quinoa is not chametz (forbidden during Passover by Torah law), but for a long time, there was a debate whether quinoa was kitniyot (forbidden to Ashkenazic Jews by rabbinical law). In the last few years, many of the major kosher certification organizations, including most recently the powerhouse Orthodox Union (OU), have accepted that quinoa can be kosher for Passover. This is great news for vegans because it is a complete source of protein, hard for vegans to get during Passover. Star-K, which certifies Ancient Harvest brand quinoa year-round, has held in the past that this brand was kosher for Passover without the need for Passover certification (no P needed after the star), but in 2018, they backed away from this and are not certifying it for Passover! This makes KFP quinoa harder to find. Not all rabbis accept the decision accepting quinoa, so you may wish to discuss it with your rabbi if you have concerns. For more information, see **Star-K (Quinoa: The Grain That's Not)**; **Chicago Rabbinical Council (Consumer Pesach Q and A**, question 11 indicates that quinoa is not kitniyot, but can be used only if one is certain no forbidden grains are mixed in); **Orthodox Union (Quinoa is Now Kosher for Passover with OU-P Certification)**.

#### <= Salt

Iodized salt is not kosher for Passover, and almost all table salt you will find in the store is iodized. Star-K's Passover Guide says that non-iodized salts that do not contain dextrose or polysorbates may be used, but ideally you should try to find salt with Passover certification. In all of these recipes, the salt is optional and only "to taste," but I know some people are very used to salt on their food.

#### <= Spices, Ground (Black Pepper, Cinnamon, Paprika)

Ground spices require Passover certification because of anti-caking agents and the risk of cross-contamination or dilution with not-for-Passover ingredients. Cinnamon can be hard to find because it is such a popular spice it sells out quickly. In the past, McCormick has made Passover runs of cinnamon and pepper, usually found in the spice aisle of stores with a good Passover selection but in a separate display.

#### <= Sugar, Dark Brown Sugar, Light Brown Sugar

Domino's Dark and Light Brown Sugar and basic white sugar have Passover certification year-round, but be sure to use a new, unopened box to avoid cross-contamination. Specialty sugars may not have Passover certification, so check for it. Confectioners sugar is not kosher for Passover by traditional standards because it contains corn starch (kitniyot, not for Passover).



#### <= Tomato Sauce and Paste

Tomato sauce and paste requires Passover certification. Gefen makes some

very good kosher-for-Passover pizza sauces, if you can find them. If not, Manischewitz or Rokeach tomato sauces in a can are fine and more widely available.

#### <= **Vegetable Broth**

Vegetable broth requires Passover certification. There are vegetable broth cubes that are marked kosher for Passover year-round, found in most kosher sections of the grocery store. If you can't find broth, water is usually an acceptable substitute, though you might need to add some [salt](#).

#### <= **Vinegar (Cider, Balsamic)**

Manischewitz makes a cider vinegar that is kosher for Passover, but it may be hard to find. There are other specifically kosher brands that have also made cider vinegars, available in stores with better kosher-for-Passover aisles. Heinz, the most common cider vinegar, is **not** certified for Passover. Bartenura makes an excellent balsamic vinegar (distilled from grapes) that is widely available and certified kosher for Passover all year round. I've seen it in grocery stores alongside regular vinegars, not even in the kosher aisle. True white vinegar is usually distilled from grains and is not kosher for Passover.

#### <= **Yogurt**

Yogurt requires kosher for Passover certification. Dannon's plain yogurt and a few other flavors are commonly available with Passover certification but make sure you see the words "Kosher for Passover" on the lid next to the OU certification. Greek yogurt is rarely available with Passover certification.