



## Printable Passover Guide

Tips, Tricks, and Recipes for a Nutritious and  
Delicious (Plant-Based) Pesach

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# About Jews Eat Veggies

I'm Natasha Nadel, a vegan chef, educator, and author of [\*The Healthy Family, Healthy You Cookbook\*](#) and [\*The Healthy Mama's Guide to Feeding your Family Well\*](#).

My mission is to give you the tools you are looking for to eat more plants, make easy weeknight dinners, and quick healthy lunches for you and your children. I also make decadent but doable plant-based recipes for Shabbat and holidays. Vegan recipes can be filling main meals that delight all your senses.

I teach plant-based cooking classes and run workshops and camps for everyone from Jewish day school students to children with special needs and seniors. Jews Eat Veggies is here to support the plant-based revolution and provide resources for those who agree that living a Jewish life should add to our health and happiness, not be a risk factor for heart disease, obesity and Type 2 diabetes.

Community builds physical and mental health, but partaking in all that Jewish life has to offer can sometimes feel like a health hazard. If you are here, I hope you'll join me on my mission to change the present and create a new future where Jewish life builds us up physically and spiritually. (You don't even have to give up dessert!)

Learn more at [www.jewseatveggies.com](http://www.jewseatveggies.com)!



## Your Number One Question

Without [kitniyot](#) (beans, legumes) or meat, what do you eat for protein all week?

Answer: Nuts and Quinoa. Don't forget that vegetables, and even matzah (especially whole grain), has protein. My favorite Spelt matzah has 5 grams of protein and 3 grams of fiber.

You will be just fine!

# The Two Types of Jews Eat Veggies Readers

1 You want to eat and serve healthier options.

This reader wants to serve or eat mostly plant-based meals for Passover.

2 You are a vegetarian/vegan or you have a family member who is vegetarian/vegan.

This reader is trying to figure out how to cook easily and eat well during Passover. They may be hosting and want to make vegan food that will appeal to their non-vegan guests. This reader may also be trying to navigate eating at a non-vegan meal during Passover.

Many of the people who read the Jews Eat Veggies blog, and use the website as a resource for recipes, are NOT vegan, or even vegetarian. That is cool with me. I am not here to force anyone to agree with me. I just want us to all be healthy together, as a community, and support one another while we are trying.

So, during Passover, let's try to do that. Support one another. Eat healthfully. Use the week as an excuse to find as many ways to eat as many vegetables as humanly possible. (You know, except for the ones that are *kitniyot*!).

# Ten Tips and Shortcuts for an Easier and Healthier Passover

## 1 Fruit and veggie platters make it fun!

You are busy. Your children constantly need a snack and entertainment. You also want a healthy option for them to snack on (instead of *kvetch*) while they are hungry at the beginning of the seder.

You can usually find the platters for my famous Fruit & Veggie Platters at one of the dollar stores. You can also order them from Amazon. Click on [Natasha's Favorite Things](#) and you'll find platters, my favorite fruit & veggie cutters, and even a crinkle (fry) cutter. You can use the fry cutter to make veggies, like rainbow carrots, into fries. Keep reading this guide for instructions and photos.

[Read more about my favorite platters and other tools here.](#)

## 2 Stay away from highly processed Passover foods.

## 3 Be adventurous with vegetables!

## 4 Discover new vegan recipes that work well for family and holiday gatherings.

## 5 Take responsibility for whatever it is you want to eat.

Let healthy choices crowd out the less healthy choices. Make vegetables the majority of the food you eat. However, if you want a homemade decadent dessert, go for it. In exchange, skip the \$5 box of “cookies” made from potato starch, sugar, and food coloring.

## 6 If you are vegetarian, vegan, or simply trying not to eat five kugels per meal, be perfectly happy when it feels like you can only eat a couple of the dishes at a meal.

Caveat: As long as those items are healthy and will satisfy you. For instance, a typical Seder meal might include kugel and dessert with eggs in them, chicken soup, and meat for the main meal. Nothing for a vegan to eat, right? Assuming this is your family and you can contribute to the meal, you can work out a combination of small substitutions and additions.

Offer to bring some or all of these dishes, or just work out the menu with your family to accommodate your eating preferences, while not taking away any of theirs. They can eat their meat and you can bring additional goodies.

Here is an easy meal option:

1. Offer to make or bring a green salad.
2. Bring your own soup or keep busy eating salad during the soup course.
3. Suggest roasted broccoli or carrots instead of the host having to *potchke* with a broccoli or carrot kugel.
4. Bring a quinoa dish that acts as a side dish for everyone else and your main meal/source of protein.
5. Bring fruit or chocolate covered strawberries for dessert.

Does that sound like anything close to deprivation? Not to me!

## 7 Don't reinvent the wheel every year.

I was happy to hear from friends that I am not the only crazy one who keeps spreadsheets with grocery lists from year to year and menus for holidays going back 15 years. I have a spreadsheet of grocery items I always buy for Passover, divided by category, such as produce and frozen food.

In addition, I prepare a document divided into categories like salad, side dishes, main meals, and desserts. I list all the recipes I have gathered and where to find them. The where could be a link, a cookbook with a page number, or a saved document. I also make spreadsheets of every meal with the day, number of adults, number of children, and the menu.

## 8 Eat only one big formal meal per day.

Take your seder meal leftovers and throw them on a bed of greens. Make your own salad dressing! Most of the packaged salad dressings for Passover are nothing but artificial additives, thickeners, and sugars. Blend some avocado and fresh squeezed lemon juice and pour it on for a rich, filling meal. Skip oil as much as possible for your salad dressing because you certainly are getting enough in your potato kugel all week.

In fact, one of the recipes in this guide is for a strawberry dressing with strawberries, white wine vinegar, orange, and lemon juices. I am not into fat-free if it is good fat. However, Passover can be such an assault of bad fat, you want to eat as lightly as you can, when you can.



## 9 When in doubt, just serve the food.

In 2014, my first vegan Passover, I went nuts trying to make every possible vegetable (and nut!) in every possible form. It seriously almost broke me. I am thinking of the Kveller headline I saw, "My Passover Anxiety is No Joke," by Jordana Horn. I cleaned, moved dishes in and out of my kitchen for a week, and then I cooked non-stop for 10 days. It was like the Passover Vegan Army basic training boot camp. I cannot and will not do that again.

So, when in doubt, open the fridge and make a fun platter with whatever raw produce you have. You can also put each type of vegetable (such as cherry tomatoes or baby peppers) in its own bowl and spread out the bowls. You can also put different foods that are all the same color together. This is classic Jews Eat Veggies modus operandi, but we all need reminders this time of year.

If you need more inspiration, remind yourself how to make fruits and veggies beautiful with the photos in this guide. You can also use the veggie platter as a shortcut for your Seder meal. Make it easy with a big veggie platter instead of a million side dishes and salads.

## 10 Trust that no one will starve, but they may feel yucky from eating too many processed Passover foods.

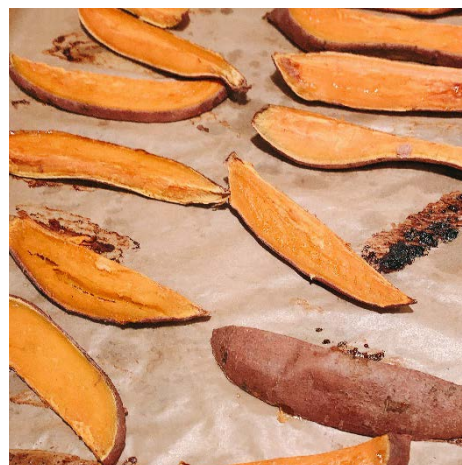
It is like going gluten-free. You can use that as an excuse to eat whole, unprocessed foods; or you can use it as an excuse to eat every form of gluten-free substitution. They may be sans gluten but full of other forms of refined flours, sugar, empty carbohydrates, and calories. Yet another reason to make fruit and veggie platters! Let the kids help make them.

## Healthy Passover Substitutions

- 1 For starch, save your stomach and skip the matzo and matzo meal at each and every meal. Instead, use potatoes or squash.

Turn potatoes into fries, chips, and toast! Treat yourself to special potatoes. Go to an Asian or health food store and buy white sweet potatoes and Hannah yams.

First, bake your potatoes and refrigerate overnight. You will not need any oil or salt. Your already-baked potatoes can be cut into wedges, rounds, or spears. You can even flatten cooked sweet potato halves and roast them into toast! Roast the flattened, round or sliced potatoes at 425 (use convection if you have it) about 45 minutes, turning halfway through.



- 2 Instead of rice, sauté riced cauliflower on the stove top.

Use the flavors and vegetables you prefer, such as spinach, onions, and garlic.

### 3 These items do NOT need special Kosher for Passover Certification

- Extra virgin olive oil
- Unflavored bottled water and seltzer
- Chia seeds without additives
- Raw nuts without additives.

From the OU: Raw nuts in their shell do not require Passover certification. Shelled raw nuts that list BHA, BHT, or any other additive on the ingredient label require special certification. Pecans that are whole or half are acceptable with an OU certification, midgets and pecan pieces require Passover certification.

### 4 Consider making your own nut milk.

If you are looking for a non-dairy milk that is not kitniyot, it is preferable to buy almond milk that is specifically Kosher for Passover. However, in my experience, these have added oils and are not very appetizing.

[Here are instructions](#) for making your own nut milk, which I highly recommend. In addition, keep in mind that cashew milk does not need to be strained, so that can be more convenient than making almond milk. However, you can use the leftover almond pulp from making almond milk to [make cookies](#) that are incidentally Kosher-for-Passover.

**From the OU:** The following products contain kitniyos and are acceptable for the infirm who need milk alternatives. They are acceptable only in shelf-stable containers.

- Almond Breeze Original
- Rice Dream Classic Original
- Soy Dream Original Enriched

**NOTE:** Always check with your own Rabbi. Some consider being lactose-intolerant being "infirm." Some consider all vegans to be at such a disadvantage for Passover they automatically have permission to eat kitniyot. The Ashkenazi in me is too strong to take this and run with it. It is only one week a year. I'll live!

# Fruit and Veggie Platters

Let's get excited! Presentation, Presentation, Presentation. We eat with our eyes too. Present a rainbow of foods to excite and entice your family and friends.

I know I'm not exactly a Japanese food artist...but that's the point! You don't have to be. **Making fruits and veggies fun is so doable.**



For \$1 you can get your children to eat their fruits and veggies! Dollar Store Veggie Platters are my top way to entice children to eat their fruits and vegetables. For snack time, you make it pretty, you put it out, and you WALK AWAY. When you are not putting baby carrots next to cupcakes, they'll literally fight over the last blueberry.

In fact, after the first time you put out a fun fruit or veggie snack, they'll ask how they can make the fun food themselves. If you let them design their own fruit and veggie platters, they will get so excited over these energy-giving foods.

In addition, while children do not usually eat salad during the first course, but they will eat baby cucumbers pops or penguins!



There are a few ways to make your platters fun, including:

- Rainbow Order
  - Red – Strawberries
  - Orange – Cantaloupe or clementine pieces
  - Yellow – Pineapple
  - Green – Green grapes or honeydew
  - Blue – Blueberries
  - Purple – Purple grapes
- [Shaped Vegetable Cutters](#)
- [Veggie Trays](#)
- [Bamboo Skewers](#)
- [Treat Sticks](#), as seen below with my cucumber popsicles

Some of the options for serving in your platter:

- Olives
- Pickles
- Chummus or White Bean Dip
- Celery
- Carrots (regular and rainbow), cut into “fries”
- Cherry tomatoes (regular and rainbow)
- Baby bell peppers
- Bell pepper spears, flowers and hearts
- Rainbow shredded carrots
- Baby cucumber pops
- Cucumbers cut into fun shapes
- Zucchini or Squash
- Broccoli florets



# Watermelon Juice

Serves 2-4

Ingredients:

Watermelon

Directions:

Scoop out the flesh of a watermelon. Blend the flesh and strain through a mesh strainer. Enjoy!





# Strawberry Citrus Salad

Serves 6-8

Dressing:

2 cups chopped strawberries (can be fresh or you can defrost frozen)  
1/4 cup orange or tangerine juice  
1/2 cup lemon juice (fresh squeezed is always best!)  
1/4 cup white wine vinegar  
1/4 cup chia seeds

Salad:

Baby Spinach  
Mandarin orange or clementine segments or chopped oranges  
Blueberries  
Optional: Toasted pecans

Directions:

Blend all dressing ingredients until smooth. Refrigerate to chill and thicken. Lasts in the refrigerator 3-4 days. You can make it on Friday and you'll be fine to eat it on Monday during yuntov.

Top baby spinach with the oranges, blueberries and pecans, if using.

Serve with dressing.

# Spinach with Pine Nuts and Golden Raisins

Serves 4-6

Ingredients:

5 cups baby spinach  
1/4 cup pine nuts (toasted if desired)  
1/4 cup golden raisins

Directions:

Microwave the spinach for 1-2 minutes (start with one minute). Pour out any liquid. Sprinkle on the pine nuts and raisins.





# Orange Pistachio Quinoa

Serves 6-8

Ingredients:

- 1 1/2 cups quinoa
- 1/2 teaspoon sea salt
- 1 teaspoon ground cumin
- 1/8 teaspoon freshly ground pepper
- 1/2 cup fresh mint, washed, dried and chopped
- 2 sliced scallions, only the green part (kitchen scissors work well)
- 1/8 cup freshly squeezed orange juice
- Zest of one orange, about 1 tablespoon
- 1 1/2 tablespoons olive oil
- 1 1/2 tablespoons fresh lemon juice
- 1/2 cup golden raisins
- 1/2 cup raw or toasted pistachios

Directions:

Unless the box says pre-rinsed, rinse quinoa well using a fine-mesh strainer.

Boil 2 1/2 cups water and 1 teaspoon salt. Add quinoa. Lower heat, cover, and simmer for 15 to 20 minutes. Fluff with a fork when done.

Let cool. This is easiest if you spread the quinoa out on a sheet pan.

Place quinoa in a large mixing bowl and add the rest of the ingredients except for the pistachios. Mix well. Taste and see if it needs any additional salt or pepper. Wait until right before serving to mix in the pistachios so they don't become soggy. Serve room temp.

# Avocado Broccoli Tomato Salad

Serves 4-6

Ingredients:

- 1 ripe avocado
- 2 tablespoons fresh-squeezed lemon juice
- 1/2 teaspoon prepared pesto
- 1/4 teaspoon salt
- 2 cups steamed broccoli
- 1 small red pepper, chopped
- 1 cup grape tomatoes, sliced

Directions:

In a small bowl, mash the avocado. Add the lemon juice, pesto, and salt. Mix well.

In a larger bowl, add the broccoli, red pepper, and tomatoes. Add the avocado mixture to the salad and mix well.

## Hearts of Palm Pasta Primavera

Want to eat a huge bowl of spaghetti and veggies, with no guilt, stomachache, or sleepiness afterwards? Here you go! Hearts of Palm spaghetti will give you your spaghetti slurping pleasure, while just being a big bowl of vegetables. This recipe can require very minimal fresh ingredients, making it a great pantry/freezer staple recipe.

Serves 2

Ingredients:

- 1 Tablespoon extra virgin olive oil
- 4 cubes Dorot frozen basil (or 1/4 cup chopped fresh)
- 4 cubes Dorot frozen parsley (or 1/4 cup chopped fresh)
- 3 cubes Dorot frozen garlic or 3 fresh garlic cloves, chopped
- 1 cup baby bella mushrooms, chopped (substitute canned if needed)
- 1/4 cup red bell pepper, diced
- 1 can Gefen Hearts of Palm Spaghetti (sold at Shalom's)
- 1/2 cup broccoli, cooked and cut into small pieces
- 1/2 cup pasta sauce
- salt and pepper to taste
- 1/4 cup toasted pine nuts



Instructions:

Heat olive oil in a sauce pan. Add garlic and herbs and sauté until soft. You can also add your red peppers here if you like them very cooked. I prefer mine al dente, so I add them after the mushrooms. Add mushrooms and cook until they shrink considerably and have released their liquid (and the liquid has cooked off), about 5 minutes. Add water at any time if your ingredients start to stick to the pan.

Add red peppers and broccoli and sauté until they are mixed with the pesto you've created. Gently mix in the hearts of palm spaghetti and the pasta sauce. Taste for salt and pepper and add those.

Divide into two servings and garnish with toasted pine nuts.

# Chia Pudding

Serves 4-6

Ingredients:

1/4 cup chia seeds

2/3 cup liquid, either water or non-dairy milk

For your liquid, you can use water, unsweetened chocolate or vanilla almond or rice milk.

For sweetener, try maple syrup or agave nectar.

For toppings, use cinnamon, nuts, toasted unsweetened coconut, sliced fruit, and berries.



Directions:

Mix the chia seeds with the water (or milk substitute) and place the bowl in the fridge to firm up. The minimum for this is 10 minutes, but the longer you leave it in, the firmer it will become.

For breakfast, it is easiest to make this the night before. Then, in the morning, just pull it out and add any optional ingredients of your choice. If making it as a dessert, put the pudding together and in the fridge before you start making the meal.

Mix it well when you take it out of the fridge. In addition, if you are leaving it in for longer than the 10 minutes, feel free to give it a mix once or twice if you think of it.

Add sweetener and fruit right before serving.

**Chocolate Banana:** Use unsweetened chocolate almond milk, agave nectar and bananas.

**Vanilla Berry:** Use unsweetened almond milk, maple syrup, blueberries, and strawberries.

# Maple Squash Pudding

Serves 6-8

Ingredients:

4 large sweet potatoes, cooked until soft  
1/4 cup maple syrup  
1/2 cup - 1 cup dried cherries or cranberries  
1/2 cup - 1 cup pecans

Directions:

Pre-heat oven to 350 degrees.



Peel the well-cooked sweet potatoes. If they were cooked earlier, re-heat them for 2 minutes in the microwave in a glass or ceramic dish.

Using a food processor, whip the sweet potatoes and the maple syrup until light and fluffy. You can also use an immersion blender for this step.

Place the mixture into individual ceramic crocks or 1 large serving dish and smooth out the top. Decorate with dried cherries and pecans.

Place in the oven for 25-30 minutes. Serve warm.

# Chocolate Banana Matza Brei

Serves 3

## Ingredients:

3 whole wheat matzas (or spelt, or regular)  
1/2 cup mashed banana (approximately 1 large banana)  
1 Tablespoon potato starch  
1 Tablespoon maple syrup  
1 sprinkle of cinnamon  
1/4 cup chocolate chips  
Optional: 2 Tablespoons sugar

## Directions:

Heat oven to 350. Break up matza, place it in a mixing bowl and soak it in hot water until soft (at least 5 minutes). Drain carefully.

Add banana, maple syrup, potato starch and optional sugar, if using. Mix well.

Place the mixture onto a cookie sheet lined with parchment paper. Spread it out with a fork so that the thickness of it is even throughout. You can also make it round and cut into pizza triangle shapes when it is finished. Lightly sprinkle cinnamon on the top.

Bake for 10 minutes, or until the top is solidified and hardening. Flip the mixture over (it may not stay together perfectly) and bake another 10 minutes, or until the mixture is cooked throughout.

Take the pan out of the oven. Add the chocolate chips on top right away. The heat from the matzo brei will melt them. You can also use a knife or a fork to spread them around and help the process along. Cut into pieces and serve hot!

Provide more maple syrup for those who want it. You can also leave off the chocolate chips for those who do not want them.

# Chocolate Covered Strawberries, Bananas, or Chocolate Bark

## Ingredients:

Chocolate chips  
Dried fruit, such as figs or pomegranate seeds  
Golden raisins  
Pistachios  
Strawberries  
Bananas  
Coconut  
Nuts

## Directions:



Melt chocolate in a paper bowl (trust me – you do not want to clean hardened chocolate off a regular bowl!) in the microwave. Start with 20 seconds and then 10 seconds at a time afterwards. It is quite easy to burn chocolate so be careful. Warm a few seconds at a time and then mix, mix, mix. The chocolate will continue to melt as you mix.

For the bark: Pour the melted chocolate onto parchment paper on top of a paper plate or pan you can put into the freezer. Immediately add the toppings and put the plate or pan into the freezer to set. It will take approximately 30 minutes. You can pour little circles and make your bark like individual cookies. You can also spread the melted chocolate out more and break it into pieces after your chocolate bark is set.

For bananas: Dip banana chunks in the chocolate, place on a tray covered with wax or parchment paper and freeze. You can also cover the chocolate with chopped nuts or coconut.

For strawberries: Put them in the refrigerator, not freezer.

You can also make chocolate frogs! Simply pour melted chocolate into [silicone frog molds](#) and put them in the refrigerator until solid.