



Reclaiming Shabbat

Passover is just around the corner, and while so many of us are focused on cooking for the seder, we forget about the Shabbat dinner that falls in between! Between the food restrictions on Passover, and my own vegan diet, I am always looking for new ideas to make my family happy and spice up my meals as well. Below are two recipes, courtesy of Chabad.org that are Passover-friendly (and sound really kid-friendly too.) They actually sound so good, there's really no need to wait until Passover!

Honey Breaded Chicken

2 3-pound chickens, cut into eights
2 tbsps. Water
1 tsp. Salt
½ cup oil
¼ cup honey

2 eggs, beaten
1 cup matzoh meal
1/8 tsp. Pepper
½ cup hot water
1 cup orange juice

- Rinse chickens and remove excess fat, and pat dry.
- In a shallow bowl combine eggs and water and beat well. In another shallow bowl, combine matzoh meal, salt and pepper. Dip chicken in egg mixture, then roll in matzoh meal.
- Heat oil in 10-inch skillet over medium flame. Place coated chicken in hot oil and brown on both sides, approximately 5 minutes per side. Remove chicken to a Dutch oven or covered roasting pan.
- In a small bowl combine hot water, honey, and orange juice. Pour over chicken and cover. Simmer slowly on stove top or place in preheated 325 oven for 45 minutes, or until tender. Baste occasionally.

YIELDS: 6 to 8 servings

Stuffed Sweet Potatoes

3 large sweet potatoes or yams
1/4 cup crushed pineapple
dash of lemon juice

4 TBSP non-dairy margarine
½ cup brown sugar

- Preheat oven to 350.
- Cut potatoes lengthwise and place in a 9x9-inch baking pan. Bake until soft, about 1 hour. Scrape out pulp into small bowl, leaving shells. Add remaining ingredients to pulp and beat until fluffy. Fill shells with mixture and bake until browned, about 10 minutes

YIELDS: 6 servings

Shabbat shalom,

Yonni Wattenmaker, RJE
Director of Lifelong Learning