

REAL FOOD FOR SHABBOS & TOV

Salads, Soups, Sides, & Sweets



HEALTHY LIVING

WITH RIVKA GOLOMBECK

VOLUME 1



BH, we have wonderful lives filled with beautiful Shabbos & Yom Tov meals. Sometimes, these often late and multi course meals can be tough on our overall health, not to mention our waistlines. That's why I like to fill myself up on whole plant foods to balance out my plate. These natural beauties keep me satisfied and energized all Yom Tov long without giving me that heavy meal feel. Hope you enjoy and good Yom Tov!

Rivka

B E I N T O U C H !

RIVKAHEALTHYLIVING@GMAIL.COM

SPINACH STRAWBERRY SALAD

YUMMY AND FRESH. YOU'LL FEEL SO HEALTHY EATING IT!

SALAD:

1 6 oz box spinach
8 sliced strawberries
(if using frozen, slice while still firm)
1/4 red onion thinly sliced.
Optional: toasted almonds for crunch

DRESSING:

1/2 Tbsp of date paste*
3 Tbsps of yellow mustard
1/2 tsp of vinegar
1 Tbsp of water
Add dressing to lightly coat to taste.

***DATE PASTE:**

1/2 pound soft fresh Medjool dates, pitted and checked (about 1 cup tightly packed)
1/4 cup water

Soak dates in water for 10 minutes. Blend dates with water using an immersion blender or an "S" blade in food processor until very smooth, scraping down the bowl as needed. You can freeze in mini containers for later use as a healthy sweetener alternative.



TOMATO PEPPER SALAD

ADDS A KICK TO ANY MEAL!



INGREDIENTS:

- 3 tomatoes
- 1 orange or yellow pepper
- 3 cloves garlic, minced
- 1 jalapeño pepper *
- 1/2 red onion, chopped
- Fresh squeezed lemon juice
- Cilantro to taste

INSTRUCTIONS:

Chop all ingredients into small pieces and squeeze fresh lemon juice on top. Mix.
Make ahead to let the flavors do their magic. Adjust seasoning and serve.

*Use gloves when handling jalapeño peppers and avoid touching eyes. The strength is in the seeds. Use less or none of them to keep things a little cooler.

M U S H R O O M C E L E R Y S O U P



INGREDIENTS:

1 medium onion sliced and quartered
6 celery stalks, sliced
2 cloves garlic, minced or two cubes
frozen garlic
1 pound mushrooms, sliced
6 cups of water
3/4 cup oats (I use One Degree
sprouted gluten free)
Salt or salt substitute and pepper to
taste

INSTRUCTIONS:

Sauté onions and celery in water for a few minutes over medium heat till softened. Add garlic till fragrant and then add mushrooms for a few minutes longer.
Put in the water, oats, salt or salt substitute and pepper.
Bring to a boil, lower flame, and cook for 45 minutes.

DEENA'S ZUCCHINI SOUP

AN INTERNATIONAL FAMILY FAVORITE!

INGREDIENTS:

2 large onions

8 medium zucchinis

INSTRUCTIONS:

Saute onions in water until slightly browned.

Wash zucchini, leave unpeeled, and cut into chunks.

Add to onions and continue sautéing for about 10-15 mins till soft.

Cover the pot with the lid and continue to saute, stirring occasionally. (It will release its own juices.)

Add water to cover plus a little more.

Add salt (or salt substitute) and pepper to taste, bring to boil, and cook on low for about another 20 mins.

Blend with an immersion blender.



S T E A M T H E B E A N S

It's always best to fill our plates with foods as close to the way they were found in nature. Steaming vegetables vs boiling them maintains their nutritional profile. These are a staple on my Shabbos lunch menu and most often requested Sheva Brachos contribution.

INGREDIENTS:

32 ounces french green beans

1 teas salt or salt substitute

1 Tbls dried minced onion

1/2 teas dried basil

Generous sprinkle of garlic powder

INSTRUCTIONS:

Boil water in pot with steamer insert.

When water is boiling, add green beans to steamer insert and steam in covered pot for about 4 mins till bright green. Depending on the size of your pot, you might have to do this in batches.

Green beans will continue to slightly cook on their own. (You can throw them in water to stop the cooking process.)

Apply spices while green beans are still wet.

Mix, taste, and adjust. Feel free to add sesame seeds, slivered almonds, etc. to jazz things up.

The original recipe calls for a Tbsp of olive oil but I omit it.



ROASTED EGGPLANT WITH TAHINI



Preheat oven to 375. Cube eggplant. Spread eggplant in a single layer on parchment lined cookie sheet.

Optional: Spray lightly with avocado oil or for oil free option, sprinkle with low sodium veg broth.

Bake at 375 till soft on inside and getting a little crispy on the outside.

Approx 45 min depending on oven.

Drizzle on Tahini dressing or toss into a salad or entrée.

TAHINI DRESSING

1 cup sesame tahini (not ready made techinal)

½ cup fresh squeezed lemon juice (3-4 lemons)

3 cloves garlic, minced

1 teas salt or salt substitute like Aminos or Mrs Dash, etc

1/2 - 3/4 cup cold water

Put the 1st 4 ingredients in the food processor and add water slowly to desired consistency. Can add more water as needed as will thicken over time. Adjust seasonings to taste. Great as a dressing or to drizzle over roasted eggplant or veggies.

NOTES: Stir tahini very well to incorporate all of its natural oil.

For food processor free: Use garlic press or 1-2 frozen garlic cubes and just mix in a jar. Easier if you ½ the recipe.

Since this recipe has no preservatives like the store bought, use within a few days or freeze in mini containers for grab and go or to have on hand throughout the Yom Tov season.

ROASTED ONIONS, MINI ZUCCHINI, AND PEPPERS



INGREDIENTS:

1 large white or red onion, sliced into rings

1 bag mini zucchini

1 bag mini peppers

INSTRUCTIONS:

Preheat oven to 375.

Slice large onion and wash vegs.

Spread mini zucchinis, mini peppers, and onion on parchment lined cookie sheet.

Optional: Spray lightly with avocado oil or for oil free option, sprinkle with low sodium veg broth.

Sprinkle with garlic powder and favorite spices.

Roast for approx. 45 min, depending on oven and desired crispness.

R I V K A ' S E A S Y S W E E T P O T A T O P I E



E A S Y

A S

P I E

Pie:

4 sweet potatoes

Unsweetened (vanilla) plant milk or add ½-1

teaspoon vanilla extract

Optional: Add a bit of date paste or maple syrup if sweet pots aren't sweet enough

Topping:

1 cup raw chopped pecans

Sprinkle cinnamon

Drizzle of date or maple syrup to create slightly sticky crumb like mixture

Instructions:

1. Preheat oven to 350. Pierce sweet potatoes with a fork. Roast or cook sweet pots until soft. (I love using my instant pot for this!)
2. Put sweet potatoes in a high speed mixer or food processor.*
3. Stream in unsweetened plant milk and blend on high to create pureed consistency.
4. Optional: Add vanilla and maple syrup. Adjust to taste.
5. Place sweet potato puree in an "oven to table" baking dish, like a Pyrex.
6. Mix topping and place on top of sweet potatoes. Bake for about 15-20 mins until the topping has slightly browned. Can be made ahead and frozen. Warm up uncovered.

*This can be made with or without the skins intact. Keeping the skins on adds fiber and nutrition. I use my Vitamix to get them really blended in well and no one is the wiser!

PAREVE ZUCCHINI LASAGNA



INGREDIENTS:

- 2 medium zucchinis, thinly sliced into long strips (keep extra zucchini scraps)
- 8 oz. of finely chopped regular or Tuscan kale or spinach
- 2 packages of baby bella mushrooms, chopped.
- 1 small onion, finely chopped
- 2 cans of diced tomatoes or two fresh diced tomatoes
- 1 jar of all natural tomato sauce
- 1 tsp liquid aminos
- 2 tsps of garlic powder
- ½ tsp of black pepper
- A pinch of cayenne pepper (optional)

INSTRUCTIONS:

1. Sauté onions in water for a few mins till softened. Add mushrooms and zucchini scraps and continue for a few more mins.
2. Combine the tomato sauce, liquid aminos, and spices and cover the bottom of a parchment lined lasagna pan or an oven to table dish with a thin layer of the sauce mixture.
3. Lay zucchini slices on top of the sauce to cover the bottom of the pan. Pour a thin layer of sauce on top of the zucchini.
4. Add a layer of kale and sprinkle sautéed vegetable mixture on top.
5. Repeat for 2-3 layers depending on how many zucchini slices you have.
6. Top with oregano or dried parsley if desired. Cover pan with foil and bake for 45 minutes at 350 degrees.
7. Uncover pan and bake until remaining liquid evaporates.

ROASTED COLORFUL SWEET POTATO STACKS

INGREDIENTS:

- 1 orange sweet potato
- 1 purple sweet potato
- 1 Murasaki sweet potato*
- (yellow white flesh/super sweet)

INSTRUCTIONS:

1. Preheat oven to 450.
2. Make thin deep slits across the width of the potatoes.
3. Roast uncovered till soft and juices run.
4. To serve, slice along slits and make pretty stacks with the 3 colors or just eat whole.
5. Feel free to experiment with your favorite drizzle. Try tahini for a new twist or date or maple syrup and some cinnamon if they are not sweet enough for your palate.

Use leftovers to jazz up any salad.
Add beets and chickpeas for a ready to go Chol Hamoed lunch or dinner.
*Find at Trader Joe's and Whole Foods



P A R E V E C H O L E N T

(CHOL HAMOED MAKE AHEAD DINNER IDEA)

Serve Thursday night for dinner and save the leftovers for those hectic Friday or erev Yom Tov afternoons when the meal doesn't start for hours...



INGREDIENTS:

2 Sautéed onions in water*

2-3 cloves of fresh minced garlic or garlic powder

Bag of cholent beans **

1 cup short grain brown rice or other whole grain

Cut up potatoes and/or sweet pots

Optional: Add box of sliced sautéed mushrooms

INSTRUCTIONS:

1. Spice as you do your regular cholent: salt or salt substitute, paprika, black pepper, smoked paprika (to give it a little kick), etc

2. Add water to cover plus a little bit more.

3. Cook in an instant pot (15-20 mins on Pressure cook) or in crock pot.

KITCHEN HACKS:

*Chop lots of onions into small pieces and put them with a little water into a parchment paper lined crockpot on low overnight. Wake up to browned sautéed onions ready to throw in any recipe that calls for them.

1 large onion = 1 cup sautéed.

**It's always best to soak beans 24-48 hours before use. Rinse, drain and replace with fresh water every 12 hours to decrease gas and bloating.

BAKED APPLES 2 WAYS

A PERFECT SUCCOS TREAT TO WARM YOU INSIDE AND OUT!



INGREDIENTS:

Cortland apples

Raisins or fresh medjool dates

Cinnamon

Red wine

Optional: chopped raw nuts of choice

INSTRUCTIONS:

1. Preheat oven to 450

2. Core desired amount of Cortland apples and place into parchment paper lined or glass oven safe pan.

3. Fill cavities with a handful of raisins or a date and a cinnamon stick, broken into a few pieces.

4. Optional: Sprinkle on chopped nuts.

5. Drizzle with red wine

6. Tightly cover with heavy duty aluminum foil. Make sure not to let the cinnamon sticks pierce the foil. Put pan on top of baking sheet to catch the drips.

7. Bake for about 45-60 mins, until you see the apples explode.

INGREDIENTS:

4 apples, sliced

1 bag unsweetened frozen or container of fresh strawberries, sliced

Cinnamon

INSTRUCTIONS:

1. Lay apples and strawberries in oven to table dish or parchment lined 9x13 baking dish.

2. Sprinkle generously with cinnamon

2. Mix halfway through and bake uncovered approx 40 mins till desired consistency.

B R E A K F A S T C O O K I E S

P E R F E C T F O R S H A B B O S O R Y O M T O V
M O R N I N G K I D D U S H



INGREDIENTS:

3 very ripe bananas, mashed well

2 cups old fashioned oats (I use One Degree Sprouted gluten free)

Optional Additions:

½ cup nut or seed butter (makes it more calorically dense but richer flavor)

1/4-½ cup mini chocolate chips

(Mini ones spread more evenly, but standard sized ones work well too.)

1 teaspoon of cinnamon and some raisins or other dried, unsulfured, unsweetened, dried fruit (Can presoak for a few mins to plump up.)

½ t vanilla extract

INSTRUCTIONS:

1. Preheat the oven to 350F. Line a large cookie sheet with parchment paper and set aside.

2. In a large mixing bowl, add all ingredients and mix very well until fully combined. If using chocolate chips, stir them in with a spatula.

3. Let sit for ½ hour to soften oats. (Not necessary but recommended.)

4. Lightly wet your hands and form 8-12 balls. Place each ball on the lined mat and press into a cookie shape.

5. Bake for 10-12 minutes, until slightly golden on the edges. Remove from oven.

6. Allow to cool on the mat for 10 minutes before transferring to a wire rack to cool completely.

F R O Z E N B E R R Y B O W L

Blend half a frozen banana with 1.5 cups of frozen berries. Add a splash or 2 of unsweetened (vanilla) plant milk to move things along till creamy.

Try with frozen blueberries, açai, cherries, mango, peaches, strawberries. You name it!

For soft serve ice cream, use 2 whole bananas cut into chunks.

Best served immediately but can be frozen for later use in large shallow container.

For best consistency, cut in chunks and reblend (to get out air bubbles) and let defrost slightly before serving,

Top with ground flax seeds, granola, raw chopped nuts and/or fresh fruit. YUM!

Kitchen Hack: Always buy extra bananas. Let them ripen (black spots = sweet), peel, and keep them in the freezer. You never know when you'll be in the mood!

