

KEEPING IT SIMPLE

A Guide to Keeping the Feast of Unleavened Bread



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WHY DO WE CELEBRATE PASSOVER AND UNLEAVENED BREAD?

According to Leviticus 23:4-6 KJV

4 These are the feasts of the Lord, even holy convocations, which ye shall proclaim in their seasons.

5 In the fourteenth day of the first month at even is the Lord's passover.

6 And on the fifteenth day of the same month is the feast of unleavened bread unto the Lord: seven days ye must eat unleavened bread.

Exodus 12:19 further states:

19 Seven days shall there be no leaven found in your houses . . .

The Bible references the Biblical calendar. The first month (Abib (A-beeb) or Nisan (Nis-en) which falls around March or April. See Exodus 13;4; 23:15; 34:18 and Esther 3:7

HOW DO WE PREPARE FOR THE FEASTS?

Preparation begins with self-examination. We should purge out the old leaven that we may be fresh, free from vice, malice and wickedness.

(Read 1 Corinthians 5:7)

Prepare your home for Passover

- Preparing your home for Passover should not be a burden. Involve the whole family. Teach the children, too; much of the symbolism is for them as much as it is for you.
- Give your home a thorough cleaning, especially areas where food is prepared and stored (countertops, stoves, refrigerators, pantries, etc.)
- Remove **ALL LEAVEN** from your home. What should you do with it? You can share it with a family member, friend or neighbor in need.

Because leaven represents sin, this thorough house cleaning causes us to rejoice as we are reminded that we, too, are clean and made whole by the precious blood of Jesus.

SO, WHAT CAN I EAT?

Foods permitted during the feast of Unleavened Bread, which lasts for seven (7) days:

- Matza, eggs, almonds, pecans and foods without leaven
- Fresh and frozen fruits and vegetables (also juices) that do not contain leaven
- Coffee, tea, milk and other drinks without leaven
- Clean meats as outlined in Leviticus 11 such as beef, veal, lamb, bass, cod, haddock, salmon, tuna, duck, turkey, chicken, etc.

BEST PRACTICE:

Read **ALL** labels when purchasing food items in cans, containers or otherwise pre-made.

FOODS NOT PERMITTED

- Foods having yeast, or other "rising or fermenting" action. A few common ones are **beans, rice, peas, lentils, peanuts, mustard, corn, soy, all legumes.**
- Foods made from or containing wheat, oats, rye, barley and spelt. *Matza is the only grain product that is ever acceptable during the Feast of Unleavened Bread. It must be labeled "Kosher for Passover".*
- Unclean meats as outlined in Leviticus 11 such as **pig (hog), coney, hare, catfish, marlin, clam, crab, crayfish, shrimp, albatross, heron, raven, etc.**

BEST PRACTICE:

Be mindful, "Kosher" is a term which means, "food fit for Jewish people to eat". We are observing the Feasts of the LORD. Some foods labeled kosher, may not be permitted during the Feast of Unleavened Bread. The best practice is to **read ALL labels.**

AS A CHURCH, WHAT DO WE BELIEVE?

All feast keepers, around the world, do not observe these feasts in the same manner:

As a church body, we chose **not** to eat foods known as “chametz” (haa-mets) or “kitniyot” (kit-nee-yote).

Chametz (haa-mets) includes grains like **wheat, oats, rye, barley and spelt**. If these grains have contact with water for more than 18 minutes, it leads to rising or “leavening”.

Kitniyot (kit-nee-yote) is processed in the same manner as chametz (haa-mets) and is sometimes mixed with chametz (haa-mets), which are forbidden to be eaten during the feast of unleavened bread.

Kitniyot includes **corn, rice, beans, peanuts, soybeans, chickpeas, green beans, lentils, millet, mustard, peas, buckwheat, caraway, cardamom, edamame, fennel seeds, fenugreek, linseed (flaxseed), poppy seeds, rapeseed, sesame seeds, hemp seeds sorghum seeds, teff, sunflower seeds, and amaranth**.

AS A CHURCH, WHAT DO WE BELIEVE? (CONT'D)

If you see any of the aforementioned items in the ingredients of a product, it should not be used during the Feast of Unleavened Bread.

Remember, Matza (also spelled Matzah or Matzo), is the only grain product that is ever acceptable during the Feast of Unleavened Bread. It must be labeled “Kosher for Passover”.

Some exceptions which are not considered Kitniyot are anise, carob, chia seeds, coriander, cottonseed, cumin, guar gum, locust bean gum, safflower, and saffron.

BREAKFAST DISHES



STRAWBERRY PRESERVES

~ from www.wellseasonedstudio.com

Ingredients

- 4 cups strawberries, cleaned and hulled
- 2/3 cups sugar
- 1 lemon, zested and juiced

1. Slice strawberries so all pieces are approx. the same size.
2. Place strawberries, sugar, lemon juice and lemon zest in medium saucepan. Bring to a rapid boil over medium heat.
3. Stir occasionally. Check consistency after 20 minutes for doneness.
4. Preserves are ready when you dip a spoon into the sauce pan and run your finger along the back. If there is a clear path and the jam doesn't re-cover the spoon, it's done. Drop by tablespoonful on skillet.

A Tasty Treat Idea

Spread matza with butter and/or all fruit jelly for a tasty breakfast treat or snack!



MATZA MEAL PANCAKES

~ from www.bigoven.com

Ingredients

- 3/4 cup milk
- 1/2 tsp salt
- 1 tsp sugar
- 1/2 u matza meal
- 2 eggs, well beaten

1. Mix dry ingredients together.
2. Add milk to dry ingredients and stir well.
3. Gradually add the well beaten eggs to the matza mixture blending gently.
4. Drop by tablespoonful on well-oiled pan.
5. Fry on both sides until brown.

Top with pure maple syrup or other unleavened syrup.

BROWN SUGAR SYRUP

~ from www.coffeeatthree.com

Ingredients

- 3/4 cup granulated sugar
- 3/4 cup boiling water

1. Put brown sugar and water in a saucepan and simmer. Stir to make sure sugar dissolved completely.
2. Take off heat and cool.
3. Pour syrup into an airtight container.

The syrup will keep for 3 weeks in the refrigerator.

Use as a syrup over pancakes or in place of brown sugar for sweet potatoes and other foods.

PERFECT HARD BOILED EGGS

1. Place eggs in a saucepan with water. (Fill saucepan a quarter of the way full with cold water. Eggs should be in a single layer at the bottom of the saucepan.)
2. Eggs should be covered at least an inch or two of water. (6 eggs should be covered by at least an inch. 7-12 eggs, two inches.)
3. Heat the pot on high heat and bring the water to a full rolling boil. (Tip: adding a tsp of vinegar to the water may help keep egg whites from running out if an egg crack while cooking. Also some people find adding 1/2 tsp of salt to the water helps prevent cracking as well as making the eggs easier to peel.)
4. Turn off the heat, keep the pan on the hot burner, cover and let sit for 10-12 minutes.



5. Strain the water from the pan and run cold water over the eggs to cool them quickly and stop them from cooking further.

It is easier to peel eggs under a bit of running water. The best way to store hard boiled eggs is in a covered container in the refrigerator. They should be eaten within 5 days.

BANANA AND PEACH MATZA BRIE BAKE

~ from www.jamiegeller.com



Ingredients

- 4 matza sheets
- 1-pound frozen, sliced peaches, thawed, including juice, chopped
- 2 bananas, sliced
- 1/2 cup brown sugar
- 1/2 tsp ground cinnamon
- 8 oz (1 package) Philadelphia Cream Cheese
- 8 large eggs
- 2 cups low-fat milk
- 1 tbsp finely grated lemon peel
- 1 1/2 tsp pure vanilla extract

1. Preheat the oven to 350 degrees.
2. Spray a 9x13 inch baking dish with cooking spray.
3. Place two matza sheets in a single layer in the prepared dish (break up some of the sheets if needed to cover the entire surface).
4. Scatter half the peach chunks and banana slices evenly on top of the matza.
5. Scatter 1/4 cup brown sugar and 1/4 teaspoon cinnamon on top. Repeat this layer, using the remaining matza, peaches and bananas, brown sugar and cinnamon. Set aside.
6. In a large bowl whisk the cream cheese with one egg until the mixture is smooth. Add additional eggs one at a time, whisking to incorporate each one completely before the next one is added.
7. Pour in milk, lemon peel and vanilla extract and whisk the ingredients to incorporate them completely.
8. Pour the egg mixture over the matza and seasoned peached and bananas.
9. Refrigerate for at least 3 hours.
10. Bake for about 45 minutes or until puffed and golden brown.

To serve, scoop portions and top with a drizzle of honey or pure maple syrup.

MORE BREAKFAST IDEAS

Homemade Hash Browns

Omelet or Scrambled Eggs

Potato Pancakes

Turkey Bacon or Turkey Sausage

SNACKS



MATZA PIZZA

Ingredients

- 1 piece of matza
 - Tomato sauce
 - Desired toppings: chopped meat, vegetables, olives, etc.
 - Cheese
 - Italian seasoning
1. Heat oven to 350 degrees.
 2. Place matza on baking sheet.
 3. Spread a thin layer of tomato sauce over the matzah.
 4. Cover the tomato sauce with Italian seasoning, desired toppings and then top with cheese.
 5. Bake in oven until cheese melts.



SLICED APPLES

~ from www.allrecipes.com

Ingredients

- 1/4 cup butter or margarine
- 8 large Granny Smith apples, peeled, cored, and sliced
- 1/2 cups brown sugar
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg

1. Melt butter in a large skillet over medium-high heat.
2. Add apples and remaining ingredients.
3. Sauté 10 to 15 minutes or until apples are tender.





CHICKEN SALAD

Ingredients

- 4 skinless, boneless chicken breast halves, cooked and diced
- 1 stalk celery, chopped
- 1/2 onion chopped
- 1 small apple - peeled, cored and chopped
- 1/3 cup golden raisins (optional)
- 1/3 cup seedless grapes, halved
- 1/2 cup chopped toasted pecans (optional)
- 1/8 tsp black pepper
- 3/4 cup mayonnaise

In a large salad bowl, mix all ingredients together, tossing to coat.

*Apples and grapes replace the relish typically used in chicken salad and tuna salad.

MORE SNACK IDEAS

Dried Fruit

Fresh Fruits and Vegetables

Fruit and/or Vegetable Smoothie

Potato Chips (with no corn oil)

Cheese Cubes and Matza

Turkey Ham, Cheese and Fruit Kebabs

Tossed Salad

SALAD DRESSINGS AND DIPS



CREAMY AVOCADO DRESSING

Ingredients

- 1 small avocado
- 1 small clove garlic, minced
- 1/4 cup water
- 2 tsp olive oil
- 2 tbsp sour cream
- 1/2 tsp honey
- 1/2 tsp sea salt, seasoned salt, or salt-free seasoning
- 2 tbsp fresh lemon juice

1. Cut avocado in half.
2. Peel, remove pit, and cut into large cubes.
3. Place all ingredients in food processor or blender. Use water to thin to just pourable consistency.



4. Process until creamy and smooth.

Use as dressing for salads, as dip for raw vegetables. Keeps 3 days in the refrigerator.

Makes 2 cups.

LIGHT DRESSING

Ingredients

- 1 clove garlic, halved
- 3 tbsp olive, safflower or unrefined sunflower oil
- 1 tbsp fresh lemon juice
- 1/4 tsp sea salt, seasoned salt, or salt-free seasoning
- fresh ground black pepper (optional)

1. Place all ingredients in measuring cup, and allow to sit for 15 minutes or longer so garlic flavors the oil.
2. Pierce garlic with fork, and whip ingredients together with garlic fork.
3. Discard garlic.
4. Pour dressing over salad, and toss well.

Enough for 1 large or 2 small salads.

GARLIC HERB DRESSING

Ingredients

- 1 clove garlic, minced or crushed
- 5 tbsp olive oil
- 2 tbsp fresh lemon or lime juice
- 1/2 tsp dried chervil
- 1/2 tsp dried marjoram
- 1/4 tsp dried mint
- 1/2 tsp dried thyme
- 1/8 tsp dried tarragon
- 1/2 tsp sea salt, seasoned salt, or salt-free seasoning
- fresh ground

1. Place all ingredients in bowl
2. Whip with fork or whisk. (May also combine ingredients in blender or food processor.)



GUACAMOLE

~ from www.allrecipes.com

Ingredients

- 3 avocados, peeled, pitted and mashed
- 1 lime, juiced
- 1 tsp salt
- 1/2 cup diced onion
- 3 tbsp chopped fresh cilantro
- 2 roma tomatoes, diced
- 1 tsp minced garlic
- 1 pinch ground cayenne pepper (optional)

1. In a medium bowl, mash together avocados, lime juice and salt.
2. Mix in onion, cilantro, tomatoes, and garlic.
3. Stir in cayenne pepper.
4. Refrigerate 1 hour for best flavor or serve immediately.

If you are not going to serve guacamole immediately, return seed to bowl to prevent discoloration, cover tightly, and refrigerate until ready to use. Serve as dip for celery stalks, or other raw vegetables.

SOUPS



POTATO SOUP

Ingredients

- 3 1/2 cups peeled and diced potatoes
- 1/3 cup diced celery
- 1/3 cup finely chopped onion
- 3 1/4 cups water
- 2 tbsp chicken bouillon granules
- 1/2 tsp salt, or to taste
- 1 tsp ground white or black pepper, or to taste
- 5 tbsp butter
- 5 tbsp potato starch
- 2 cups milk

1. Combine the potatoes, celery, onion and water in a stockpot. Bring to a boil.
2. Cook over medium heat until potatoes are tender, about 10 to 15 minutes.



3. Stir in the chicken bouillon, salt and pepper.
4. In a separate saucepan, melt butter over medium-low heat. Whisk in potato starch with a fork, and cook, stirring constantly until thick, about 1 minute.
5. Slowly stir in milk as not to allow lumps to form until all of the milk has been added. Continue stirring over medium-low heat until thick, 4 to 5 minutes.
6. Stir the milk mixture into the stockpot, and cook soup until heated through.

Serve immediately.

VEGETABLE SOUP

Ingredients

- 9 cups water
- 11 tsp Carmel Soup Mix
- 2-14oz. cans of stewed tomatoes
- 1 pkg green onions
- 4 cups vegetable broth
- 1 bunch celery
- 2 lbs. carrots
- 2 green peppers

1. Cut vegetables into small to medium size pieces.
2. Combine all ingredients in a large pot.
3. Bring to a rapid boil for 10 minutes.
4. Reduce to simmer and continue to cook until vegetables are tender.

Serves 12



CHICKEN SOUP

Ingredients

- 2 skinless, boneless chicken breasts (about 8 oz), cut into 1-inch pieces
- 1 bay leaf
- 8 cups chicken broth
- 2 cups sliced celery
- 1 1/2 cups chopped green onions
- 2 cups sliced carrots
- 2 garlic cloves, chopped
- 1 cup sliced zucchini
- 2 cups peeled, diced potatoes or cooked egg noodles
- 1 tsp minced fresh parsley
- 1 tsp snipped fresh chives
- freshly ground pepper, to taste

1. In soup pot or deep pan, combine chicken, bay leaf, broth, celery, green onions, carrots, zucchini and potatoes.
2. Bring to a boil
3. Reduce heat and let simmer approximately 20 minutes, or until chicken



and vegetables are tender.

4. Just before serving, remove bay leaf and add parsley, chives and noodles, if using.
5. Season with pepper, to taste.

COOKED VEGETABLES



SWEET BASIL CARROTS

Ingredients

- 12 medium carrots, peeled
- 3 tbsp sweet butter
- 2 tbsp pure maple syrup
- 1-2 tsp fresh basil

1. Cut carrots into 1/8 inch slices or run through slicer of food processor.
2. Place carrots in vegetable steamer, covered, over boiling water for 10 minutes until tender but not mushy.
3. Remove from heat and set aside. (Carrots may be steamed well in advance and combined with other



- ingredients immediately before serving).
4. In large heavy saucepan, melt butter.
5. Add maple syrup, carrots, basil and sea salt.
6. Stir well to coat carrots thoroughly with butter sauce.

Serves 4-6



ASPARAGUS ITALIAN STYLE

~ from www.simplyrecipes.com

Ingredients

- 1 pound asparagus
- 1-2 tbsp olive oil
- 2 cloves garlic, minced
- Salt, to taste
- Freshly ground black pepper, to taste
- Fresh lemon juice or balsamic vinegar, to taste

1. Preheat oven to 400 degrees.
2. Cut off bottom ends of asparagus.
3. Line a roasting pan with foil. Arrange asparagus spears in single layer on roasting pan.
4. Drizzle asparagus with olive oil, salt, pepper and garlic.
4. Roast in oven for 10 minutes, more or less.
5. Drizzle with lemon juice or balsamic to serve.

BROCCOLI IN LEMON BUTTER SAUCE

~ from www.tasteandtellblog.com

Ingredients

- 1 lb. broccoli with florets
- 2 tbsp butter
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest
- 1/2 tsp salt
- 1/4 tsp pepper

1. Cut heavy stalks of broccoli, leaving floret and 2-3 inches of stem. Cut each broccoli stem into individual florets.

3. Place in steamer, covered, over boiling water for 3 minutes or just until tender.

Broccoli stems should be tender when pierced with tip or sharp knife and should retain their bright green color.

4. In small saucepan, melt butter over low heat. Add lemon juice and cook for 30-60 seconds.

5. Whisk in lemon zest, salt and pepper.

6. Pour sauce over broccoli and toss to coat.

STEAMED VEGETABLES IN LEMON BUTTER SAUCE

Ingredients

- 4-6 tender young carrots, cut into 1/2 inch cubes
- 2 medium zucchini
- 2 medium yellow squash
- 2 tbsp butter, melted
- 2 tsp fresh lemon juice

1. Place carrots in vegetable steamer, covered, over boiling water for approximately 10 minutes.

2. Add zucchini and squash, whole, and steam 5-7 minutes or until just tender.

3. Place vegetables in serving dish.

4. Cut squash in quarters, lengthwise, and then into 1/2-inch cubes.

5. Combine butter and lemon juice in measuring cup, and pour over vegetables.

Toss gently.

GARLIC MASHED CAULIFLOWER

~ from www.allrecipes.com

Ingredients

- 1 head cauliflower, cut into florets
- 1 tbsp olive oil
- 1 clove garlic, smashed
- 1/4 cup grated parmesan cheese
- 1 tbsp reduced fat cream cheese
- 1/2 tsp kosher salt
- 1/8 tsp freshly ground black pepper

1. Place a steamer into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil.
2. Add cauliflower, cover and steam until tender, about 10 minutes.
3. Meanwhile, heat olive oil in a small skillet over medium heat; cook and stir garlic until softened, about 2 minutes. Remove from heat.
4. Transfer half the cauliflower to a food processor; cover and blend on high.
5. Add remaining cauliflower florets, one at a time, until vegetables are creamy.
6. Blend in garlic, parmesan cheese, cream cheese, salt, and black pepper.



MEATS

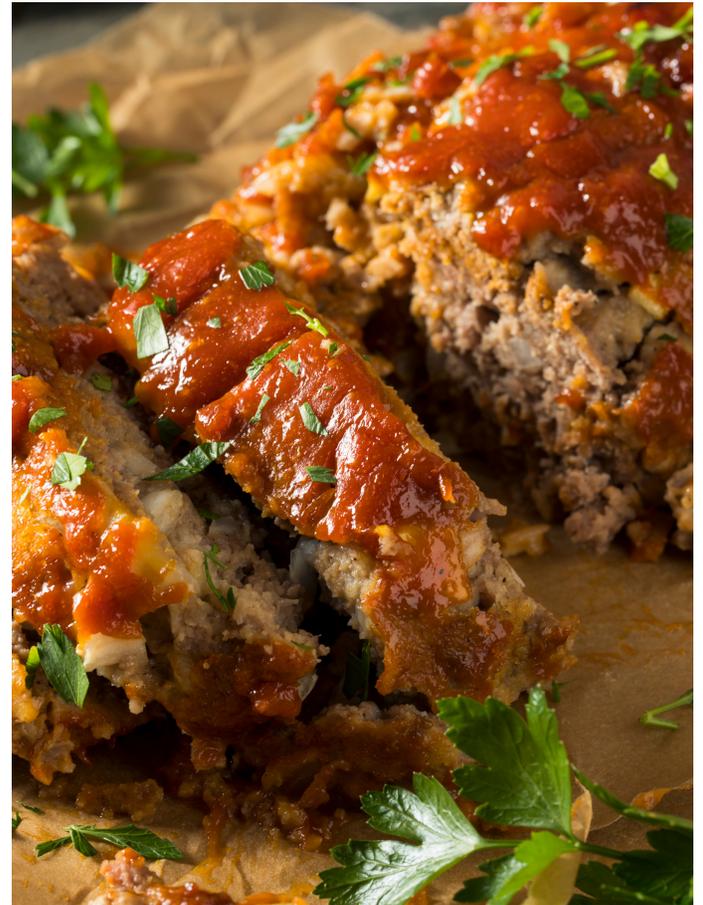


SIMPLE MEATLOAF

Ingredients

- 1 tbsp oil
- 1/2 cup finely chopped onion
- 1/2 cup finely chopped celery
- 1/4 cup finely chopped green pepper
- 1 cup ketchup
- 1 1/2 lb. ground turkey (ground beef)
- 1 cup crumbled matza crackers
- 1 large egg slightly beaten
- 1/2 tsp salt
- 1/4 tsp pepper

1. Preheat oven to 350 degrees.
2. Heat oil in a skillet set over medium-high heat.
3. Cook onion, celery and pepper until softened, about 5 minutes. Stir in ketchup.
4. Remove pan from heat and divide sauce mixture in half. Combine one half of the sauce with ground turkey, crumbled matza,



- egg, salt and pepper. Mix gently.
5. Pat mixture into a lightly greased meatloaf pan.
6. Bake for 1 hour.
7. Rest meatloaf for 5 minutes.
8. Reheat the reserved sauce mixture.

Slice meatloaf and serve with sauce.

FRIED CHICKEN

Ingredients

- 2 to 2 1/2 lb. frying chicken pieces (rinsed and pat dry)
- 1 cup matza meal
- 2 tsp salt
- 1 tsp paprika
- 1/2 tsp black pepper
- 2 eggs
- 2 tbsp water
- 1/2 tsp each; garlic powder and ground oregano
- 1/4 tsp cayenne pepper
- 2 cups oil

1. Combine matza meal, salt, paprika and pepper in plastic bag. Beat together eggs and water in shallow dish. Combine garlic powder, oregano and cayenne in small bowl or condiment shaker.
2. Heat oil to 375 degrees in deep, electric fry pan or heavy, deep skillet.
3. Shake chicken, a few pieces at a time, in flour mixture to coat. Dip in egg, then shake again in matza meal.



FRIED CHICKEN (CONT'D)

4. Fry chicken, skin side down, for 10 minutes. Turn chicken and cook additional 20 minutes, turning occasionally.

5. Remove chicken from skillet, drain on paper towels and sprinkle immediately with spice mix.

Makes 4 to 6 servings.



MAKE BUFFALO WINGS!

Buffalo Sauce Ingredients

~ from www.allrecipes.com

- 1/4 cup butter
- 1/4 cup Frank's Hot Sauce
- 2 dashes ground black pepper
- 2 dashes garlic powder

Directions:

For the sauce, combine butter, hot sauce, pepper and garlic powder in a bowl and microwave until melted. Pour over chicken and stir for a couple of minutes to blend evenly.

GRANDMA'S FAMOUS SALMON CAKES

~ from www.allrecipes.com

Ingredients

- 1 (14.75 ounce) can salmon, drained and flaked
- 2 eggs, beaten
- 1 small onion
- 1 tsp ground black pepper
- 3 tbsp oil

1. Pick through the salmon and remove any bones.
2. In a mixing bowl, beat the eggs and add the diced onion, salmon and pepper. Mix thoroughly.
3. Shape into 2 ounce patties; about 7 or 8 patties.
4. In a large skillet, over medium heat, heat the oil.
5. Fry each patty for 5 minutes on each side or until crispy and golden brown.



MORE MEAT DISH IDEAS

Baked or Grilled Chicken

Baked or Grilled Salmon

Steak

Grilled Lamb

Ground Turkey/Beef Taco Salad (*Substitute matza
crackers in place of tortilla chips*)

SIDE DISHES



SIMPLE ROASTED BUTTERNUT SQUASH

~from www.allrecipes.com

Ingredients

- 1 butternut squash - peeled, seeded, and cut into 1 inch cubes
- 2 tbsp olive oil
- 2 cloves garlic, minced
- salt and ground black pepper to taste

1. Preheat oven to 400 degrees.
2. Toss butternut squash with olive oil and garlic in a large bowl.
3. Season with salt and black pepper.
4. Arrange coated squash on a baking sheet.
5. Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes.

PERFECT BAKED POTATO

~ from www.allrecipes.com

Ingredients

- 1 medium baking potato
- 1 tsp olive oil
- 1/2 tsp salt
- 2tsp butter
- 1 pinch freshly ground black pepper
- 1/4 cup shredded cheddar cheese

1. Preheat the over to 300 degrees.
2. Scrub the potato, and pierce the skin several times with a knife or fork.
3. Rub the skin with olive oil, then with salt.
4. Place the potato in the preheated oven, and bake for 90 minutes, or until slightly soft and golden brown.
5. Slice the potato down the center, and serve with butter and black pepper.

Sprinkle shredded cheddar cheese over the top, if desired.

MORE SIDE DISH IDEAS

Dressing

Potatoes (Roasted, Mashed, etc.)

Spaghetti

Side Dish Tips:

- Switch out the cornbread and/or bread cubes in your favorite dressing recipe with crumbled matza crackers.
- Make your favorite spaghetti sauce and use one of the following in place of the spaghetti noodles: (zucchini noodles or spaghetti squash)

DESSERTS



Keep in Mind:

Most sweets contain corn syrup, which is **not** permissible to eat during the seven-day period of the Feast of Unleavened Bread.

Read ALL labels.

MATZA APPLE TEA CAKES

~ from www.foodnetwork.com

Ingredients

- 4 large eggs
- 6 tbsp kosher vegetable oil
- 1 cups sugar
- 1 cup unsalted matza meal
- 3 tbsp potato starch
- 1/8 tsp salt
- 1 medium Granny Smith apple, peeled, cored, and diced
- cinnamon sugar, as needed

1. Preheat oven to 350 degrees.
2. In a medium mixing bowl, whisk together the eggs and oil. Add the sugar, matza, potato starch, and salt and mix until blended. Stir in the apples.
3. Spray a 2 1/2 inch by 3 1/4 inch muffin tin with non-stick spray. Fill 3/4 full with the batter and dust with the cinnamon



- sugar. Bake until the tops spring back when pressed, about 15 to 18 minutes.
4. Cool on a rack and remove from the tin when they are at room temperature.

MATZA BRITTLE

~ from www.onceuponachef.com

Ingredients

- 4-5 matza crackers
- 2 sticks (1 cup) unsalted butter
- 1 cup firmly packed dark brown sugar
- 1 (12-ounce) bag semi-sweet chocolate chips
- 1 cup chopped pecans
- 1/2 tsp sea salt flakes or kosher salt

1. Preheat oven to 350.
2. Line a rimmed baking sheet with heavy duty aluminum foil, making sure the foil goes up and over the edges. and top with a sheet of parchment paper.
3. Cover the baking sheet with the matzas, cutting and piecing them together as necessary to fill the entire pan.

4. Making the toffee: Combine butter and brown sugar in medium saucepan. Cook over medium heat, stirring constantly with a whisk, until the mixture comes to a boil.
5. Continue cooking and stirring for another 3 minutes until foamy and thickened.
6. Immediately pour toffee over the matzas and using a spatula, spread into an even layer.
7. Bake for 8 to 10 minutes (until toffee topping is crackled and bubbling all over).
8. Remove from oven and scatter chocolate chips evenly over top. Wait 3 to 5 minutes for chips to soften, then use an offset spatula to spread the chocolate into an even layer.
9. Sprinkle with pecans and sea salt.
10. Refrigerate until the chocolate is firm, about 45 minutes. (Don't leave it in too long otherwise it will be too hard to cut)

Use a large knife to cut into 2-inch squares. Store in airtight container in the fridge and serve cold.



UNLEAVENED BROWNIES

Ingredients

- 5 eggs
- 2 1/2 cups sugar
- 1 3/4 cups oil
- 3/4 cocoa
- 1 1/4 cups cake meal
- 1 1/4 cups walnuts, chopped

1. Preheat oven to 350 degrees.
2. With mixer, beat eggs and sugar.
3. Add oil, cocoa, and cake meal. Mix well.
4. Stir in walnuts.
5. Lightly grease two 9-inch square pans or one 9x13 pan.
6. Pour batter into pans. Bake for 40 minutes.

ICE BOX COOKIES

Ingredients

- 1 stick butter
- 1 cup sugar
- 2 eggs
- pinch of salt
- 1/2 cup chopped nuts
- 1 cup cake meal
- 2 tbsp lemon juice or orange juice

1. Cream butter and sugar.
2. Add remaining ingredients and mix well.
3. Place dough in wax paper and form into 1 or 2 long rolls. Chill overnight.
4. Cut rolls into slices and bake on greased cookie sheet at 350 degrees for 20-25 minutes.

Yield 4 dozen cookies.

MY 7-DAY MEAL PLAN

(Unleavened Bread 2022)

Day 1

Breakfast

Lunch

Dinner

Day 2

Breakfast

Lunch

Dinner

MY 7-DAY MEAL PLAN (CONT'D)

Day 3

Breakfast

Lunch

Dinner

Day 4

Breakfast

Lunch

Dinner

MY 7-DAY MEAL PLAN (CONT'D)

Day 5

Breakfast

Lunch

Dinner

Day 6

Breakfast

Lunch

Dinner

MY 7-DAY MEAL PLAN (CONT'D)

Day 7

Breakfast

Lunch

Dinner



Created by:
Grace Congregational Church