



THE **STRENGTH** OF A PEOPLE • THE **POWER** OF COMMUNITY



AVOCADO MANGO AND STRAWBERRY SALAD

Serves 6 to 8

- 4 avocados (sliced thin, sprinkle a little lemon juice over them to keep from browning)
- 3 to 4 mangos (cut into cubes)
- 6 to 8 strawberries (sliced thin)
- 1 bag spring greens or baby spinach
- 1 cup toasted slivered almonds
- 3 green onions sliced thin
- 1/4 cup oil
- 2 Tablespoons white wine or vinegar
- 2 Tablespoons honey
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- Pinch paprika.

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In a jar with a tight fitting lid combine the oil, wine, honey, salt, pepper and paprika and seal tight. Shake to combine and set aside

On individual plates place a handful of the greens and then arrange the avocado slice, strawberry slices and mango cubes on top. Drizzle a little of the dressing over the top and top with the toasted almonds and green onions.

STUFFED PORTOBELLOS

Serves 6 to 8

1 box quinoa cooked according to the package directions then set aside (you can use vegetable broth if you like) and then place it in a large bowl

1 red pepper diced

1 yellow pepper diced

1 green pepper diced

1 red onion diced

2 teaspoons minced garlic

1 can artichoke hearts, drained and chopped

3 stalks of celery, sliced

1 sweet potato, cooked but not mushy, peeled and diced

6 to 8 portobello mushrooms, stemmed, and washed

3 tablespoons olive oil

Salt/pepper

1 jar kosher for Passover tomato "pasta" sauce

Basil and oregano to taste

In a skillet, heat the oil and sauté the onion, garlic, celery and red, yellow and green peppers for 3 to 4 minutes until they start to soften. Add the sweet potato and artichoke hearts and mix just until everything is warm throughout. Remove from the heat and place the mixture in the bowl with the quinoa. Mix to combine and season with salt and pepper and the basil and oregano to taste.

Preheat the oven to 375. Line a cookie sheet with sides with parchment paper. Place the mushroom caps on the cookie sheet and then divide the quinoa mixture evenly between them. Spoon a little of the tomato sauce over the top and then back for 20 to 30 minutes until throughout and serve. (If you're doing dairy you can mix in 1/2 cup parmesan cheese with the quinoa mixture before stuffing the mushroom caps and then sprinkle a little more on top of the sauce before you bake)

CAULIFLOWER STEAKS

Serves 6 to 8

2 Large heads of cauliflower

Olive oil

Salt and pepper

Paprika

Tarragon

Basil

Oregano

2 tablespoons sugar

2 onions sliced

1 lb. mushrooms sliced

1 tablespoon of oil

Pinch of potato starch

Preheat the oven to 375. Slice the cauliflower heads into 3 or 4 "steaks" depending on the size (to be shown how). Liberally grease a cookie sheet with sides. Make sure that both sides of the steaks are coated with the oil. Season with salt and pepper on both sides and sprinkle with the sugar. Bake for 12 minutes on each side then remove from the oven. While they are cooking in a skillet sauté the mushrooms and onions in 1 tablespoon of oil. Season with the tarragon, basil and oregano and cook just until the mushrooms are soft and there isn't too much liquid left. Add a pinch of potato starch to thicken and mix to combine. Place the cauliflower steaks on a platter and spoon the sauce over the top and serve.

PINA COLADA SALMON

6 salmon filets, skinned
1 cup pineapple juice
1/2 cup almond milk
1/4 cup flaked coconut

2 eggs, beaten

2 cups matzo meal (divided)
1 to 1 1/2 chopped macadamia nuts
salt and pepper to taste

1 cup apricot jam
1/2 cup raspberry jam
1/4 cup white wine

olive oil

Spring greens or baby spinach
1 pint raspberries
1 cup toasted coconut

in a baggie with a zip top combine the salmon, pineapple juice, almond milk and coconut. Close and shake to coat and refrigerate for 30 minutes. In one bowl place 1 cup matzo meal, in another bowl place the eggs and beat them and in a 3rd bowl and in another bowl combine the matzo meal and macadamia.

Preheat the oven to 350. Remove the salmon filets and shake the excess liquid off but do not pat dry. Dredge the filets in the matzo meal. Dip in the egg and then coat with the macadamia matzo meal mixture. Place parchment paper on the bottom of a cookie sheet with side. Drizzle a little oil over the paper and spread to coat. Place the coated filets on top of the parchment paper and then drizzle oil over the top. (You can pan fry these if you prefer and then reheat when ready to serve). Cook for 15 to 17 minutes depending on the thickness of the filets. It should be sizzling.

While the filets are cooking in a saucepan combine the apricot jam, raspberry jam and wine. Mix to combine and bring to a simmer. Let simmer for 2 minutes and remove from the heat.

To serve on a platter and place the filet on top of greens and drizzle the sauce over the top and garnish with raspberries and toasted coconut.