



Pantry Pesach Recipe Guide

Quinoa Stuffed Peppers

- 3 bell peppers (cut lengthwise with seeds and core removed)
- 8 oz button mushrooms, chopped
- 1.25 cups quinoa, cooked
- 1 small onion, chopped
- 1 tsp smoked paprika
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 8-10 sprigs fresh thyme, leaves only
- 1 sprig fresh rosemary, chopped
- 1/3 cup white wine (or veggie broth)
- 2.5 cups tomato sauce + additional 2 tbsp
- 1/3 cup fresh parsley, chopped
- Salt and pepper to taste

Instructions

1. Preheat your oven to 375F.
2. Preheat enough oil to cover the bottom of a medium skillet over medium flame and sauté the onion until translucent.
3. Stir in the chopped mushrooms and toss to coat. Cook another 5 minutes or so until they release all the moisture.
4. Stir in the onion powder, paprika, garlic, nutritional yeast and thyme then add the wine (or vegetable stock), cook until the liquid has evaporated.
5. Add the quinoa and a few spoonful of marinara sauce to the mushrooms and mix to combine. Adjust seasonings to taste with sea salt and black pepper.
6. Take your cut and cleaned peppers and fill each pepper half with the quinoa mixture. You should have just enough for the 6 halves.



7. Spread half of the tomato sauce on the bottom of a pan and top with the stuffed peppers. Spoon the remaining sauce over the top of the peppers.
 8. Cover the pan with aluminum foil and bake for 1 hour.
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Crispy Eggplant Stacks with Ratatouille Sauce

Pt. 1 Ratatouille Sauce

- 3 yellow squash
 - 3 zucchinis
 - 1 large yellow onion
 - 3 bell peppers, any color you like, about ½ pound
 - ½ cup olive oil
 - Salt to taste
 - Freshly ground pepper to taste
 - 2 tablespoons finely minced garlic
 - 4 cups (42 oz) chopped or crushed tomatoes
 - 4 tablespoons tomato paste
 - 1 bay leaf
 - 4 sprigs of fresh thyme (or 1 teaspoon dried)
 - Optional 2 teaspoons of herbs de Provence
- 1) Wash the squash and zucchini and cut off the ends. Leaving the skin on, cut them into small cubes. Chop your onions and bell peppers to a similar size.
 - 2) Heat the olive oil over high heat in a heavy casserole pan or Dutch oven. When the oil is shimmering, add the onions and bell peppers and cook until the onions are slightly translucent, about 2 minutes.
 - 3) Add the squash and zucchini, seasoning with bit of salt and pepper. Cook, stirring often, until the vegetables start to brown, about five minutes.
 - 4) Add in your tomato paste and stir to blend, cooking for a minute to caramelize slightly. Add in your canned tomatoes and stir.



5) Add the bay leaf, thyme, and the optional herbs de Provence. Add a bit of salt and black pepper to taste. Bring to a boil, reduce the heat to a simmer. Cover and simmer gently for 30 minutes.

Pt 2. Crispy Eggplant Rounds

- 2 eggplant
 - 2 cup Matza Meal
 - 1/2 cup almond meal
 - 2 tsp dried italian seasonings
 - 1/2 tsp salt
 - 3/4 cup unsweetened unflavored Almond Milk
 - 1-2 Tbs potato starch, enough to make an egg-like slurry
- 1) Preheat oven to 400F and line a baking sheet with foil and cover with nonstick spray.
 - 2) Slice eggplant into thin rounds slightly less than 1/2 inch thick, and sprinkle both sides liberally with sea salt. Place in a colander and place in the sink to draw out the moisture, trying to avoid too much stacking.
 - 3) Let rest for 15-30 minutes, then rinse and arrange on a clean absorbent kitchen towel. Top with another clean dish towel and lay a baking sheet on top. Place something heavy on top to weigh it down to thoroughly dry the eggplant 5-10 minutes.
 - 4) Prepare your dipping stations by placing almond milk and potato starch in one bowl; almond flour in another bowl, and matza meal, salt, and oregano in another bowl. Once thoroughly dry, dip eggplant slices in the almond flour, then almond milk mixture, then matzah meal.
 - 5) Arrange on a baking sheet so that no pieces are touching, spray or drizzle the tops with olive oil and place in the oven for 20-30 minutes or until brown and crispy.



Pt 3 – Assembly – place a layer of eggplant slices into a serving dish. Cover with a spoonful of sauce, and top with another eggplant slice. Repeat until you've used all your eggplant. Garnish with fresh torn basil and optionally plant-based cheese.

Chocolate Blueberry Cake

- 1 ¼ c frozen blueberries, slightly defrosted (can substitute raspberries)
 - ¾ cup cacao powder
 - ½ cup coconut sugar
 - 1 tbsp baking powder
 - 1 tsp vanilla extract
 - ¼ cup unsweetened shredded coconut
 - 2 Tbs Powdered Sugar
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1. Preheat the oven to 350F.
 2. Place your frozen blueberries in a food processor or blender and combine until pureed. (optional to strain puree but not necessary)
 3. Stir together the cacao powder, sugar, and baking powder in a mixing bowl.
 4. Add the blueberry puree and vanilla. Whisk until everything is combined and no lumps of chocolate remain – it wont look like it will work but then it all of a sudden just does!
 5. Spread evenly into a 6-inch pan lined with parchment paper.
 6. Bake for 30 minutes at 350F.
 7. Let the cake cool for at least 20 minutes before removing from the pan. The longer it chills the less delicate it will be!
 8. Top with dusted powdered sugar and shredded coconut. Cake is very fudgey and pudding like so enjoy with a spoon!
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Flourless Almond Coconut Cake

- 1 1/2 cups almond flour
- 1/2 grated coconut
- 1/4 tsp salt
- 1 cup white sugar
- 1 cup unsweetened applesauce
- 1 1/2 tsp vanilla essence
- 1/3 c vegetable oil
- 2 tbsp almond flakes

1. Preheat your oven to 350F
2. Grease a springform or 9 inch cake pan and line the base and sides with parchment paper.
3. In a bowl add almond flour, coconut flakes, salt and sugar and stir well with a whisk until combined well.
4. In another bowl, whisk together the applesauce, oil and vanilla until combined. Mix into the wet ingredients until well mixed
5. Pour this into the prepared baking pan and spread it out evenly.
6. Scatter the almond flakes on top.
7. Bake in the oven for 30-32 minutes or until a toothpick comes out clean. If the almonds brown too quickly cover with foil.
8. Let cake cool completely before serving.