

CHICKEN MATZO BALL SOUP

Points ® per serving: 6

Number of Servings: 8

SOUP

3½ quarts water
1 (3½ lb.) chicken, rinsed
4 carrots, peeled and chopped
4 celery stalks, chopped
3 onions, chopped
3 turnips, peeled and quartered
2 parsnips, peeled and chopped
½ cup chopped fresh parsley
½ tsp. salt
½ tsp. freshly ground pepper

MATZO BALLS

2 large eggs
2 egg whites
2 tblsp. canola oil
¾ tsp. salt
¾ matzo meal
1-2 tblsp. seltzer

1. To make soup, combine the water, chicken, carrots, celery, onions, turnips, parsnips, parsley, salt and pepper in a large pot and bring to a boil. Simmer, partially covered, skimming off the foam occasionally, until the chicken is fork-tender, about 2 hours.

2. Meanwhile to make the matzo balls, bring 4 quarts of water to a boil. Beat the eggs, egg whites, oil and salt together in a bowl until frothy. Add the matzo meal and 1 tablespoon of the seltzer, adding up to a tablespoon more if the mixture is dry; stir until blended. Shape the matzo mixture into 8 balls; add the matzo balls to the boiling water. Simmer 35-40 minutes; drain. Add the matzo balls to the soup just before serving.

3. Transfer the chicken to a cutting board; cool slightly. Continue simmering the soup. Meanwhile, remove the meat from the bone and cut into bite-size pieces. Discard the bones and skin. When the soup is reduced to about 6 cups, return the meat to the soup and keep warm.

GRILLED ELLENSBURG LEG OF LAMB WITH APRICOT-MINT COMPOTE

Number of Servings: 12 POINT9® per serving: 3

1 (3-pound) lean leg of lamb, butterflied and trimmed of all visible fat	6 large garlic cloves, minced
¼ cup dried rosemary crumbled	1 teaspoon coarse salt
2 tablespoons sugar	¼ cup dried oregano
¼ cup chopped fresh mint	½ cup finely chopped white onion
12 ripe apricots, pitted and chopped (about 3 cups)	½ teaspoon table salt
	Freshly around pepper, to taste

1. Place the lamb in a large shallow roasting pan. Combine the oil, garlic, and coarse salt in a bowl. Coat all sides of the lamb with the garlic mixture. Cover and set aside to marinate at room temperature for 1 hour. Coat one side of the lamb with the oregano and the other with the rosemary.

2. Spray the grill rack with nonstick spray; prepare the grill. Grill the lamb 5 inches from the heat, turning once until the instant-read thermometer inserted in the thickest part of the lamb registers 120-130 degrees F (medium rare), about 15 minutes for each side. Let stand 10 minutes before carving.

3. Meanwhile, to make the compote, spray a large nonstick skillet with nonstick spray and set over medium-high heat. Add the onion and sauté until soft, about 3 minutes. Add the apricots, sugar and table salt, and the sauté until apricots are tender, about 3 minutes more. Remove the pan from the heat and stir in the mint and pepper.

4. Cut the lamb into thin slices across the grain and serve with the apricot-mint compote.

Matzo Brei

POINTS per serving 5

weightwatchers.com

Yield/Serves: 4

breakfast | This traditional Passover meal can be enjoyed plain or sprinkled with salt. Or try it with cinnamon sugar and reduced-calorie syrup, making sure to account for the added calories these toppings can bring.

INGREDIENTS

- 6 board matzo(s)
- $\frac{3}{4}$ cup fat-free egg substitute
- 2 Tbsp light butter

INSTRUCTIONS

1. Run warm water over each piece of matzo until it begins to bend. Break each wet piece into 2-inch pieces. Mix matzo with egg substitute in a large bowl until well-coated.
2. In a large, nonstick pan over medium heat, melt butter. Add matzo mixture, cook, turning occasionally, until matzo just begins to brown and is warmed through, about 5 minutes.
3. Serve immediately. Yields about 1 cup per serving.

MATZO BALLS

Ingredients

- 1 box regular matzos
- ½ cup egg substitute (Eggbeaters, etc.)
- 2+ cups minced onion
- 1+ cups finely chopped fresh parsley
- Salt to taste & lots of freshly grated black pepper
- Matzo meal
- Water or broth
- Your best veggie broth (put lots of celery in)

Crush up matzos (the crackers) in bowl and cover with water. Let soak ½ hour or so. Then "squish up" through fingers until it is kind of a dough.

Dry sauté in nonstick large deep pot (or sauté the onions in a greased large deep pot). Remove from heat when edges are brown and liquid has mostly evaporated. Stir in "squished" matzos, then the egg-likes, then the fresh parsley. Add matzo meal or water (or broth) to get to the right consistency.

Add salt & pepper to taste - (or other herbs, or garlic if you like). Refrigerate at least an hour, or overnight. Roll into 1" balls. Cook the matzo balls in boiling broth until they float to the top, or about 10 minutes. Serve 1 - 3 in a bowl of your best veggie broth.

To make denser, add more meal, to make softer, add more water. You might need to play with this--if you want it more "noodley" you can add more egg-likes; we like them to sink like a stone in the pot, then when they've cooked through, still have a dense consistency; this is a matter of taste. Mix them up then cook a few "test balls in salted water" & taste. Then add this or that - you know, like Mama used to do!

MATZO BALLS #2

Ingredients

- ½ cup matzo meal
- ½ tsp salt
- ¾ tsp powdered instant broth (veggie)
- 2 Tbsp chopped parsley (optional)
- dash of onion powder
- 3 egg whites
- 3 Tbsp cold club soda

Stir the dry ingredients together. Stir egg whites, club soda, and parsley slightly with a fork and pour over the dry ingredients. Mix

well and refrigerate at least one hour.

Form into 8 balls (1½ inch diameter) and drop into a large pot of boiling slated water or broth. Reduce the heat and simmer, covered, for 30 minutes. Do not remove the lid during the cooking period. Remove matzo balls with a slotted spoon and serve in soup. [Notel have not tried this recipe. In general, though, matzo balls keep well in the fridge; just warm them up before serving in soup.]

MATZO BALLS #3

(From No Cholesterol Passover Recipes, by Debra Wasserman)

Ingredients

¼ cup matzo meal
1 Tbsp potato starch
Scant 1/3 cup water
Pinch of salt

Mix together and refrigerate ½ hour. Roll into 8 balls and drop into boiling vegetable broth seasoned-water. Turn down heat and boil gently for 20 minutes. Remove from water with slotted spoon and bake for 10 minutes at 350 degrees on lightly oil-coated cookie sheet.

They can be made ahead and refrigerated until use. Do not put cold matzo balls into warm soup; warm them up first by dunking in hot water. Serve with vegetable broth.

This makes very small matzo balls, so plan on 3 - 4 per serving. Each:

Calories 20.25

Fat 0

Protein less than 1 gram

Carbohydrates 2 grams

There are more (not just Vegetarian Fat-Free) Passover recipes at this address:
<http://kosher4passover.com/recipes.htm>

SAVORY BRISKET

Number of Servings: 8 POINTS ® per serving: 6

1 (3 to 4 pound) brisket
2 onions, thinly sliced
1 cup beef broth or water
½ cup red wine (Kosher for Passover)
½ teaspoon freshly ground black pepper
¼ cup Ketchup
salt and pepper

1. Spray a Dutch oven with non-stick cooking spray. Brown meat over medium heat, add onions and cook for a minute or two.
2. Add broth, wine and ketchup and mix well with onions. Bring to a boil, cover and simmer on low heat for about 2 hours or until meat is tender.
3. Transfer meat to a cutting board, slice meat and arrange on a platter. Top with gravy and serve immediately.

Per serving: 236 Calories, 7 g Total Fat, 3 mg Saturated Fat, 91 mg Cholesterol, 272 mg Sodium, 3 g Total Carbohydrate, 0 mg Dietary Fiber, 34 g Protein.

Recipe from Weight Watchers International, Inc.

POTATO PUDDING

Number of Servings: 12 POINTS ® per serving: 1

1¼ lb. Pared baking potatoes, thinly shredded and squeezed dry
½ cup grated onion
2 large eggs, lightly beaten
¼ cup + 2 Tbsp matzo meal
1 teaspoon garlic powder
½ teaspoon salt
¼ teaspoon freshly ground black pepper
¼ cup minced scallions

Preheat oven to 350°F. Spray a 13 x 9" baking pan with nonstick cooking spray; set aside. In a large bowl, combine potatoes, onion, and eggs. Stir in remaining ingredients and mix well; gently spoon into prepared pan. Bake 35 to 40 minutes until browned around edges. Let stand 5 minutes before cutting into 12 equal pieces.

Per serving: 70 Calories, 1 g Total Fat, 35 mg Cholesterol, 105 mg Sodium, 13 g Total Carbohydrate, 3 g Protein.

Recipe adapted from Weight Watchers Complete Cookbook and Program Basics. 1994 Weight Watchers International, Inc. All rights reserved. Reprinted by arrangement with Macmillan Books, USA.

CHOCOLATE- DRIZZLE ORANGES IN STRAWBERRY CREAM

Number of Servings: 2

POINTS® per serving: 2

1 cup strawberries
1 tablespoon sugar
1 tablespoon orange liqueur
2 teaspoons cornstarch
2 navel oranges, peeled and sliced ¼" thick
1 teaspoon light chocolate syrup
(optional, if does not meet kosher
standards)
1 tablespoon frozen light whipped non-dairy
topping (10 calories per teaspoon)
Mint sprigs

In a blender or food processor,
puree the strawberries, sugar,
liqueur and whipped non-dairy
topping.

In a small saucepan, combine the
cornstarch with 3 tablespoons cold
water; stir in the strawberry mixture.
Cook over medium heat, stirring
constantly, until the mixture boils
and thickens, 2-3 minutes. Remove
from the heat and cool slightly.
Refrigerate, covered, until chilled,
1-2 hours.

Pour the strawberry cream onto 2
dessert plates. Arrange the orange
slices on top. Drizzle with the
chocolate syrup and serve, garnish
with the mint.