



This kosher for Passover recipe collection was created to help you think outside of the matzo box this year. These recipes feature nutrient-rich powerhouse foods that we think you will enjoy at Passover and all year.

Chag sameach!

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## Blueberry Almond Pancakes

2 servings

15 minutes

### Ingredients

- 1 Egg
- 1/4 cup Almond Butter
- 2 tbsps Unsweetened Almond Milk
- 1 1/2 tps Maple Syrup
- 1/2 tsp Baking Powder
- 1/2 tsp Coconut Oil (for the pan)
- 1/4 cup Blueberries (fresh or frozen)

### Directions

- 1 In a mixing bowl, whisk the egg, almond butter, and almond milk together until smooth. Stir in the baking powder and maple syrup.
- 2 Heat a pan over medium heat. When the pan is hot add the oil. Spoon the batter into the pan in scant 1/4 cup portions to form small pancakes. Divide the blueberries between pancakes and cook for about three to five minutes per side or until golden brown and cooked through. Repeat with any remaining batter, adding more oil to the pan as needed.
- 3 Divide pancakes between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to two pancakes.

**More Flavor:** Add vanilla extract or more maple syrup to taste.

**Additional Toppings:** Maple syrup, honey, jam, butter, or fresh fruit.

**No Coconut Oil:** Use another oil for frying, like avocado oil.

**No Maple Syrup:** Omit or use another sweetener instead.



## Kefir Berry Smoothie

1 serving

5 minutes

### Ingredients

- 1 1/2 cups Frozen Berries
- 1 cup Plain Kefir
- 1/2 Banana (medium)
- 1 tbsp Sunflower Seed Butter

### Directions

- 1 Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Make it Vegan & Dairy-Free:** Use coconut yogurt instead of kefir.  
**No Sunflower Seed Butter:** Use almond or peanut butter instead.  
**Likes it Sweet:** Add maple syrup, honey, or dates to taste.





## Bell Pepper & Spinach Egg Bake

6 servings

30 minutes

### Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil (divided)
- 1 Red Bell Pepper
- 2 cups Baby Spinach (chopped)
- 1/2 cup Cherry Tomatoes (halved)
- 3 stalks Green Onion (chopped)
- 8 Egg
- 1/2 cup Water
- 1/2 tsp Sea Salt

### Directions

- 1 Preheat the oven to 400°F (204°C). Grease a baking dish with half of the oil.
- 2 Add the remaining oil to a pan over medium heat. Add the peppers and cook for about five minutes or until just tender and starting to brown. Add the spinach, tomatoes, and green onion. Continue to cook until the spinach wilts. Transfer the vegetables to the prepared baking dish and arrange them in an even layer.
- 3 Add the eggs, water, and salt to a bowl and whisk well. Pour the egg mixture into the baking dish.
- 4 Bake for 23 to 25 minutes or until the eggs have set and are firm to touch. Cut into squares and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** An 8.5- x 11.5-inch baking dish was used to make six servings. You can also make this in a 9 x 9-inch baking dish.

**More Flavor:** Use milk instead of water. Season the vegetables with your favourite dried herbs and spices.

**Veggies:** This recipe works well with nearly any vegetable. Use kale, steamed broccoli, cooked sweet potato, red onion, or mushrooms instead.



## Mushroom & Herb Egg Muffins

6 servings

30 minutes

### Ingredients

1 tbsp Butter (melted, divided)  
15 Cremini Mushrooms (sliced)  
2 tbsps Chives (finely chopped)  
2 tbsps Basil Leaves (finely chopped)  
1/2 tsp Sea Salt (divided)  
8 Egg  
1/4 cup Water

### Directions

- 1 Preheat the oven to 350°F (176°C) and lightly brush the cups of a muffin pan with some of the melted butter.
- 2 Add the remaining butter to a large pan over medium heat. Add the mushrooms and cook for five to seven minutes until softened. Add the chives, basil, and half of the salt to the pan and stir to combine. Divide the mushroom between the cups of the prepared muffin tin.
- 3 Add the eggs, water, and remaining salt to a mixing bowl and whisk well. Pour the egg mixture into the muffin cups.
- 4 Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is two egg muffins.

**Dairy-Free:** Use extra virgin olive oil or avocado oil instead of butter.

**More Flavor:** Use milk of choice instead of water. Add more fresh herbs.

**No Cremini Mushrooms:** Use another type of mushroom instead.





## Greek Tomato & Feta Omelette

1 serving

5 minutes

### Ingredients

- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Extra Virgin Olive Oil
- 1 Tomato (small, chopped, seeds removed)
- 1 tbsp Pitted Kalamata Olives (chopped)
- 1 tbsp Feta Cheese (crumbled)
- 1 1/2 tsps Parsley (chopped)

### Directions

- 1 In a small bowl, whisk the eggs with a fork and season with salt and pepper. Set aside.
- 2 Heat a small skillet over medium heat and add the oil. Pour in the egg mixture and cook until almost set. Place the chopped tomato, olives, and feta on one half of the omelette and fold the other half over top. Remove from heat and top with parsley. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Dairy-Free:** Omit the feta, or use a vegan cheese.

**More Flavor:** Add chili flakes.

**Make it Fluffy:** For a fluffier omelette, whisk the eggs with milk.



## Curried Chicken Salad

1 serving

5 minutes

### Ingredients

5 1/4 ozs Chicken Breast, Cooked (chopped)  
1/4 cup Grapes (quartered)  
1 tbsp Slivered Almonds  
1/2 stalk Green Onion (sliced, green part only)  
1 tbsp Mayonnaise  
1/2 tsp Maple Syrup  
1/8 tsp Curry Powder  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 In a small bowl, mix together all of the ingredients. Season with salt and pepper to taste. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is equal to approximately one cup.

**Nut-Free:** Replace the slivered almonds with sunflower seeds.

**Serve With:** Rice crackers and sliced vegetables, lettuce cups, or gluten-free bread.





## Salmon Salad Lettuce Wraps

3 servings

5 minutes

### Ingredients

15 ozs Canned Wild Salmon (drained)  
1 cup Unsweetened Coconut Yogurt  
1/4 cup Fresh Dill (minced)  
1 tbsp Lemon Juice  
1/2 tsp Sea Salt  
1/2 head Green Lettuce (separated into leaves and washed)

### Directions

- 1 In a bowl, combine the salmon, coconut yogurt, dill, lemon juice and salt. Adjust flavours as desired.
- 2 Scoop the mixture onto the lettuce leaves and enjoy!

### Notes

**Leftovers:** Refrigerate the salmon mixture and lettuce leaves in separate airtight containers for up to three days.

**Serving Size:** One serving equals approximately three salmon stuffed lettuce leaves.

**Additional Toppings:** Add cucumber, celery, red onion or tomato.

**No Coconut Yogurt:** Use Greek yogurt or mayonnaise and adjust lemon juice and salt as needed.



## Citrusy Kale & Carrot Salad

4 servings

10 minutes

### Ingredients

- 1 Navel Orange (medium)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1 tbsp Dijon Mustard
- 8 cups Kale Leaves (finely chopped)
- 1 Carrot (small, peeled and finely grated)
- 1/3 cup Walnuts (chopped)

### Directions

- 1 Cut away the peel and pith of the orange then cut the orange into segments away from the membranes. Roughly chop the orange segments and set aside.
- 2 In a small bowl combine the oil, lemon juice, and Dijon mustard
- 3 Add the kale to a mixing bowl. Add the dressing to the kale and massage with your hands for one to two minutes until wilted and tender.
- 4 Stir in the carrot then top with the orange segments and walnuts. Season the salad with additional lemon juice, if needed, and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Nut-Free:** Omit the walnuts or use pumpkin seeds instead.

**More Flavor:** Use roasted walnuts and add fresh parsley. Season with salt and pepper.

**More Protein:** Add chickpeas, cooked chicken, shrimp, or salmon.





## Smoked Salmon Lettuce Rollup

1 serving

5 minutes

### Ingredients

- 1/8 head Green Lettuce
- 1 1/2 tbsps Cream Cheese, Regular
- 1 1/16 ozs Smoked Salmon (sliced)
- 1/4 Cucumber (sliced in quarters)

### Directions

- 1 Spread the cream cheese evenly onto the lettuce leaf.
- 2 In the center of the leaf, add the smoked salmon. Top with the sliced cucumber.
- 3 From the bottom of the lettuce leaf, roll up. Slice the roll in half, serve on a plate and enjoy!

### Notes

**Leftovers:** This is best enjoyed immediately after making.

**Serving Size:** One serving size is equal to one lettuce wrap.

**More Flavor:** Add in chopped dill and capers for extra flavor.



## Radicchio & Kale Chopped Salad

2 servings

20 minutes

### Ingredients

- 4 Egg
- 4 cups Kale Leaves (finely chopped)
- 1/4 cup Lemon Juice (divided)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 cups Radicchio (chopped)
- 1 tsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 cup Walnuts (chopped)

### Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat and keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Drain the hot water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and chop the egg and set aside.
- 2 Meanwhile, place the kale in a large mixing bowl and add half of the lemon juice and half of the oil. Massage the kale for one to two minutes until wilted and tender. Mix in the radicchio.
- 3 In a small bowl combine the remaining lemon juice and oil with the Dijon mustard. Season with salt and pepper to taste.
- 4 Divide the kale mixture between plates or bowls and top with the tomatoes, walnuts, and chopped egg. Drizzle the dressing over top and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Nut-Free:** Omit the walnuts or use pumpkin seeds or sunflower seeds instead.

**Additional Toppings:** Add grated carrots, green or red onion, bell pepper or cucumber.

**Make it Vegan:** Omit the egg and top with chickpeas, lentils, or marinated tofu instead.





## Grilled Brussels Sprouts, Pear & Pecan Salad

4 servings  
20 minutes

### Ingredients

4 cups Brussels Sprouts (trimmed, outer leaves removed, halved)  
2 tbsps Avocado Oil  
1/2 tsp Sea Salt (to taste)  
8 Barbecue Skewers  
4 cups Baby Spinach  
2 Pear (cored, sliced)  
1 cup Pecans (crushed)  
1 cup Dried Unsweetened Cranberries  
2 tbsps Lemon Juice (to taste)

### Directions

- 1 Bring a pot of water to a boil. Blanch the Brussels sprouts for two to five minutes. Drain the water and pat dry. Toss the Brussels sprouts in oil and season with salt.
- 2 Pierce the Brussels sprouts onto the skewers.
- 3 Grill over medium-high heat for about four minutes per side, until tender and slightly charred.
- 4 Divide the spinach, pear, pecans, cranberries, and grilled Brussels sprouts onto plates. Drizzle with lemon juice and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving equals approximately 2 1/2 cups.

**More Flavor:** Marinate the Brussels sprouts for longer. Add black pepper and minced garlic to the marinade. Drizzle any leftover marinade over top of the cooked skewers.

**Additional Toppings:** Add olive oil, goat cheese, blue cheese, feta cheese or vegan cheese.

**No Skewers:** Use a grilling mat or basket instead.

**Barbecue Skewers:** If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.



## Balsamic Burger Salad

2 servings

15 minutes

### Ingredients

8 ozs Extra Lean Ground Beef  
1/4 tsp Onion Powder  
1/2 tsp Chili Powder  
Sea Salt & Black Pepper (to taste)  
2 tbsps Extra Virgin Olive Oil  
1 tbsp Balsamic Vinegar  
1 1/2 tsps Dijon Mustard  
4 cups Arugula  
1/2 Avocado (cubed)  
1/4 cup Red Onion (thinly sliced)

### Directions

- 1 In a medium-sized bowl, add the beef, onion powder, chili powder, and salt and pepper to taste. Mix to combine and form into patties.
- 2 Heat a cast-iron skillet over medium heat. Add a splash of oil if needed. Once hot, add the patties and cook for four to five minutes per side or until cooked through to your liking. Remove and set aside.
- 3 In a small bowl, whisk together the oil, balsamic vinegar, and dijon mustard. Season with salt and pepper.
- 4 Divide the arugula onto plates and top with avocado and red onion. Add the burger and drizzle the dressing on top. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Additional Toppings:** Cherry tomatoes, green onion, bacon, goat cheese, and/or pickles to the salad.

**No Beef:** Use ground turkey, chicken, or pork to make a burger patty instead.





## Walnut Crusted Salmon with Asparagus

2 servings

20 minutes

### Ingredients

- 1/4 cup Walnuts (very finely chopped)
- 1 stalk Green Onion (very finely chopped)
- 1/4 tsp Sea Salt
- 1/2 tsp Italian Seasoning
- 1/2 tsp Lemon Juice
- 1 tbsp Extra Virgin Olive Oil (divided)
- 8 ozs Salmon Fillet
- 2 cups Asparagus (trimmed)

### Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Combine the walnuts, green onion, salt and Italian seasoning. Add the lemon juice and 1/3 of the oil and stir to mix.
- 3 Rub another 1/3 of the oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
- 4 Toss the asparagus in the remaining oil and season with sea salt to taste. Place the seasoned asparagus in an even layer on the baking sheet with the salmon
- 5 Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily and asparagus is tender. Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Season the salmon with salt, pepper and garlic powder to taste before spooning the walnut mixture on top.

**No Green Onion:** Use yellow or red onion instead.

**Salmon:** Wild salmon was used to create this recipe. For thicker fillets of salmon adjust cooking time to ensure salmon is cooked through and flakes easily.

**Asparagus:** Choose asparagus that are roughly the same size. Adjust cooking time for thicker asparagus spears.



## Mushroom & Kale Stuffed Sweet Potato

2 servings

50 minutes

### Ingredients

- 2 Sweet Potato (medium, pierced with a fork)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (chopped)
- 1 cup Mushrooms (sliced)
- 1 cup Kale Leaves (chopped)
- 1 tbsp Nutritional Yeast

### Directions

- 1 Preheat the oven to 400°F (204°C) and place each sweet potato on a baking sheet. Bake for 40 to 45 minutes, or until cooked through.
- 2 About 10 minutes before the sweet potatoes are done cooking, heat the olive oil in a skillet over medium heat. Add in the onions and mushrooms and cook for 5 minutes or until soft. Add the kale and nutritional yeast and cook for another 3 minutes or until the kale is cooked down.
- 3 Once the potatoes are cooked through, slice them down the middle and top with the mushrooms, kale and onion mix. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

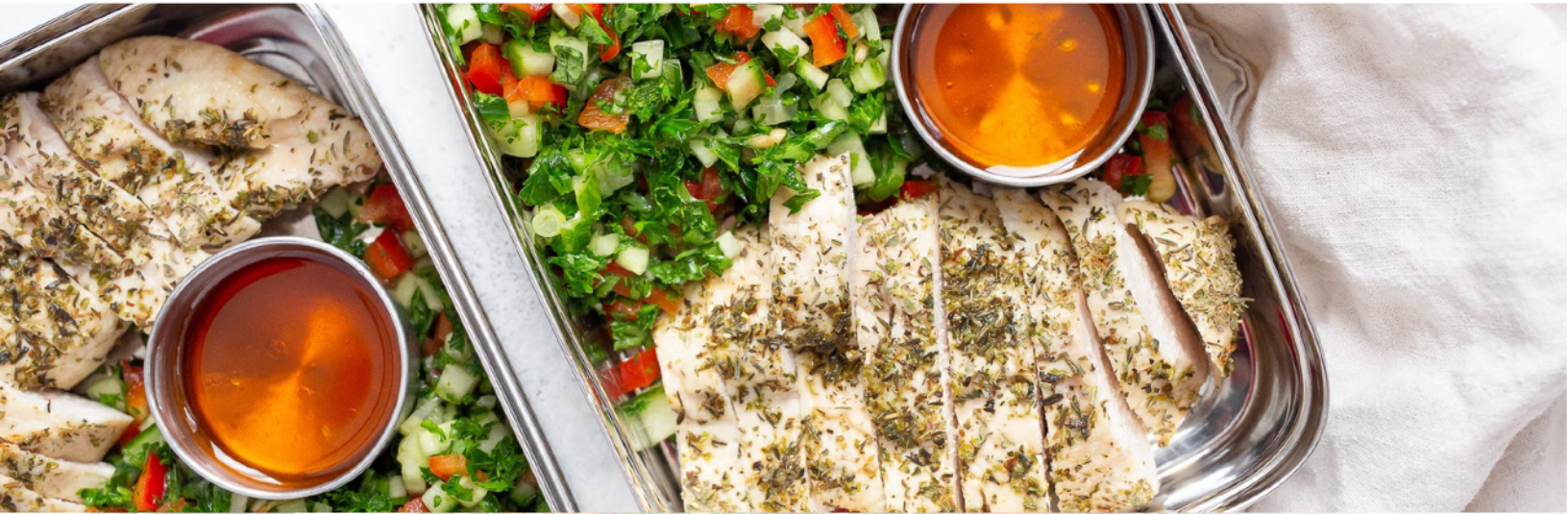
**Serving Size:** One serving equals one stuffed sweet potato.

**Meal Prep:** Cook the sweet potatoes ahead of time for a quick weeknight meal.

**No Kale:** Use spinach or Swiss chard instead.

**Additional Toppings:** Top with pumpkin seeds or sunflower seeds.





## Cucumber & Pepper Tabbouleh with Chicken

4 servings

30 minutes

### Ingredients

- 1 lb Chicken Breast (boneless, skinless)
- 2 tbsps Italian Seasoning
- 1 1/2 cups Parsley (tough stems removed, finely chopped)
- 1/3 cup Mint Leaves (finely chopped)
- 1 Cucumber (medium, finely diced)
- 1 Red Bell Pepper (large, finely diced)
- 3 stalks Green Onion (thinly sliced)
- 3 tbsps Red Wine Vinegar
- 3 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt (to taste)

### Directions

- 1 Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper.
- 2 Lay the chicken breast on the baking sheet and sprinkle with Italian seasoning. Place in the oven for about 30 minutes, or until cooked through.
- 3 In a large bowl, combine the parsley, mint, cucumber, bell pepper, and green onion.
- 4 In a jar, whisk together the red wine vinegar, oil, and salt (to taste).
- 5 Divide the tabbouleh and chicken into containers. Drizzle the dressing over top or store on the side. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**More Flavor:** Add olive oil, minced garlic, and black pepper to taste.

**Additional Toppings:** Diced tomato, quinoa, cauliflower rice, and/or avocado.