

Pinch & Dash Newsletter

April 2012



Quinoa Kugel

Ingredients:

4 cups quinoa, cooked
1 cup cottage cheese
2 tbsp sugar
½ tsp salt
½ tsp cinnamon
1 granny smith apple, peeled and diced
½ cup raisins
2 eggs

To make kugel:

Pre-heat oven to 375 degrees. Spray a 9x11 baking dish with cooking spray. Mix all above ingredients together in a large bowl. Place into baking dish and bake 45-50 minutes until slightly golden brown on top. Let cool slightly before cutting.

**This recipe can be made in advance, frozen and reheated in a 350 degree oven for 30 minutes until heated through.

**If you like a sweeter kugel, double the amount of sugar

**If you would rather a savory kugel, substitute apple, cinnamon and raisins for 2 cups of caramelized onions or 2 cups of blanched and diced broccoli.

A Gluten Free Passover

Some Gluten Free Recipes to help celebrate Passover.



Lemon Honey Coconut Macaroons

Ingredients:

3 large egg whites
½ cup sugar
¼ tsp salt
1 14 oz bag of sweetened coconut
Zest of one lemon
1 tbsp honey

Pre-heat oven to 350 degrees. Line a large baking sheet with parchment paper (be sure to do this, these will stick to everything).

In a large bowl, mix egg whites, sugar and salt until frothy. Add in coconut, lemon and honey and stir until incorporated. Drop tablespoon of coconut mixture onto baking sheet and bake 25-30 minutes until golden brown.



P312-644-6682

Email lisawolken@pinchanddashchef.com

www.pinchanddashchef.com