



When Life Gives You Leftovers,  
Make A New Meal!

## Introduction

Cadette Girl Scout Troop 4056 is pleased to present, as its silver award project, this cookbook of recipes that not only use leftover or excess food as ingredients but also conform to Jewish dietary laws, or kashrut. In preparation for this project, the troop earned the New Cuisines badge and experimented with cooking foods from different times, places and cultures. The troop also volunteered in the kitchen at Martha's Table, a Washington, D.C. organization that prepares over 1,000 meals per day for needy residents of the city. The Troop learned about the Biblical commandment not to waste food, and brainstormed ways of using food that might otherwise go to waste. Members of the troop collected recipes from their families. They tested recipes, typed and edited copy and provided photographs of completed recipes.

This cookbook contains recipes that use three different categories of "leftovers." The first category includes traditional leftovers--dishes prepared for one meal that are then repurposed into a second meal. For example, if roasted chicken and rice are served on Monday, any leftover chicken can become a chicken pot pie or chicken jambalaya later in the week and the leftover rice can be reused in kugel or as fried rice. Other common leftovers in this category are leftover cooked vegetables and leftover cooked pasta. The second category includes leftovers that are not previously cooked but that might be tossed out as garbage, such as potato and carrot peels, chicken wings and necks (which come with the whole cut up chicken but which my family doesn't eat), or a pumpkin that has been used for a Fall display. The third category includes foods that were purchased in bulk and are in the refrigerator or pantry but will spoil or go stale if not used. These foods include milk, eggs, bread, cereal, bananas and apples, and for any family with a backyard vegetable garden, tomatoes and zucchini, in season.

Troop 4056 developed this project as a part of the 2013 Year of Jewish Action on the Environment, developed by the Jewish-environmental organization Canfei Nesharim and its Jewcology program. The year-long program focuses on actions to save energy and reduce food waste, practical actions called for by the Jewish mitzvah of bal tashchit. Jewcology.com is a social media portal where Jews who care about the environment can connect and share resources. As part of the Year of Action, Jewcology members can take action and check a box to see their personal impact, and can also see the shared impact of the entire Jewcology community. You can see the full program at [www.jewcology.com/action](http://www.jewcology.com/action).

This cookbook is the featured online tool for the Year of Action's "Food Waste Action #8: Make Leftovers" and, as such, will be distributed to Jewish communities worldwide. Troop 4056 wishes to thank Evonne Marzouk and Canfei Nesharim for helping develop the project and for distributing the cookbook.

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## **Chicken/Beef**



Photograph 1 Chicken Jambalaya

*Cooked chicken leftover from Shabbat or from making chicken soup gets a new life in chicken salad, or, when paired with rice, in chicken jambalaya. Any leftover cooked, sliced meat or chicken can be used in a sub sandwich. We have included the recipe for chicken soup, because it can be made with chicken parts such as necks and wings that might be left unused when making a roasted or baked chicken recipe.*

## Chicken and Rice Leftovers

Serves 4

Ingredients:

- 4 cups cooked chicken
- 1 onion, chopped
- 2 T oil
- 2 T flour
- 1 cup boiling water
- ½ tsp paprika, or to taste
- 1T soy sauce, or to taste
- Rice

Directions:

- 1 Cut up leftover chicken into bite-size pieces
- 2 Fry onions in oil (2T)
- 3 Add chicken and cook for 5 minutes
- 4 Sprinkle flour to thicken and cook for 5 minutes
- 5 Pour in one cup of boiling water and cook 10 minutes covered
- 6 Season with paprika, and soy sauce
- 7 Serve over rice
- 8 May also be made with leftover meat.

## Chicken Salad I

Serves 4

Ingredients:

- 2 cups of boiled chicken, cut up
- 1/4 cup of chopped celery
- 1/4 cup mayonnaise
- Salt
- Walnuts (optional)

Directions:

- 1 Mix chicken and celery together with enough mayonnaise to bind ingredients together
- 2 Add salt to taste
- 3 Some add walnuts for extra crunch!

## Chicken Salad II

Serves 4

Ingredients:

- 2 cups of cooked chicken
- red onion
- stalks of celery
- 4 T mayonnaise
- Spices

Directions:

- 1) Chop up chicken into small pieces
- 2) Dice onion and celery
- 3) Mix together in a large bowl
- 4) Add mayonnaise and spices
- 5) Serve chilled.

## Chicken Jambalaya

Pictured on page 3

Serves 4

Ingredients:

- 1/3 cup chopped celery
- 1/4 cup chopped onion
- 1/4 cup chopped green peppers
- 2 T margarine
- 14 1/2 oz. can tomatoes, cut up
- 1 1/2 cups chicken broth
- 2/3 cup rice
- 1 T dried basil or thyme
- 1/2 tsp garlic salt
- 1/4 tsp pepper
- 1/4 tsp hot sauce
- 1 bay leaf
- 2 cups cubed, cooked chicken

Directions:

- 1 Cook celery, onion, and green pepper in margarine in large skillet until vegetables are tender
- 2 Stir in undrained tomatoes, rice, basil or thyme, garlic salt, pepper, hot sauce, and bay leaf
- 3 When boiling, reduce heat, cover and simmer for about 20 minutes
- 4 Add chicken, and cook till thoroughly heated
- 5 Remove bay leaf and transfer to serving dish.

## Sub Sandwiches

Serves 4

Ingredients:

- 4 small loaves Italian bread (or any other kind of long roll)
- Cooked sliced chicken or deli meat
- Any combination of: lettuce, tomato, pickles, cucumbers, peppers, olives
- Salad dressing
- Pareve cheese

Directions:

- 1 Cut each roll in half
- 2 Layer any combination of vegetables, meats and pareve cheese
- 3 Add dressing (optional)

## Chicken Soup

Makes 6 quarts

Ingredients:

- Legs, Back, Wings, and Neck from one Chicken (or the equivalent)
- Water
- 4 Carrots, Peeled
- 2 Stalks Celery
- 3 Peppercorns
- 1 Clove Garlic, Sliced
- 2 T Salt

Directions:

- 1 Rinse chicken parts and place in large pot (6-8 quarts)
- 2 Fill pot with water until three-quarters full
- 3 Bring to boil
- 4 Simmer, covered, on low heat
- 5 After 1 hour, add carrots, celery, peppercorns, garlic and salt
- 6 Simmer for 1-2 more hours, adding additional water as necessary as soup evaporates, until vegetables are tender
- 7 Allow soup to cool slightly
- 8 Line a strainer with cheesecloth
- 9 Remove carrots, chicken and celery to a plate
- 10 Strain soup through cheesecloth
- 11 Slice carrots and remove chicken from bone
- 12 Place portion of carrots and chicken in bowl and ladle soup over
- 13 Soup may be frozen
- 14 Soup may be diluted with additional water to taste

## Vegetables



Photograph 2 Simanei Mazel Soup

*Leftover mashed potatoes make great pancakes. We have included the recipe for mashed potatoes also, in case you don't have any leftover ones on hand. Vegetable stock uses potato and carrot peels, but can also be made with sliced potatoes and carrots. Simanei mazel soup uses some of the symbolic foods that are eaten on Rosh Hashanah night. Leftover cooked vegetables make a good filling for an omelet or a quiche, and pumpkin pie and pumpkin bread can be made from cooked-down pumpkins that have been part of a Fall display. We have included the pie crust recipe for convenience.*



## Mashed Potatoes

Serves 4

Ingredients:

- 3 medium potatoes
- 2 T butter or margarine
- Milk or water
- Salt

Directions:

- 1 Peel potatoes and cut into chunks
- 2 Place in medium saucepan with small amount of lightly salted water
- 3 Boil until soft, about 20 minutes
- 4 Drain
- 5 Mash with potato masher
- 6 Add margarine and salt to taste
- 7 Gradually beat in milk or water until fluffy

## Mashed Potato Pancakes

Serves 3

Ingredients:

- 2 cups of leftover mashed potatoes
- 1 egg
- Oil for frying

Directions:

1. Mix mashed potatoes and egg in bowl
2. Form mixture into patties
3. Put small amount of oil in frying pan and turn heat on to medium
4. Put patties on frying pan once oil starts to bubble
5. Flip patties once the bottom side is light brown
6. Take off pan when both sides are light brown
7. Repeat until all patties have been fried

## Vegetable Stock

Makes 2-2 ½ quarts

Ingredients:

- 4 cups potato and carrot peels, washed
- 1 onion, sliced
- 1 stalk celery, chopped
- 1 bay leaf
- 12 peppercorns
- 10 cups water

Directions:

Put all ingredients into large pot of cold water. Bring to boil and simmer covered for 45-60 minutes, Strain.

## Simanei Mazel Soup

Pictured on page 7

Serves 6

Ingredients:

- 2 cups cooked black eyed peas or small white beans (may use canned)
- 1 T margarine
- 1 T olive oil
- 2 cloves garlic, minced
- 1 cup chopped onion or leek
- 1 carrot, diced
- 1 tsp salt
- 1/4 tsp each cumin, cinnamon, turmeric, dry mustard, and thyme
- Black pepper
- 5 cups stock or water
- 1/4 lbs fresh chopped spinach
- Cooked pasta e.g. star-shaped, alphabets, or spaghetti

Directions:

- 1) Cook onion and garlic in margarine and oil until soft
- 2) Add carrot and spices and cook for 5 minutes
- 3) Add stock or water and simmer in a covered pot for 20 minutes
- 4) Add beans and spinach
- 5) Simmer for another 20 minutes
- 6) Put pasta in bowl, and ladle soup over

## Pie Crust

Makes 1 double-crust pie or two single-crust pies

### Ingredients:

- 2 cups flour
- 1 tsp salt
- 2/3 cup shortening
- 6-8 T water

### Directions:

- 1 Sift together flour and salt.
- 2 Cut in shortening with pastry blender or 2 knives. Shortening particles should be the size of small peas.
- 3 Sprinkle in water 1 tablespoon at a time.
- 4 Mix lightly with a fork until particles stick together.
- 5 Gather dough down together so it cleans the bowl. Do not knead. Press dough into ball; wrap in waxed paper and chill
- 6 Divide dough in half; form half into ball.
- 7 Put on board that has been rubbed with flour.
- 8 Rub rolling pin with flour.
- 9 Roll dough into a circle.
- 10 When dough is 1 inch larger than pie pan (approximately 10-inch diameter), fold in half over rolling pin.
- 11 Lay it in the pan; fit loosely to cover bottom and sides; trim.
- 12 If making 2 single-crust pies, repeat steps 7-11 with other half of dough.
- 13 If making double-crust pie, roll remaining dough for a top crust a little thinner.
- 14 Dough should be large enough to fit 1 inch over edge of pan.
- 15 Put filling into bottom crust.
- 16 If making single crust pies, skip to line 19. If making double-crust pie; cover filling with top crust.
- 17 Trim top crust 1 inch larger than pan; fold top crust under bottom crust.
- 18 Press edges together with thumb and forefinger or fork.
- 19 Bake in oven at temperature recommended for the filling.

## Quiche

Makes 1 8-inch pie

### Ingredients:

- 8-inch pie crust (see recipe above)
- 3 slices Swiss cheese
- ½ cup cooked, chopped vegetables or 1 small can mushrooms
- 1 small onion, chopped
- 1 T butter or margarine
- 3 eggs
- 1 cup milk
- 1 tomato, sliced
- Dash thyme
- Salt
- Garlic
- Paprika

### Directions:

- 1 Place cheese in pie crust covering bottom
- 2 Sauté onion in margarine or butter until soft
- 3 Stir in cooked vegetables or mushrooms
- 4 Season with a sprinkle of salt, garlic and thyme
- 5 Cook for 2 minutes and then pour over cheese layer
- 6 In bowl, beat eggs and milk with a sprinkle of salt
- 7 Pour over vegetable layer
- 8 Arrange tomato slices over egg mixture and sprinkle paprika on top
- 9 Bake at 375° F. for 35-40 minutes or until set

Variation: Instead of mushroom/onion filling, use ½-1 cup of cooked chopped vegetables

## Pumpkin Pie

Makes 2 pies

Ingredients:

- 3 1/2 cups cooked pumpkin
- 2 cups sugar
- 1 tsp salt
- 1 1/2 cups milk
- 4 eggs, beaten
- 1 tsp ginger
- 2 tsp nutmeg
- 3 tsp cinnamon
- 2 single pie crusts (see recipe above)

Directions:

- 1 Mix eggs, milk, sugar, and salt.
- 2 Add pumpkin to egg mixture.
- 3 Mix spices together with a little bit of the pumpkin mixture.
- 4 Combine the 2 mixtures.
- 5 Pour into prepared pie crusts.
- 6 Bake at 450° F. for 10 minutes, then 325° F. for 30 minutes.

## Two-egg Omelet

Serves 1

Ingredients:

- 2 eggs
- Salt
- 2 T butter or margarine
- Filling: 1/2 cup cooked vegetables, leftover casserole and/or cheese

Directions:

- 1) Break eggs into bowl.
- 2) Add salt and beat.
- 3) Let stand until room temperature.
- 4) In a small frying pan or omelet pan (6-7 inch diameter), melt butter or margarine.
- 5) When melted and hot, add beaten egg.
- 6) Cook quickly, lifting the sides of the omelet to let the uncooked egg flow underneath.
- 7) When set, flip cooked egg over, place vegetables or casserole on top and sprinkle cheese over vegetables.
- 8) Allow cheese to melt. Then fold omelet in half and slide onto plate.



## Pumpkin Bread

Makes 2 loaves

Ingredients:

- 2/3 cup shortening
- 2 2/3 cups sugar
- 4 eggs
- 2 cups cooked, mashed pumpkin (or 1 can pumpkin)
- 2/3 cup water
- 3 1/3 cups flour
- 2 tsp soda
- 1 ½ tsp salt
- ½ tsp baking powder
- 1 tsp cinnamon
- 1 tsp cloves
- 2/3 cup coarsely chopped nuts (optional)
- 2/3 cup raisins (optional)

\*You can also substitute cooked, mashed sweet potatoes for the pumpkin.

Directions:

1. Heat oven to 350° F. Grease two 9X5X3" loaf pans. Set aside.
2. Cream shortening and sugar thoroughly. Add eggs, pumpkin and water.
3. Blend in dry ingredients, except nuts and raisins.
4. Stir in nuts and raisins if desired.
5. Bake in prepared pans for 65 – 75 minutes, or until wooden pick inserted in center comes out clean.

## Milk



Photograph 3 Milkshake

*When there is too much milk in the bottle and the expiration date is getting closer, make a milk shake or chocolate pudding or pancakes to use some up. Making macaroni and cheese or tuna casserole (in the pasta section) is also a good way to use extra milk.*

## Milk Shake

Pictured on page 14

Serves 1 or 2

Ingredients:

- 1 cup milk
- 1 scoop vanilla ice cream
- 1 T chocolate syrup or to taste
- 1/8 tsp vanilla

Directions:

Place all ingredients in blender and blend until frothy. Pour into two medium glasses or one tall glass.

## Chocolate pudding

Serves 4

Ingredients:

- ¾ cup sugar
- 1/3 cup cocoa
- 2 T corn starch
- 2 2/3 cups milk
- 4 beaten egg yolks
- 1 T margarine or butter
- 1 ½ tsp vanilla

Directions:

- 1) Combine sugar, cocoa, and corn starch in heavy saucepan.
- 2) Stir in milk.
- 3) Cook and stir over medium heat until mixture thickens and bubbles.
- 4) Cook and stir for two more minutes.
- 5) Gradually stir one cup of hot mixture into eggs and return to pan.
- 6) Cook until nearly bubbly.
- 7) Reduce heat and cook 2 more minutes.
- 8) Remove from heat. Stir in margarine or butter and vanilla.
- 9) Pour into bowl. Cover surface with plastic wrap and chill.

## Pancakes

Serves 4

Ingredients:

- 1 cup flour
- ¼ cup sugar
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- 1 egg
- 1 cup milk
- 1 T lemon juice
- ¼ tsp vanilla
- 1 T vegetable oil
- Diced fruit
- Margarine or butter for frying

Directions:

- 1 Place milk in cup and add lemon juice. Let stand for a few minutes
- 2 In bowl, mix dry ingredients together
- 3 Add eggs, vanilla, and oil, to milk mixture, and beat well
- 4 Stir liquids into dry ingredients
- 5 Melt margarine in frying pan and spoon batter into pan
- 6 Sprinkle fruit over each pancake
- 7 When bubbles form on top, flip pancakes, and cook until golden on other side

## Corn Pancakes

Serves 4

Ingredients:

- 1/3 cup frozen corn, defrosted (may also use cooked corn)
- 2/3 cup flour
- 2 T baking powder
- 1/2 tsp salt
- 2 T sugar
- 1 egg
- 3/4 cup milk
- Margarine

Directions:

- 1 Mix all ingredients together (not including margarine)
- 2 Melt margarine in a pan
- 3 Place circles of batter (approximately one teaspoon each) separately in pan
- 4 Cook until slightly brown and dry on top
- 5 Flip and cook until other side is slightly brown

## Bread



Photograph 4 Pita Chips

*Leftover challah from Shabbat can be turned into French toast, bread pudding, stuffing or croutons. Leftover pita can be turned into delicious homemade pita chips.*



## Challah French Toast Bread Pudding

Serves 4

### Ingredients:

- most of one loaf of challah or brioche, cut into large cubes (about 1.5") or just break it into pieces
- 4 eggs, beaten
- 2 cups either milk or buttermilk
- 1 tsp vanilla or seeds scraped from one fresh vanilla bean
- 1/2 tsp cinnamon
- 1/2 tsp salt
- 3 T sugar (or honey, or sweetener of your choice)
- 1 T butter
- Syrup or powdered sugar (optional)

### Directions:

- 1 Butter a large baking pan and fill with the bread.
- 2 Whisk the milk, vanilla, cinnamon, salt, and sugar into the eggs.
- 3 Pour the custard mixture over the bread and toss.
- 4 Refrigerate several hours or overnight.
- 5 Preheat oven to 375 °F. Give the bread mixture one more toss with a light touch to "fluff" it up a bit.
- 6 Bake until golden brown and a toothpick inserted in several spots come out dry (an internal temperature of about 190 F is good). This will probably take about 45 minutes.
- 7 Top with syrup or powdered sugar and serve.

## Pita Chips

Pictured on page 17

### Ingredients:

- 12 pita bread pockets
- 1/2 cup olive oil
- 1/2 tsp ground black pepper
- 1 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp dried basil

### Directions:

- 1 Preheat oven to 400 °F.
- 2 Cut each pita bread into 8 triangles. Place triangles on lined cookie sheet.
- 3 In small bowl, combine the oil, pepper, garlic powder, salt, and basil. Brush each triangle with oil mixture.
- 4 Bake in the preheated oven for about 7 minutes, or until lightly browned and crispy. Watch carefully, as they tend to burn easily!

## Turkey Stuffing

### Ingredients:

- ½ loaf bread
- 2 eggs
- 3 stalks of chopped celery
- 1 diced onion
- Spices and herbs to taste (e.g. garlic powder, sage, thyme, marjoram)
- ½ cup chicken broth

### Directions:

- 1) Mix all ingredients together
- 2) Bake in oven 350° F. for 20 minutes or until golden brown.

## Croutons

### Ingredients:

- 2 cups bread cubes
- ¼ cup margarine or butter
- 1/8 tsp garlic powder

### Directions:

- 1) Heat butter or margarine in saucepan.
- 2) Stir in garlic powder
- 3) Add bread cubes and stir gently
- 4) Spread into shallow pan and bake at 300° F. for 15 minutes or until bread is crisp
- 5) Stir every five minutes
- 6) Makes three cups.

## Bread Pudding

Serves 6

Ingredients:

- 4 beaten eggs
- 2 cups of milk
- ½ cup of sugar
- ½ tsp cinnamon
- ½ tsp vanilla
- 3 cups bread cubes
- ½ cups raisins or other dried fruit (cut up)

Directions:

- 1 Beat eggs, milk, sugar, cinnamon, and vanilla in bowl
- 2 Place bread cubes in greased casserole dish
- 3 Stir in dried fruit
- 4 Pour egg mixture over bread and stir gently to combine
- 5 Bake at 325° F. for 35-40 minutes or until knife inserted near center comes out clean
- 6 Serve warm

## French Toast

Serves 3-4

Ingredients:

- 3 eggs
- 1 cup milk
- 12 slices bread
- ¼ teaspoon vanilla
- ¼ teaspoon cinnamon
- dash salt
- margarine or butter for frying

Directions:

- 1) Mix together all ingredients except bread in a bowl.
- 2) Dip bread slices in milk mixture one by one.
- 3) Fry in margarine until brown, turning once.
- 4) Serve with applesauce, maple syrup or jam.

## Fruit



Photograph 5 Banana Bread

*Bananas don't keep well in the refrigerator, so making banana muffins or banana bread is a great way to use up bananas that are getting soft and turning brown. Similarly, applesauce uses up apples that are getting soft or that are not pretty enough to take in a lunch box. Charoset kugel uses leftover charoset from the Pesach Seder. Fruit salad and fruit smoothies can be made with any fruit that happens to be around, and when you have too many lemons, make lemonade.*

## Lemonade

Pictured on page 25

Makes 8 cups

Ingredients:

- $\frac{3}{4}$  cup lemon juice
- $\frac{3}{4}$  cup sugar
- 6 cups water
- Ice

Directions:

Combine all ingredients in pitcher.

## Fruit Smoothie

Ingredients:

- 1 overripe banana
- $\frac{1}{2}$  cup canned or frozen peaches
- $\frac{1}{2}$  cup fresh or frozen strawberries
- $\frac{1}{2}$  cup chilled apple or orange juice
- 1 T. sugar, or to taste

Directions:

Place all ingredients in blender and blend until smooth.

## Apple Sauce

Serves 4

Ingredients:

- 4 cups apples
- $\frac{1}{2}$  cup water
- Brown sugar to taste

Directions:

- 1 Wash and core apples
- 2 Cut up and place in pot with water
- 3 Bring to boil
- 4 Reduce heat and simmer until apples are tender
- 5 Process through food mill
- 6 Add brown sugar to taste



## Banana Muffins

Makes 1 dozen muffins

Ingredients:

- 1  $\frac{3}{4}$  cups all-purpose flour
- $\frac{1}{3}$  cups sugar
- 2 tsp baking powder
- $\frac{1}{4}$  tsp salt
- 1 beaten egg
- $\frac{1}{2}$  cup milk
- $\frac{1}{4}$  cup cooking oil
- $\frac{3}{4}$  cup mashed banana
- $\frac{1}{2}$  cup chopped nuts (optional)

Directions:

1. Grease 12 2  $\frac{1}{2}$  -inch muffin cups, or line with paper muffin cups; set aside.
2. Combine flour, sugar, baking powder, salt and nuts if desired, in a medium bowl. Set aside.
3. Mix egg, milk, and oil in a second bowl. Add this mixture to the dry mixture all at once. Stir till just moistened.
4. Spoon batter into prepared muffin cups, filling each  $\frac{2}{3}$  full.
5. Bake at 400° F. for 20 minutes, or until golden brown.
6. Cool muffin cups on a rack for 5 minutes before taking them out. Serve warm.

## Charoset Kugel

Serves 4

Ingredients:

- 1 cup charoset (2 apples, grated, plus 1 T cinnamon,  $\frac{1}{2}$  cup chopped walnuts and 1 T red wine)
- 2 cups matzah farfel
- 2 eggs, beaten
- Water
- $\frac{1}{2}$  cup sugar
- $\frac{1}{2}$  tsp salt
- 3 T vegetable oil

Directions:

1. Cover farfel with water and then drain so farfel is moist but not soggy
2. Add beaten eggs, sugar, salt, oil and charoset.
3. Mix well and place in a greased 8-inch square pan
4. Bake at 350° F. for 30 minutes.

## Banana Bread

Pictured on page 21

Ingredients:

- 1 ½ cups all-purpose flour
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon cinnamon
- 1/8 teaspoon salt
- 1 egg
- 1 cup mashed bananas (3 medium bananas)
- ¾ cup sugar
- ¼ cup cooking oil
- 1 teaspoon finely shredded lemon peel (optional)
- ½ cup chopped walnuts or pecans (optional)

Directions:

1. Grease the bottom of an 8X4X2½ inch pan. Set aside.
2. Combine flour, baking powder, baking soda, cinnamon, and salt in a medium-size bowl.
3. Combine egg, bananas, sugar, cooking oil, and lemon peel (optional) in another bowl.
4. Add the wet mixture to the dry, mix until moistened. (Mixture should be lumpy.)
5. Stir in nuts, if using.
6. Spoon batter into prepared pan.
7. Bake in oven at 350° F. for 50-55 minutes.
8. Cool in pan on wire rack before removing from pan. Cool on wire rack.

## Fruit Salad

Serves 4

Ingredients:

- 4 cups fruit, cut up (e.g. apples, pears, peaches, plums nectarines, oranges, bananas, melon, strawberries, blueberries, cherries, grapes)
- ¼ cup orange juice
- 1 T Cointreau or amaretto

Directions:

1. Place fruit in bowl.
2. Mix liquor and orange juice and pour over fruit
3. Stir gently to combine.

## Rice



Photograph 6 Vegetable Fried Rice

***Leftover cooked rice forms the basis for an excellent Asian-style fried rice main course or for a sweet kugel for Shabbat. This is a good way to use up the extra rice that you bring home from the Chinese restaurant.***

## Fried rice

Pictured on page 25

Serves 4

Ingredients:

- 3 cups cooked rice
- 1 T vegetable oil
- ½ cup cooked peas, corn, or diced carrots
- Onion powder
- Garlic powder
- 2 T soy sauce
- 1 T water

Directions:

- 1) In skillet, heat vegetable oil
- 2) Add vegetables
- 3) Sprinkle with onion and garlic powder
- 4) Cook for 2 minutes
- 5) Stir in rice
- 6) Sprinkle with soy sauce and water and stir until combined
- 7) Cook until heated through

## Rice Kugel

Serves 6

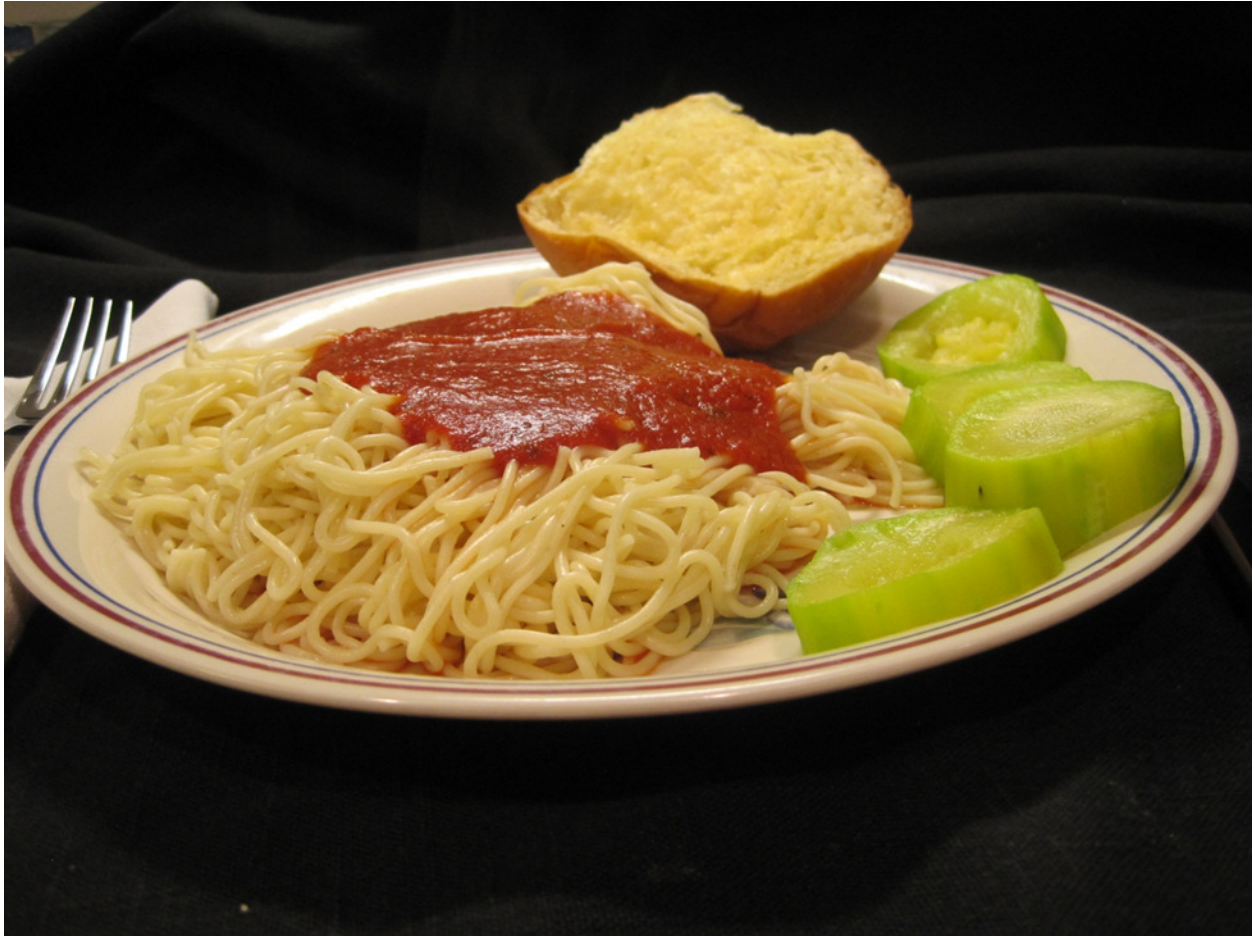
Ingredients:

- 3 cups cooked rice
- 3 eggs
- ¾ cup raisins
- salt
- ¼ cup oil
- 3 T cinnamon and sugar mixture (or 3 T sugar plus ¼ tsp cinnamon)

Directions:

- 1 Combine all ingredients in bowl.
- 2 Pour into greased 8-inch square baking pan.
- 3 Bake for 30-45 minutes in 350° F. oven.

## Pasta



Photograph 7 Spaghetti with Spaghetti Sauce

*These are recipes that you can make with leftover pasta from the refrigerator or you can make the pasta fresh. The tuna casserole also uses leftover cooked vegetables. Both the tuna casserole and the macaroni and cheese are good for using up extra milk.*



## Baked Ziti

Serves 6

Ingredients:

- 1 lb. box pasta (Ziti), cooked
- 1 25 oz jar of tomato sauce or one recipe (see below)
- 1 8 oz package shredded mozzarella

Directions:

- 1 Preheat oven to 350° F.
- 2 Place cooked pasta in 9x13 pan
- 3 Mix with tomato sauce and cheese
- 4 Cook in oven until cheese is melted, and pasta and sauce are warm

## Spaghetti Sauce

Pictured on page 27

Serves 4

Ingredients

- 1/4 tsp garlic powder
- 2 T olive oil
- 3 large tomatoes, peeled and cut in chunks plus 1 6 oz. can tomato paste (may substitute a second can of tomato paste for the tomatoes)
- 2 ½ cups water
- 1 tsp oregano
- 1 tsp basil
- 1 tsp sugar
- ½ tsp salt
- ¼ tsp pepper
- ½ cup (2 oz. can) sliced mushrooms and liquid (optional)

Directions:

1. Stir together all ingredients in saucepan.
2. Bring mixture to a boil. Turn down heat and simmer for 30 minutes, stirring occasionally.

## Pasta Salad

Serves 4-6

Ingredients:

- 6 cups cooked pasta
- 1 carrot, chopped
- 1 stalk celery, chopped
- 1 tomato, chopped
- 1 cucumber, chopped
- 1/2 cup mayonnaise
- 1 T cider vinegar
- 1/4 tsp thyme
- 1/2 tsp garlic
- 1/2 tsp basil
- 1/2 tsp salt (or to taste)

Directions:

- 1 Combine pasta and chopped vegetables in a large bowl.
- 2 In separate bowl, mix dressing ingredients until well mixed.
- 3 Pour dressing over pasta and vegetable mixture and stir gently.

## Sesame Noodles

Ingredients:

- 1 lb. spaghetti, cooked
- 1 T soy sauce
- 1 tsp sesame oil
- Chopped scallions (optional)
- Toasted sesame seeds (optional)

Directions:

- 1 Mix ingredients together in bowl.
- 2 Allow to rest before serving so that flavors have chance to blend.

## Tuna Noodle Casserole

Serves 4

### Ingredients:

- 1 can tuna
- ½ cup assorted cooked vegetables: carrots, peas, or beans
- 4 cups cooked macaroni
- 1 recipe white sauce (below)

### White sauce:

- 1 1/2 cups scalded milk
- 3T butter or margarine
- 3 T flour
- 1/4 tsp salt
- sprinkle of pepper

### Directions:

- 1 Melt butter.
- 2 Stir in flour and seasonings
- 3 Add hot milk gradually, stirring constantly to prevent lumps
- 4 In bowl, combine macaroni, vegetables, and tuna.
- 5 Stir in sauce.
- 6 Put in a greased baking dish; bake at 400° F. for 30 minutes.

## Macaroni and Cheese

Serves 4

Ingredients:

4 cups cooked elbow pasta (2 cups uncooked)

For the sauce:

- 2 T margarine
- 2 T flour
- 1 dash of pepper
- ½ tsp salt
- 1 dash of paprika
- 1 ½ cups milk
- ½-1 cup cheese (grated or sliced)

Directions:

1. Melt margarine in saucepan over low heat
2. Add flour, salt, pepper, and paprika
3. Stir until smooth
4. Slowly add milk, stirring constantly to avoid lumps
5. Add cheese
6. Cook, stirring until smooth and thickened
7. Pour over cooked pasta
8. Serve immediately or, for baked macaroni and cheese, place in a greased casserole and bake at 350° F. for 25 minutes

## Cereal



Photograph 8 Crispy Rice Cereal Treats

*These recipes are a good way to use up part of a big box of cereal so that it doesn't go stale.*

## “Pigeon Poop”

### Ingredients:

- Rice Crispies or other crispy rice cereal
- Cocoa Puffs or similar cereal
- Pretzels
- Chocolate
- Mini marshmallows (or big Marshmallows torn into pieces)
- Peanut butter (optional)

### Directions:

- 1 Crush pretzels into small pieces
- 2 Combine with cocoa puffs and marshmallows in 13x9 inch pan
- 3 Melt chocolate (Optional: with peanut butter)
- 4 When liquefied, pour over cereal mixture and mix together
- 5 Wait for chocolate to harden

## Trail Mix

### Ingredients:

- Cheerios
- M&M's or chocolate chip
- Small pretzels
- Raisins and/or dried craisins
- Lightly salted peanuts

### Directions:

Mix all ingredients in bowl

## Crispy Rice Cereal Treats

Pictured on page 32

### Ingredients:

- 3 tablespoons butter or margarine
- 8 ounces marshmallow fluff
- 6 cups Kellogg's Rice Krispies or Cocoa Krispies (or other crispy rice cereal )
- Vegetable cooking spray

### Directions:

- 1) Melt butter or margarine in large saucepan over low heat.
- 2) Add marshmallow fluff and stir until completely melted.
- 3) Remove from heat.
- 4) Add Rice Krispies cereal, and stir until coated.
- 5) Using a buttered spatula or wax paper, spread mixture into a 13X9X2 inch pan sprayed with cooking spray.
- 6) Cut into 2X2 inch squares when cool.