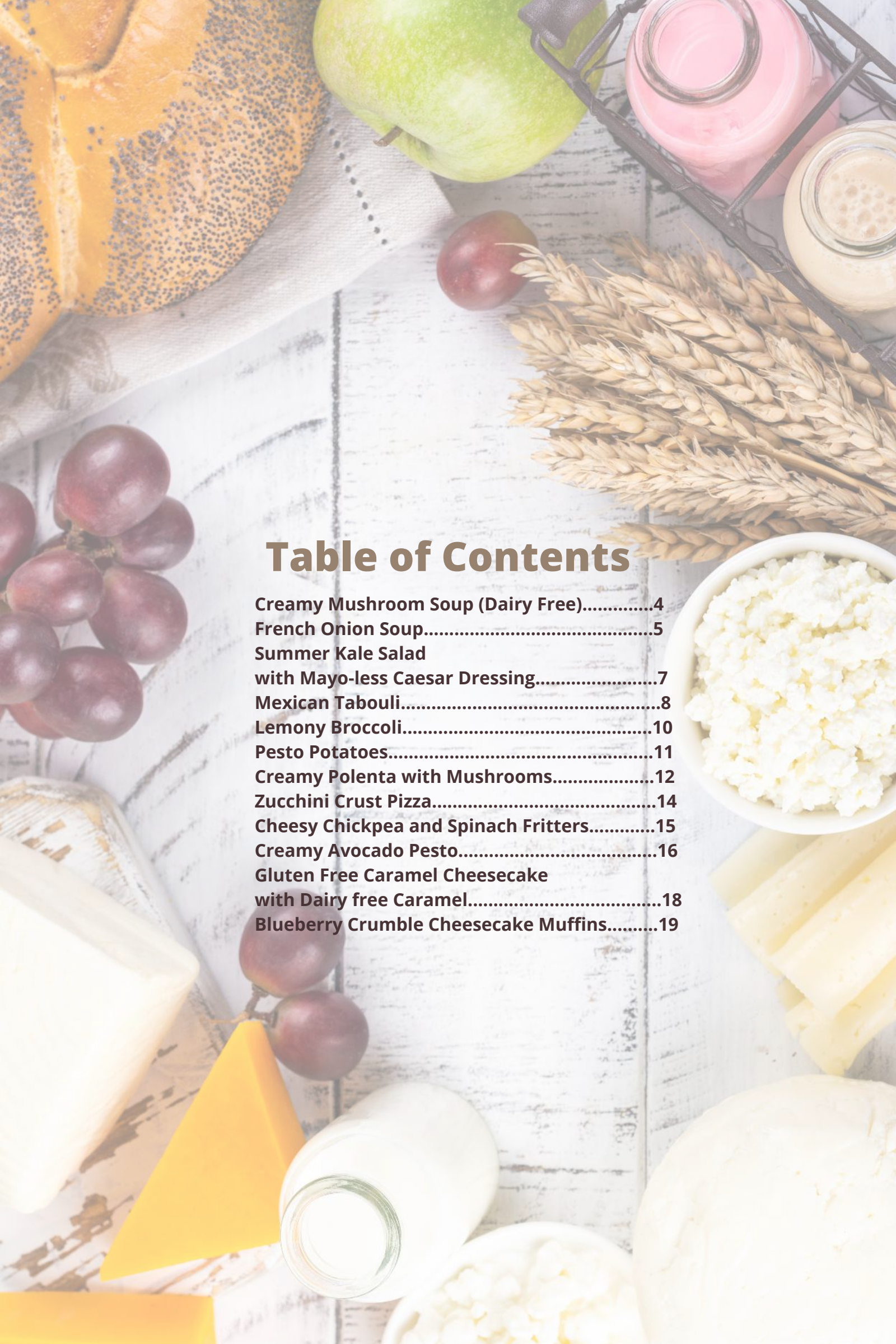




# FRESH SABRA

SHAVUOT RECIPE BOOK





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# Soups





## *Creamy Mushroom Soup (Dairy free option)*



### ingredients

Serves 4-6

1 tbsp olive oil  
1 large onion, diced  
4 garlic cloves, minced  
600 grams assorted mushrooms (~3 packs)  
1/2 cup whole cashews  
1/3 cup red wine  
1 tbsp spelt flour or any sub  
1 tbsp salt  
1/4 tsp cracked black pepper  
1/4 tsp dried Rosemary  
1 tbsp coconut aminos or soy sauce  
8 cups vegetable broth or water  
1 cup coconut cream or heavy cream

### instructions

1. In a large pot, sauté onions in olive oil until just beginning to soften
2. Add garlic and sauté an additional 2-3 minutes. Then add the mushrooms and the cashews. Reduce heat to medium low and allow the mushrooms begin to release their liquid.
3. Once the mushrooms have browned, add the wine and reduce in half, around 2-3 minutes.
4. Add flour, and mix to coat mushrooms. Add spices and coconut aminos or soy sauce. Mix to coat the mushroom mixture.
5. Add water, cover the pot and raise flame slightly to bring the pot to a boil. Reduce flame to medium low and leave it simmering for 20-30 minutes.
6. Turn off flame and allow the soup to cool slightly before using an immersion blender to purée the soup. You can choose to leave it as chunky or as smooth as you like here, but ideally you want to puree it to smooth out the cashews.
7. Add the coconut cream, give the soup a stir, and return to a low flame for an additional 5 minutes.
8. Serve warm with some garlic infused olive oil or a side of garlic croutons.



# French Onion Soup



## ingredients

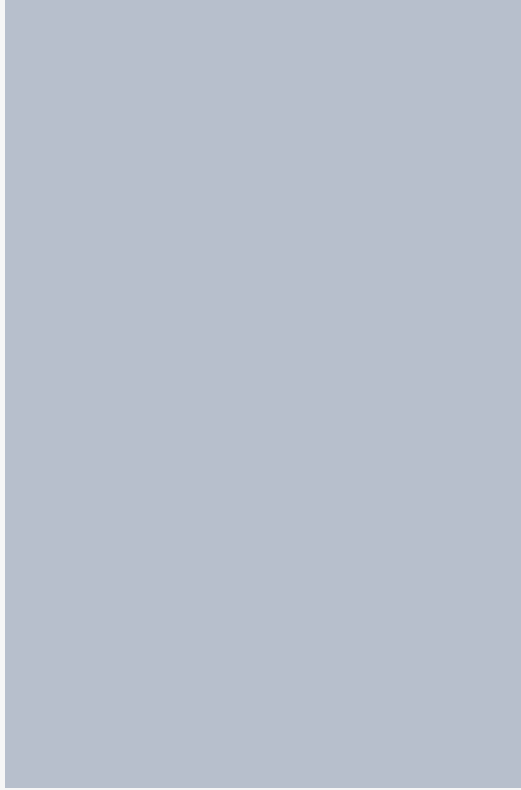
Serves 4-6

6 medium onions, sliced thinly  
1 tbsp olive oil  
1 tbsp butter  
1 tbsp spelt flour  
1 tbsp maple syrup  
1/3 cup red wine  
1 tbsp coconut aminos or soy sauce  
1 tbsp pink salt  
Pepper to taste  
6-8 cups water or veggie broth

## instructions

1. Heat olive oil and butter in a medium soup pot. Once melted, add the onions.
2. Reduce flame to a medium low and cover the pot. Leave the onions alone here for a good 6-8 minutes, this is where the magic starts.
3. Mix the onions and cover the pot again, leaving the onions untouched for another 6-8 minutes.
4. Add the flour and maple syrup and mix to coat all the onions. Cover pot again and allow onions to continue to caramelize, about another 6-8 minutes.
5. Once the onions have significantly shrunk down and have a nice caramel color, add the red wine. Reduce in half, approximately 5 minutes on a medium flame.
6. Add coconut aminos/soy, salt and pepper. Mix to combine.
7. Add water, cover pot and bring soup to a boil.
8. Once boiling, reduce flame to a simmer and leave soup to cook for an additional 20-30 minutes. The longer you simmer the soup, the more flavorful the soup will get. I often leave mine simmering for a good 3 hours! Recommend if you have the time.
9. Serve hot with shredded mozzarella cheese and croutons of choice.





# Salads

# Summer Kale Salad

*with Mayo free Caesar Dressing*

## Ingredients

For the dressing:

1/4 cup natural creamy almond or cashew butter  
1 tbsp apple cider vinegar  
Juice of 1/2 a lemon  
2 tsp Dijon mustard  
2 tsp Worcestershire sauce  
2 garlic cloves, crushed  
1/4 tsp coarse salt  
Freshly ground pepper to taste  
2-3 tbsp cold water to thin  
2 tbsp grated Parmesan or nutritional yeast (optional)  
pine nuts for garnish

For the Salad:

kale, ribbed and roughly chopped  
1/4 cup tri-colored cherry tomatoes, quartered  
1 medium cucumber, sliced  
1 ear of corn, kernels removed  
1 avocado, diced  
Caesar dressing  
Extra grated Parmesan, for garnish

## To Assemble:

- Place all the veggies in a large salad bowl.
- dress the salad around 20 minutes before serving to soften the kale a bit.
- Garnish with pine nuts and extra parmesan or nutritional yeast just before serving.

Note: the salad dressing can be doubled and kept in the fridge for up to a week







## Ingredients

1 cup bulgur, cooked according to package directions  
 1 medium cucumber, cubed  
 1 medium tomato, diced  
 1 avocado, cubed  
 1/4 cup black beans  
 1/4 cup feta cheese, crumbled

For the dressing:

1/4 cup olive oil  
 1/2 lemon, juiced  
 1/4 tsp chili powder (or chili lime)  
 1/4 tsp cumin  
 salt and pepper to taste

Parsley or cilantro for garnish

## Mexican TABOULI

## Instructions

1. Add bulgur, cucumbers, tomatoes, black beans and avocado to a medium salad bowl.
2. Crumble feta and add to the bowl.
3. Prepare dressing and pour over salad 10-15 minutes prior to serving.
4. Garnish with parsley or cilantro

This salad holds really well in the fridge.  
 Can be kept in an airtight container for up to 3 days.







# Veggies & Sides





## Ingredients

Serves 4

2 bags of Shufersal pre-washed broccoli  
(or one large head of broccoli washed  
and cut into florets)  
1/4 cup olive oil  
1/4 cup freshly squeezed lemon juice  
1/2 tsp salt  
1 garlic clove, minced  
1 tbsp nutritional yeast or grated  
parmesan

# Lemony BROCCOLI

## Instructions

1. Preheat the oven to 200 degrees Celsius, and line a large baking tray with parchment paper
2. Combine the olive oil, lemon juice, garlic, salt, and nutritional yeast until fully incorporated
3. Spread the pre-chopped broccoli on the baking tray and pour the marinade over the top, mixing well to coat all of the broccoli
4. Spread the marinated broccoli into one single layer across the tray. This step is crucial!
5. Bake in the preheated oven for 25-30 minutes until the edges of the broccoli begin to brown. You can adjust the baking time according to desired doneness
6. Serve warm or at room temperature and garnish with more nutritional yeast or grated parmesan.





# Pesto Potatoes



## ingredients

Serves 4-6

6-8 medium potatoes, cut into wedges  
3 Tbsp butter/ghee  
Coarse salt and pepper to taste

For the pesto:

1/3 cup pine nuts  
3 tbsp olive oil  
1 bunch of fresh basil, (about 1 cup packed)  
1/2 lemon, juiced  
1 garlic clove  
1 tsp sea salt  
1/4 cup grated Parmesan cheese\*

\*Can sub with 2-3 tbsp nutritional yeast for a dairy free option

## instructions

1. Preheat oven to 200 c. Line 1 large or two medium sheet pans in parchment paper.
2. In a big mixing bowl, coat the potatoes in melted butter and season generously with salt and pepper.
3. Lay potatoes in a single layer with some space between (ie we don't want the potatoes to be too crowded- this is the most important step in ensuring perfectly crispy potatoes wedges). Roast for 35-40 mins, or until the potatoes begin to brown.
4. Meanwhile prep the pesto: place pine nuts and olive oil in the bowl of a food processor, or use a container suited for an immersion blender. Allow nuts to soak in the olive oil for a few minutes. Then blend until a paste like consistency is achieved.
5. Add basil and pulse.
6. Add lemon juice, salt and garlic and pulse until fully combined.
7. Add Parmesan and give one more pulse.
8. Top warmed potatoes with the pesto. You can either mix to coat, or just dollop the pesto on top depending on preference. Top with extra Parmesan or nutritional yeast.



## Creamy Polenta & Mushrooms



### ingredients

Serves 6

For the polenta:

2 cups water  
2 cups milk or coconut cream for dairy free option  
1.5 tsp salt  
2 cup organic corn flour/ground cornmeal  
2 tbsp butter or oil of choice  
1/4 cup Parmesan cheese or nutritional yeast

For the mushrooms in wine:

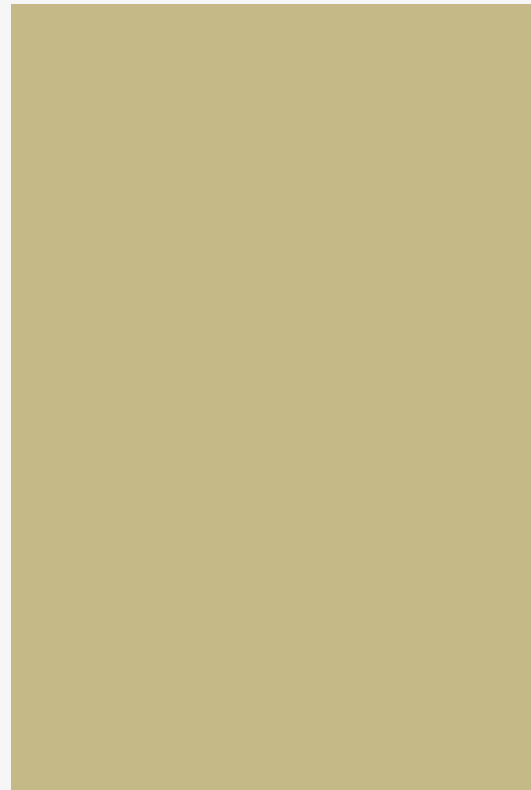
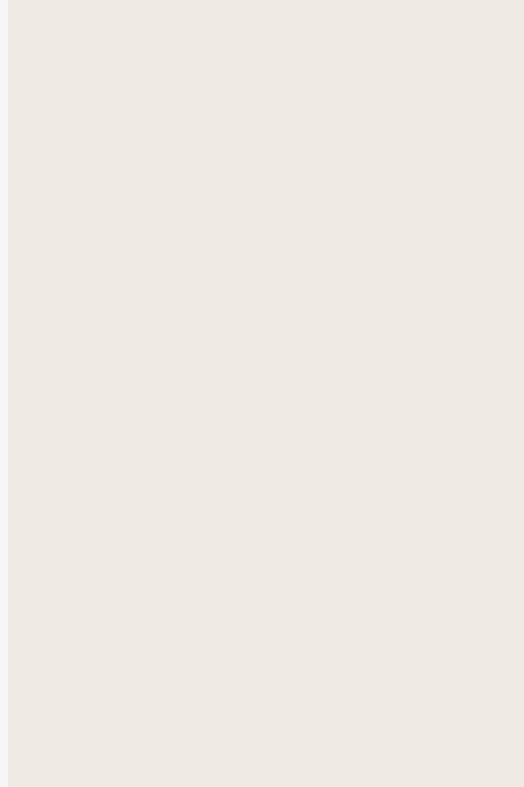
2 tbsp butter or coconut oil  
1 pack seafood mushrooms  
1 pack oyster mushrooms  
1 pack champagne mushrooms  
2 garlic cloves minced  
1/4 cup red wine  
1 tbsp maple syrup  
2 tsp red wine vinegar  
1/4 tsp dried thyme  
Salt and pepper to taste

### instructions

1. Bring water, milk and salt to a boil. Add cornmeal and stir continuously until combine. Best to use a whisk to prevent lumps.
2. Lower flame and bring mixture to a simmer. Add butter and cheese. Turn off flame.
3. Cover and set aside while you prepare the mushroom and wine sauce
4. Melt butter in a big skillet. Add minced garlic and brown slightly.
5. Add mushrooms, coating them in the garlic butter. Allow to cook for 3-5 minutes until they begin to soften
6. Add wine, maple syrup, vinegar, thyme, salt and pepper. Lower to a medium low flame and allow to reduce and thicken slightly.
7. Once thick and saucy, turn off flame.
8. Plate polenta and top with mushroom sauce. Garnish with fresh parsley or thyme and some Parmesan cheese
9. Best when served fresh. To reheat, heat polenta in pot. You may find you need to add a bit extra liquid to break it up. Add 1 tbsp of water at a time until you reach desired consistency. Heat mushrooms over a flame or in microwave and serve a top the polenta.







# Mains



## Ingredients

Makes 1 standard sized pizza "crust"

### Zucchini Crust:

2 zucchinis, shredded  
1 egg  
1/4 cup chickpea flour (swap with almond or oat flour)  
1/4 tsp dried basil  
1/4 tsp dried oregano  
1/2 tsp granulated garlic  
1/4 tsp sea salt  
Pepper to taste

1. Preheat oven to 200 c and line a sheet pan with parchment paper.
3. Squeeze liquid out of zucchini by placing in a cheese cloth or thin towel and ringing it out. Place zucchini in a medium bowl.
4. Add egg, flour and spices and mix to combine.
5. Wet your hands and shape your zucchini crust on the lined sheet pan.
6. Bake in preheated oven for 20 mins, then remove and add sauce cheese and toppings.

## To Assemble:

**Sauce:** I like to use Mutti Pulpa Rustica and spice it myself with some crushed garlic, dried basil, oregano, salt and pepper

**Cheese:** I used a mix of fresh mozzarella and goats cheese, then garnished with shredded parmesan

**Toppings:** I used portobello mushrooms, tri-colored tomatoes and fresh basil leaves

**Pesto (optional):** For a simple pesto recipe, check out the pesto in the pesto potatoes recipe. Works great on this pizza!

A drizzle of good quality olive oil to finish. Then pop it in a 200 degree C oven for an additional 20-25 minutes and serve hot

## Zucchini Crust Pizza





## Cheesy Chickpea & Spinach Fritters



### Ingredients

Makes 10-12 fritters

1 tbsp + 1 tsp avocado oil (or any other high smoke point oil of choice)  
1 small red onion, cubed  
1 garlic clove, minced  
1 cup packed fresh spinach  
1 can garbanzo beans (340 grams), rinsed and drained  
1/2 tsp chili powder (or chili lime)  
1/2 tsp smoked paprika  
1 tsp garlic powder  
1/2 tsp salt  
Pepper to taste  
1 tsp Dijon mustard  
1 tbsp maple syrup or honey  
1/4 cup chickpea flour (sub with almond or regular flour)  
2 eggs  
1 cup shredded cheddar cheese

### Instructions

1. Preheat skillet and add 1 tbsp avocado oil and sauté red onions. Once they begin to soften, add minced garlic clove and sauté till soft. Add spinach and keep on heat till soft and wilted. Set aside.
2. Drain chickpeas and pour into a big mixing bowl. Using an immersion blender, pulse the chickpeas so that they begin to bind, but still keeping a bit of a chunky consistency.
3. Add sautéed red onion,, spices, mustard, maple syrup, flour and eggs. Mix till fully incorporated.
4. Add cheese and stir to combine.
5. Heat large skillet with remaining tsp avocado oil to lightly coat the pan. Form 12 patties and fry on each side over a medium flame till browned, about 3-4 mins per side. The batter can get sticky, so I recommend setting your hands to help form the patties.
6. Salt once more right out of the skillet. Serve hot, or store in the fridge for up to 4 days, reheating before serving.
7. Top with sour cream or a chili lime aioli.



## Creamy Avocado Pesto



### Ingredients

½ cup sliced bleached almonds  
3 tbsp. EVOO  
1-2 garlic cloves  
2 handfuls of basil  
½ of a medium lemon, juiced  
1 medium avocado  
2 tbsp. nutritional yeast  
or grated parmesan  
salt and pepper to taste  
1 package of your favorite rice pasta, cooked according to package directions

#### For the pesto

1. Drizzle your almonds with 2 tbsp EVOO, reserving the last tbsp. for a later step. Put up a pot of water while you prepare the pesto so that your water is ready for your pasta.
2. While the almonds are soaking. Pulverize the basil and garlic cloves with a food processor, or immersion blender.
3. Add the almonds to the basil mixture, and pulse until combined.
4. Add avocado, lemon juice, remaining EVOO, and blend until fully incorporated. Should be a nice smooth texture.
5. Add the nutritional yeast and the salt and pepper to taste. Pulse one or two more times to combine.

#### To assemble:

1. Put the strained pasta into a big mixing bowl and top with pesto. Top with some additional fresh basil and a sprinkle of nutritional yeast (or parmesan) for some extra “cheesiness.”
3. Divide the pasta up into bowls, and top each bowl with some add ins of your choice

#### Add ins:

- Top with parmesan, if you don't need to go dairy free
- Roasted Portobello mushrooms or broccoli (both pair really well with the flavors)
- Sundried tomatoes





## DESSERTS









## Ingredients

Makes 12 muffins

For the crust

1/2 cup walnuts or almonds pulsed into coarse flour

1/2 cup whole spelt flour

7 tbsp butter (cut into cubes) or coconut oil

2 tbsp maple syrup

1/4 tsp salt

For the cheesecake filling

225 grams cream cheese, at room temperature

1 egg

1/4 cup maple syrup

1 tsp vanilla

For the blueberry crumble:

1/2 cup fresh or frozen blueberries (if using frozen, make sure they have been thawed)

1/4 cup spelt flour

1/4 cup coconut sugar or raw cane sugar

2.5 tbsp melted butter/ghee or coconut oil

# Blueberry Crumble CHEESECAKE MUFFINS

## Instructions

1. In a medium bowl, mix all crust ingredients together, pressing the butter into the dry ingredients as you mix. It will be quite a sticky mixture, that's what you want.
2. Wet your hands to press down about 1.5 tsp of the batter into the bottom of 12 muffin tins.
3. For the cheesecake filling, in a medium bowl, add the filling ingredients, and mix to combine. I like to use a handheld mixture here to get out all the clumps, but you can also accomplish this by hand using a whisk.
4. Scoop a standard cookie scoop (about a heaping tbsp) a top the bottom layer of the muffins. Set aside
5. To make the blueberry crumble layer, gently stir all ingredients together as to not break up the blueberries. Once all blueberries are fully coated in flour and sugar, you have mixed enough.
6. Top the cheesecake layer with the blueberry crumble and bake in preheated oven for 20-25 minutes.
7. Cool completely before popping out of baking tin.
8. Set in the fridge for 6 hours before serving.
9. Store in the fridge for 4-5 days or in the freezer for up to a month.

