

Designed Healthy Living

Passover & Resurrection

RECIPES

Celebrating **Jesus** in the Holidays



By *Annette Reeder*
The Biblical Nutritionist

If ever there was a season to celebrate ~ this is on the top of my list! Jesus was symbolized as the Lamb at Passover, the First Fruit at the Resurrection and the reminder of getting rid of sin at the Feast of Unleavened Bread.

Celebrate Jesus in the Holidays ~ Annette Reeder The Biblical Nutritionist

Read more about this blessed collection of holidays [here](#) to see how your family can learn to Celebrate Jesus in these holidays.

Recipes

My holiday recipes include a recipe of family favorites, flavored with Jewish customs and Biblically inspired ideas. Combined together we get to experience all the flavors of God's goodness and please all members of the family.

The foods selected are to help share the Gospel story while enjoying a blessed time of family gathering around the table.

I use the same recipes for all three celebrations. If I am serving the same people for more than one celebration I will change the options to make it inspiring and of course delicious.

BREAD

We start with unleavened bread.
Read this blog "[Why Serve Unleavened Bread for Passover?](#)"
and [What is Unleavened Bread?](#)

UNLEAVENED BREAD

Israeli Classic

Adapted from *Food at the Time of the Bible*, by Miriam Feinberg
Vamosh



This delicious savory bread is enjoyed as written or enhanced with more herbs by adding oregano, parsley, and rosemary for a delightful addition.

2 cups (470 ml) whole wheat bread—hard
white or spelt
 $\frac{3}{4}$ cup (180 ml) cold water – milk can be

substituted for more flavor
2 tablespoons olive oil
1 teaspoon salt

½ medium onion—chopped finely

1 garlic clove—minced

Directions

1. Preheat oven 450°F (260°C).
2. Combine all ingredients with the water to form dough and knead for 3 minutes.
3. Divide into 8 balls. Flatten each into a thin round and prick with a fork.
4. Bake on a greased cookie sheet for 10 minutes in oven.

Personal Note: rolling this thin makes crispier bread, sometimes I keep it not thin and bake 1-2 minutes less for a chewier texture and variety.

Flavorful Options

- * Top with hummus and chopped fresh vegetables for a perfect lunch treat.
- * Top with cheese and peppers for an appetizer, broil to melt cheese.
- * Use as a crust for personal pizzas.



UNLEAVENED BREAD

My new favorite!

I searched the internet recipes to see what other people were cooking for unleavened bread. I found some similar varieties and thought I would try them. Well from good to not so good I discovered a new favorite. While baking with freshly ground flours is different than the white flour most food bloggers use it takes some understanding to make these delicious. So here is the result of my search with a delicious flavorful and multi-use Unleavened Bread.

3 cups freshly milled flour – spelt is my favorite but any will work

2 teaspoons salt

1 ½ cups milk – any favorite variety will work

2 tablespoons olive oil – coconut oil or avocado oil work well also

2 tablespoons honey or sucanat – or your favorite all natural sweetener

Eggs – the recipe I worked from used 3 eggs but I made it without. Eggs would add more protein and could even add a lighter texture if whipped prior to adding. Play with it – see what you like – use 1, 2, 3 or no eggs.

Mix all ingredients until you have a nice texture. It may seem more like a ‘brownie’ texture. Pat into an oiled 9” x 13” pan.

Bake 450’ for 20 minutes. Checking at 15 minutes.

If overbaked the bottom can become hard to chew.

Sweet bread – Passover Note – True Jewish customs do not use a sweetener in their unleavened bread but since there is no mention of whether you should or shouldn’t in Scripture I chose to use it in this recipe. Of course, I do love my sweets and this recipe with only 2 tablespoons is just enough to add a hint of sweetness. Any more sweetness and it would not be good with hummus or other savory flavor toppings.

Other than unleavened bread I do not serve bread products for these celebrations.

OLIVE OIL DIPPING SAUCE

Very traditional in the Mediterranean is to have dipping sauce for the bread.

½ cup olive oil

¼ teaspoon salt

5 cloves garlic – minced

2 teaspoons Italian seasoning blend (oregano, basil, parsley)

Serve with Unleavened bread

Other toppings for unleavened bread: hummus, tzatziki sauce, vegetable dips, or baked again with butter and cinnamon toppings.

APPETIZERS

HUMMUS

Here is one of my favorite hummus recipes: Pumpkin Hummus

I gather several pumpkins in the fall and process them for a meal like this!

PUMPKIN HUMMUS

4 garlic cloves
1 ½ cup pumpkin puree
¼ cup fresh cilantro or 1 tablespoon dried
¼ cup lime juice
¼ cup sunflower seed butter
2 tablespoons olive oil
3 teaspoons cumin
1 teaspoon salt or to taste
½ teaspoon chili powder
½ teaspoon ground or flakes pepper
Toasted pumpkin seeds for garnish



Put garlic cloves into a food processor and pulse to chop fine. Add the pumpkin, cilantro, lime juice, butter, pumpkin, oil, cumin, salt, chili powder, and pepper. Blend until smooth.

Transfer to a bowl, cover and refrigerate for at least 8 hours.

Garnish with pumpkin seeds and drizzle with additional oil before serving.

Serve with vegetables, cracker or chips.

Makes 2 ¼ cup.

ALMOND BUTTER HUMMUS

1 - 15 oz. can or 2 cups chickpeas
(drained)
¼ cup almond butter
3 tbsp. lemon juice
1 tbsp. plus 1 tsp. olive oil

1 garlic clove
½ tsp. cumin
½ tsp. sea salt
½ tsp. pepper



1. Combine all in a food processor or blender.
2. Add 1 tbsp. water at a time until desired thickness is reached.

TZATZIKI SAUCE

16 oz. of Yogurt

1 cucumber peeled, seeded, and diced

1 tbsp. dried Mint or ¼ cup fresh mint diced

1. Combine all ingredients in a bowl and mix together.



SALADS and VEGETABLES

Cruciferous vegetables would be most appropriate. You can read more about



cruciferous vegetables in the *Treasures of Health Nutrition Manual*. They are termed cruciferous due to the fact that the bloom of their flower is four petals shaped into a cross – crucifix. These are 12 of the most health promoting vegetables available.

Prepare your favorite dishes using any of the 12 cruciferous vegetables(there are more but these are the 12 families of vegetables). An example of these are broccoli, cabbage, horseradish, cauliflower, kale, and mustard greens.

Listed here are recipes using Brussel Sprouts and kale to share this Cruciferous – Crucifix story with your family.



QUINOA & PARSLEY SALAD

Inspired by Cooking Light Annual Recipes

Parsley would be a bitter herb for the Passover story.

Serves 4-2/3 each

1 cup water

½ cup uncooked quinoa

¾ cup fresh parsley leaves

½ cup thinly sliced celery

½ cup thinly sliced green onions

½ cup finely chopped dried apricots

3 tbsp. fresh lemon juice

1 tbsp. olive oil

1 tbsp. honey

¼ tsp. salt

¼ tsp. black pepper

¼ cup unsalted pumpkin seed kernels,
toasted.

1. Bring water and quinoa to a boil in a medium saucepan. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed.
Spoon into a bowl, fluff with a fork. Add parsley, celery, onions, and apricots.
2. Whisk lemon juice, olive oil, honey, salt, and black pepper.
Add to quinoa mixture, and toss well.
3. Top with pumpkin seed kernels and garnish with dried apricots



ELEVEN DISCIPLES SALAD EGGS

Use your own recipe, also known as deviled eggs.

Hard boil 12 eggs. Use eleven of the eggs to make

into salad eggs. The twelfth egg should be

overcooked to make the inside dark. Show the 12

egg peeled (not prepared) and placed in the center

of the tray of prepared salad eggs. The darkness of



the overcooked egg with the top white removed (do not prepare this egg – just cut it open and display the dark color) represents the darkness in Judas' heart and his betrayal of Jesus.

BRUSSELS SPROUTS SALAD

A delicious cruciferous recipe!

1 pound Brussels sprouts, de stemmed and halved
2/3 cup fresh cranberries
1/3 cup feta cheese, crumbled

1/3 cup pecans
1 tablespoons maple syrup
1 tablespoon balsamic vinegar
Olive oil
Salt & pepper

Directions:

Heat skillet with drizzling olive oil medium heat. Season with salt and pepper and combine with cranberries in skillet.

Cook sprouts and cranberries for 8-10 minutes until berries begin to burst and sprouts become tender. Add balsamic vinegar and maple syrup. Stir to coat and remove from heat.

Toss sprouts, cranberries and pecans in a large bowl. Top with cheese and serve.

KALE SALAD

Another cruciferous recipe!

About 2 cups of fresh kale with stems removed

1 parsnip sliced thin
1 carrot sliced thin
1/4 of a red onion sliced thin
3 tbsp red wine vinegar
2 tsp olive oil
2 pinches of Kosher salt and a pinch of ground black pepper
1 tsp dried oregano
1 tsp minced garlic or 1 large clove minced
20g of dried cranberries



2 oz feta cheese

Directions:

Grab a bunch of the kale and slice it into thin ribbons. Add the cut kale to a large bowl. Slice the parsnip, carrot and onion as thin as possible and add them to the bowl. In a small bowl add the vinegar, salt, pepper, oregano, garlic, and dried cranberries. Whisk and mash the cranberries a bit letting them flavor the dressing.

Pour the dressing over the kale and veggies. Toss everything together making sure to coat all the leaves with the dressing. Cover and let sit in the fridge for at least 2 hours. Once you're ready to eat add the feta and toss.

ISRAELI SALAD

Served with most meals, including breakfast.

5 tomatoes, diced small
2-3 small cucumbers, diced small
¼ mild onion, chopped fine
2-3 tbsp. extra-virgin olive oil
1-2 tbsp. fresh lemon juice
Salt and freshly ground pepper

1. Combine diced tomatoes, cucumbers and onions in bowl. Add olive oil, lemon juice, salt and pepper. Mix well.
2. Optional Add-ins; 1 avocado, diced, ½ green or red peppers, diced small, ¼ cup green and black olives, pitted and quartered.

CHAROSET

Ingredients

3 apples, peeled and diced
1 cup walnuts, toasted and roughly chopped
1 teaspoon cinnamon, ground
1 teaspoon sucanat or honey
1 tablespoon pomegranate juice
1 tablespoon honey



Directions:

Stir together cinnamon, sucanat, juice and honey. Add mixture to apples and walnut.

Chill or serve immediately.

Entrée

Abraham told Isaac that God would provide the Lamb. John declared “Behold the Lamb”. In Revelation there will be the marriage supper of the Lamb. Jesus is The Lamb that takes away our sin. He was the sacrificial Lamb. Therefore that should be the most obvious choice for the dinner. Remember this meal is about remembering – with each dish served we can share a part of the story of Jesus! He came not to be A story but to be The Story.

There are several recipes on the internet for cooking lamb.

I am sharing one that I use often and love.

Other Entrees to be considered:

Fish - After Jesus resurrection he ate fish by the sea with his disciples. Broiled fish would be another entrée option of significance. It could also be served the week after Easter. If possible have your family eat this meal of fish and bread on a shoreline near a body of water. Eat the meal as a picnic on the shore and read the account of this story from your Bible.

ROASTED LEG OF LAMB

1 (7-pound) semi-boneless leg of lamb, fat trimmed to 1/4 inch thick, and lamb tied

4 garlic cloves

1 tablespoon fine sea salt

2 tablespoons chopped fresh rosemary

1/2 teaspoon black pepper

1/4 cup dry red wine or beef broth

Directions:

Pat lamb dry and score fat by making shallow cuts all over with tip of a sharp small knife.

Pound garlic to a paste with sea salt using a mortar and pestle (or mince and mash with a heavy knife) and stir together with rosemary and pepper. Put lamb in a lightly oiled roasting pan, then rub paste all over lamb. Let stand at room temperature 30 minutes.

Preheat oven to 350°F.

Roast lamb in middle of oven until an instant-read thermometer inserted 2 inches into thickest part of meat (do not touch bone) registers 130°F, 1 1/2 to 1 3/4 hours. Transfer to a cutting board and let stand 15 to 25 minutes (internal temperature will rise to about 140°F for medium-rare).

Add broth to pan and deglaze by boiling over moderately high heat, stirring and scraping up brown bits, 1 minute. Season pan juices with salt and pepper and serve with lamb.

DESSERTS

Desserts are typically the favorite part of the meal. Traditionally they are layered with calories and fat that leaves the person feeling overstuffed and slightly lethargic. This Celebration season is an opportunity to serve satisfying sweets but without the extra calories and fat. Your family will leave the table feeling satisfied and happy.

MARSHMALLOW FRUIT SALAD

Recipe was adapted from *Taste of Home 2000 Annual Recipes*, it is a similar version to the one my mom loved to make because we all thoroughly enjoyed it. There is no spiritual connection to these ingredients – it is just a family memory.

Yields 12-16 servings

3 eggs, beaten

¼ cup sucanat – will not work well with stevia, could substitute monk fruit

¼ cup vinegar

2 tablespoons butter

2 cups blueberries – fresh



2 cups organic miniature marshmallows

1 can (20 oz) pineapple chunks, drained

1 can (15 ounces) mandarin oranges, drained

2 medium firm bananas, sliced

2 cups whipping cream, whipped

½ cup chopped pecans

Directions:

In a double boiler over medium heat, cook and stir eggs, sucanat and vinegar until mixture is thickened and reaches 160°. Remove from heat; stir in butter. Cool.

In a large serving bowl, combine blueberries, marshmallows, pineapple, oranges and bananas; add cooled dressing and lightly fold to mix.

Refrigerate for 4 hours or overnight.

Just before serving, fold in whipped topping and pecans.

BAKED FRUIT DELIGHT

Recipe by Robin Jeep from the book: *Antioxidant Diet*

Another all-time favorite – serve for breakfast, lunch, dinner or pleasure!

Servings 10

6 apples, chopped
8 dates – chopped
1 cup currants
1 cup frozen cherries
1 cup frozen blueberries
1 cup crushed pineapple with juice

¼ cup water
¾ cup chopped walnuts or pecans
½ teaspoon cinnamon
¼ teaspoon nutmeg
Juice of one orange
2 teaspoons lemon zest

Directions:

Preheat oven to 350.

Mix all ingredients. Put in a covered pan and bake for 30 minutes or until all fruit is soft.

Great served warm or cold with any of the following toppings. All toppings come from *The Antioxidant Diet* by Robin Jeep.

TOPPING OPTIONS:

STRAWBERRY SAUCE

Serves 8-10

½ cup vanilla soy milk or almond milk
¼ cup cashew nuts
6 ounces frozen strawberries – thawed

2 dates

Blend all ingredients together and serve over Baked Fruit Delight

BERRY BERRY SAUCE

2/3 cup raw cashews
½ cup frozen strawberries, defrosted
1 cup blueberries

8 dates
1 cup soy milk

Blend all ingredients for 2-3 minutes till creamy.

CHOCOLATE – CHERRY NUT TOPPING

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1 cup raw cashews

½ cup cherries – any fruit will be good

3 tablespoons cocoa powder

Blend ingredients until smooth and creamy.

1 teaspoon vanilla

2/3 cup dates

2/3 cup soy or almond milk

CHOCOLATE CAKE

¾ cup dates – chopped

¾ cup boiling water

1 ½ teaspoons baking soda

1 1/8 cup honey

1 ½ cup unflavored organic Greek yogurt

1 ½ teaspoon vanilla

2 ¾ cup whole wheat pastry flour – freshly milled; spelt or kamut are good options

6 tablespoons cocoa powder

1 ½ teaspoon cinnamon

¼ teas. salt



1 cup walnuts – chopped - optional

Chocolate chips - optional

Preheat oven to 325°. Spray Bundt pan.

Pour hot water over dates; whisk in soda. In separate large bowl whisk or beat together honey, yogurt and vanilla until smooth and creamy.

Whisk or beat date mixture into honey mixture to blend well.

Blend dry ingredients together in separate bowl; flour, cocoa, cinnamon and salt.

Thoroughly whisk or beat dry ingredients into liquid ingredients; fold in; 1 cup walnuts and chocolate chips.

Pour into greased pan and bake in preheated oven at 325° for 30-40 minutes or until knife comes clean out of center.

TOPPINGS FOR CAKE – this cake is very moist and flavorful. Good without icing or topping. For a low calorie, flavor rich topping use the Chocolate – Cherry Nut Topping above. If traditional icing is desired use this recipe:

ICING:

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1 stick of butter
¼ cup cocoa powder
1 egg

¼ cup sucanat with honey or honey
1 teaspoon vanilla

Blend until creamy and spread onto cupcakes or cake.

CHOCOLATE FUDGE PIE

Makes 8 servings

Inspired by **SOUTHERN LIVING**

Baked in a pie plate, this not-to-be-missed dessert boasts a super-rich and moist texture.



Ingredients

Unsweetened dark cocoa
8 ounces bittersweet chocolate, coarsely
chopped
1/2 cup butter
3/4 cup sucanat

3 large eggs, beaten
1 teaspoon vanilla extract
½ cup unsweetened coconut flakes or
shredded
2 tablespoons powdered coconut sugar

Directions

Preheat oven to 350°. Lightly coat a 9-inch pie plate with cooking spray, and dust with cocoa.

Melt chopped chocolate and margarine in a heavy saucepan over low heat, stirring constantly, 3 to 5 minutes or until smooth; whisk in 3/4 cup sugar, whisking until blended.

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Whisk together eggs and vanilla in a large bowl. Gradually whisk in chocolate mixture, whisking until blended. Pour into prepared pie plate.

Bake at 350° for 30 minutes or until edges are dry and center is set. (Do not overbake.) Cool in pie plate on a wire rack 30 minutes or until completely cool. (Cake will fall slightly when removed from oven.) Dust with 2 Tbsp. powdered sugar just before serving.