

Shabbat a La Carte Recipes

New York Times Couscous Salad (16 servings)

6 C. vegetable broth
9 T olive oil
½ tsp. ground ginger
¼ tsp. turmeric
3 C. couscous
¾ C. currants
¾ C. pitted, chopped dates
2 ¼ C. finely diced celery
1 ½ C. finely diced carrots
1 C. minced scallions
½ C. minced parsley
2 ¼ C. fresh lemon juice
¾ tsp. salt
½ tsp. cinnamon
¾ C. toasted pine nuts or slivered almonds



1. Bring broth, 1 T. oil, ginger and turmeric to boil. Add couscous. Bring to boil again and boil just until liquid begins to be absorbed. Remove from heat.
2. Fold in currants and dates. Cover and let stand for 15 minutes.
3. Add celery, carrots and scallions. Mix well.
4. In small bowl, combine parsley, lemon juice, cinnamon and remaining oil. Toss well with couscous. Cover and refrigerate overnight.
5. Bring to room temperature. Sprinkle with pine nuts/almonds and adjust seasoning.

Very Veggie Lasagna from Allrecipes.com

Prep time: 20 minutes Cook time: 1 hour

Ingredients

- 2 cups 1% cottage cheese
- 1 (15 ounce) container reduced-fat ricotta cheese
- 2 tablespoons minced fresh parsley
- 1 (26 ounce) jar meatless spaghetti sauce
- 9 uncooked lasagna noodles
- 2 medium carrots, shredded
- 1 1/2 cups broccoli florets
- 4 ounces fresh mushrooms, sliced
- 1 small zucchini, thinly sliced
- 1 small yellow summer squash, thinly sliced
- 2 cups fresh spinach

2 cups shredded part-skim mozzarella cheese

Directions

1. In a bowl, combine the cottage cheese, ricotta and parsley. Spread 1/2 cup spaghetti sauce in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Top with three noodles and a third of the cheese mixture. Sprinkle with half of the carrots, broccoli, mushrooms, zucchini and squash. Top with a third of the remaining sauce.
 2. Arrange half of the spinach over spaghetti sauce; sprinkle with a third of the mozzarella cheese. Repeat layers of noodles, cheese mixture, vegetables, sauce, spinach and mozzarella. Top with the remaining noodles, cheese mixture, sauce and mozzarella.
- Cover tightly and bake at 350 degrees F for 45 minutes. Uncover; bake 15 minutes longer or until noodles are tender. Let stand for 15 minutes before cutting.



TOMATO AND MOZZARELLA LASAGNE from Epicurious.com

yield: 12 active time: 30 min. total time: 2 hours

For sauce:

- 3 onions, chopped
 - 1 tablespoon unsalted butter
 - 2 tablespoons olive oil
 - 1/2 teaspoon dried oregano
 - 1/2 teaspoon dried thyme
 - 6 garlic cloves, minced
 - 3 (28- to 32-oz) cans crushed tomatoes in thick purée
 - 1 cup chopped fresh parsley
- 1/4 cup fresh orange juice

For lasagna:

- 18 (7- by 3 1/2-inch sheets) dry no-boil lasagne (1 lb)
- 2 1/2 lb fresh mozzarella (smoked or plain), chilled and coarsely grated (6 cups)

1 cup freshly grated parmesan

Preparation

Make sauce:

Cook onions in butter and oil with oregano, thyme, and salt and pepper to taste in a 4-quart saucepan over moderate heat, stirring, until onions are softened. Add garlic and cook, stirring, 1 minute. Add tomatoes and simmer, uncovered, stirring occasionally, until slightly thickened, about 18 minutes. Remove from heat and stir in parsley, orange juice, and salt and pepper to taste. Preheat oven to 375°F and butter 2 (13- by 9-inch) baking dishes.

Assemble lasagne:

Soak lasagna sheets in hot water to cover by 1 inch until softened and flexible, about 20 minutes.

Spread 1 1/2 cups sauce in each baking dish and top sauce in each dish with 3 drained pasta sheets, overlapping if necessary.

Sprinkle 1 cup mozzarella and 1/4 cup parmesan evenly in each dish. Top with 3 drained pasta sheets per dish, overlapping if necessary. Repeat layering with 1 cup mozzarella, 1/4 cup parmesan, 1 cups sauce, and 3 drained pasta sheets in each dish. Finish assembling lasagne by topping each with 1 cups sauce. (You will have leftover sauce and mozzarella.)

Bake lasagne, covered with foil, in middle of oven 30 minutes. Remove foil and sprinkle evenly with remaining 2 cups mozzarella. Bake until bubbling and cheese is melted, about 10 minutes more. Serve lasagne with some of remaining sauce, reheated.

Cooks' notes: •Sauce may be made 3 days ahead and chilled, covered.

• You can make and bake lasagne 1 day ahead up to point of adding last layer of mozzarella. Cool completely, then chill, covered. Bring to room temperature before reheating with final layer of mozzarella, covered, in a 375°F oven until hot, 20 to 30 minutes.

