



Chabad Women's Circle

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Food for Fun and Fuel





Salads



Couscous Salad with Mandarins

Salad

- 2 cups couscous
- 1 tsp olive oil
- 1/4 tsp turmeric
- 1 (11 oz.) can mandarin segments, drained →
- 1 (19 oz.) can chickpeas, drained & rinsed
- 1 cup green onions, chopped
- 1/2 cup parsley, chopped
- 1/4 cup Craisins
- 1/4 cup currants

Dressing

- 2 cloves of garlic, minced
- 2 tbsp olive oil
- 1/4 cup orange juice
- 1/3 cup reserved mandarin juice
- 1 tsp cumin
- 1 tsp salt
- 1 tsp black pepper
- 1/8 tsp cayenne

Prepare couscous according to package instructions. Transfer the couscous to a large serving bowl. Cool. Mix in olive oil and turmeric. Add mandarins, chickpeas, onions, parsley, Craisins and currants. Mix well. In a medium bowl, whisk together dressing ingredients. Drizzle dressing over couscous salad, being careful not to over-saturate it.

Hearts of Palm Salad

Salad

- 2 cans hearts of palm, drained and sliced
- 1 can artichoke hearts, cut in half
- 1 basket cherry tomatoes, cut in half
- 1-1/2 heads Boston lettuce, washed & checked

Dressing

- 3 tbsp lemon juice
- 3-1/2 tbsp Dijon mustard
- 2 cloves garlic
- 1/2 cup olive oil
- Salt & pepper to taste

Dressing: Whisk oil, lemon juice, mustard and garlic. Add salt and pepper to taste. Combine hearts of palm, artichoke hearts and tomatoes and marinate in dressing for 2 to 4 hours. Line plates with lettuce leaves. Spoon mixture onto lettuce and serve.

Terra Chip Salad

Salad

- 1 head Romaine lettuce, torn
- 1 cup baby Romaine leaves
- 1/2 red pepper, cut into thin strips
- 1/2 yellow pepper, cut into thin strips
- 1 avocado, cubed
- 1 (6 oz.) pkg. slivered almonds
- 4 oz. pine nuts
- 1 (6 oz.) pkg. Terra chips

Dressing

- 1/3 cup oil
- 1/3 cup vinegar
- 1/4 cup sugar
- 3 tbsp ketchup
- 2 tbsp onion, grated

Combine dressing ingredients in a jar, cover tightly and shake vigorously. Set aside. Combine vegetables in a large bowl. Sprinkle with nuts. To serve, add dressing, tossing to coat. Crumble 3/4 package chips and sprinkle on top. Arrange whole chips around edge of bowl as a garnish. Serves 6.

Cold Cut Roll

- 1 pkg. flaky dough, defrosted
- 3 lbs. assorted cold cuts
- Mustard
- Ketchup
- 32 oz. jar sauerkraut, drained
- Sesame seeds



Roll dough very thin. Spread with mustard. Lay out meat in rows. Spread sauerkraut on meat and squeeze a little ketchup on the sauerkraut. Roll up jelly roll style. Smear top of dough with beaten egg and sprinkle lightly with sesame seeds. Bake at 350° until golden brown.

Easy Trifle

- 1 box chocolate cake mix, prepared as per instructions
- OR 1 chocolate cake
- 1 21 oz. can cherry pie filling
- 1 32 oz. can dessert topping
- Chocolate liquor, optional

After cake is cooled, place on bottom of trifle (or large glass) bowl. Sprinkle liquor, if desired. Spread cherry pie filling on top of chocolate cake. Whip topping and spread on pie filling. (This is a great way to use slightly stale cake or cake that has been frozen for a long time.)

