

Slice of Life

Low Fat, High Taste

By Eileen Goltz

The “Nine Days” leading up to Tisha B’Av can pose cooking challenges. Among other restrictions emphasizing this mourning period is one that forbids eating one of our dinner staples – meat. Just because meat is not allowed, doesn’t mean we have to soak our palates in heavy cream sauces and other dairy delights dripping with cholesterol. After all, since the early 1980s, when the first major health studies showed conclusively that elevated cholesterol levels greatly increased the risk of a heart attack, modified low-fat diets and vegetarianism, or at least modified forms of vegetarianism, have become very popular. Creative cooks view the Nine Days as a time to try out all those meatless, low-fat recipes we usually skip in the cookbooks.

So we’ll use the fresh vegetables and fruits of the season as the main ingredients and hold the butter, cheese, cream and eggs – or at least use them sparingly. Although the absence of meat is meant to dampen our sense of joy for awhile, there’s no reason we can’t make the most of this time to experience tasty, low-fat living. Here are some great Nine Days alternatives you’ll want to use year round.

White Bean Salad

3 c. drained cooked white beans
8 oz. water-packed artichokes, drained and cut lengthwise into quarters
2/3 c. diced sweet red pepper
2/3 c. chopped black olives
1/4 c. chopped red or Spanish onion
1/4 c. chopped parsley
1 t. dried mint, or 2 t. chopped fresh mint
2 3/4 t. dried basil or 1 1/2 t. chopped fresh basil
1/3 c. olive oil
1/4 c. red wine vinegar

salt and pepper
sliced cucumbers
salad greens

In a large bowl combine the beans, artichokes, peppers, olives, onions, parsley, mint and basil; toss gently. Pour the oil and vinegar over the salad and then toss to coat. Season with salt and pepper. Cover and refrigerate for several hours or overnight, stirring occasionally, to let flavor blend. Serve on salad greens with cucumber garnish. Serves 6 to 8.

Cauliflower Orange Salad

2 cans (11 oz. each) mandarin oranges, drained
1/2 small cauliflower, separated into florets
1/2 c. green pepper, chopped
2 oz. spinach, torn into bite-size pieces
1/4 c. low-fat French dressing
chopped lettuce

In a large bowl mix together the

orange segments, cauliflower, green pepper, spinach and French dressing. Serve on chopped lettuce on individual plates or place the chopped lettuce in a large salad bowl, add the salad, toss and serve. Serves 5 or 6.

“Hot” Summer Corn Relish

2 T. chopped green onions
1/3 c. chopped green peppers
1/3 c. chopped red peppers
1/2 c. chopped tomato
1 can sliced water chestnuts, drained
1/2 T. cider vinegar
1 to 2 T. water
1 t. chili pepper (optional)
pinch cayenne pepper (optional)
1 10 oz. pkg. frozen corn
(2 c. fresh if you can get it)
1 T. honey
1/4 lime wedge
2 T. fresh parsley, chopped
plain non-fat yogurt for garnish (optional)
sunflower seeds
In a large skillet sauté the green



Cauliflower Orange Salad



Peach Whip

onions, peppers and tomato in the vinegar and water for 5 minutes. Add chili powder and cayenne and cook briefly. Add corn, water chestnuts and honey. Cook, stirring occasionally, for 5 minutes. Place relish in a serving bowl and sprinkle parsley and squeeze lime over the entire dish. Garnish with yogurt and sunflower seeds. Serves 4. Can be doubled or tripled.

Lox and Vegi Pita Pizza

4 pita breads
 4 c. sliced mushrooms, fresh
 1 medium red onion, thinly sliced and separated into rings
 1/4 c. chopped green pepper
 1/4 c. chopped red pepper
 4 t. dried basil
 1/3 lb. lox
 2 c. shredded mozzarella cheese

2 T. grated parmesan cheese

Heat oven to 425°. Split each pita bread so that you have a total of eight rounds. Place rounds, cut side up, on ungreased cookie sheet. Arrange mushrooms, lox, peppers and onions on top. Sprinkle with basil and cheeses. Bake 8 to 10 minutes or until cheese is melted. Cut each round into 6 pieces.

Perfect Pink Lemonade

Juice and shells of 3 lemons
 1 qt. water
 8 oz. superfine sugar
 1/4 c. grenadine or maraschino syrup

Combine all the ingredients in a pitcher. Stir well and serve over ice. Can be garnished with lemon slices and

cherries. 8 servings.

Grape Splash

12 oz. kosher white grape juice
 8 oz. ginger ale
 8 oz. pineapple juice
 10 to 12 ice cubes

Pour all ingredients into a pitcher, stir, and serve.

Peach Whip

3 ice cubes
 4 oz. peaches, peeled and pitted
 1/2 t. lime juice
 1 t. confectioners sugar
 4 oz. lemon-lime soda

Combine all the ingredients in a blender and process for 30 seconds. Pour into two tall glasses. Garnish with a strawberry or peach slice. (You can substitute strawberries for the peaches.) 2 servings.

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Editor's Note: In the Spring issue of *Jewish Action* a recipe suggested an option of adding chicken broth to tuna. We would like to thank astute readers who called to point out the error: mixing poultry or meat with fish is not permitted.

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