

Light and Tasty

By Faigy Fink

Here is a peek into Faigy's Pesach Program which includes over 30 wholesome, delicious Pesach recipes and top nutrition tips to maintain your health and happiness throughout Yom Tov!



Fruit/Lettuce Salad

I love combining fruits with salad. With good carbs like fruits, you are sure to please your palate. Your taste buds naturally prefer to eat healthy!

INGREDIENTS

Romaine Lettuce, checked
Beets
Sliced oranges
Cubed apple
1/4 -1/2 C. slivered almonds or walnuts

DRESSING

1.5 T. lemon juice
1-2 tsp. olive oil
1.5 T. orange juice
1 T. sugar/sweetener or honey

DIRECTIONS

Make sure lettuce is dry then cut into bite sized pieces. Add the other vegetables and fruit. Combine dressing ingredients and toss over the salad.



Roasted Cauliflower Soup

Soups can cause temporary bloat, but you will benefit by keeping full from nourished wholesome vegetables. Serving soup by the day meal is a great idea!

INGREDIENTS

- 1 32 oz. bag cauliflower, checked,
- 2-3 tsp. olive oil
- Salt and pepper
- Large onion
- 4-5 carrots
- 1 parsnip
- 2 stalks celery
- 1/4 package of dill

DIRECTIONS

- Roast the cauliflower in 2-3 tsp. olive oil.
- In a pot, sauté the onion, carrots, parsnip and celery. Then add the roasted cauliflower.
- Add 8-10 cups water and salt and pepper, and cook for 1 hour.
- Cool and blend.

Faigy Fink, INHC is a nutritionist based in Lakewood who has been counseling clients for two decades. Her health and nutrition expertise and positive, empowering manner have helped clients from around the world combat emotional eating, lose weight, and improve their overall health. Faigy's proven approach achieves results, and her lifestyle strategies enable clients to maintain a healthy relationship with food. If you tired of trying fad diets without results and are sick of confusing rules and impossible restrictions then it's time for a realistic approach: the winning balance of intuitive eating. To get started, contact Faigy by phone, text or WhatsApp (732) 513-3618, email fitwithfayNJ@gmail.com or visit www.Fitwithfaynj.com.



Pineapple-Orange Moist Chicken Drumsticks

The natural sweetness from the fruit does the right trick to satisfy your sweet tooth and get you full from protein simultaneously!

INGREDIENTS

- 8 chicken drumsticks
- ¼-½ pineapple
- 4 oranges
- 2-3 T. honey
- 2-3 tsp. olive oil
- Salt

DIRECTIONS

Cut pineapple and oranges into rings. Cook for 2-3 hours with the honey on a low flame. Place chicken in a pan. Smear with a little olive oil and salt. Spread fruit on top and bottom of the chicken. Bake on 350° covered tight for 1.5 hours. Pour the juice from the bottom of the chicken generously over the top of the chicken when you uncover it. Bake uncovered for 20-25 minutes. Broil for the last 3-4 minutes.

This versatile snack / dessert will be a winner for the whole family!

INGREDIENTS

- Kiwis
- Dark semi-sweet chocolate
- Popsicle sticks

DIRECTIONS

Slice kiwis into thick circles and attach to the popsicle sticks. Melt the dark semi-sweet chocolate, dip kiwis into it and let harden on a cookie sheet.



Kiwi Pops