

super seder

Mark the start of Passover with a delicious vegetarian feast



- MENU**
- GARLICKY LEEK AND ARTICHOKE SOUP
 - GREENS AND QUINOA PIE
 - TUNISIAN CARROT SALAD WITH RADISHES AND OLIVES
 - MOCHA CHOCOLATE MOUSSE CAKE

PHOTOGRAPHY Carin Krasner FOOD STYLING William Smith PROP STYLING Kim Wong

LE JACQUARD FRANCAIS TABLE CLOTH AND TABLE RUNNER, FROM SALUTATIONSHOME.COM; BRIO BLUE DINNER PLATES, STANTON FLATWARE, TOUR WINE GLASSES, NOLA WINE DECANTER, AND ELLIPSE GLASS SERVING BOWL, FROM CRATEANDBARREL.COM; JACOB ROSENTHAL COLLECTION TREE OF LIFE KIDDUSH CUP BY SANDRA KRAVITZ, NADAV STERLING CANDLES/TICKS, NAMBE MATZAH TRAY, FROM SKIRBALL.ORG



Greens and Quinoa Pie

Seder, the ceremonial meal that family and friends share on the first and second nights of Passover, can present a challenge to vegetarian cooks. Not just because the symbolic meal features meat (a roasted lamb shank bone is traditional on the seder plate), but also because the list of foods that can't be eaten during Passover includes most grains and, in some Jewish cultures, *all* beans and legumes.

To sidestep the ingredient dilemma, entertaining expert Myra Kornfeld has put together a seder menu that uses some ingenious twists (quinoa in a crustless pie; almond flour in a chocolate mousse cake) and highlights the bounty of spring. The result? A flavorful, seasonal feast worthy of a holiday occasion.

Greens and Quinoa Pie

SERVES 6 | GLUTEN FREE

Technically, quinoa is not a grain (it's related to spinach and chard), so it's perfect for Passover. Here, spring greens are wilted then mixed with quinoa and cheese for a golden-crustured savory pie.

- ½ cup quinoa, rinsed and drained
- 1 large bunch chicory (1 to 1½ lb.), cut into bite-sized pieces (bottom 1½ inches of hard stems removed)
- 1 head romaine lettuce, shredded
- 3 Tbs. olive oil, divided

- 2 medium onions, thinly sliced (2 cups)
- 2 green onions, thinly sliced (¼ cup)
- ¼ cup chopped fresh dill
- ¼ cup crumbled feta cheese, preferably Greek (1 oz.)
- ¼ cup grated aged goat cheese or Swiss cheese (1 oz.)
- 3 eggs, lightly beaten

1. Place quinoa in small saucepan, and toast over medium heat 2 to 3 minutes, or until almost dry. Add 1 cup water, and season with salt, if desired. Cover, and bring to a boil. Reduce heat to medium-low, and simmer, covered,

15 minutes. Remove from heat, and transfer to large bowl.

2. Heat large pot over medium heat. Add chicory, and cook 3 to 5 minutes, or until wilted, stirring frequently or tossing with tongs. Add romaine, and wilt 1 to 2 minutes more. Transfer greens to strainer, and squeeze out excess moisture. Transfer to cutting board, and chop into small pieces. Stir greens into quinoa.

3. Preheat oven to 350°F. Heat 1 Tbs. oil in skillet over medium-high heat. Add onions, and sauté 10 minutes, or until browned. Add cooked onions, green onions, dill, feta cheese, and goat cheese to quinoa mixture. Stir in eggs; season with salt and pepper, if desired.

4. Pour 1 Tbs. oil into 9-inch pie pan, and place in oven. Heat 5 minutes, or until oil is hot. Swirl oil to coat bottom of pan, then spread quinoa mixture in pan with spatula. Bake 20 minutes. Drizzle pie with remaining 1 Tbs. oil, and bake 20 to 30 minutes more, or until golden brown.

PER SLICE: 233 CAL; 10 G PROT; 13 G TOTAL FAT (4 G SAT FAT); 20 G CARB; 115 MG CHOL; 149 MG SOD; 7 G FIBER; 4 G SUGARS



Garlicky Leek and Artichoke Soup

Garlicky Leek and Artichoke Soup

SERVES 6 | GLUTEN FREE | 30 MINUTES OR FEWER

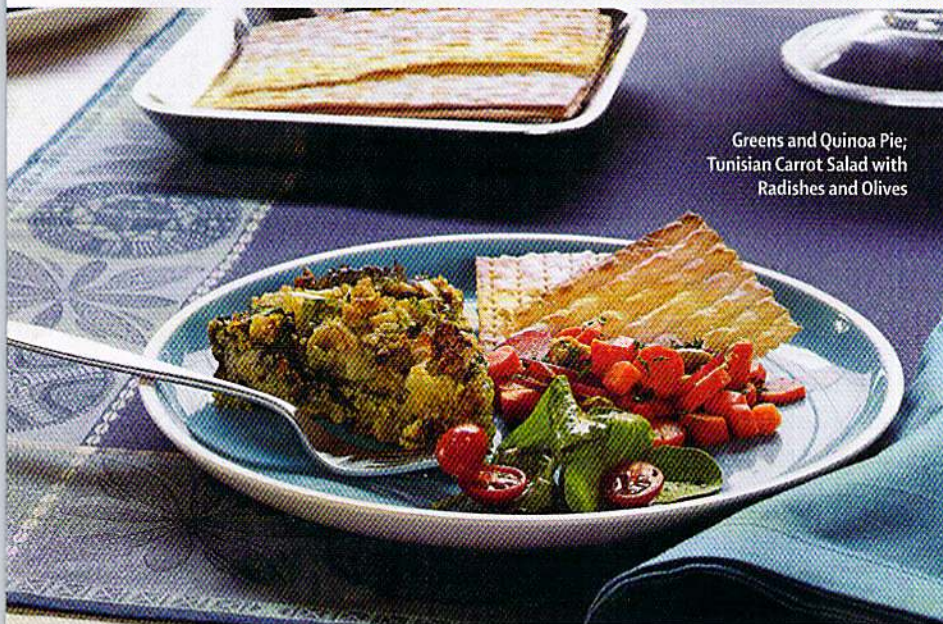
A light artichoke soup gets a blast of flavor from a swirl of basil pesto. If the soup seems too thick when blended, simply add a little more water or broth to the mixture until desired consistency is achieved.

- 2 Tbs. olive oil
- 2 medium leeks, white parts chopped (2 cups)
- 9 cloves garlic, peeled
- 2 cups reduced-sodium vegetable broth
- 2 9.9-oz. jars water-packed artichoke hearts, rinsed and drained (2 cups) or 1 10-oz. pkg. frozen artichoke hearts, thawed
- 2 medium boiling potatoes, peeled and cut into 1-inch pieces (¾ cup)
- 6 fresh thyme sprigs
- 2 tsp. lemon juice
- 6 Tbs. prepared basil pesto

1. Heat oil in large saucepan over medium heat. Add leeks and garlic, and sauté 5 minutes, or until leeks are softened and translucent. Add broth, artichokes, potatoes, thyme, and 2 cups water; cover, and bring to a boil. Reduce heat to medium-low; season with salt and pepper, if desired; and simmer, partially covered, 20 to 25 minutes, or until potatoes and garlic are very tender.

2. Remove thyme sprigs, and strip remaining thyme leaves into soup pot. Transfer soup to blender or food processor, and blend until smooth. Return to pot and stir in lemon juice. Season with salt and pepper, if desired. Ladle soup into bowls, and garnish each serving with 1 Tbs. prepared pesto.

PER 1-CUP SERVING: 223 CAL; 6 G PROT; 12 G TOTAL FAT (2 G SAT FAT); 25 G CARB; 5 MG CHOL; 670 MG SOD; 5 G FIBER; 4 G SUGARS



Greens and Quinoa Pie; Tunisian Carrot Salad with Radishes and Olives



THE VEG SEDER PLATE

A traditional seder plate features six symbolic foods, including a roasted lamb shank bone. Vegetarians often use a fresh beet in place of the shank bone (shown). For a vegan variation, you could also swap an avocado pit for the roasted egg.

MABEL GLASS SOUP BOWL, FROM CRATEANDBARREL.COM; SEDER PLATE BY MARILYN DAVIDSON, FROM SKIRBALL.ORG

Tunisian Carrot Salad with Radishes and Olives

SERVES 6 | VEGAN | GLUTEN FREE
30 MINUTES OR FEWER

This brightly colored salad adds a fresh, festive touch to the meal. Blanching the carrot slices gives them a crisp-tender texture and brings out their sweetness. For best results, serve the salad at room temperature.

- 1 lb. carrots, cut into ¼-inch-thick slices (3 cups)
- ½ cup thinly sliced radishes (3 to 4 radishes)
- ¼ cup chopped green olives
- 2 Tbs. olive oil
- 3 cloves garlic, minced (1 Tbs.)
- 2 tsp. ground cumin
- 1 tsp. paprika
- 2 Tbs. fresh lemon juice
- 6 Tbs. minced fresh cilantro

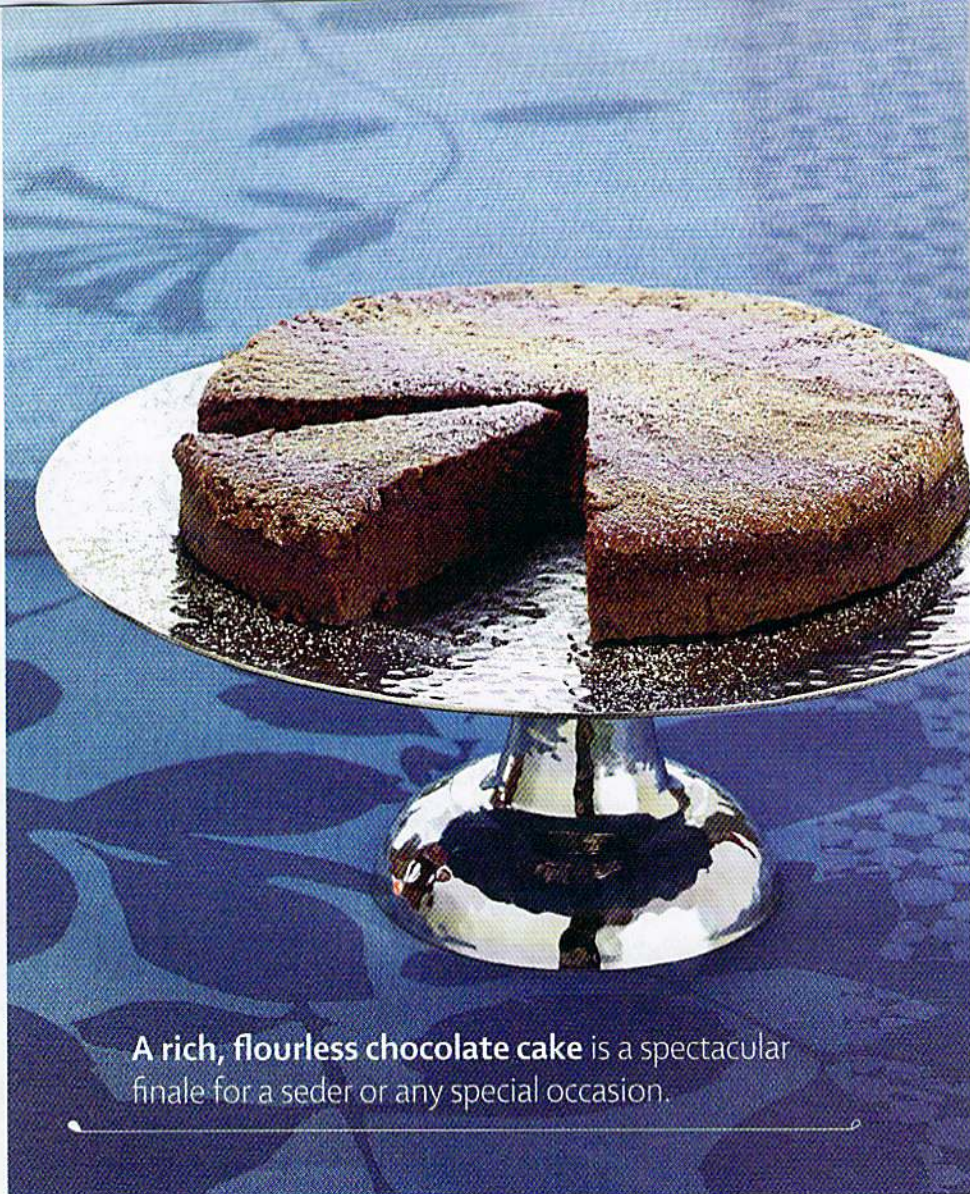
1. Bring large pot of salted water to a boil. Blanch carrots 3 to 4 minutes, or until just tender. Transfer to bowl of ice water to stop cooking; drain, and transfer to large bowl. Stir in radishes and olives.
2. Heat oil, garlic, cumin, and paprika in small skillet over medium heat 2 minutes, or until garlic sizzles and starts to brown. Stir oil mixture into carrot mixture. Add lemon juice to skillet to remove any last bits in pan, then stir into carrot mixture. Season with salt and pepper, if desired. Stir in cilantro. Let stand 20 minutes at room temperature to marry flavors.

PER 1-CUP SERVING: 84 CAL; 1 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 8 G CARB; 0 MG CHOL; 146 MG SOD; 3 G FIBER; 3 G SUGARS

Mocha Chocolate Mousse Cake

SERVES 12 | GLUTEN FREE

This dessert puffs like a soufflé when baked, then settles to become a rich, mousse-like cake. When slicing, use a knife dipped in hot water and then wiped dry. The heated blade will glide smoothly through the cake without sticking.



A rich, flourless chocolate cake is a spectacular finale for a seder or any special occasion.

- 9 oz. semisweet chocolate, chopped
- ¼ cup light coconut milk
- 1 Tbs. instant espresso powder
- 1 Tbs. vanilla extract
- 5 room temperature eggs
- 6 Tbs. organic cane sugar
- ¼ cup almond flour
- 1 Tbs. confectioners' sugar, for sprinkling

1. Preheat oven to 400°F. Coat 9-inch springform pan with cooking spray. Wrap bottom and sides of pan in foil. Grind chocolate to coarse meal in food processor.
2. Bring coconut milk to a boil in saucepan. Remove from heat, and stir in espresso powder. Pour over chocolate in food processor, and pulse until smooth. Add vanilla, and pulse until combined. Transfer chocolate mixture to bowl.

3. Beat eggs and sugar with electric mixer on high speed 5 minutes, or until doubled in volume. Fold eggs, then almond flour into chocolate mixture.
4. Pour batter into prepared pan. Set pan inside roasting pan, and fill roasting pan with 1 inch of hot water. Bake 15 to 20 minutes, or until dry crust forms on top but center is still slightly wobbly. Remove pan from water, and cool on wire rack. Refrigerate 2 hours, or overnight to set. Unmold, and sprinkle with confectioners' sugar.

PER SLICE: 184 CAL; 5 G PROT; 11 G TOTAL FAT (5 G SAT FAT); 18 G CARB; 88 MG CHOL; 31 MG SOD; 2 G FIBER; 16 G SUGARS

While writing her latest book, *The Healthy Hedonist Holidays*, Myra Kornfeld boned her skills at creating flavorful yet relaxed holiday meals.