

EASY (ABOUT 5 MINUTES TO MAKE) PARVE RECIPES FOR POTLUCKS

So you don't like to cook. Or you live on take-out food. Or your home isn't kosher. Or you're just plain lazy.

Fear not, my friend—there is hope for you! Below, please find recipes for salads/side dishes that even YOU can make with absolutely minimal effort. So the next time your host/potluck organizer says: “We need *real* food. We have enough pita/humus/carrots/dessert/drinks,” you now know what you can bring.

For the bean recipes, note that Goya makes many kosher varieties, even low sodium. When possible, get a low sodium/low fat version of the product.

*** = items that can be made in homes that are not kosher. However, please make sure that the ingredients are marked as kosher.**

***Three Bean Salad:**

Two cans each of green beans, kidney beans, and Great Northern or cannellini beans (both are white beans)--drain liquid from the cans.

Mix the beans. Drizzle with a little bit of olive oil and red wine vinegar.

***Basil Bean Salad:**

2 cans of Great Northern or cannellini--drain liquid from the cans
2 cucumbers, chopped
2 red peppers, chopped

Mix the above. In a separate bowl, mix: a couple of tablespoons of lemon juice, cider vinegar, a dash of black pepper, and 2 tablespoons of dry or fresh basil. Pour over the above.

Salsa Rice and Beans:

1 box instant rice (the type that cooks in five minutes or so)
1 can black beans
1 large jar of salsa

Cook instant rice. Mix with beans (drained) and salsa. Serve while still warm.

***Spinach and Mandarin Salad:**

1 package of pre-washed spinach (but wash it again!)
1 large can of sliced mandarin slices (drained)
1 package sesame seeds (preferably unsalted)

Toss all together.

***Spinach and Banana Salad:**

- 1 package of pre-washed spinach (but wash it again!)
- 2 bananas, sliced
- 1 package sesame seeds (preferably unsalted)
- 1 bottle of “sweet” salad dressing (e.g. Ken’s Raspberry Pecan)

Toss all together.

Taboullie:

- 2 packages of taboullie in a box
- 3 plum/Roma tomatoes (chopped)

Follow box directions—boil water, put water in a container (such as Tupperware), mix in the contents of the taboullie boxes. Put in refrigerator for 30 minutes. Mix in tomatoes and olive oil.

Peanut Butter and Jelly Sandwiches:

Make six sandwiches. Cut into quarters so it becomes an easy finger food.

Orange Couscous

- 2 boxes of instant couscous
- Orange juice
- 1 large can of peas and carrots, drained
- Cinnamon

Follow box directions...but instead of boiling water, boil orange juice! Remove from heat, and mix in the boxes of couscous. Let stand for five minutes, until the orange juice is absorbed.

Simultaneously, warm peas and carrots. Mix into orange couscous, along with the cinnamon. Serve warm or cold.

Israeli Cucumber Salad:

- 3 cucumbers (peeled)
- 3 tomatoes
- 1 red pepper
- 1 onion
- Olive oil
- Lemon juice
- pepper

Chop the vegetables into small pieces and mix together. Season with the olive oil, lemon juice and pepper.

Tuna (without mayo)

- 3 cans of tuna fish, drained (low sodium is best)

2 tomatoes, chopped
½ onion, finely chopped
3 tsp. lemon juice
6 ounces of fat-free Italian dressing

Mix all together.

***Green Salad (for the truly lazy)**

1 bag pre-washed bag of greens of your choice (but wash them anyway!)
1 bag of sliced carrots
1 container of cherry tomatoes
1 container bean sprouts
1 bottle of low-fat dressing of your choice

Mix it at home. Or, if you are truly lazy/rushing from work and buying the ingredients pre-Shabbat/Yom Tov, bring the unopened ingredients and wash/mix them on site.