A TASTE OF JASA

JASAEats 2022 Recipe Book

Favorite Family Recipes from Famous Chefs, Food Influencers, and our JASA Community
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>About JASA</td>
<td>5</td>
</tr>
<tr>
<td>About JASAEats</td>
<td>6</td>
</tr>
<tr>
<td><strong>Dishes</strong></td>
<td></td>
</tr>
<tr>
<td>Dalia Bobker's Chicken Soup</td>
<td>7</td>
</tr>
<tr>
<td>Elizabeth Chalom's Chicken Miso Soup</td>
<td>9</td>
</tr>
<tr>
<td>Grace Fallek's Roasted Tomato Soup with Crispy Cheddar Matzah Balls</td>
<td>11</td>
</tr>
<tr>
<td>Sandy Lebowitz's Kale Salad with Pomegranate &amp; Parmesan</td>
<td>13</td>
</tr>
<tr>
<td>Adina Silberman's Sweet Potato and Tomato Salad</td>
<td>15</td>
</tr>
<tr>
<td>Zuliya Khawaja's No Egg Salad with Everything Bagel Sandwich</td>
<td>17</td>
</tr>
<tr>
<td>Alex Bushman's Apple Noodle Pudding</td>
<td>19</td>
</tr>
<tr>
<td>Shari Boockvar's Roasted Brussels Off the Stalk</td>
<td>21</td>
</tr>
<tr>
<td>Susan Candell's Meat Lasagna</td>
<td>23</td>
</tr>
<tr>
<td>Cathy Connally's Potatoes Au Gratin - Plant Based</td>
<td>25</td>
</tr>
<tr>
<td>Jamie Geller's Beef Porridge</td>
<td>28</td>
</tr>
<tr>
<td>Marci Karoll's Unstuffed Cabbage</td>
<td>30</td>
</tr>
</tbody>
</table>
TABLE OF CONTENTS

Marci Karoll’s Roasted Eggplant 32
Zuliya Khawaja Sweet Potatoes Latkes 34
with Vegan Yogurt Crema
Harley Langberg’s Crispy Sweet and 37
Sour Brussels Sprouts
Carrie Nachmani’s Lasagna 39
Chandler Reese’s Enchiladas 41
Adina Silberman’s Spiced Carrots, 43
Chickpeas, & Herbs
Harpal Singh Sokhi’s Butter Chicken 46
Adeena Sussman’s Giant Smoked 50
Salmon Topped Latke
Wilma Tamayo’s Pastelon de Yuca 52
(Yucca Casserole)
Elia Wolberger’s Chicken & Potatoes 56

Desserts
Alaina Brodar’s Italian Pizzelles 58
Dani Katowitz’s Macaroons 60
Shayna Krakowski’s Strawberry Lemon 62
Cupcake
Diane Morrisey’s Cranberry Orange Oat 64
Bars
TABLE OF CONTENTS

Mimi Nemeroff's Vanilla Brownies 66
Hayley Parker's Coconut Cream Pie 68
Howard Pierce's Pumpkin Pie 71
Kate Scarlata's Blender Banana Oat Muffins 73
Mandy Silverman's Sugar Cookie Challah 75
Ada Strausberg's 2-Ingredient Hamantaschen 78

Thank You 80

Get Involved 81
ABOUT JASA

As the go-to non-profit serving older New Yorkers, JASA supports and partners with 40,000 seniors and their families each year.

JASA’s 20+ life-changing support services, interventions, and partnerships promote aging with a purpose and provide autonomy for older adults to remain in their homes and communities.

JASA’s programs include:

- Home-Delivered Meals
- Legal Services
- Older Adult Centers
- Mental Health Support
- Home Care
- Affordable Senior Housing
- Elder Abuse Prevention
- Adult Protective Services
- Art and Education
- And so much more

![Image of seniors and JASA logo]
ABOUT JASAEATS

This is usually the time of year when generations of families come together to celebrate the holidays. Unfortunately, the past two years have created unique challenges, and exacerbated already existing ones. Many older adults are alone and too many have to worry about their next meal.

That's why we launched JASAEats: to raise awareness about food insecurity among seniors while also raising critical funds to provide meals for older New Yorkers.

JASA provides over 1 million meals to seniors every year—however food insecurity is still rising, with roughly 7.3 million older Americans unable to access the food they need.

Through our JASAEats Recipe Book, we raise awareness of food insecurity and brighten up the holidays with favorite family recipes submitted by JASA seniors, staff, volunteers, and famous chefs!

We’re doing all we can to ensure no senior goes hungry – but we can’t do it alone. Please help us combat food insecurity by donating to JASAEats on our webpage, and sharing our campaign on social media.

www.jasa.org/eats
#JASAEats
Dalia Bobker's Chicken Soup
INGREDIENTS

1 Turkey neck
2 lbs Chicken bones
3 carrots, peeled and cut
3 zucchini, cut
3 stalks celery, peeled and cut
1 onion, peeled
1 turnip, peeled and quartered
1 kohlrabi, peeled and quartered
1 bunch fresh parsley
1 bunch fresh dill
1-2 Tbsp Kosher salt, or to taste
Fresh black pepper, to taste

RECIPE

1. Place turkey and chicken into mesh soup bags (alternatively, strain soup after cooking for clear broth).
2. In a large pot, place the turkey and chicken bag.
3. Add remaining ingredients.
4. Fill pot three-quarters of the way with water.
5. Bring soup to a boil.
6. When the liquid is starting to bubble, remove the froth/scum from the top. Do this repeatedly until there is no more scum on top (this results in a clear broth).
7. Simmer on low for 8 hours or overnight.
Elizabeth Chalom’s Chicken Miso Soup
Elizabth Chalom’s Chicken Miso Soup

INGREDIENTS
1 1/2 lbs boneless, skinless chicken thighs
2 Tbsp vegetable oil
3-4 minced cloves of garlic
2 tsp minced ginger
1 Tbsp Mirin or Sherry wine
1 Tbsp of soy sauce
1 Tbsp of sugar
8 cups of water
8 oz of soba buckwheat noodles
1 to 2 leaks
1/4 cup of miso (can add more to taste)
Any vegetables (pea pods, spinach, kale, mushrooms)
dried seaweed
Can add tofu as well--cut into small cubes

RECIPE
1. Season chicken thighs with salt and pepper.
2. Put oil in a soup pot and cook chicken for 3 minutes on each side.
3. Add garlic and ginger cook 1-2 minutes.
4. Add Mirin, sugar, soy sauce, and water. Bring to a boil, and then simmer for 20 minutes.
5. Remove chicken, chop into pieces and return it to the pot.
6. Mix some broth and miso paste into a bowl until miso has no lumps, and add it to the soup.
7. Add leeks, pea pods, kale, seaweed, and other vegetables.
8. In a separate pot, boil buckwheat (soba) noodles to be added to soup when serving.
9. Add basil to the soup, and serve.

*Vegetarian option: omit chicken, use low sodium vegetable broth instead of water, and use tofu
Grace Fallek’s Roasted Tomato Soup with Crispy Cheddar Matzah Balls

@GraciousEats
Grace Fallek's Roasted Tomato Soup with Crispy Cheddar Matzah Balls

INGREDIENTS

30 oz cherry tomatoes
1 small onion, roughly chopped
6 garlic cloves
1/2 cup olive oil
1/4 fresh basil leaves
1/2 cup vegetable stock
1/4 cup full fat coconut milk or heavy cream
3 cooked matzah balls cut in half
6 Tbsp cheddar cheese
1 Tbsp salt
1 tsp black pepper

RECIPE

1. Pre-heat the oven to 350 degrees.

2. In a roasting pan, add tomatoes, onion, garlic, basil, and olive oil.

3. Roast for 30 minutes.

4. To a blender add the content of the roasting pan, veg stock, coconut milk, salt, and pepper.

5. Blend until you reach your desired consistency.

6. In a non-stick sautée pan, over medium heat, add about a Tbsp of the cheddar cheese into little piles.

7. Let the cheese melt completely - takes about 30-40 seconds - watch closely! Once melted, add a matzah ball half with the flat side on top of the cheese.

8. Cook an additional 20-30 seconds until cheese is crispy

9. Remove from pan and set aside. Let the cheese crisp around the matzah ball for 20-30 seconds.

10. Now, it’s time to plate!! Add your roasted tomato soup to a bowl, top with some coconut or heavy cream and basil to look pretty, and add your crispy cheddar matzah balls right on top!
Sandy Lebowitz’s Kale Salad with Pomegranate & Parmesan

@plantainsandchallah
Sandy Lebowitz’s Kale Salad with Pomegranate & Parmesan

INGREDIENTS

For Salad:
4-5 large kale leaves, stems removed, leaves chopped in thin ribbons
1/4 cup pomegranate seeds
1/2 avocado, diced small
1/4 cup Parmesan cheese, “peeled” (just shave pieces off a good block with a peeler)
1/4 cup toasted pine nuts
1/4 ripe Bartlett pear, sliced thin

For Dressing:
1/2 lemon, freshly squeezed
2 Tbsp olive oil
1 Tbsp honey
1/2 Tbsp Dijon mustard
Salt & pepper to taste

RECIPE

1. Mix the salad ingredients together and toss gently.
2. Whisk together the dressing ingredients until emulsified.
3. Pour a small amount of the dressing over the salad - up to 15 minutes prior to serving.
Adina Silberman's Sweet Potato and Tomato Salad

@homewithadina
Adina Silberman's Sweet Potato and Tomato Salad

INGREDIENTS

For Salad:
2 medium sweet potatoes
2 tsp olive oil
½ tsp kosher salt
1 10-oz box grape tomatoes, cut in half lengthwise
1 large yellow pepper, sliced into ½” pieces
3 green onions, thinly sliced

For Dressing:
3 tsp olive oil
2 tsp fresh lemon juice
Heaping ½ tsp kosher salt
¼ tsp black pepper

RECIPE

1. Pre-heat oven to 425F and line a baking sheet with parchment paper.
2. Peel the sweet potatoes and cut each into ½” rounds. Then cut each round into 3 pieces lengthwise and then cut again with 2-3 more slices widthwise. This should give you small ½” cubes.
3. Place the sweet potato pieces on the parchment paper lined baking sheet and toss with olive oil and salt.
4. Once dressed, spread the sweet potatoes out into a single layer.
5. Place in the oven and bake for 25-30 minutes, tossing the potatoes every 10 minutes or so minutes until they are soft and crispy on the edges. Allow to cool.
6. While the potatoes are roasting, mix dressing ingredients together in a small bowl until well combined. Set aside.
7. Place sweet potatoes, grape tomatoes, yellow pepper, and green onions in a large bowl and toss with dressing. Serve immediately.

*Optional salad additions: Avocado, sugar snap peas, parsley, and mint
Zuliya Khawaja’s No Egg Salad with Everything Bagel Sandwich
Zuliya Khawaja’s No Egg Salad with Everything Bagel Sandwich

INGREDIENTS
4 everything bagels
2 cans of chickpeas (15 oz can)
1/3 cup diced celery
1/3 cup chopped green onion
1 tsp chopped dill
3 tsp of vegan mayo
1 tsp of deli mustard
1 tsp of black salt
1 tsp black ground pepper
Salt to taste
1 ripe avocado sliced

RECIPE
1. Toast your bagels.
2. Drain the cans of chickpeas.
3. Mashed the chickpeas well, add the diced celery, onions, dill, mayo, mustard, black salt and pepper.
4. Mix everything to combine.
5. Fill each bagel with 2 Tbsp of No Egg Salad, sliced avocados.
Alex Bushman's Apple Noodle Pudding

INGREDIENTS
1/2 lbs egg noodles cooked until soft
3 apples peeled and sliced
3 Tbsp of lemon juice
1/2 cup of sugar
1 tsp of vanilla
1/2 cup of raisins
1/2 cup of orange juice
4 eggs beaten
2 Tbsp of sugar
1 tsp of cinnamon
1/4 tsp of nutmeg

RECIPE
1. Pre-heat the oven to 350 degrees.
2. In a large mixing bowl, mix noodles, apples, lemon juice, 1/2 cup of sugar, vanilla, raisins, orange juice, and eggs.
3. Poor mixture into a well greased shallow 2-quart casserole dish.
4. Mix 2 Tbsp of sugar, cinnamon, and nutmeg. Sprinkle on top.
5. Bake for 50 minutes to an hour.
Shari Boockvar's Roasted Brussels off the Stalk
ROASTED BRUSSELS OFF THE STALK

INGREDIENTS
1 stalk of brussels sprouts
Avocado oil spray
Seasoning of choice
Parmesan cheese, if desired

RECIPE
1. Spray the stalk of brussels sprouts with avocado oil.
2. Sprinkle with garlic salt or any seasoning of choice.
3. Roast in the oven (directly on the rack) for approximately 25 minutes at 425 degrees.
4. Sprinkle with parmesan cheese.
5. Serve the stalk and let everyone slice off their own brussels!
INGREDIENTS
12oz lasagna noodles
3/4 lbs ricotta
1 egg - well beaten
1 lbs mozzarella cheese - thinly sliced
1 tsp salt
1/2 tsp pepper
1 jar classico tomato sauce
1/2 lbs chopped beef

RECIPE
1. Boil lasagna in a large pot of water. Add 1 Tbsp of oil once the pasta has been added to prevent it from sticking. Boil until just done (10-14 minutes).
2. Mix ricotta, beaten egg, salt, and pepper.
3. Cook chopped beef in frying pan until brown and add 1 jar of classico sauce.
4. Slice mozzarella into thin pieces.
5. Pre-heat the oven to 350 degrees.
6. Cover the bottom of a large pyrex dish with the meat sauce, then add a layer of lasagna until sauce is completely covered. Next cover the pasta with a think layer of the ricotta mixture. Finally add the sliced mozzarella to the top.
7. Repeat with meat sauce, lasagna, ricotta, and mozzarella in that order. When finished, add an additional layer of meat sauce to the top.
8. Cook for 50 minutes until bubbles appear around the sides.
CATHY CONNALLY'S POTATOES AU GRATIN
- PLANT BASED
Cathy Connally’s Potatoes Au Gratin
Plant Based

INGREDIENTS
5 russet potatoes, washed, sliced thinly
(no need to peel) (1 kilo)
2 cups almond or non-dairy unsweetened milk
(506 grams)
½ cup no or low sodium vegetable broth (68 grams)
⅔ cup yellow onion (115 grams)
½ cup nutritional yeast (30 grams)
½ carrot, cut in slices (25 grams)
⅛ medium celery stalk (cut in slices) (10 grams)
2 tsp onion powder
2 tsp garlic powder
1 Tbsp parsley
½ tsp dried thyme
½ tsp turmeric powder
½ tsp smoked paprika
3 Tbsp of arrowroot or cornstarch

RECIPE
1. Pre-heat oven to 425F (218C).

2. Slice the potatoes with a mandoline or an attachment for a food processor to evenly slice all the potatoes. Put the potatoes into cold water so that they do not turn color.
CATHY CONNALLY'S POTATOES AU GRATIN
PLANT BASED

RECIPE

3. Set the stove to medium-high heat and whisk almond milk, broth, nutritional yeast, onions and all spices in a medium saucepan and cook over medium heat. Lower heat to allow the mixture to simmer. Stir frequently.

4. In a separate bowl, mix the ¼ cup water and the arrowroot or cornstarch until it is dissolved. Pour into the cheese mixture and stir for 5-6 minutes until the mixture thickens. Add salt to taste.

5. Layer the one half of the potatoes on the bottom of the casserole pan. Pour half of the cheese mixture and carefully cover all of the potatoes. Put the second layer of potatoes in the pan and pour the rest of the cheese on top and make sure all the potatoes are covered with the cheese mixture. Optionally, top with vegan parmesan cheese.

6. Cover the casserole dish with foil and bake for 20 minutes. Remove foil and bake for another 20 minutes. For a crispier top, broil an additional 1-2 minutes. Add some parsley optionally for serving.
Jamie Geller's Beef Porridge

@jamiegeller
In a 6-quart stockpot, heat olive oil over medium heat. Rinse meat and pat dry. Season with salt and pepper.

2. Place flanken and onions in pot and sear meat by cooking it over medium heat for 2-3 minutes until meat is lightly browned on both sides.

3. Add remaining ingredients, cover and bring to boil. Skim off any foam that rises to the surface and discard.

4. Reduce heat to a simmer and cook, uncovered for 3 hours, stirring occasionally.

5. Ladle into bowls and serve.

If refrigerating overnight and reheating, you may have to add 1 to 2 cups of water and mix well to prevent burning.
Marci Karoll’s UnStuffed Cabbage

INGREDIENTS
32 oz tomato sauce
2 – 2½ lbs ground beef
1 package of shredded cabbage
2 eggs
Salt and pepper to taste
1 Tbsp garlic powder
1 Tbsp onion powder
¾ cup brown sugar
2 Tbsp lemon juice

RECIPE
1. Pre-heat oven to 350° and spray 9x13 pan or dish.

2. Combine beef, eggs, and seasonings well. Set aside.

3. In large bowl, combine tomato sauce, sugar and lemon juice. Add Cabbage and mix well. Lay 1/3 of cabbage mixture on bottom of pan. Fix beef over bed of cabbage, like a large burger or thin meatloaf. Lay remaining cabbage mix over beef.

4. Bake for 60-70 minutes until done.
Marci Karoll's Roasted Eggplant
Marci Karoll’s Roasted Eggplant

INGREDIENTS
- 6 baby eggplants
- Kosher salt
- Pepper
- Olive oil
- Thyme, powdered or fresh stems
- Garlic, chopped

RECIPE
1. Pre-heat oven to 400 degrees.
2. Remove the stem and slice eggplants in half lengthwise.
3. Lay on cookie sheet covered with foil or baking paper.
4. Score each half 3-4 times with a sharp knife. Place garlic between scores and then sprinkle the remaining seasonings on top. Brush eggplant liberally with olive oil.
5. Place in oven for 25-30 minutes until eggplants are browned.
6. Brush with additional oil about half way through cooking.
7. Remove from oven when browned.
8. Serve asap.
Zuliya Khawaja Sweet Potato Latkes with Vegan Yogurt Crema

@NaturallyZuzu
Zuliya Khawaja Sweet Potato Latkes with Vegan Yogurt Crema

INGREDIENTS

For the Latkes:
2 large sweet potatoes
1/2 cup chickpea flour or use 1/2 cup tapioca flour
2 tsp flax meal
1 tsp corn starch
2 tsp onion powder
1/2 tsp of salt
1/2 tsp garlic powder
1/2 tsp nutmeg powder
Some avocado oil or grapeseed oil for frying
(or use oil spray for the air fryer)

For the Crema:
1/3 cup Unsweetened Cashew yogurt
or coconut yogurt
Juice of 1/2 lemon
1 Clove of garlic minced
1 tsp dry mint flakes optional
1 tsp onion powder
Salt to taste
Zuliya Khawaja Sweet Potatoes Latkes with Vegan Yogurt Crema

RECIPE

For the Latkes:
1. Peel, then shred, your potatoes. You can also use your Zoodle maker.
2. Sprinkle them with salt and let shredded potatoes sit for a couple of minutes, then pat dry them with clean kitchen towel and squeeze as much moisture out of them as you can.
3. In a small bowl, mix together the chickpea flour, flax meal, salt, nutmeg, garlic powder and onion powder.
4. Add the flour mixture to the shredded potatoes, and toss to coat well. Add 2 tsp of oil of mixture is little too dry.
5. Pre-heat a heavy skillet. Add about 4 Tbsp of oil and let it heat.
6. Use an ice cream scoops or hands to portion your latkes. Press the latkes gently into a pancake. Place each latkes into the prepared pan.
7. Cook until the bottom is deep golden brown then flip and cook until the other side is golden brown as well.
8. Remove from pan and place on a plate covered with some paper towels to drain the excess oil. If you are using an air fryer, select air fry mode and fry at 390F for 20 minutes.
9. Flip them in between.

Optional toppings/garnishes include: applesauce, vegan sour cream or vegan yogurt, pomegranate seeds, sliced green onions, or dill.

For the Crema:
1. Mix all the ingredients in the the bowl until well combined.
Harley Langberg's Crispy Sweet and Sour Brussels Sprouts

@Harleysfood_art

37
Harley Langberg’s Crispy Sweet and Sour Brussels Sprouts

INGREDIENTS
1 lbs brussels sprouts
1/8 cup olive oil
salt and pepper
2 Tbsp balsamic vinegar
1 tsp honey

RECIPE
1. Pre-heat oven to 400 degrees Fahrenheit.

2. Line a baking sheet with tin foil and add the Brussels sprouts (half them if not halved already).

3. Add olive oil salt and pepper.

4. Roast in oven for 1 hour to 1 hour and a half depending on how crispy you want them. To get a dark brown color, cook closer to 1 hour and a half.

5. Remove from oven and add balsamic vinegar and honey and mix with a spoon and serve.
Carrie Nachmani's Lasagna
Carrie Nachmani's Lasagna

INGREDIENTS
- 1 box of ronzoni lasagna
- 1 large container of ricotta cheese
- 1 lbs of polly o' whole milk mozzarella cheese
- Parmigiana cheese
- 2 bottles of favorite marinara sauce

RECIPE
1. Boil large pot of water.
2. Cook Lasagna as directed.
3. Slice mozzarella long and thin.
4. Pour a light layer of tomato sauce to bottom of lasagna pan.
5. Line pan with dried off strips of lasagna (cover entire pan).
6. Pour 1/2 of ricotta cheese over every bit of lasagna (use back of large spoon to spread evenly).
7. Place 1/2 of mozzarella slices over every bit of lasagna and ricotta.
8. Pour tomato sauce over entire tray.
9. Repeat placing lasagna strips over sauce, then ricotta, mozzarella, and sauce.
10. Cover with aluminum foil (tightly) and bake 1 hour.
11. Remove from oven, and remove aluminum foil.
12. Cut in large squares, use spatula to place on plates.
13. Add ground parmigiana and serve!
Chandler Reese's Enchiladas
Chandler Reese’s Enchiladas

INGREDIENTS
1 lbs ground beef
1 jar enchilada sauce
2 cups shredded cheese
10 to 12 corn or flour tortillas
(could double up if you need to make more)

RECIPE
1. Pre-heat oven to 350 degrees.
2. Cook beef in 10 inch skillet over medium-high heat until beef turns brown. Stir frequently to break up the meat and pour out fat.
3. Stir 1/2 cup of sauce and 1 cup of cheese into the skillet with the beef.
4. Spread 1/2 cup of sauce in 13x9x2 inch shallow baking dish. Spoon 2 Tbsp of the beef mixture down the center of each tortilla. Roll up and place seam-side down in baking dish.
5. Top with the remaining sauce and cheese leftover.
6. Bake for 20 minutes or until the cheese melts.

Enjoy!
Adina Silberman's Spiced Carrots, Chickpeas & Herbs
Adina Silberman’s Spiced Carrots, Chickpeas & Herbs

INGREDIENTS

Carrots and Chickpeas:
6-8 large carrots, washed and sliced into quarters lengthwise
1 15.5 oz can of chickpeas, drained and dried
2 Tbsp extra virgin olive oil
1 ½ tsp kosher salt

Dressing:
¼ cup extra virgin olive oil
1 tsp kosher salt
2 Tbsp lemon juice
¼ tsp garlic powder
¼ tsp paprika
¼ tsp cumin
¼ tsp sumac
1 tsp sesame seeds
2 Tbsp finely chopped fresh parsley
2 Tbsp finely chopped fresh cilantro
2 Tbsp finely chopped fresh mint (optional)
½ cup loosely chopped parsley and/or cilantro and/or mint
Adina Silberman’s Spiced Carrots, Chickpeas & Herbs

RECIPE

For Carrots and Chickpeas:
1. Pre-heat oven to 425F.
2. Place carrots and chickpeas onto a baking sheet and toss with the olive oil and salt.
3. Bake for about 30-35 minutes, flipping midway through, until the carrots are golden brown and chickpeas are dry and crispy.

For Dressing:
1. Prepare the dressing in a medium bowl by combining all the dressing ingredients, including the finely chopped fresh herbs.
2. Mix well. The dressing will be quite thick.

Serving:
1. Plate the warm carrots and chickpeas on a large dish and drizzle dressing all over. Gently toss with loosely chopped fresh herbs.

*If you would like to prepare this dish in advance dress the carrots and chickpeas then store in a sealed container in the fridge. Toss with loosely chopped herbs right before serving.
Harpal Singh Sokhi's Butter Chicken
HARPAL SINGH SOKHI’S BUTTER CHICKEN

INGREDIENTS

For Chicken Tikka:

First Marination:
Chicken Leg Boneless cut into 1½ inch pieces (500 gm)
1½ Tbsp of ginger-garlic paste
1½ tsp of Kashmir red chilli powder
1/2 lemon
Salt to taste

Second Marination:
1 Tbsp of mustard oil
¼ tsp of carom seeds
1 Tbsp of gram flour
¼ tsp of turmeric powder
2 tsp of red chilli powder
1 tps of garam masala powder
¼ tsp of black salt
½ cup of hung curd
1 Tbsp of butter
Salt to taste

For Gravy:
Oil (for cooking)
3- 4 green cardamom
½ blade of mace
1 kg of tomatoes roughly cut
1 Tbsp of kashmiri red chilli powder
2 green chilli juliennes
1 inch of ginger juliennes
¼ cup of butter
½ cup of fresh cream
1 Tbsp of kasoori methi
2 Tbsp of honey
Salt to taste
Coriander sprig for garnish
Harpal Singh Sokhi's Butter Chicken

RECIPE

First Marination:
1. In large bowl marinate chicken with ginger and garlic paste, red chilli powder, lemon juice and salt. Mix it well and keep it aside for 15-20 minutes.

Second Marination:
2. Heat mustard oil in a pan, add ajwain and gram flour. Mix well and cook for medium flame for 2 mins
3. Switch off the flame, add turmeric powder, and stir continuously. Keep it aside.
4. Take a mixing bowl, add hung curd, red chili powder, garam masala, black salt, cook gram flour and salt, and whisk it well.
5. Add first marinated chicken, mix well, and refrigerate for 1 hour.
6. After 1 hour, put the chicken on the skewers. Put left over masala on the top of each chicken. And roast the chicken in pre-heated oven for 12-15 minutes at 350 degrees.
7. Check after 10 min. turn the each skewer apply some butter on it and cook it again for 3-4 minutes.
8. Take out from the oven and keep it aside.
RECIPE

For Gravy:
1. Heat 1 Tbsp of oil in a pan. Add green cardamom and mace, sauté for 1 minute.
2. Add tomatoes, mix well.
3. Add salt, mix well and cook for 6-8 minutes or till tomatoes get pulpy.
4. Add red chilli powder, mix well and cook for 1 minute.
5. Switch off the flame; cool it in room temperature and grind it to a smooth paste. Keep it aside.
6. Heat 1 Tbsp of oil in another pan.
7. Add green chilies, ginger julienne, mix well and sauté for 1 minute.
8. Strain the tomato gray in to the pan, mix well.
9. Add butter, mix well. Cover and cook for 6-8 minutes on medium heat.
10. Add fresh cream, mix well and cook for 1 minute.
11. Add chicken Tikka, mix well and cook for 2-3 minutes.
12. Add kasoori methi, honey, mix well and cook for another 30 seconds.
13. Switch off the flame, stir well.
14. Remove in serving bowl; sprinkle some kasoori methi on top. Garnish with fresh cream and coriander leaves and serve hot.
Adeena Sussman's Giant Smoked Salmon Topped Latke
Adeena Sussman's Giant Smoked Salmon Topped Latke

INGREDIENTS
1 large (1 1/4 lbs) Russet or Idaho potato
½ small onion
1 egg
3 Tbsp potato starch or flour
1 tsp salt, plus more for seasoning
¼ tsp freshly ground black pepper
Vegetable oil
1/3 cup sour cream
1 - 3.5-oz package Smoked Salmon
Salmon roe (optional)
2 Tbsp finely minced chives

RECIPE
1. Arrange a rack on top of a baking sheet. Using the large-holed side of a box grater or the grating disc on a food processor, shred the potatoes and onions. Using your hands, squeeze and discard as much liquid as you can from the potatoes and onions.
2. Add the egg, flour, salt, and pepper and gently mix to combine. Heat 1/4 inch oil in a nonstick skillet over medium-high heat.
3. Transfer the potato mixture to the skillet and gently spread it out. Fry until the edges are golden, 5 to 6 minutes. Using the largest, widest spatula you have, gently flip the latke, adding a little more oil if needed, and fry until the underside is golden, 4-5 more minutes. Slide the pancake onto the rack to drain any additional oil and cool for 1 minute.
4. Transfer to a serving platter and spread the sour cream on top of the latke, then drape the salmon on top of the sour cream. Spoon the salmon roe (if using) on top and garnish with the chives.
Wilma Tamayo's Pastelon de Yuca
(Yucca Casserole)
Wilma Tamayo’s Pastelon de Yuca
(Yucca Casserole)

PREP TIME: 15 minutes
COOK TIME: 1 hour
TOTAL TIME: 1 hr 15 minutes
CUISINE: Dominican
CALORIES: 472 kcal

INGREDIENTS
For Mashed Yucca
2 lbs of Yucca, peeled and washed
0.5 cup milk
2.5 Tbsp butter
1 egg
1.5 tsp salt / pepper to taste
2 Tbsp butter
2 cups of grated mozzarella

For Chicken filling
4 large chicken breasts, (1.8 lb [0.8 kg])
2 sprigs of parsley (save some for garnish)
3 clove garlic, mashed
1 tsp dried oregano
2 Tbsp butter
3 white onions, (1.3 lbs [600g]), cut into thin strips
2 Tbsp all-purpose flour
1 cup milk
1 tsp salt, (or more, to taste)
1/3 grated parmesan or pecorino cheese
Wilma Tamayo’s Pastelon de Yuca
(Yucca Casserole)

RECIPE

Boiling yuca: Cut the cassava into small pieces and boil until it is cooked through, after the Yucca is soft, you can salt to the water. Remove from the water and discard the water.

Combining: Mix yuca with milk, butter, and egg, then mash until it becomes a soft puree. Set the cassava puree aside.

Assembling: Grease a mid-sized baking pan 8 x 8 inches [20 x 20 cm] with the butter. Add mashed yuca, smoothing it out to obtain a level layer. Top with half the mozzarella, follow with the chicken filling, spreading into a level layer. Add another layer of mashed yuca. Spread and smooth it. Add more cheese and sprinkle mozzarella. Add the remaining yucca and cheese.

Cooking: Bake in pre-heated oven at 300 °F [160 °C] for 35 minutes, or until the cheese in the edge turns golden brow.

Serving: Remove from the oven and serve hot, best accompanied with a salad.
Wilma Tamayo’s Pastelon de Yuca  
(Yucca Casserole)

RECIPE
Creamy Chicken - Filling for Casseroles
PREP TIME: 15 minutes
COOK TIME: 45 minutes
TOTAL TIME: 1 hour
CUISINE: Dominican
CALORIES: 201 kcal

Boil: Mix chicken breasts, cilantro, oregano, and garlic. Cover with water and add 1 tsp of salt. Boil until chicken is very tender, adding water if it becomes necessary. Cool to room temperature.

Shred: Remove chicken from the liquid (you can save it and use it as chicken broth). Shred the chicken into very small pieces.

Cook: In a skillet heat the butter over very low heat. Add in onions and cook stirring until the onions have become translucent. Stir in chicken and cook and stir until the chicken is heated through. Sprinkle with the flour and mix well.

Pour in the milk and cook until most of the liquid has evaporated and there is a small amount of thick sauce in the skillet. Remove from the heat and mix in the parmesan and minced parsley.
Elia Wolberger’s Chicken & Potatoes

INGREDIENTS
- 1/2 cup olive oil
- 1 juicy lemon, juiced
- 1/2 Tbsp minced garlic or about 2-3 cloves
- 1 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 cup broth
- 1 Tbsp paprika
- 1 cup frozen peas, optional (omit for paleo/whole30)
- 1 whole chicken cut up or 2 breasts and 4 thighs (about 2 lbs of chicken, bone-in is best)
- 3-4 russet potatoes, peeled and cut into medium chunks

RECIPE
1. Pre-heat oven to 375 degrees.
2. Place all ingredients except chicken, potatoes and peas, in a measuring cup and mix with a whisk to combine.
3. In a baking dish with a lid (or you can use foil) place the chicken pieces and cut potatoes, lay them out in one layer. Pour your marinade over the chicken and potatoes and then sprinkle frozen or fresh peas on top, if using.
4. Cover dish and bake for 1 hour, until fully cooked (chicken temp should be 165 degrees). At this point, you can let the dish cool and store in fridge to be eaten another day. Or you can continue to the next steps.
5. Increase oven temperature to 500 degrees.
6. Take off cover or foil and place back into the oven to crisp up. Bake for another 15-20 minutes or until you see crisp edges on the potatoes.
Alaina Brodar's Italian Pizzelles
Alaina Brodar's Italian Pizzelles

INGREDIENTS
12 eggs
6 tsp of baking powder
2 tsp vanilla
9 cups of flour
3 cups sugar
Juice of 1 orange
1/2 a shot glass of anisette
1 cup melted butter

RECIPE
1. Beat eggs.
2. Add other liquid ingredients and sugar.
3. Pour liquid into a bowl with flour and baking powder.
4. Mix with wooden spoon.
5. Add more flour if necessary.
6. Take a handful of dough and roll it into a sausage.
7. Cut into one tps-sized pieces.
8. Cook on a pizzelle iron until light brown.
Dani Katowitz’s Macaroons

INGREDIENTS
3/4 cup sugar
2 1/2 cups shredded unsweetened coconut
3 to 4 large egg whites
1 tsp pure vanilla extract
Pinch of salt
1/2 a bag of chocolate chips

RECIPE
1. Pre-heat oven to 325 degrees & line with parchment paper.
2. Put all of the ingredients in a mixing bowl & stir.
3. Gently dampen hands and form little balls - place on pan about an inch apart.
4. Bake for 15 minutes.
5. Melt chocolate chips in a bowl for 1:15 in the microwave.
6. Once cookies cool dip in chocolate - let harden for about an hour & enjoy!
Shayna Krakowski's Strawberry Lemon Cupcake
Shayna Krakowski’s Strawberry Lemon Cupcake

INGREDIENTS

Cupcakes:
- 2 1/2 cups Flour
- 1 3/4 cups Sugar
- 3 tsp baking powder
- 3/4 tsp salt
- 3/4 cups almond milk (or substitute)
- 1/2 cup Vegetable Oil
- 2 Tbsp fresh lemon juice
- 2 Tbsp lemon zest
- 1/3 cup water strawberry whip cream

Frosting:
- 7-8 frozen strawberries (or fresh)
- 1 tsp vanilla extract
- 2 cups of heavy cream

Makes about 24 cupcakes

RECIPE

1. Pre-heat oven to 350 degrees.
2. Mix dry ingredients and set aside.
3. In separate bowl mix remaining ingredients.
4. Combine the two bowls, mix and pour into cupcake tins (fill 3/4).
5. Bake at 350 degrees for 25 minutes.
7. Set aside.
8. Whip Heavy Cream until stiff.
9. Fold in the strawberry mixture.
10. Cool cupcakes and frost.
11. Enjoy!
Diane Morrisey's Cranberry Orange Oat Bars

@DianeMorrisey
Diane Morrisey's Cranberry Orange Oat Bars

INGREDIENTS

Cranberry filling:
1 (12oz) bag fresh cranberries
Zest and juice of one orange
1 cup granulated sugar
3 tsp corn starch

Bars:
1/2 cup (1 stick) butter, melted
1/2 cup granulated sugar
1/4 cup brown sugar
1 tsp vanilla extract
1 cup all-purpose flour
1 1/4 cup old-fashioned oats
1/8 tsp salt

RECIPE

1. Pre-heat oven to 350F.
2. Line an 9” pan with parchment and set aside.
3. In a small pot add the cranberries, zest, juice and sugar and bring to a boil. Reduce to simmer and add the corn starch, stir to combine, and simmer for 15 minutes. Allow to cool slightly
4. Combine the melter butter, sugars, vanilla, and stir until incorporated.
5. Add the flour, oats and salt, and stir to combine.
6. Set 1 heaping cup mixture aside to be used as crumble topping.
7. Transfer remaining mixture to the pan press to create an even crust.
   Add the cranberry filling & then sprinkle with the reserved topping.
8. Bake for about 30 to 35 minutes or until center is lightly golden browned.
**Mimi Nemerooff’s Vanilla brownies**

**INGREDIENTS**
- 2/3 cup butter
- 1 lbs light brown sugar
- 2 - 2/3rd cups sifted flour
- 2 1/2 tsp baking powder
- 1/2 tsp salt
- 12 oz semisweet chocolate chips

**RECIPE**
1. Melt butter in a saucepan.
2. Add sugar and blend well.
3. Cook at medium heat for ≈ 10 minutes.
4. Beat in eggs (one at a time).
5. Add the rest of the ingredients and mix well.
6. Spread the mixture into a greased pan 15 1/2x10 1/2”.
7. Bake at 350 degrees for 25-30 minutes until tooth pick comes out clean.
Hayley Parker's Coconut Cream Pie
Hayley Parker’s Coconut Cream Pie

INGREDIENTS

One frozen deep dish pie crust (or you may use homemade, baked according to package instructions)

1/2 cup granulated sugar
1/4 cup cornstarch
2 cups half-and-half
4 egg yolks
3 Tbsp butter cubed
1¼ cups sweetened flaked coconut
2 tsp vanilla extract
2 cups heavy whipping cream
1/3 cup confectioners’ sugar
1 cup sweetened flaked coconut, toasted*

NOTE: to toast coconut, simply place the coconut in a dry small skillet and cook over medium-low heat for about 5-8 minutes, stirring occasionally, until nutty, fragrant and toasted. Cool.

RECIPE

1. In a medium saucepan, add in the 1/2 cup granulated sugar and cornstarch; whisk together until combined.

2. Add in the half and half and eggs and whisk until smooth and combined.
Hayley Parker’s Coconut Cream Pie

RECIPE

3. Bring to a boil over medium heat, whisking constantly.

4. Boil for 1 minute, then remove from heat and whisk in the butter, 1 & 1/4 cups sweetened flaked coconut, and vanilla extract, whisking vigorously until combined.

5. Cover the pan with plastic wrap, placing the plastic wrap directly onto the custard for 30 minutes.

6. Pour the custard into the prepared pie crust and smooth out the top.

7. Refrigerate until set, about 1-2 hours.

8. In the bowl of a stand mixer, beat the heavy whipping cream and confectioners' sugar together on high speed until stiff peaks form, about 5-7 minutes.

9. Spread the whipped cream evenly over the pie; top with the toasted coconut.

10. Store leftovers covered in the fridge up to 3 days.
Howard Pierce's Pumpkin Pie
Howard Pierce’s Pumpkin Pie

INGREDIENTS
- 1 prepared pie crust
- Pillsbury 2 cups canned pumpkin (500 g)
- 1 cup low-fat milk
- ½ cup honey (175 g)
- ¼ cup cornstarch
- ½ to 1 Tbsp dark molasses, or to taste
- 1 tsp vanilla extract
- 1 tsp cinnamon
- ½ tsp salt
- ½ tsp ground ginger
- ½ tsp nutmeg
- ¼ tsp ground allspice
- whipped cream for topping

RECIPE
1. Pre-heat oven to 425 degrees.
2. Put the crust into a pie dish according to package directions. IMPORTANT: Let prepared crust warm up to room temperature before unrolling!
3. Mix all filling ingredients in blender until very smooth.
4. Pour into crust and smooth top.
5. Bake 10 minutes.
6. Reduce oven temperature to 350 degrees.
7. Bake 50 minutes more.
8. Cool on wire rack, then refrigerate overnight.

Yield: 8 servings
Kate Scarlata's Blender Banana Oat Muffins
Kate Scarlata's Blender Banana Oat Muffins

INGREDIENTS
2 cups rolled oats
3 ripe bananas
2 Tbsp maple syrup
1/3 cup oil (olive oil, if you have it)
1 tsp baking soda
2 large eggs
Optional toppings: sunflower seeds, chia seeds or pumpkin seeds, chopped walnuts or pecans, semi-sweet chocolate chips, rolled oats

RECIPE
1. In blender, add all of the ingredients. (Do not add optional topping ingredients)
2. Blend until mixture is creamy, about 1 minute.
3. Pre-heat oven to 350 degrees.
4. Lightly oil muffin tin (12 standard size or 6 large)
5. Add batter to muffin tin--filling about 2/3 full.
6. Add a sprinkling of various topping ingredients to top of batter, as desired.
7. Bake standard muffins for 15-20 minutes and larger muffins 20-25 minutes or until cake tester comes out clean.
Mandy Silverman’s Sugar Cookie Challah

@MandyliciousChallah

75
**Mandy Silverman's Sugar Cookie Challah**

**INGREDIENTS**
- 1 1/3 cup water
- 1/3 cup canola oil
- 4 large egg yolks
- 2 tsp table salt
- 4 1/4 cup high quality bread flour
- 1/3 cup sugar
- 2 tsp vanilla
- 3.4 oz packet of instant vanilla pudding
- 1 Tbsp *instant* yeast

Extra water and flour as needed for consistency
Optional topping: rainbow sprinkles and vanilla sugar

**RECIPE**
Add dry and wet ingredients to a bread machine in the order specified by the manufacturer. Set machine for “dough” cycle.

Or

If not using a bread machine, combine all the ingredients in a large bowl and knead for 5-7 minutes by hand or by using the dough hook in a stand mixer. To reach desired consistency: if sticky, add additional flour, 1 Tbsp at a time; if dry, add additional water, 1 Tbsp at a time.
Mandy Silverman’s Sugar Cookie Challah

RECIPE

Allow to rise in a large bowl, covered with a towel for 1 ½ hours.

When the dough cycle is complete (dough will not double in size), remove dough from the bread machine or bowl, and divide into 6 equal portions. On a floured surface, roll three portions into long ropes, then carefully braid together, then place on a greased loaf pan or greased cookie sheet. Repeat with remaining dough. Cover with a towel and let rise for an additional 20-30 minutes. Pre-heat oven to 350 degrees.

To Finish:
Brush with an egg wash (vegan: use oil or melted margarine), and top with rainbow sprinkles and vanilla sugar as desired.
Bake for approximately 30-40 minutes or until golden brown.
Ada Strausberg’s 2-ingredient Hamantaschen

INGREDIENTS
1 package Trader Joe’s frozen pie crust, left to defrost
1 jar of cookie butter, jam, peanut butter, or other filling
1 cup chocolate chips (optional)
sprinkles (optional)
Yield: 16-24 cookies

RECIPE
1. Remove pie crust from box. Cut out circles. If desired, roll up dough scraps & roll out using a rolling pin. (Dough may need to be chilled first before you re-roll.)
2. Add ½ t filling to each circle.
3. Pinch or fold into a triangle shape.
4. Place on a baking sheet & chill in the fridge 10 minutes or freezer 5 minutes.
5. Bake 8-10 minutes or until just golden.
6. If desired, drizzle with melted chocolate (or dip into chocolate) and top with sprinkles.
Thank You to All of Our Contributors!
GET INVOLVED

VOLUNTEER

Become a JASAChatter and connect with a senior for a weekly conversation. Ages 18+ and 3 month commitment.

Hone in on your leadership skills - educate and advocate on issues relating to older adults with JASANextGen. Ages 12+.

Host a food drive and collect non-perishable food items and household supplies for homebound seniors.

DONATE

Every single donation, regardless of size, is important and makes it possible for JASA to provide critical assistance to vulnerable older adults. Support JASA here.

FOLLOW US

@JASASeniors

@JASASeniors

@JASASeniors

www.jasa.org | 212-273-5320 | communications@jasa.org