

Tu BiSh'vat Recipes

SHARED BY TEMPLE MEMBER WENDY LEANSE

Palm Springs Date Shake

2 Servings

INGREDIENTS

¼ cup walnuts
½ cup Deglet Noor or Medjool dates, pitted
Pinch of ground cinnamon
Pinch of kosher salt
1 cup vanilla ice cream

INSTRUCTIONS

1. Preheat oven to 350°. Toast walnuts on a rimmed baking sheet, tossing once, until slightly darkened in color and fragrant, 8-10 minutes. Let cool.
2. Meanwhile, place dates in a small bowl and add ½ cup hot water to cover; soak 10 minutes to soften.
3. Blend walnuts, dates with their soaking liquid, cinnamon, and salt in a blender until a coarse paste forms. Add ice cream and ¾ cup cracked ice and blend until smooth. Divide shake between two glasses.

Baked Eggplant Parmesan Chips

Serves: 4–6

INGREDIENTS

- 2 baby eggplants
- 3 tbsp extra virgin olive oil
- $\frac{3}{4}$ cup fresh grated parmesan cheese
- 1 tsp granulated garlic
- $\frac{1}{2}$ tsp sea salt

INSTRUCTIONS

1. Preheat oven to 375° and line a large baking tray with parchment paper.
2. Use a vegetable peeler to remove outer skin from the eggplants.
3. Thinly slice eggplants (about $\frac{1}{4}$ inch thickness) and evenly layout on the baking tray, place next to each other but don't overlap.
4. Brush the olive oil over the eggplant slices and evenly sprinkle with the garlic, sea salt, and parmesan cheese (do not over season as they will shrink up).
5. Bake in the oven for 25-30 minutes or until the cheese is golden brown.

Raw Shredded Brussels Sprouts Salad with Pomegranates

Serves: 4–6

INGREDIENTS

- 6 oz brussels sprouts, washed
- 2 tbsp olive oil
- Juice of 1 large lemon
- Kosher salt and fresh cracked pepper, to taste
- Fresh pomegranate seeds to taste

INSTRUCTIONS

1. With a large sharp knife, trim off the stems, cut the brussels in half lengthwise, then place cut side down on the board and finely shred the sprouts.
2. Place in a large bowl and toss with olive oil, lemon juice, salt and pepper to taste. Add pomegranate seeds and toss.