

Tu Bishvat Recipes

Green Salad with Fruit Recipe

(Courtesy of Torey Avey from The Daily Meal)



Ingredients

For the salad:

- 5 C mixed spring greens or chopped butter lettuce
- 1 ripe red pear
- 1 sweet apple, preferably gala, honeycrisp, or pink lady
- ¼ C pomegranate seeds
- ¼ C golden raisins
- ¼ C sliced almonds or pecans

For the dressing

- ¼ C light olive oil
- ¼ C pomegranate juice
- 3 Tbs. lemon juice
- 2 Tbs. granulated sugar
- ½ tsp. salt
- ¼ tsp. black pepper

Directions

For the salad:

Rinse and dry your spring greens. Chop pear and apple into small chunks; keep the skin on for color and fiber. Toss greens, pear and apple chunks, pomegranate seeds and golden raisins together. Toast the almond slices or pecans lightly in a skillet on the stovetop over medium heat. Sprinkle the nuts over the top of the salad.

For the dressing:

Combine dressing ingredients in a blender and blend for 20-30 seconds, or until the mixture turns bright pink and opaque. Immediately drizzle the dressing over the top of the salad. Serve.

Tu Bishvat Recipes

Root Vegetable, Barley and Spinach Soup

(Adapted from Gourmet Kosher Cooking.com)



Barley, one of the seven species, is always good in a hearty winter soup.

Ingredients

- 2 Tbs. olive oil
- 1 onion, chopped
- 2 leeks, white part only, chopped
- 1 tsp. minced garlic
- 2 stalks celery, chopped
- 4 carrots, chopped
- 1 bulb fennel, chopped
- 2 parsnip, chopped
- 1 C barley
- 3 (32 oz.) box of kosher chicken broth, vegetable broth or regular chicken broth if not concerned about kosher
- 1 tsp. pepper
- 1 (8 oz.) bag spinach



- 1 tsp. nutmeg
- Grated parmesan or mozzarella cheese (optional)

Directions

In a large stockpot, heat the oil. Add the onion, leeks and garlic and cook until slightly softened. Add the celery, carrots, fennel and parsnip and sauté for 2 more minutes. Add barley and chicken broth and bring to a boil. Reduce heat, sprinkle in pepper and simmer for about 45 minutes. Add spinach and nutmeg and cook for an additional 5 minutes. Add the cheese, if desired.

Tu Bishvat Recipes

Seven Species Muffins Recipe (Courtesy of Tori Avey The Daily Meal)



These healthy muffins are perfect to serve for breakfast, or alongside soup and salad for a Tu Bishvat meal. They go great with a topping of melted butter or margarine.

Tools

- Blender or food processor
- Nonstick cooking spray or paper muffin tin liners

Ingredients

For the muffins:

- $\frac{3}{4}$ C golden raisins

- ½ C dried figs
- ½ C dates
- 1 C unsweetened almond milk
- ¼ C applesauce
- ¼ C pomegranate juice
- 1 tsp. cinnamon
- 2 eggs
- ¼ C light olive oil
- ½ C white granulated sugar
- ¼ C brown sugar
- 1 ½ tsp. vanilla extract
- 1½ C all-purpose flour
- ½ C barley flour (can be found at local health food stores)
- 2 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp salt
- ½ C chopped walnuts

For the optional topping:

- 2 Tbs. granulated sugar
- ¼ tsp. cinnamon

Directions

For the muffins:

Cover the raisins with water and bring to a boil. As soon as the water boils, turn off the heat and let the raisins sit in the water to plump for 10 minutes. Drain and pat dry with a paper towel.

Preheat oven to 400 degrees. If your figs have tough stems on them, remove them and discard. Roughly chop dates and figs. Set aside.

Use a blender or food processor to blend together the dates, figs, almond milk, applesauce, pomegranate juice, and cinnamon until very smooth. It will take 2-3 minutes to blend all ingredients to a smooth consistency, depending on the power of your blender. The end result should be similar to the texture of apple butter or smooth fruit preserves. Set mixture aside.

In a medium mixing bowl, whisk together eggs, light olive oil, sugar, brown sugar, and vanilla extract.

In a large mixing bowl, sift together flour, barley flour, baking powder, baking soda, and salt. Make a "well" in the middle of the dry ingredients. Pour mixture from the blender into the well, and then add the egg mixture to the bowl. Fold the dry mixture into the wet

ingredients until the dry ingredients are just moistened and a lumpy batter forms. Do not overmix — if you do, your muffins will turn out heavy and dense. Don't worry if you see a few small pockets of unmixed flour, they will dissipate during baking. Fold plumped raisins and chopped walnuts into the muffin batter with a light-handed stir.

Prep your muffin pan by spraying a small amount of nonstick cooking spray into the bottom of each muffin tin (not the sides), or use paper muffin cup liners. Divide batter equally into muffin cups, filling each cup to the top and mounding the surface slightly. I've found that it's easiest to do this using a small ladle or an ice cream scoop.

For the topping:

If you'd like to top the muffins, mix the sugar and cinnamon together in a small bowl using a fork. Sprinkle about a ½ teaspoon of cinnamon-sugar evenly across the surface of each muffin.

Place muffins in the oven and immediately turn heat down to 375 degrees. That extra heat blast at the beginning of the baking cycle will help to activate the baking powder and soda. Bake for 23-27 minutes, until the tops of the muffins are golden brown and a toothpick inserted in the center comes out clean. Let muffins cool for 10 minutes before removing from the tin and cooling on a rack. Do not let the muffins cool completely in the tin; they are quite moist and will stick to the tin if you leave them there too long. Serve warm.

Tu Bishvat Kid's Cooking

Multi-Mix Bars (Courtesy of aish.com)



A marvelous recipe made with coconut, raisins, and nuts, sprinkled with carob or chocolate chips after baking for a beautiful, appetizing confection. (Feel free to use other mixtures of dried fruits and nut-free substitutions)

Ingredients

- 1 C oil
- 2 1/2 C brown sugar
- 3 eggs
- 3 C flour
- 1 1/2 tsp. baking powder
- 3/4 tsp. baking soda
- 2 tsp. vanilla extract

2/3 C coarsely chopped nuts

2/3 C shredded coconut

1/2 C raisins

1 C carob or chocolate chips

Directions

Beat together oil, brown sugar, and eggs. Stir in flour, baking powder, baking soda, and vanilla. Add chopped nuts, shredded coconut, and raisins. Pour into a lined 9x13-inch baking pan. Sprinkle with carob or chocolate chips. Bake in a preheated 350° oven for 30 minutes.

Yields 24–30 bars.