

Lemon Garlic Broccoli Meatballs



Hello. Is it me you're looking for? I hope so! It's me! I'm back! Can you believe it? I surely can't. It's really nice to be back and writing and creating again and I have my dear

friend, Sarah Lasry, and the folks at Pardes Farms to thank for bringing me back from blogging obscurity. Let's catch up from last we spoke, shall we?

So we had a 3rd kid. If you follow me on Instagram this should not be new information for you but if you don't well, then, SURPRISE! His name is Amos Ephraim and he is such a yummy baby boy. He is very loved and will definitely end up in his school counselor's office when he gets older and realizes that not everyone claps and celebrates him for every little thing that he does (as is his experience now as the baby of 2 oldest sisters and 2 adoring parents). Our family has spent the year navigating the ups and downs of life – being forced to move out of our home, helping our kids adjust to 1st grade, pre-school, daycare, full-time working parenting, side hustling, etc. We've met new friends and have attempted to work on building up and maintaining older friendships. I've built a nice little network of friends in my little corner of Los Angeles that I really love though one of my most favorite people moved to NYC.



In reflecting on my life since I last posted over a year ago, I can't say that I've necessarily reached any concrete goals but I also don't think I set any goals other than trying to maintain a structured and loving household now that there are 3 kids. I knew it would be hard. I did not know it would be this hard, but we are doing it and I can't believe how far

along my hubs and I have come since meeting that day in Jerusalem (read that story [here](#)). Blogging isn't the only thing that's been left to the wayside since birthing a 3rd human (I remember this thing, 'exercise'? I've heard of it but . . .) but my beloved friends who have been in the parenting game longer than me keep reminding me that I'm in the thick of it right now. I need to remember to be kind to myself and remind myself that these little kiddos won't be so little for long so try, TRY, to enjoy it. And I do. I honestly really do.



Lemon Garlic Broccoli Meatballs

- 1/2 pound ground beef
- 1/2 pound ground lamb
- 3 cloves garlic, minced
- 1 egg
- 1/2 cup matzah meal
- 2 tbsp kosher salt
- 1 tbsp ground pepper
- 1/2 cup Pardes riced broccoli – defrosted and thoroughly dried

3 tbsp oil

Lemon Garlic Sauce

3 tbsp margarine

Juice of 1/2 lemon

4 cloves of garlic, minced

Chopped parsley (optional)

Directions

Place all ingredients for meatballs into a large bowl. Mix with hands (you get a more even mixture if you do this by hand). Shape into golf ball-sized balls and set aside.

Add the 3 tbsp of oil to a large frying pan and place over medium-low heat. Cook the meatballs for 8 – 10 minutes on all sides, until browned and cooked through. Remove to a clean plate and set aside.

In the same skillet, melt 3 tablespoons of margarine. Add lemon juice and minced garlic to melted margarine and let simmer for 3 – 5 minutes. Taste and adjust seasoning if you feel you need more acid (a.k.a. lemon juice). Put meatballs back into the skillet and let the sauce and meatballs cook together for an additional 2 – 3 minutes. Taste and adjust seasoning to your liking. Garnish with parsley for added flare. Serve hot!



Sheet Pan Chicken – Quick and Kosher-for-Passover



I'm currently sitting in bed. I'm sitting in bed and I'm trying to take care of myself. It hasn't been easy lately. Every since having our second baby, I feel like I'm in a constant game of catch-up. I know this sounds crazy, but I'm not sure why having the second kiddo destroyed me as much as it did. OK, "destroyed me" is a little dramatic, but I can't seem to stay awake past 9pm, which means I average a decent night sleep. And, thank Gd, my kids are pretty decent sleepers. So why am I so tired?



I've decided there are tons of answers to this question. Maybe it's the fact that I over-schedule my day, just like most every other person I know. It also probably has to do with not exercising as much as I should but mostly I think it has to do

with the amount of stuff I have reeling around in my head. I appreciate the feminist movement and I consider myself a feminist but I'm not sure the feminist movement of the 70s knew what it was getting into when it rallied for fair and equal employment opportunities for women. But, I am grateful. I used to work in a school whose administration over-valued stress and exhaustion. People were heralded for working long hours; the bags under their eyes their little red badges of courage. Now I work for a school where taking a 'mental health day' is understood. I have a boss who openly talks about why she doesn't want us answering texts and phone calls after working hours – the boundary of work and life firmly in tact and celebrated. But still, I get home after picking up the girls and I still struggle with balancing all my responsibilities. When beloved friend and co-author, Sarah at The Patchke Princess started her Sheet-Pan Dinners Instagram handle, I started following immediately. She's a lot braver than me when it comes with experimenting with sheet-pan dinners, but nevertheless, she has inspired the recipe in this post. We eat meat at least once a week, aside from Shabbat, and being able to throw it on a sheet pan, combine it with roasted vegetables and the perfect seasoning without having to clean anything else makes me so happy. I mean seriously, it is the little things and no additional cleaning is to be celebrated as a big 'little thing'. Consider this sheet pan chicken a blank slate for which to experiment for further dinners. I hope you enjoy.





Sheet Pan Chicken

Ingredients:

2 chicken leg quarters, cut at bone and separated

3 carrots, skinned and cut into 1/4-inch rounds

5-6 Yukon Gold potatoes, quartered

1 medium onion, quartered

1/2 pint cherry tomatoes

3 garlic cloves, diced

1/4 cup olive oil

3 tbsp parve Ranch dressing mix powder

1/4 cup mayonnaise

1 tbsp kosher salt

1/2 tbsp black pepper

Directions:

Preheat oven to 400 degrees. Arrange a rack in the middle of the oven and heat to 400°F. Place a large 9 x 13" rimmed baking sheet in the oven while the oven is heating. While that's heating, combine Ranch dressing mix, mayonnaise, kosher salt and black pepper into a medium-sized bowl. Stir to combine. Set aside.

Clean chicken and dry well. Using a spatula or spoon, coat the chicken in the Ranch mayonnaise mixture. Place the chicken skin-side down on the pre-heated baking sheet. Let that cook for about 10 minutes.

While the chicken cooks, combine all the vegetables into a large bowl. Add olive oil, garlic, salt and pepper to the bowl and stir until well-combined. Once the chicken has cooked for 10 minutes, add the vegetable mixture to the sheet-pan, making sure that none of the vegetables overlap, and cook for another 20 – 25 minutes or until vegetables are soft.

Let cool for 10 minutes before serving.

One-Pot Creamy Kale + White Bean Pasta



One-Pot Creamy Kale + White Bean Pasta

Hello from Dallas, Texas! I'm blogging at you from the BBYO International Conference. Yes, that makes two blog posts from conferences so clearly, I clearly pay close attention to presentations and am not distracted at all when you invite me

to a conference.

Anyway, It's an honor to be here for so many reasons! First, I love teenagers! They're inspiring and motivating and hilarious and loud and sometimes smelly but I love them anyway. Second, I got to speak on using social media and blogging as a means to build understanding for issues that I'm passionate about, like food justice and mindful living. But, most importantly, it's an honor because on Shabbat, I get to speak in partnership with the one and only Amy Kritzer from What Jew Wanna Eat! After years and years of being Internet friends and even co-authoring a e-cookbook together, we finally got to meet in person! Amazing! We met at the airport upon arrival into Dallas and have only paused from each other's side to sleep and do our presentations. I'm tellin' ya folks, if loveliness exists in this world it is house within Amy. What an amazing individual! This lady is so amazing for tons of reasons but the thing I honestly love the most about her is her willingness to support other bloggers – competition be damned! She sees the success of other Jewish bloggers as a success of her community and gosh darn it, that is beautiful!

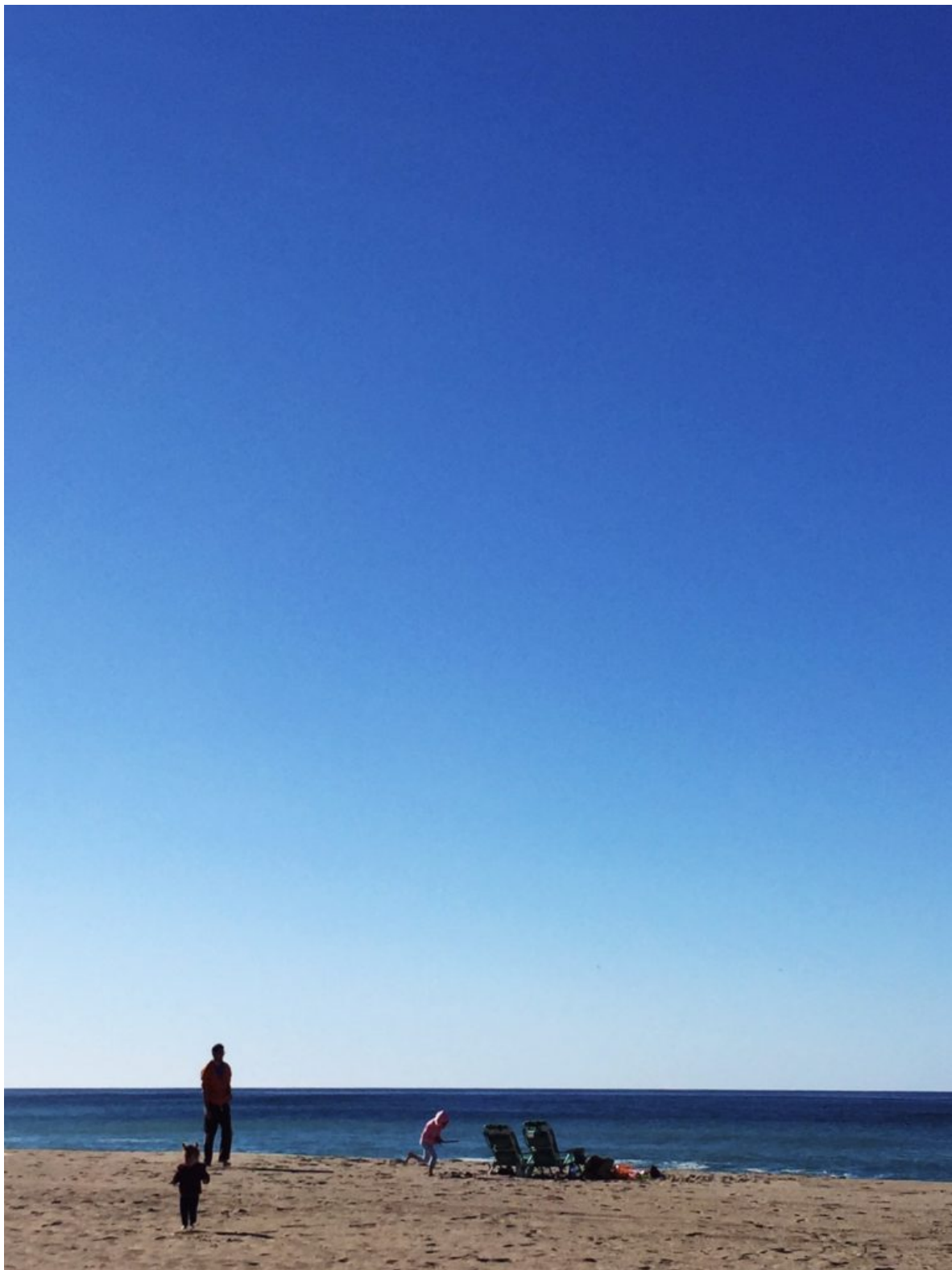




So aside from gushing about Amy, I'm here to write about one of my favorite subjects – PASTA! If you've met me you'll know already that carbs and I are besties. If I could, I'd eat pasta every single night. Back in my younger years when I was living in Chicago, my favorite dinner for myself was a giant bowl of spaghetti, dripping in sauce with layers and layers of cheese on it (most specifically, American cheese but, whatever). Because I no longer have the metabolism of a 24 year-old, I don't eat like that anymore. However, as a working parent in her late 30s with two young children, pasta certainly visits our dinner table at least once a week. In

order to assuage some of my guilt of eating pasta, I like to mix in healthier, easy proteins and vegetables. Two of my favorites are frozen kale and canned beans. This is a dish I often throw together on those later evenings when I leave work later than normal and don't have as much time to cook dinner. Feel free to omit the cream but I like the tanginess it brings to the dinner. And, if you're like me and you are looking for little more nuttiness to your pasta, go ahead and top it with mounds of Parmesan cheese. Trust me, your taste buds will thank you.





My squad in Malibu.



Me and my soul-sista, Amy from What Jew Wanna Eat

One-Pot Creamy Kale + White Bean Pasta

- 1 box whole wheat spaghetti
- 5 tbsp olive oil
- 1 small onion, finely chopped
- 4 cloves of garlic, smashed
- 1 cup frozen blue curly kale
- 1 can, Cannellini bean, rinsed
- 2 cans diced tomatoes with juice
- 3 tbsp tomato paste
- 1 cup heavy whipping cream or half and half
- 1 tbsp kosher salt + more for final dusting before serving
- 1/2 tbsp coarse ground pepper
- 1 tbsp dried basil
- 1/2 tbsp dried fennel seed

Using a large stock pot, cook pasta as indicated on the back of the package. Drain, reserving 1/2 cup of the cooking liquid. Set both pasta and cooking liquid (separately) aside.

Wipe down stock pot. Add olive oil to pot and place back on stove over a medium-high heat. Once smoking just a bit, add diced onions, garlic and kosher salt. Saute for roughly 3

minutes or until fragrant. Add pepper, basil and fennel seed to the onion and garlic mixture and saute for another minute. Next, add the diced tomatoes and tomato paste, mix and bring to a boil. Turn the heat down to low and let mixture simmer for about 5 – 7 minutes. Taste and add more salt if necessary depending on your flavor preference. After mixture has simmered for a bit, using a handheld immersion blender, blend tomato and onion mixture until semi-smooth (I like to leave mixture a bit chunky but this is my personal preference). Add in the whipping cream and stir until combined.

Next, add the beans, kale and about 3/4 of your cooked pasta back to the pot. Mix until almost combined. Add in about half of your reserved cooking liquid to help coat the pasta and allow for sauce to adhere to the pasta. Taste. Adjust seasoning to your liking. Serve hot!