

# Challah Breakfast Casserole



Today I bring you one of my most favorite recipes of all time. I don't want to oversell anything buuuuuuut, this is so good it'll make you wanna slap your mama (that's a real expression, by the way). I only made this casserole this past Sunday but I subsequently ate it the following 2 days, which brings us to today. Today is Wednesday and we are officially out of challah breakfast casserole leftovers. I'm really not sure how I'm

supposed to go about my days without this beautiful new friend in my life. Seriously. Help!



Sunday has become THE day for cooking now that I'm back at work full-time. After 3 months of maternity leave and 2 months of being back at work I think we're finally into some sort of schedule and rhythm at home. And since we have a baby and a

toddler, my experience tells me that now that we've found a rhythm to our days, it'll all blow up in our faces momentarily. That's how these things work, right? I think the hardest lesson I learned as a new parent when I had my first was that every. single. moment. is a transition. Once I accepted that the only constant in my life as a parent of a small child is that there is no constant, I found a bit of peace. I think it was already having been through that that allowed me to wholly and easily fall in love with my second. But that's what experience does, right? It teaches us that the things we freaked out about and that caused us ample amounts of stress and anxiety didn't really need the 'panic' stage.

And if we're reflective and mindful enough of our processes, we can use those tough lessons to navigate the next potential panic in a more positive way.

As it's late February on this high school campus I work at, my seniors are heavy in the waiting period for college acceptance. Their anxieties are so palpable and so valid and yet, no matter how much my co-counselor and I try to explain to them that this period of anxiety and "living in the gray" will eventually pass, they're just not buying it. They are just SO in 'it' right now. So instead, we help them lean into the process and try our best to help guide them through it with empathy. Man, as much as it's hard to be a parent of two small kids, I am SO glad to be out of high school. Yikes.





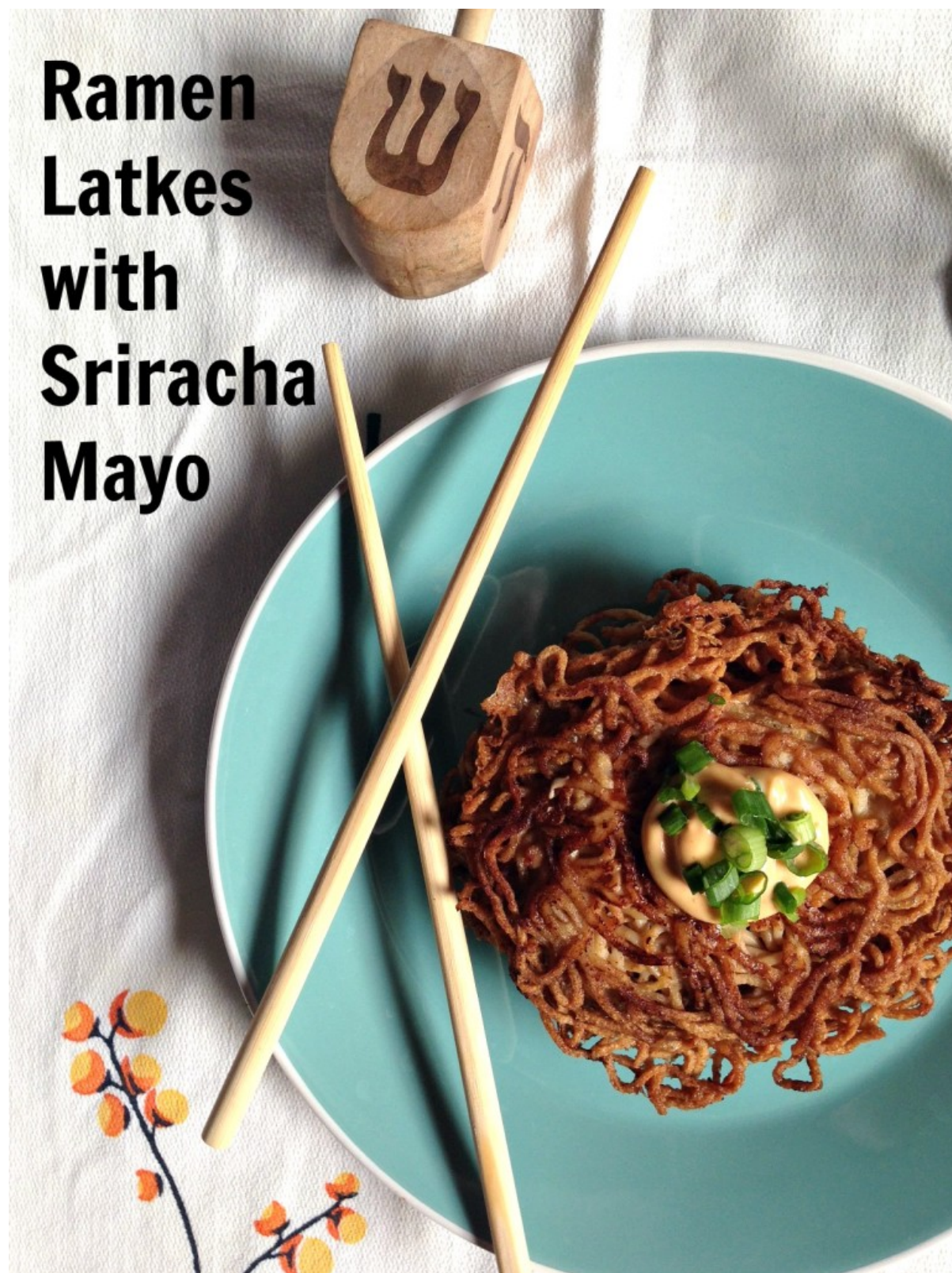
Lately, on the Jewhungry Instagram page . . . (TOP L – R: A GIANT bowl of vegetarian spaghetti carbonara, my sweet Eden on a hike. Bottom L – R: Me and a few AMAZING bloggers – Gaby Dalkin, Aida Mollenkamp, and Catherine McCord; my lunch in a jar!).

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# Ramen Latkes with Sriracha Mayo



**Ramen  
Latkes  
with  
Sriracha  
Mayo**

Hey there. Long time, no see. In case you forgot, my name is Whitney and I blog about kosher food, parenting, and life as a school counselor in Los Angeles. I'd be writing this blog for a little over 2 years when I decided to call it quits this past summer.

The decision to call it quits was a hard one but then, all of a sudden, it wasn't. I was with my oldest kiddo, Siona, at the beach when the decision hit me. It was a Sunday. It was gorgeous outside and we had decided to haul ourselves to Venice beach for our morning activity. I was roughly 7 months pregnant at the time and tired but feeling good. Siona was playing in the sand and I was messing around on Instagram when I realized, after scrolling through picture after picture of glorious new posts from my fellow food bloggers, that I hadn't posted anything to the blog in weeks and I was fine with it. Actually, I was more than fine. I was relieved. Finding the time to cook something, take the pictures, edit said pictures, and then write a post was just not happening anymore. My husband was in Miami all last year (He's back! Hallelujah!) and working full-time while caring for our toddler was just a weeeeeeee bit of a time suckage. I had managed to squeeze out a few posts last year but it just got too much. So, cut to that sunny day and my decision was made. I thought I would feel like I was missing something when I gave it up. I kept waiting for that feeling of foodie "FOMO" (Fear Of Missing Out) to come up during the ensuing weeks and it just didn't. Instead, my focus has been on becoming an expert in my job as a Director of Counseling, of caring for my kids (Oh! I had another baby!) and of spending time with my husband. But, to be honest, another reason I stopped with the blogging was because I needed a break from the blogging world.

I've been reading blogs for the last 5 years. The majority of the blogs I read are/were food blogs with the occasional dip into the parent blogging world. However, over the last 2 years, my focus shifted from mostly food blogs to parenting

blogs. I wanted to connect with other parents who blogged, especially moms, and I liked reading stories that I felt related to my own experiences. However, during the last year I started noticing a shift in how bloggers were writing and being celebrated as parenting experts. We live in a world where society has given expertise-status to some of these bloggers. Well-intentioned friends and friends of friends have posted pieces by bloggers, bloggers who have absolutely no background in mental health or childhood development, and have shared these pieces on their Facebook profiles as gospel on child-rearing. Their advice is not housed in data or evidence-based and yet, they're getting book deals and being celebrated as experts in a field that isn't really theirs. That isn't to say that they aren't experts in raising their *own* children, but that certainly doesn't mean they should be giving seminars on adolescent development. As someone who does have a background in mental health and childhood development, this was driving me crazy and I needed a break. I also needed to be honest with my own participation in this phenomenon and take a step back from my own contributing behaviors so I wouldn't be a big a\*\* hypocrite. And so, with that time to reflect, I decided I should take several steps back and reevaluate whether or not this is something I want to pursue.

{Gets off soap box}

And so, I've taken a break and it's been a good one. This isn't the relaunching of Jewhungry. I still really don't feel like going through all the hard work it takes to run a food blog. I have no desire to make it my full-time job when I have a full-time job I really love and a full-time family that I really love even more. Instead, I hope to be posting here and there on The Noshier, as long as the lovely Shannon will allow me. But for the time being, I will drop this ramen recipe on ya so head on over to The Noshier to get it cause it's a good one.

OK, gots to go. Billy on the Street is on.





Lately, on the Jewhungry Instagram page (@jewhungry)



and now, back to ramen latkes . . .





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**Autumn Balsamic London Broil  
Salad w/Non-Dairy Ranch**





Hello from the West Coast! It's been quite a while since my last post but I'm so grateful for those who keep coming back! Thanks you! I've been finding it increasingly difficult to find the time, or rather, motivation to go through the whole process of cooking, taking pictures, editing pictures and then editing it a post. It's strange because lately I've been seized with a very strong urge to craft that the food blogging process is not really satisfying. It's not helping that my Instagram feed currently contains a hodgepodge of super creative women who somehow have the time and money to craft like there's no tomorrow. My beloved friend, Jessie, and I have created a semi-weekly holiday of "Wine Down Wednesday", which consists of the following activities:

1. Watching the latest episode of The Mindy Project.
2. Drinking (cheap) wine – no box wine is too good for us!
3. Dreaming up crafting projects that most likely will never happen (our current project is what is called a "silent book", an activity book for the kid made entirely of felt),

4. Waxing poetic about the state of the world.

5. Drinking more wine.









It's these little made up holidays that are getting me through this time and helping me remember that I gotta take care of myself by giving myself little outlets that allow me to be me and not just "mom" me or "school counselor" me. And yet, the biggest news in my world is not the invention of the greatest mini-holiday ever (aside from Fancy Coffee Friday). Nope, the biggest news is that, at 34 years of age, I have finally established and am living on (and understand!) a real budget. Friends, there are many things I can say that I'm good at

however, money is not one of them. Without getting too personal or divulging more than my genteel Southern upbringing would allow me, let's just say that money managing has never been my strong suit. That being said, this year of paying for 2 lives and Jewish Day school has meant that my family has no choice but live on a very strict budget and damn it but if it isn't the strangest mix of freedom and restriction I've ever felt. I now have visions of sipping coffee with Suze Orman and discussing the development of a teen girls money managing campaign where we teach teenage girls (as they are the population who are most targeted by the advertising world and thus more likely to spend, spend, spend as they try to buy their confidence rather than develop it internally). There's so much freedom and privilege in having money and knowing how to manage and maintain it. I get it now it (Mom, are you listening! It finally happened!)



So speaking of budgets, another way in which budgeting has helped me is by forcing me to get creative with grocery shopping and cooking. My favorite thing to do is to make one focus in a meal (like roasting a London Broil) and then remixing it in several different ways. Thus, this recipe. I made Jamie Geller's Balsamic London Broil recipe for her



latest cookbook, "Joy of Kosher: Fast, Fresh Family Recipe", for lunch on Sukkot. I then remixed it on the Sunday following that Shabbat and made it into a sumptuous open face sandwich for my husband and the salad featured in this post for myself.

The salad dressing I made for my salad was also used as a delicious sauce for the hubby's sandwich. The dressing consists of only a few simple ingredients and ultimately costs me way less than if I purchased bottled dressing. The recipe is very Shabbat-friendly and kid-friendly too. Plus, you know, it's really delicious. Have a great week!

### **Autumn Balsamic London Broil Salad with Non-Dairy Ranch**

*Recipe and instructions for London Broil found [here](#).*

#### **Dressing Ingredients:**

1/2 Cup mayonnaise

1/2 Cup almond milk

Handful of fresh dill, finely chopped

3 Tbsp of finely chopped chives

1/2 Tsp salt

1/2 Tsp pepper

1 Tsp garlic powder

#### **Dressing Instructions:**

Combine dressing ingredients in a medium-sized bowl and mix very well. Add more mayo or almond milk based upon your preference of dressing thickness.

#### **Salad Ingredients:**

3 Cups of kale, chopped

2 sweet potatoes, chopped small and roasted (I roast mine

seasoned with olive oil, salt, and pepper at 400 degrees for 40 minutes)

1/2 Cup shredded carrots

Roasted garlic and onions from broil

1 Cup of green beans, blanched

Several slices of London Broil, sliced to 1/8 inch thickness (which basically means sliced thin enough to chew but not too thin that you can't find it in the salad).

\*Assemble salad ingredients, pour on that dressing and enjoy!