



## 3 Healthy Dishes to Prep for Rosh Hashanah With Dini Klein, Founder of Prep + Rally

Live Cooking Demonstration to help make your  
holiday healthier and simplified  
September 9, 2020

### OLIVE DATE CHICKEN

#### Ingredients:

- 2 chickens, cut into eighths
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 1 tablespoon salt
- 1 teaspoon pepper
- 1 tablespoon paprika
- 1 onion halved and thinly sliced
- 6 oz pitted olives
- 8 medjool dates, pitted and halved
- 1 tablespoons freshly chopped thyme
- 4 cloves garlic minced
- 1/2 cup apple cider vinegar
- 1 lemon zested and juiced
- 2 tablespoons oil

#### Directions:

Season chicken with spices and then add remaining ingredients. Massage to fully coat. Bake uncovered at 400° for 25 minutes and then cover tightly and bake an additional 30 minutes or until cooked through.

### MAPLE AND CHILI ROASTED BUTTERNUT SQUASH

#### Ingredients:

- 2 large butternut squashes, peeled, seeded and cubed (9-10 cups, cubed)
- 2 tablespoons maple syrup
- 2 teaspoons chili powder
- 1 teaspoon freshly chopped thyme • 2-3 tablespoons oil
- salt to season

### Directions:

Line a baking sheet with parchment paper and toss the squash in the maple syrup, chili powder, thyme, oil, and season with salt and pepper. Roast at 400° for 30 minutes. Let cool and store.

### FARO

#### Ingredients:

- 1 cup faro
- 2 ½ cups water
- Pinch of salt

#### Directions:

Combine all ingredients in a medium pot. Bring to a boil then lower to simmer for 20 minutes uncovered. Taste grain to make sure it doesn't become mushy, rather stays chewy. Strain excess water if necessary. Set aside while you prepare the sauteed leeks and mushrooms.

### SAUTÉED LEEKS AND MUSHROOMS FOR FARO

#### Ingredients:

- 1 large leek, outer dark green course layers removed, and tops and bottoms trimmed, thinly sliced
- 1 pound sliced baby bella mushrooms • 6 oz shitaki mushrooms, sliced
- 1-2 tablespoons oil
- salt to season

#### Directions:

Line a baking sheet with parchment paper and toss vegetables in oil and salt. Roast at 400° for 25 minutes. Alternatively you can sauté in a pan until softened and cooked through. Mix into prepared faro.



If you or someone you love is in need of support for breast or ovarian cancer, contact Sharsheret at (310) 409-2330, [clinicalstaff@sharsheret.org](mailto:clinicalstaff@sharsheret.org) or visit [sharsheret.org](http://sharsheret.org).