



5 Super-Simple, Kid-Friendly Passover Breakfasts and Lunches

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Introduction

If your kids assume that breakfast means Cheerios or waffles, or that lunch always means sandwiches, Passover can seem tricky. But it doesn't have to be.

Here are five simple meals that can be breakfasts, lunches, or even simple dinners, plus one lovely treat!

To read about what is considered *hametz* and the relatively new ruling about *kitniyot* (corn, rice, beans, and lentils) have been permitted by some, here are a few articles that lay out the issues:

[What It Means to Keep Kosher for Passover](#)

[Beans and Rice for Passover? A Divisive Question Gets the Rabbis' OK.](#)

[To Kitniyot or Not to Kitniyot, Passover's New Question.](#)

#1

Matzah Brie

Matzah Brie is a classic dish that can be made many ways. It is also sometimes called fried matzah.

When we are not making it for children, we add sautéed onion - which makes it extra yummy.

But for kids, we keep it super simple.

Ingredients:

- 4 eggs
- 4 boards of matzah
- Salt to taste
- Butter for frying

Time to make: 15 minutes

Directions:

1. Take 4 boards of matzah.
2. Run each board under water from the tap in the kitchen sink for 10 seconds or so.
3. Break them into large bits right into a colander (so any extra water can drain out).

4. Beat together 4 eggs.
5. Pour the crumbled matzah into the eggs.
6. Season with a little salt to taste.
7. Fry in a little butter.

Classic toppings include sugar, honey, or sour cream.

Sometimes, we'll even sprinkle on a mixture of cinnamon and sugar (usually reserved for French toast), topped with a little local honey.

Serve with your favorite fresh fruit – berries, bananas, sliced oranges.

#2

Cottage Cheese Pancakes

For almost everyone in our family, of every age (from little ones to grandparents), a perennial favorite is my cottage cheese pancake recipe.

And now, because of the new ruling about kitniyot, I can still use cornmeal when I make them!

Ingredients:

- Cottage cheese
- Eggs
- Cornmeal
- Oil

Time to make: 15 - 20 minutes

I will frequently double or triple the recipe, depending on the size of the group. The only modification I make to larger quantities is that I use less oil.

Directions:

1. Break two eggs into a bowl and beat slightly.

2. Add 1 cup of cottage cheese.
3. Add 2 heaping tablespoons of corn meal. (Use more if the cottage cheese is watery.)
4. Add 2 tablespoons (I use a bit less) of oil.
5. Beat well together and drop by ¼-cupfuls onto hot griddle or frying pan. (If the griddle is non-stick, and you wait until it gets hot enough, you won't need any more oil.)
6. We serve with homemade applesauce or yogurt. If your family *has* to have maple syrup, that's an option as well.
7. As with matzah brie, we serve with fresh fruit. It makes a healthy, complete meal.
8. Oh - and extra cottage cheese pancakes will heat up nicely the next day . . . if people can wait for you to heat them up!

#3

Peanut Butter and Banana Sandwich

Looking for an option with no matzah?

A simple “sandwich” of banana and peanut butter can be fun. One of our grandsons likes this with a little squeeze of honey on it. He even likes when I just slice the bananas into coins and top with peanut butter and honey. That takes a bit longer than the approach below, but is still quick and easy.

Ingredients:

- Banana
- Peanut butter
- Honey (optional)

Time to make: 2 minutes

Directions:

1. Cut the banana in half.
2. Then slice the two pieces in half again lengthwise.
3. Spread peanut butter (creamy is easier to spread) over two of the pieces.

4. Optional: squeeze a little honey onto the sides with the peanut butter.

5. Put the “tops” onto the bottoms and you’ve got a peanut-butter banana sandwich.

If your kids like yogurt, you can add some yogurt (with or without berries) to the breakfast to make it more complete.

#4

Tuna Toasty on Matzah

Here's another great Passover breakfast (or lunch, or even dinner) that is simple to make, filling, and delicious.

When I make these for our grands not during Passover, I make them on toasted English muffins or whole wheat or rye toast.

Ingredients:

- Matzah
- Tuna fish
- Mayonnaise or Miracle Whip
- Cheese (whole slices or shredded)

Time to make:

15 minutes for prep and cooking

Directions:

1. Mix tuna fish with mayo or Miracle Whip

2. Spread onto matzah boards cut into four pieces
3. Put sliced or shredded cheese on top
4. Put into toaster oven until the cheese is bubbly on top.

These will work for breakfast, lunch, or dinner. At breakfast, we add cut-up oranges or apples. At lunch or dinner, we add cut-up veggies. Tomato rounds, cucumber slices, and colorful pepper strips turn this into a complete meal.

#5

Dips, Veggies, and Soups for Lunchboxes

With all the cool compartmentalized lunchboxes these days, it's easy to break out of the sandwich rut by replacing it with healthy dips, cut-up fresh veggies, fruit, cheese or meat roll-ups, and/or soup.

Here are a few options:

Hummus-veggies-olives: Our grands love hummus, cherry tomatoes, cucumber slices - and olives! So you can package a lunch with hummus in one container, fresh veggies in another, and olives – even two kinds – in a third. Then put in matzah for dipping into the hummus.

Guacamole – turkey roll-ups – veggies: Another great choice is guacamole which is also delicious on matzah. You can add turkey roll-ups (deli turkey rolled into easy-to-eat rolls) and carrot and celery sticks.

Cheese roll-ups – thermos of tomato soup – fresh fruit: I make what I call orange smiles for our grands (cut the orange in half lengthwise, then slice; they are easy to eat that way), which go great with soup and a protein like cheese (either sliced cheese as roll-ups, Baby Bels, etc.).

Since many of us now eat corn during Passover (see *kitniyot* above), you could add a small bag of popcorn as a fun, unexpected treat!

#6

Chocolate-Dipped Strawberries (and Matzah!)

Not only is this an easy treat to prepare, the kids can help make them . . . as long as they don't pop each juicy strawberry that they dunk into chocolate directly into their mouths.

Ingredients:

- Chocolate chips
- Strawberries, washed and dried

Time to make:

15 minutes or more (depending on how many strawberries you are dipping)

Directions:

1. Melt chocolate chips in a microwaveable container in short increments (e.g., 15 seconds at a time), stirring each time until melted.
2. Hold the dried strawberries near the stem end.

3. Dip them into the melted chocolate.
4. Give a little twirl as you take them out.
5. Let them dry on a piece of waxed paper or parchment on top of a cookie sheet. (If you're only making a few, you can just put the paper on top of your kitchen counter.)

That's it!

What to do with any leftover melted chocolate? Make **chocolate-dipped matzah!**

Instructions are same as above, except that you break each board of matzah into smaller pieces. Dip into melted chocolate. Put on wax paper to dry.

Good to Know: One daughter taught me the super simple technique above. Another daughter taught me that you can even buy cardboard, microwaveable containers of melting chocolate that are made for coating berries. Look for little cups of melting chips in the grocery store.

About Ellen Zimmerman

Ever since our girls were little, I've enjoyed embellishing our Jewish holiday celebrations. With homemade decorations. A bit of poetry. A song I love.

Now, as a grandmother, I see our family expand to represent a huge diversity of backgrounds. So my focus on weaving together centuries-old traditions with modern ones has a new goal: to embrace everyone who enriches our home by sharing the holidays with us.

We want to share our discoveries with you, in hopes that they will bring more joy to your tables and your families, too.

The idea for Jewish Holidays In A Box goes back to one morning when our girls were 6 and 8, when I didn't like the "usual" way of reading through a Passover Haggadah. So I began, that day, to experiment. In fact, I wrote my own Haggadah that year.

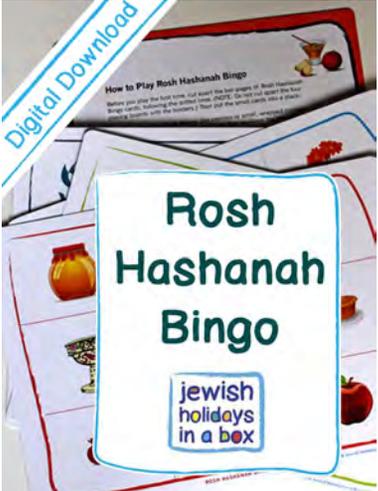
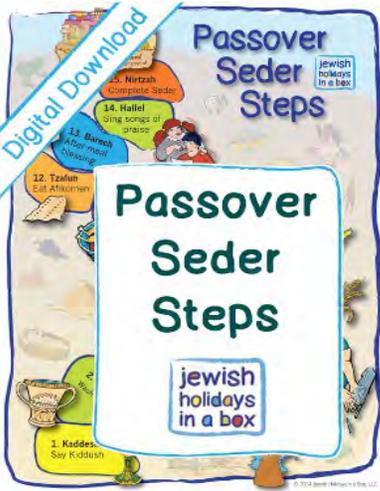
When I taught in Sunday school, I experimented, too. How could I bring more passion, more fun, more learning to these students? I brought the same approach to teaching English and French in college.

My business life – as president of a marketing/consulting firm – nurtured these creative juices. Because coming up with new ways to educate and to excite is at the very core of what I love to do.

In 2011, I started to bring to life the ideas that had been percolating. I discovered that Jewish Holidays in a Box connects my passions: learning, teaching, playing creatively, combining information in new ways, beautiful packaging, and photography. And sharing with you is the most delightful joy of all!



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