

**Healthy Kosher Cooking Class,  
Fruit and Veggie Recipes which are High in Potassium  
(good for bones and lowering blood pressure)  
Compliments of Balcones Woods Family Medicine**

**Strawberry Rhubarb**

2 pkg frozen rhubarb  
1 pkg frozen strawberries (may substitute raspberries)  
1c sugar (more depending on taste)  
1c liquid, water or orange Juice

-simmer over low heat stirring frequently until rhubarb separates and gets soft, roughly 30 minutes.

**Tarragon Citrus Gazpacho**

5 c cold tomato juice  
1 small well minced onion (food processor)  
1 c. minced green pepper (food processor)  
1 diced cucumber  
2 chopped scallions  
1 c chopped tomatoes (about 1 tomato)  
1t honey  
2 T wine vinegar  
1/2 lemon juice  
1 lime juice  
2T olive oil  
2t fresh tarragon  
1t fresh basil  
1/4c chopped parsley  
dash garlic powder, cumin, tabasco sauce  
salt and pepper to taste.

-dice or chop to smoothness preference. food process veggies to smooth.  
-combine all ingredients in large bowl, chill.  
-Best if chilled together for a few hours, overnight if possible.

### **Strawberry Soup**

- 2-3 c. frozen strawberries.
- 2 c. vanilla light yogurt
- 1 c. white grape juice
- 1 c. orange juice

- puree strawberries in blender
- combine with remaining ingredients in a large bowl.
- let refrigerate, covered.

### **Asparagus (or Broccoli) Cheesy Casserole**

- 1 bunch asparagus (or broccoli)
- 2 eggs, boiled.
- 2 c. milk
- 3/4 c. swiss cheese (cheddar for broccoli)
- 1/4 parmasaen to sauce.
- 2 c cornflakes (can omit if desired)
- 2 tbs butter, divided
- 2 tbs flour

- hard boil the eggs
- cut asparagus into bite size pieces
- line 2.5 liter casserole dish with asparagus
- top with sliced or chopped eggs
- melt 2 tbs butter, add 1 tsp of flour at a time, just enough to make a paste until all 2tbs are used
- add milk slowly, in stages, stirring constantly until thick and smooth
- add grated parmasaen cheese and stir till melted
- pour cheese sauce over the asparagus and eggs
- top with swiss cheese.

#### **OPTIONAL TOPPING**

- melt 2 tbs butter in sauce pan, add corn flakes
  - mix until all are coated
  - sprinkle over casserole.
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- bake at 350F for 25min