

HEALTHY BITES

The **CHERRY TOMATOES** (atop the pizza Margherita) pack a generous dose of lycopene, which research has shown to

be a powerful weapon against several types of cancer. **STRAWBERRIES** (in the dessert shown below) contain disease-fighting compounds that may

suppress the growth of tumors. **THE COTTAGE CHEESE** (in the matzo meal pancakes) is a good source of protein and calcium.

MEATLESS MAIN COURSE

CHERRY TOMATO PIZZA MARGHERITA

PREP 30 minutes TOTAL 55 minutes

4 MAIN-COURSE SERVINGS Use a rolling pin or meat mallet to crush the fennel seeds. Fresh mozzarella can be found at many supermarkets and at specialty foods stores and Italian markets.

CALORIES 473 FAT 19g FIBER 3g

- 1 13.8-ounce tube refrigerated pizza dough
- 1 tablespoon extra-virgin olive oil
- 1 12-ounce bag cherry tomatoes, stemmed
- 1 garlic clove, pressed
- ½ teaspoon fennel seeds, coarsely crushed in plastic bag
- ¼ teaspoon dried crushed red pepper
- 1 4-ounce ball fresh mozzarella in water (ovoline), diced
- 4 ounces whole-milk mozzarella, diced
- ⅓ cup chopped fresh basil leaves plus small leaves for garnish

Position rack in top third of oven and preheat to 425°F. Unroll dough on heavy large baking sheet; pull to about 12x8-inch rectangle, pinching any tears to seal. Fold over edge of dough to make border.

Heat large skillet over high heat 2 minutes. Add oil, then tomatoes; sprinkle with salt and pepper. Sauté until tomatoes are charred and beginning to break down, about 5 minutes. Transfer to large bowl. Mix in garlic, fennel, and crushed red pepper. Using back of fork, crush tomatoes in bowl, leaving large chunks intact. Season mixture with salt and pepper. Toss cheeses and chopped basil in medium bowl.

Sprinkle cheese mixture evenly over dough, right up to border. Spoon on tomato mixture in dollops, leaving some cheese uncovered. Bake pizza until crust is crisp and brown, 25 to 30 minutes.

Loosen pizza with metal spatula and slide onto board. Garnish with basil leaves.

WHITE-CHOCOLATE-DIPPED STRAWBERRIES WITH CITRUS SUGAR

PREP 20 minutes TOTAL 50 minutes

MAKES 16

CALORIES 75 FAT 4g FIBER 1g

- 2 tablespoons sugar
- ½ teaspoon finely grated orange peel
- ½ teaspoon finely grated lemon peel
- 6 ounces high-quality white chocolate (such as Lindt or Perugina), chopped
- 16 large ripe strawberries

Line baking sheet with foil. Using fingertips, mix sugar and citrus peels in small bowl until sugar is moist. Stir chocolate in small bowl set over saucepan of barely simmering water until melted and smooth. Remove from over water.

Holding 1 strawberry by stem end, dip ⅔ of berry into chocolate; shake excess back into bowl. Turn berry dipped end up and sprinkle with citrus sugar. Place on prepared sheet. Repeat with remaining berries, chocolate, and sugar. Chill until chocolate sets, about 30 minutes.

PERFECT FOR PASSOVER

ORANGE AND RAISIN MATZO MEAL PANCAKES

PREP 35 minutes TOTAL 35 minutes

MAKES 16 These light pancakes are a great brunch entrée.

CALORIES 297 FAT 13g FIBER 1g

- 1½ cups whole-milk cottage cheese
- 4 large eggs, separated
- 5 tablespoons orange juice
- 1 tablespoon finely grated orange peel
- ½ teaspoon salt
- ¾ cup unsalted matzo meal
- ½ cup golden raisins
- ⅓ cup sugar
- 4 tablespoons (½ stick) butter or margarine, divided
- ½ cup sour cream
- 2 tablespoons honey

Preheat oven to 300°F. Stir cottage cheese, egg yolks, and next 3 ingredients in large bowl. Mix in matzo meal and raisins (batter will be thick). Using electric mixer, beat egg whites in medium bowl to soft peaks. Gradually add sugar, beating until firm peaks form. Stir ⅓ of whites into batter. Fold in remaining whites in 2 additions.

Melt 1 tablespoon butter in large nonstick skillet over medium heat. Drop batter by ¼ cupfuls into skillet. Cook pancakes until brown on bottom, 1 to 2 minutes. Turn over (pancakes will be soft). Cook until brown on bottom, 1 to 2 minutes longer. Transfer to nonstick baking sheet. Repeat with remaining butter and batter. Bake pancakes in oven until slightly firm to touch, about 5 minutes.

Blend sour cream and honey in small bowl; serve with pancakes. ▶

WHITE-CHOCOLATE-DIPPED STRAWBERRIES WITH CITRUS SUGAR

