



*between*  
carpools

# DINNER DONE



**FREEZER**  
& MAKE AHEAD GUIDE



**MONTHLY MENU  
DOWNLOAD**

& SAMPLE MONTHLY MENU



**Q & A:**

SO, WHAT'S FOR DINNER TONIGHT?  
RECIPE PICKS.





# FREEZER

& MAKE AHEAD GUIDE

## 9X13

### MOMMY'S CHICKEN

This dish can be frozen raw. Thaw overnight in the refrigerator before baking, as per instructions.

### COUSCOUS AND CHICKEN

Best if prepared fresh.

### WHOLE ROAST CHICKEN

This will reheat well. Freeze or refrigerate (up to 2 days) and bake, covered, until warmed through. Uncover at the end to let it crisp up again.

### YELLOW RICE AND CHICKEN

### ASIAN ORANGE CHICKEN

### EASIEST CREAMIEST NO-POT ZITI

### MEAT SAUCE PASTA

### MONTREAL SALMON & VEGGIES

These are best prepared fresh.

### HONEY-ROASTED RED POTATOES

### TWO-TONE POTATO BAKE

### FABULOUS RICE

### LOW-CAL CAULIFLOWER MASH

These can be rewarmed. Keep refrigerated for up to 2 days and bake, covered, until warmed through.

### RIDICULOUSLY EASY SPARE RIBS

This freezes well and rewarms well too.

### BBQ PEPPER STEAK BITES

Freezes well, however if you will be freezing, undercook so the meat does not dry out (the meat will get tough when cooked for too long).

### ALL 9X13 BAKED GOODS & SWEETS

All of these items are freezer-friendly.

## CHICKEN

### NO-FRY HOT POPPERS

You can bread the chicken earlier in the day and keep refrigerated until ready to bake fresh. The sauce can be prepared in advance and will keep well both in the refrigerator or at room temperature. The chicken can also be frozen after breading. The sauce is shelf stable and can either be refrigerated or stored at room temperature.

### GARLIC SESAME SCHNITZEL

### TERIYAKI BAKED SCHNITZEL

You can bread and freeze the schnitzel raw, layered between sheets of parchment paper. Thaw and bake/fry fresh. If baking from frozen, allow extra time.

### HONEY MUSTARD SCHNITZEL

### PRETZEL CHICKEN FINGERS

### CEREAL FRIED CHICKEN

If freezing raw, do not fry before thawing

completely. Best if enjoyed after frying fresh. If you do freeze it after frying, do not reheat or it will lose crispiness. Rather, enjoy at room temperature.

### GRILLED CHICKEN SCHNITZEL

You can mix all ingredients except for chicken together ahead of time. Mix with chicken and grill when ready to enjoy. You can also freeze the raw chicken with the crumb/spice mixture. Cooked chicken can also be refrigerated or frozen, to be used later in salads or sandwiches.

### MAPLE-GLAZED GRILLED CHICKEN

The glaze can be mixed ahead of time. Chicken is best grilled fresh and must be warm when glaze is added.

### SAUCY SESAME CHICKEN

Can be made ahead and frozen. You may need to add liquid when rewarmed.

## CHICKEN (continued)

### SPICE IT UP CHICKEN

### TAKE-OUT CHICKEN LO MEIN

### SHAWARMA SHEET PAN CHICKEN

Best if prepared fresh, though will reheat well if enjoyed for lunch the next day.

### LEMON BASIL PARGIOT

Marinate earlier in the day and grill fresh.

### HONEY GARLIC CHICKEN

### MAPLE OJ CHICKEN

Can be assembled earlier in the day and baked fresh.

### SHAKE N' BAKE CRISPY CHICKEN DRUMSTICKS

Marinate earlier in the day and bake fresh.

### CHICKEN WITH ZUCCHINI RICE

This can be prepared a few hours before serving; keep hot in a warm oven that has been turned off

(see "prep" on page 104 for instructions). It will reheat well for lunch the next day.

### MILDLY SPICY SLOW COOKER WINGS

Can be prepared earlier in the day as they cook slowly in the slow cooker.

### PAN-GRILLED TURKEY LONDON BROIL

This turkey is great whether hot, cold, or at room temperature. The leftovers will make great sandwiches.

### TURKEY PANINI

These are best prepared fresh. The dressing can be prepared ahead.

### CRISPY CHICKEN

The chicken can be coated earlier in the day. The sauce can be made ahead. You can also fry the chicken earlier in the day and warm in the sauce in the final step.

temperature. Meat can be prepared ahead and frozen (3 months) or refrigerated (1-2 days). Salad and avocado dip can be prepped up to a day ahead. Techina can be prepared ahead as well (see more instructions in "Condiments" section below).

### SMOKED BBQ BRISKET

This can be prepared 1-2 days ahead and refrigerated. Bring to room temperature; see step 6 on page 130 for reheat instructions. If freezing, thaw then follow step 6 to reheat.

### BURNT ENDS SANDWICHES

Can be frozen and reheat.

### DELMONICO SOFT TACOS

Meat must be prepared fresh. Salsa can be prepared up to a day in advance. Pickled onions can be prepared in advance. Garlic Chive Mayo can be prepared in advance. Assemble fresh.

### SLOW COOKER PULLED BEEF

Pulled beef freezes very well and reheat easily.

### OVEN RIB STEAKS

Best prepared fresh.

# MEAT

### MEAT PIZZA THAT KIDS LOVE

This can be frozen raw or fully baked. Bring to room temperature and top with sauce before serving. If serving on Shabbos afternoon, keep refrigerated then bring to room temperature (or place on Crock-Pot) before serving.

### BEEF AND ISRAELI COUSCOUS

This cannot be made ahead.

### TERIYAKI STRIPS

This meat can be marinated up to 1 day ahead and grilled fresh. If preparing for Shabbos, grill as late in the day as possible and keep warm.

### MEAT RAGU BAGUETTES

The ragu can be made ahead and frozen.

### DR PEPPER MEATBALLS

The meatballs can be frozen raw, or cooked with the sauce. If freezing meatballs with sauce, thaw, then reheat. You may need to add water.

### SYRIAN NACHOS

Each component can be prepared ahead and stored separately. Wraps can be baked up to 3-4 days ahead and stored in a Ziploc bag at room



# FISH

## General Rules for Fish:

*Most fish dishes are best when prepared fresh. There are, however, some components that can be made in advance, as detailed below.*

### SALT AND VINEGAR FISH AND CHIPS

Fish can be breaded in advance and frozen. Thaw completely before baking. Potatoes must be prepared fresh.

### BATTERED FISH SANDWICH

Garlic Lemon Mayo can be prepared ahead. Fish must be battered and fried fresh.

### ALMOST POKE BOWLS

Dressing can be made ahead. Other components can be prepped earlier in the day. Cook fish and assemble fresh.

### MAPLE SALMON

The sauce can be prepared in advance and frozen. Defrost sauce and pour over freshly baked fish.

### GREEK SALMON

Dressing can be prepared in advance. Components can be prepped earlier in the day. Cook fish and assemble fresh.

### CREAMY LEMON DIJON SALMON

Sauce can be prepared in advance and refrigerated.

### MANGO SALMON

The mango sauce can be prepared in advance and refrigerated.

### SILAN AND GARLIC SLICES SALMON

The spice mix can be prepared in advance and refrigerated.

### GORGEOUS SALMON CRUDO

Salmon Crudo is best prepared same day. If serving on Shabbos day, rinse or cure and wrap very well with paper towels and plastic wrap and store in the coldest part of the refrigerator. Dressing can be prepared ahead. Slaw is best prepared same day, will lose some crispiness if prepared the day before. Assemble fresh.

### AHAVA'S FISH WRAPS

Dressing can be prepared ahead. Slaw can be prepared up to 1 day ahead. Cook fish and assemble fresh. This will also work with leftover fish to give it new life.

### MOROCCAN FISH

This can be made ahead and reheats very well. Keep refrigerated. Bring to room temperature if serving on Shabbos day.

### EVERYTHING BUT THE BAGEL SALMON

The salmon can be breaded earlier in the day and baked fresh.



# DAIRY

## SALAD PIZZA

Dressing and pesto can be prepared in advance. Bake pizza (if using raw dough) and assemble fresh.

## GARLIC KNOT BUNS

Can be assembled and frozen raw, covered well. Thaw and bake fresh. You can also parbake for half the baking time and finish baking fresh. Do not add the topping in advance. Prepare the topping in advance and brush over buns when they are hot.

## ULTIMATE WHITE PIZZA

Prepare the onions and sauce in advance and keep refrigerated in separate airtight containers. Assemble pizza and bake fresh.

## 10-HOUR PIZZA DOUGH

This dough is designed to be prepared earlier in the day. Dough can also be frozen.

## MEXICAN PIZZA

## HERBY PIZZA

## S'MORES PIZZA

## CHEESY STICKS

## ONE-POT PASTA ROS

## ONE-POT NO-CREAM FETTUCCINE ALFREDO

These dishes should be prepared fresh.

Cheesy Pancakes/Kids' Favorite Pancakes  
Pancakes can be frozen, but are best fresh.

## CRISPY BAKED ZUCCHINI CHIPS WITH YOGURT DIP

These are best baked fresh. You can bread them earlier in the day and bake when ready to enjoy. The dip can be prepared up to a day ahead.

## LOADED SWEET POTATOES

## CAULIFLOWER POUTINE

These are best prepared fresh.

## BAKED GREEN ZITI

This can be prepared 1-2 days ahead. Cover well after adding pasta mixture to baking dish and keep refrigerated. Add cheese on top and bake before ready to enjoy.

## NO-POT EGGPLANT SHAKSHUKA

This can be prepared in advance up to step 3. When ready to enjoy, warm sauce before adding eggs and continuing with step 4.

# SIDE DISHES

*General rule regarding most vegetable side dishes:*

*Roasted vegetables are best prepared fresh and will lose crispness when reheated and it's generally not recommended. Many cooked vegetables, however, will work nicely served in a salad when brought to room temperature. Exceptions are noted below.*

## SMOKY SWEET POTATO FRIES WITH AVOCADO DIP

The dip can be prepared 1-2 days ahead. See instructions below in Condiments section.

This is freezer-friendly. Place covered containers of rice directly into oven to reheat.

## NEWLYWED HALVED POTATOES

Will reheat nicely.

## SEASONED RICE

This reheats well in the microwave, but will dry out in the oven.

## THE BEST WAY TO ROAST AN EGGPLANT

This reheats nicely. Keep refrigerated.

## FARRO WITH ROASTED VEGETABLES

Components can be prepared ahead and refrigerated. Warm farro and vegetables briefly before assembling.

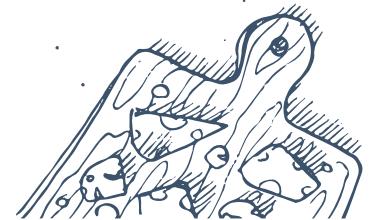
## CARAMELIZED ONION QUINOA

Quinoa can be refrigerated. Bring to room temperature before serving.

## RAMEN FRIED RICE

Best prepared fresh.

## FANCY RICE



# SALADS

## General Rules for Salads:

**All dressings** can be made ahead and stored in the refrigerator for at least 2-3 weeks or longer.

**All cooked vegetables** can be prepared up to 2 days ahead and stored in an airtight container in the refrigerator. Always bring cooked vegetables to room temperature before using, as cold cooked vegetables are not typically appetizing.

**All fresh vegetables**, with the exception of avocado, can be chopped up to 1 day ahead and stored separately in airtight containers before assembling salad. There is a halachic issue of chopping onions in advance. Most either chop fresh or combine onions with other ingredients, such as salt or salad dressing. Ask your LOR.

**Grains**, such as quinoa and farro, can be cooked a few days in advance. Store them on their own in an airtight container until ready to assemble the salad.

See notes below for components of salads not detailed above:

### AVOCADO CRUNCH ROLL SUSHI SALAD

The crunch can be prepared a few days in advance. Store in an airtight container at room temperature.

### GRILLED ORANGE SALAD

The oranges are best grilled fresh and served warm.

### FALAFEL CRUMBLE SALAD

The crumble can be prepared ahead and stored in an airtight container in the refrigerator.

### RAMEN CRUNCH CHICKEN SALAD

The crunch can be made ahead and stored in an airtight container at room temperature. The chicken can be prepared ahead and kept in the refrigerator for 2-3 days. The dressing can be prepared up to 2-3 weeks ahead and refrigerated.

### GREEN BEAN SALAD

Can be prepared ahead up to 2 days ahead. Keep refrigerated in an airtight container.

# SOUPS

## General Rule for Soups:

*All smooth/blended soups freeze very well. All chunky soups will lose some of their consistency when being frozen and rewarmed (i.e. vegetables will turn mushier). For all soups, you may need to add water. Some soups that cook for a long time, such as the Krupnik, will freeze well as the vegetables have a soft consistency anyway.*

### TOMATO SOUP WITH DUMPLINGS

Can be frozen without the dumplings. Dumplings must be made fresh.

### CREAMY WHITE SOUP

### ORANGE CREAM OF CHICKEN SOUP

### CHEESY CORN SOUP

### KRUPNIK SOUP

Freezes well.

### ONION NOODLE SOUP

Freezes well without the noodles. Add noodles fresh.

### RED LENTIL SOUP

### GRACE'S WHITE BEAN SOUP

Expect a mushier consistency upon rearming if freezing. Can be prepared ahead and refrigerated for 2-3 days.



# TREATS AND DESSERTS

## COFFEE SLUSHIE

Best if prepared fresh.

## OUR FAVORITE WHOLE WHEAT MUFFIN

These freeze very well. Store individually wrapped in plastic wrap or Ziploc bags to grab and go.

Warm up in the microwave or thaw at room temperature.

## THE BEST EVER PEANUT BUTTER CUPS

These freeze very well. Store in an airtight container.

## GOOEY CHOCOLATE COOKIE DOUGH LOTUS CUPCAKES

If preparing ahead, freeze raw and bake fresh. They are best enjoyed while warm but will keep at room temperature in a covered container for 1-2 days.

## SILAN & PISTACHIO HALVA ICE CREAM

These can be assembled and frozen.

## CRUMBS AND COULIS

All the components can be prepared ahead and frozen.

## FROZEN RASPBERRY CRUMB BAR

Store the ice cream/sorbet and the crumbs separately in the freezer until ready to serve.

## EASY FRUIT GALETTES

These can be frozen raw or fully baked. If freezing raw, thaw before baking.

# CONDIMENTS

## YELLOW CAESAR DRESSING

Dressing will keep well in the refrigerator for at least 2-3 weeks.

## GRATED TOMATOES

Can be prepared 1-2 days ahead.

## TECHINA

Techina is freezer-friendly! Thaw in the refrigerator or at room temperature.

## ROTEV PIZZA

Rotev will keep well in the refrigerator for at least 2-3 weeks.

## AVOCADO DIP

Can be made up to 1-2 days ahead if stored properly, as instructed on page 302.

## PICKLED ONIONS

Keep refrigerated in an airtight container for up to 1 month.

## ROASTED CHICKPEAS

Best if prepared fresh, but can be stored at room temperature for 1-2 days if they are very dry and crisp. They will lose crispness if stored in the refrigerator.

## MANGO SALSA

Can be made up to 1 day ahead.

## AYALA'S DRESSING THAT ISN'T JUST A DRESSING

The basic dressing will keep for a while when stored in an airtight container in the refrigerator. Shelf life decreases in the tomato paste version.



sample

## MONTHLY MENU PLANNER

SUN	MON	TUE	WED	THU	INGREDIENTS I NEED
Turkey Paninis	Saucy Sesame Chicken  Rice & Broccoli	Almost Poke Bowls (Kids: DIY Sushi Bowls)	Dr. Pepper Meatballs  Sweet Chili Green Beans <i>or</i> Protein & Greens Salad	The Italian Restaurant Salad  One-Pot No-Cream Fettuccine Alfredo  Creamy Lemon Dijon Salmon	
Mexican Pizza	No-Fry Hot Poppers	Shawarma Sheet Pan Chicken	Green Bean Salad	Garlic Knot Buns	
Herby Pizza	Crispy Seasoned Circle Fries	Red Lentil Soup	Meat Ragu Baguettes	The Chop Chop Salad	
S'Mores Pizza				Silan and Garlic Slices Salmon <i>or</i> Everything But the Bagel Salmon	
Onion Noodle Soup	Avocado Crunch Sushi Roll Salad	Salt and Vinegar Fish and Chips	Grilled Chicken Schnitzel	Ultimate White Pizza	
Meat Pizza That Kids Love	Crispy Chicken	The Cookie Corner Salad	Ramen Crunch Chicken Salad  Seasoned Rice	Tomato Soup with Dumplings	
Krupnik Soup	Garlic Sesame Schnitzel  Two-Tone Potato Bake  Broccoli with Mushrooms & Shallots	Maple Salmon  Roasted Veggies & Quinoa Feta Salad  One-Pot Pasta Rose (picky eaters)	Slow Cooker Pulled Beef  Fresh Buns, Slaw, Pickles	10 Hour Pizza Dough  Doctored-Up Frozen French Fries  Rotev Pizza	

# MONTHLY MENU PLANNER

SUN

MON

TUE

WED

THU

## INGREDIENTS I NEED

# Q & A:

## SO, WHAT'S FOR DINNER TONIGHT? RECIPE PICKS.

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# SO NOW, WHAT'S FOR dinner?

*Well, that depends on how much time you have, who is going to be eating, and when! (It also depends on if you're also having dessert!) Here are some suggestions for all occasions and every type of family and schedule.*

**Q:** IT'S A LAST MINUTE SITUATION AND YOU NEED TO PREPARE SOMETHING FOR A SIYUM OR BIRTHDAY PARTY. WHAT SHOULD YOU BAKE?

**A:** *Funfetti Cake (page 62)*  
*Lotus Blondies (page 66)*  
*Chewy Cookies n' Cream Bars (page 58)*  
*One-Bowl Brownies (page 70)*



**Q:** YOU WALK IN THE DOOR LATE AND HAVE 30-40 MINUTES TO GET DINNER ON THE TABLE. WHICH RECIPES DO YOU TURN TO?

**A:** *Shawarma Chicken (page 96)* ← It's a complete meal.  
*Grilled Chicken Schnitzel (page 82)* + *Doctored-Up Frozen French Fries (page 198)*  
*No-Pot No-Cream Fettuccine Alfredo (page 182)* + *Mango Salmon (page 154)* ← Something for everyone.  
*Pasta Rose (page 180)* + *Silan and Garlic Slices Salmon (pages 156)*.  
*Teriyaki Strips (page 122)* + *Sticky Green Beans (page 214)* + *Rice*

**Q:** YOU'RE HAVING LAST MINUTE GUESTS AND YOU NEED A SPECIAL DESSERT. WHAT ARE YOU GOING TO PUT TOGETHER?

**A:** *Any 9 x 13 bar with ice cream (pages 52 - 60, 66, 70)*.  
*Halva Ice Cream (page 286)*  
*Gooey Chocolate Cookie Dough*  
*Lotus Cupcakes (page 284)*  
*Frozen Raspberry Crumb Bar (page 290)*



**Q:** YOU'LL BE OUT FOR MOST OF THE DAY AND YOU WANT DINNER TO BE READY WHEN YOUR FAMILY WALKS IN THE DOOR. WHAT DO YOU PREP EARLIER IN THE DAY?

**A:** *Mommy's Chicken (page 24)*  
*Mildly Spicy Slow Cooker Wings (page 106)*  
*Slow Cooker Pulled Beef (page 136)*. ← Add fresh bread and pickles.  
*Ridiculously Easy Spare Ribs (page 34)*  
*Easiest Creamiest Ziti (page 38)*  
*Chicken with Zucchini Rice (page 104)* ← Use the oven method.

**Q:** YOU JUST WANT TO HAVE SOMETHING IN THE COOKIE JAR. WHAT WILL IT BE?

**A:** *No-Mixer No-Bowl Oatmeal Squares (page 52)*  
*Kitchen Sink Cookie Bars (page 60)*  
*Chocolate Chip Sticks (page 56)*

**Q:** WHAT PROTEINS MIGHT THOSE VERY PICKY EATERS AGREE TO TRY?

**A:** *Teriyaki Schnitzel (page 81)*  
*Saucey Sesame Chicken (page 90)*  
*Crispy Chicken (page 112)*  
*Pan-Grilled Turkey London Broil (page 108)*  
*Honey Mustard Fried Chicken (page 80)*  
*Dr. Pepper Meatballs (page 126)*  
*Salt and Vinegar Fish and Chips (page 142)*



**Q:** WHAT SALAD DO YOU RECOMMEND FOR THOSE WHO DON'T USUALLY LIKE SALAD?

**A:** *Avocado Crunch Roll Sushi Salad (page 236)*  
*Ramen Crunch Chicken Salad (page 256)*



**Q:** WHAT ABOUT SIDE DISHES FOR THOSE WHO DON'T LIKE VEGGIES?

**A:** *Sticky Green Beans (page 214)*  
*Shishito Peppers (page 210) ← Because they're fun to eat for those that like a little heat.*  
*Sweet Snap Peas (page 207)*

**Q:** WHAT FILLING AND SATISFYING DINNER OPTIONS DO YOU TURN TO WHEN YOU WANT TO KEEP THE CARBS LOW?

**A:** *Montreal Salmon & Veggies (page 42)*  
*Grilled Chicken Schnitzel (page 82)*  
*Spice-It-Up Chicken (page 92)*  
*Shawarma Chicken (page 96) ← Skip the pita, load up on roasted eggplant (page 220)*  
*No-Pot Eggplant Shakshuka (page 194)*  
*Greek Salmon (page 150) ← Great without the grain too.*  
*Cauliflower Poutine (page 190)*  
*Pan-Grilled Turkey London Broil (page 108). ← Season it anyway you like.*  
*Orange Cream of Chicken Soup (page 266)*  
*Creamy White Soup (page 262)*



**Q:** IT'S A SPECIAL NIGHT, CALLING FOR A FESTIVE MEAL. WHAT ARE YOU PREPARING?

**A:** *Crispy Chicken (page 112)*  
*Delmonico Soft Tacos (page 134)*  
*Ridiculously Easy Spare Ribs (page 34)*  
*Smoked BBQ Brisket (page 130)*  
*Oven Rib Steaks (page 138)*



**Q :** YOU DON'T HAVE ANY TIME, BUT YOU DO HAVE LEFTOVER COLD CUTS. WHAT'S FOR DINNER?

**A :** *Meat Pizza That Kids Love* (page 118)  
*Turkey Panini* (page 110)



**Q :** YOUR 10-YEAR-OLD WANTS TO HELP IN THE KITCHEN. WHAT DO YOU

**A :** *Our Favorite Whole Wheat Muffin* (page 280) ← *freezer to grab and go.*  
*Gooey Chocolate Cookie Dough Lotus Cupcakes* (page 284)  
*Any 9x13 Dessert* (pages 52 - 72)  
*Frozen French Fries* (page 198)  
*Teriyaki Schnitzel* (page 81)

*Keep em in the*



**Q :** WHAT ARE SOME TAKEOUT FAVORITES CAN I NOW MAKE AT HOME?

**A :** *Crispy Chicken* (page 112)  
*No-Fry Hot Poppers* (page 76)  
*Pretzel Chicken Fingers* (page 84)  
*Cereal Fried Chicken* (page 86)  
*BBQ Smoked Brisket* (page 130)  
*Burnt Ends Sandwiches* (page 132)  
*Slow Cooker Pulled Beef* (page 136)  
*Almost Poke Bowls* (page 146)



**Q :** WHAT ARE SOME GREAT SOUP + SALAD COMBOS THAT WORK FOR A COMPLETE MEAL?

**A :** *Falafel Crumble Salad* (page 248) + *Red Lentil Soup* (page 270)  
*Italian Restaurant Salad* (page 254) + *Tomato Soup with Dumplings* (page 260)



happy  
cooking!