



חסד דשיכון סקווירא

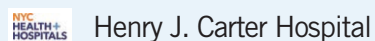
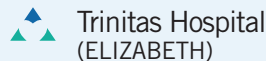
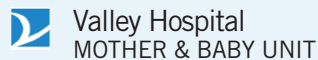
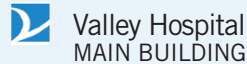
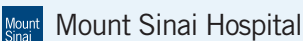
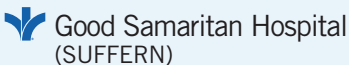
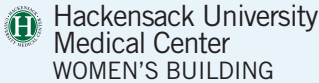
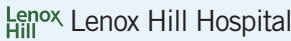
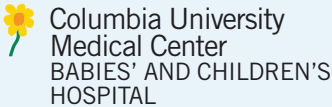
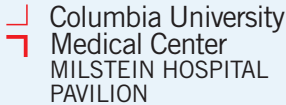
PRESENTS

A Taste OF Chesed 7



Chesed 24/7 is an oasis in the hospital providing whatever support is needed. Whether it's a simple cup of coffee, a fresh hot meal, or a shoulder to lean on, Chesed 24/7 is there – *like family*.

**Chesed 24/7 has
19 CHESED ROOMS
located in the following hospitals:**



Taste OF Chesed7

PRESENTED BY



חסד דשיכון סקווירא

286 North Main Street | Spring Valley, NY 10977
845.354.3233 | info@chesed247.org

www.chesed247.org

This year's cookbook is sponsored *l'zecher nishmas*

Moshe ben HaRav Meshulom Dov

A Taste OF Chesed 7

Is there a secret recipe for chesed?

We all know that this mitzvah is one of the foundations of our world, but do we know the best way to give a helping hand?

Do we know how to offer support to those in need?

At Chesed 24/7, we have fine-tuned and perfected the recipe for chesed.

Our wide range of services offer care and support to hospitalized patients and their families. From home-cooked meals, to transportation, to friendly visitors, Chesed 24/7 provides comfort and sustenance to those going through a medical crisis.

On the following pages, you will find a selection of detailed recipes for delicious Yom Tov meals. We would like to thank Gitty Greenberg for sharing some of her most popular recipes, and Miriam Pascal for her food styling and photography.

As you enjoy these delicacies, remember those suffering in the hospital who turn to Chesed 24/7 for their Yom Tov meals, the comforts of home and assistance from those who care.

You too can be a part of this great mitzvah. Support Chesed 24/7 and support patients and their families.

Wishing you and your family a happy and healthy new year,



FOR SPONSORSHIP OPPORTUNITIES AND
DEDICATIONS IN MEMORY OR IN HONOR OF

Please contact Esty Goldstein at
egoldstein@chesed247.org · 845.354.3233 ext 1123

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DONATION PAGE.



Missed
out on
last year's
recipes?

Download your **FREE** copy
of the cookbook with
your donation at
www.chesed247.org



Rice Crispies Coated Tilapia in Tartar Sauce and Penne

TARTAR SAUCE

1 cup **mayonnaise**
1 T **mustard**
1 **scallion**
1½ tsp **lemon juice**
1 T **capers**
3 cubes of **frozen parsley**
Salt and **pepper** to taste
2 **dill pickles**

FISH

4 pieces of **Talapia**
2 cups **Rice Crispies cereal**
Cooking spray

TOMATO BASIL PENNE SALAD

1 package **penne noodles**,
cooked and drained
½ cup **olive oil**
2 cloves **garlic**, minced
2 tsp **salt**
½ tsp **black pepper**
4 T fresh **basil** chopped or 4 frozen cubes
Handful of **sun dried tomatoes**, chopped
Handful of **pine nuts**

PREPARATION

TARTAR SAUCE

- 1 Blend all of the ingredients, except the dill pickles.
- 2 Chop the dill pickles finely and add to the mayonnaise mixture.

FISH

- 1 Preheat oven to 350°F. Line a baking sheet with parchment paper and set aside.
- 2 Crush rice crispies into small pieces. Do not grind them.
- 3 Dip fish into the tartar sauce and then coat with the crushed cereal.
- 4 Spray cooking oil onto each piece of fish. Place on prepared baking sheet.
- 5 Bake uncovered for 30 – 40 minutes depending on thickness of the fish.

TOMATO BASIL PENNE SALAD

- 1 Heat olive oil in large skillet, over medium heat.
- 2 Add the garlic, salt, pepper, basil and sun dried tomatoes.
- 3 Sauté for a few minutes and set aside.
- 4 Add pasta. Add handful of pine nuts.



Pan Fried Salmon with Quinoa Salad

QUINOA

- 1 cup of **quinoa**, cooked according to package directions
- 1 **avocado**, diced
- 1 cup of **toasted almond slices**
- ½ cup of **crisins**
- 2 T **lemon juice**
- 1 tsp **sugar**
- ½ tsp **Dijon mustard**
- ¼ teaspoon **salt**
- 3-4 T **extra virgin olive oil**
- Black pepper** to taste

SALMON

- ¼ cup **Dijon mustard**
- 2 T **mustard powder**
- 3 T **honey**
- ¼ tsp **kosher salt**
- 2 T **sherry wine**
- 2 T **oil**
- 4 slices of **salmon**

PREPARATION

QUINOA

- 1 Place cooked quinoa in a large bowl. Add remaining ingredients and toss until everything is fully mixed.

SALMON

- 1 In a small bowl, mix together all ingredients except for salmon. Pour over the fish and marinate for a few minutes on both sides.
- 2 Spray a grill pan with non-stick spray.
- 3 Grill fish on a high flame for 9 minutes on each side.

19 **CHESED
HOSPITALITY
ROOMS**

24 HOURS A DAY
7 DAYS A WEEK
365 DAYS A YEAR



White Bean Soup

2 medium **onions**
 4 gloves of **garlic**
 4 sticks of **celery**, chopped
 ½ cup **oil**
 1 cup **navy beans**
 8 cups of **water**
 1 T **salt**
 1 T **cumin** or **turmeric**
 3 cubes of **frozen dill**

PREPARATION

- 1 Sauté the onions, garlic, and celery in the ½ cup of oil until soft.
- 2 Add navy beans, water, salt, and cumin or turmeric. Cook for 1½ hours.
- 3 Blend well. Add dill and cook for a few additional minutes.

**CHESED
 HOSPITALITY APARTMENTS**

*a Home Away From Home
 for the Patient's Family*



Sweet and Crunchy Lettuce Salad

- 1 bag **romaine lettuce**
- 1 bag **cole slaw**
- 1 container **craisin mix**
- 1 can of **toffee peanuts**

DRESSING

- $\frac{1}{2}$ **mayonnaise**
- $\frac{1}{4}$ cup of **vinegar**
- 1 tsp **mustard**
- $\frac{1}{4}$ - $\frac{1}{2}$ cup of **sugar**
- 2 **frozen garlic cubes**
- Salt and pepper** to taste

PREPARATION

- 1 Mix all salad ingredients in a bowl.
- 2 Mix all dressing ingredients.
- 3 Pour dressing over salad and mix.

**DELICIOUS
HOME COOKED
MEALS**

**PREPARED, PACKAGED
AND DELIVERED TO HOSPITALS
ON WEEKDAYS, SHABBOS
and throughout the year**

Crock Pot Beef Stew

One medium **onion**
One package **beef stew**
1 15 oz. can of **tomato sauce**
 $\frac{3}{4}$ cup of **orange juice**
 $\frac{1}{4}$ cup of **honey**
2 tsp **spicy mustard**
 $\frac{1}{2}$ tsp **black pepper**
 $\frac{1}{2}$ tsp **oregano**
2 **white potatoes**
1 **sweet potato**

PREPARATION

- 1 Sauté onion in oil until golden. Add beef stew meat and allow to brown for a few minutes.
- 2 Add the rest of the ingredients (except the potatoes and sweet potato) and bring to a boil.
- 3 Add 2 regular potatoes and 1 sweet potato cubed.
- 4 Cook on a very low flame for 4-6 hours. This can also be made in a crock pot.



**SHABBOS
IN·A·BOX**

EVERYTHING
THE PATIENT NEEDS
TO WELCOME

Shabbos in the Hospital



Crispy Breaded Chicken Steak

4 chicken steaks

(you can use chicken bottoms
if you cannot get chicken steaks)

1 cup **bread crumbs**

¼ tsp **garlic powder**

¼ tsp **salt**

¼ tsp **pepper**

2 **eggs**, beaten

4 T **flour**

2 T **oil**

PREPARATION

- 1 Season bread crumbs with garlic powder, salt and pepper.
- 2 Dip chicken steak into the flour, then into the beaten eggs. Repeat so the chicken is dipped in flour and egg twice.
- 3 Dip chicken steak into bread crumbs. Coat well.
- 4 Heat oil in a frying pan and fry chicken on both sides until it is golden brown.
- 5 Transfer steaks to a baking pan. Cover and bake for 1 hour on 350°F.

**VISITATION
AND PATIENT
LIAISON**

**SUPPORT
GUIDANCE
RESPIRE**
every step of the way.



Veal Meatballs in Peach Sauce

1½ lbs. **ground veal**
 1 small **onion**, chopped
 1 **egg**, beaten
Bread or **challah** soaked in water
 (squeezed) to be ½ cup
Salt and **pepper** to taste
 1 T **oil**

SAUCE

½ cup **chili sauce**
 (or ½ cup of ketchup with
 a sprinkle of chili powder)
 1 T **lemon juice**
 ¼ cup **brown sugar**
 2 T **dry mustard**
 1 tsp **soy sauce**
 1 9oz can of **peach slices**
 in syrup

PREPARATION

- 1 In a large bowl, mix the first 5 ingredients together.
- 2 Shape into medium sized meatballs and set aside.
- 3 In a skillet, heat oil and brown the balls.
Transfer to an oven proof dish, cover and set aside.

SAUCE

- 1 In a bowl, mix together all of the ingredients for the sauce, except the peach slices.
- 2 Pour sauce over meatballs and cook for 45 minutes on 350°F.
- 3 Remove from oven, add peach slices and continue baking for 15 minutes.
- 4 Serve over rice.

**BOOST
IN-A-
BOTTLE**

50,000 FRESHLY SQUEEZED
ANTIOXIDANT-RICH
POMEGRANATES

Giving energy to Cancer Patients

Herbed Potato Stacks

2 **potatoes**
¼ cup of **oil**
½ tsp **salt**
½ tsp **rosemary**
½ tsp **basil**
½ tsp **minced onion**
½ tsp **minced garlic**
¼ tsp **black pepper**

PREPARATION

- 1 Preheat oven to 375°F. Line a baking sheet with parchment paper.
- 2 Peel the potatoes and cut each in half.
- 3 Cut each half into thin ½ inch circles.
- 4 Put the potato circles in a single layer onto the prepared baking sheet.
- 5 Mix together remaining ingredients in a small bowl and brush this oil mixture onto the potatoes.
- 6 Bake uncovered on 375°F for 40 minutes.
- 7 Stack the potatoes slices to make a potato tower.



**LENDING
LIBRARY**

ENTERTAINMENT FOR
MEN • WOMEN • CHILDREN
ON ELECTRONIC TABLETS
AND CUSTOMIZED USBs



Quick and Easy Sesame Noodles

1½ packages of **egg noodles**,
cooked according to
package directions
¼ cup **soy sauce**
1 crushed **garlic clove** or
1 **frozen garlic cube**
½ cup of **oil**
½ cup of **sugar**
¼ cup of **sesame seeds**, toasted

PREPARATION

- 1 In a pot over a small flame, heat soy sauce, garlic, oil and until the sugar dissolves.
- 2 Add sauce to the noodles and toss to coat all noodles with sauce. Sprinkle with sesame seeds.

SMILE
24/7

SINGING • TALKING • JUGGLING
ANYTHING TO BRING SMILES
TO PATIENTS' FACES

One-Pan Glazed Green Beans

*This is a sneak peek from **Victoria Dwek's** new cookbook. We thank Victoria for adding it to a Taste of Chesed.*

- 1½ lbs. **green beans**
(or a combination of green and yellow wax beans)
- 1 T fresh **minced ginger**
(or 3 frozen ginger cubes)
- 2 T **soy** or **tamari sauce**
- 2 tsp **sesame oil**
- 2 tsp **honey**
- 1 tsp **salt**
- Coarse black pepper**, to taste

OPTIONAL GARNISHES

- Crushed red pepper flakes**
(for additional heat)
- ½ tsp **sesame seeds**

PREPARATION

- 1 Add ¼ inch water to a saute pan and heat over medium-high heat, until steam rises from the pan. Add green beans, cover, and steam for 3 minutes. Strain green beans and rinse with cold water.
- 2 Spray pan with nonstick cooking spray and return to high heat (the pan will already be hot). Add one layer of green beans (you will need to cook them in 2-3 batches) and cook until charred, about 90 seconds per side, or 3 minutes total, flipping halfway through.
- 3 Meanwhile, in a small bowl, whisk together, ginger, soy sauce, sesame oil, and honey.
- 4 When all beans have been cooked, lower heat, return all beans to pan, add sauce, and stir to coat the green beans. Cook for 1 additional minute.





Red Wine Baked Apples with Chocolate Pecan Filling

6 **apples** (I prefer Granny Smiths)

FILLING

1 cup **coarsely chopped pecans**
½ cup **chocolate chips** or
chopped semi-sweet chocolate
¼ cup **sugar**
2 T **oil**
2 T **honey**

TOPPING

½ cup **red wine**
(I used semi-sweet)
2 T **honey**
1 tsp **cinnamon**

PREPARATION

- 1 Preheat oven to 375°F.
- 2 Remove cores from apples and place them in a 9x13 pan. Set aside.
- 3 In a small bowl, mix together all of the filling ingredients. Stuff the hole in the center of each apple with filling, then spread the remaining filling mixture in the pan, surrounding the apples.
- 4 Whisk together the wine, honey and cinnamon. Pour it over the apples.
- 5 Bake at 375°F for 60-70 minutes, or until the apples are soft.
- 6 To serve, spoon a mixture of the sauce that gathers in the bottom of the pan over the apples. Serve hot.

*This is a delicious recipe from **Miriam Pascal**, the Overtime Cook. You can make these apples a couple of days ahead of time, and store them in the fridge. Warm up (uncovered), for about 10 minutes, or until hot, before serving. Thank you Miriam for adding it to a Taste of Chesed.*



Strawberry Pear Compote

- 2 (16 ounce) bags of **frozen strawberries**
- ½ cup of **sugar**
- 1 tsp of **fruit flavored liquor**
(preferably banana)
- 2 - 30 oz. cans of **pears**
(one can drained,
one can with liquid)
- 1 package of **strawberry jello**

PREPARATION

- 1 Put frozen strawberries into a pot and cover halfway with water.
- 2 Add the sugar and fruit liquor. Cook until the strawberries are soft and then blend well.
- 3 Add the pears (one can with the liquid and one can drained).
- 4 When the pears have cooled, add the package of strawberry jello and mix well.
- 5 Chill and serve.

**VOLUNTEER
DREAM
TEAM**

MAKING A
real DIFFERENCE
IN PEOPLE'S
LIVES

Chesed Hospitality Rooms

The **CHESED 24/7 HOSPITALITY ROOMS** consist of a room or suite of rooms equipped with a refrigerator, kosher cakes and snacks, hot water and coffee, milk, yogurt and other dairy products, prepackaged meals and soups, comfortable chairs or recliners, Jewish reading materials, CDs and other sources of inspiration, Shabbat food warmers and any other amenities a Jewish individual would require. More importantly, it offers a quiet place where family members can sit, relax, and recover their emotions in a more private setting.

CHESED HOSPITALITY ROOM LOCATIONS:

COLUMBIA UNIVERSITY MEDICAL CENTER - MILSTEIN HOSPITAL PAVILION • COLUMBIA UNIVERSITY MEDICAL CENTER - BABIES' AND CHILDREN'S HOSPITAL • LENOX HILL HOSPITAL • CORNELL MEDICAL CENTER • HACKENSACK UNIVERSITY MEDICAL CENTER - WOMEN'S BUILDING • HACKENSACK UNIVERSITY MEDICAL CENTER - MAIN BUILDING • GOOD SAMARITAN HOSPITAL (SUFFERN) • ENGLEWOOD HOSPITAL AND MEDICAL CENTER • MOUNT SINAI HOSPITAL • MEMORIAL SLOAN KETTERING • HOSPITAL FOR SPECIAL SURGERY • ELLENVILLE HOSPITAL • CATSKILL REGIONAL MEDICAL CENTER (HARRIS HOSPITAL) • MONTEFIORE - ALBERT EINSTEIN - WEILLER DIVISION • VALLEY HOSPITAL - MAIN BUILDING • VALLEY HOSPITAL - MOTHER & BABY UNIT • TRINITAS HOSPITAL (ELIZABETH) • CALVARY HOSPITAL • HENRY J. CARTER HOSPITAL

Meals

Chesed 24/7 prepares **SPECIAL HOT MEALS** for hospitalized patients and their families, delivering them to hospital rooms daily. On Yom Tov, Chesed 24/7 employs a non Jewish driver to deliver freshly prepared and specially wrapped meals to the hospitals so that patients and their families can have fresh, hot food on Yom Tov.

Transportation

Chesed 24/7 runs **TWO DAILY SHUTTLES** transporting people from Rockland County to Manhattan area hospitals for doctor's appointments, treatments, or visitation. In case these shuttles are either at inconvenient times or inconvenient locations, Chesed 24/7 also coordinates hundreds of volunteers who donate their time transporting people door to door from their homes to doctor's appointments or hospitals.

Chesed Apartments

THE CHESED APARTMENTS, located near Columbia University Medical Center, give families a comfortable place to sleep while minutes away from the patient's bedside.

Shabbos in a Box

Every Shabbos, Chesed 24/7 delivers hospitalized patients a **BOX WHICH CONTAINS ALL ITEMS NECESSARY TO PROPERLY BRING IN SHABBOS**. Included in the box is a pair of electric candlesticks which the patient can light in their hospital rooms, a challah cover, a tablecloth, grape juice, a Kiddush cup, a silk flower, a box of Shabbos sweets, and bisamim to use for Havadlah.

Boost in a Bottle – Pomegranate Juice

Chesed 24/7 distributes **THOUSANDS OF BOTTLES OF PURE, FRESHLY SQUEEZED POMEGRANATE JUICE** to patients who are undergoing chemotherapy treatment or other severe treatments and need to regain their energy and blood levels.

Medical Supplies

Chesed 24/7 has **MEDICAL SUPPLIES AVAILABLE FOR LOAN** to any person who requires them. Medical supplies include: wheelchairs, hospital beds, crutches, walkers, etc.

Smile 24/7

This program provides talented, caring volunteers who **SING, DANCE, PERFORM SKITS, MAGIC SHOWS**, and many other interesting feats to provide happiness and light in what can be a dreary hospital stay.

Share 24/7

Share 24/7, a division of Chesed 24/7, provides **COMPREHENSIVE CARE AND ADVOCACY FOR DEVELOPMENTALLY DELAYED AND DISABLED INDIVIDUALS** and their families. With a team consisting of skilled professionals, devoted staff members and selfless volunteers, Share 24/7 assists challenged individuals achieve personal satisfaction and fulfillment to the utmost of their abilities. Some of the programs run by Share 24/7 include: Habilitation Services, Residential Programs, Respite Programs, Case Management, Group Homes, Supported Employment, Vocational Training, Sunday, Weekend and Holiday Programs, Family Reimbursements, Weekend Retreats, our unique Summer Retreat and our ABA program for adults.



חסד דשיכון סקווירא

**WOULD LIKE
TO THANK OUR**
*devoted
volunteers*
**FROM THE
FOLLOWING
COMMUNITIES:**

- ▶ Manhattan
- ▶ Washington Heights
- ▶ Boro Park
- ▶ Crown Heights
- ▶ Far Rockaway
- ▶ Flatbush
- ▶ Williamsburg
- ▶ Monsey
- ▶ New Square
- ▶ Passaic
- ▶ Teaneck
- ▶ Woodmere
- ▶ Englewood
- ▶ Elizabeth
- ▶ Lawrence
- ▶ Queens
- ▶ Cedarhurst
- ▶ Lakewood

Whether it's packaging meals, cutting fruits and vegetables, stocking the Chesed Rooms, visiting patients or collecting food packages, our dedicated teams of Chesed volunteers help 24/7/365 and we cannot thank them enough for the difference they make.

**If you would like to join our team of volunteers,
please contact Chesed 24/7 at
845.354.3233 and see how you too can help.**

CHESED 24/7

an Empire of Kindness

Chesed 24/7 does everything in its power to make people's lives easier. Whether it's hospital based services, services for the special needs population, or our newest early intervention service, we provide the human touch of warmth, kindness and compassion in everything we do.



HOSPITAL SERVICES

- ▶ Chesed Hospitality Rooms
- ▶ Hot Meals Delivered to Patients and their Families
- ▶ Hospital Liaisons
- ▶ Smile 24/7 Entertainment
- ▶ Visitation and Respite
- ▶ Shabbos in a Box
- ▶ Boost in a Bottle - Pomegranate Juice



SERVICES FOR DEVELOPMENTALLY CHALLENGED CHILDREN & ADULTS

- ▶ Day Habilitation
- ▶ Group Homes
- ▶ Community Habilitation
- ▶ Respite
- ▶ Family Care
- ▶ Medicaid Service Coordination (MSC)
- ▶ ABA Services
- ▶ Supportive Employment



EARLY INTERVENTION SERVICES

- ▶ Developmental Evaluations
- ▶ Speech/Language Therapies
- ▶ Feeding Therapy Services
- ▶ Vision Therapy Services
- ▶ Physical Therapy Services
- ▶ Occupational Therapy Services
- ▶ Social Work Services
- ▶ Service Coordination
- ▶ Family Support/Counseling
- ▶ Parent/Caregiver Workshops

