

## Examples of Passover Food Alternatives:

I NORMALLY EAT...	DURING PASSOVER I CAN EAT...
Bread, Saltine Crackers, Rolls, Cornbread, Wheat Tortilla Chips, Oatmeal	Matzah, Plain Corn Chips, Plain Potato Chips, Rice Cakes, Rice Cereal (Rice Chex or commercial hot rice cereals that do not contain malted barley)
Chicken Noodle Soup	Kosher for Passover Matzah Ball Soup
French Toast or Pancakes	Matzah Brie, Recipe:  <a href="http://www.jewfaq.org/kfpfood.htm#Brie">http://www.jewfaq.org/kfpfood.htm#Brie</a>
Chicken Nuggets	Baked chicken strips, or chicken pieces rolled in matzah meal or potato flour and baked.
Lasagna	Matzah Lasagna, Recipe:  <a href="http://www.jewfaq.org/kfpfood.htm#Lasagna">http://www.jewfaq.org/kfpfood.htm#Lasagna</a>
Pizza	Matzah Pizza! Tomato sauce, veggies and Rice Vegan Cheese, not containing yeast extract. See: <a href="http://galaxyfoods.com">galaxyfoods.com</a> (commonly available in most major grocery stores)
Wheat Pasta	Rice Pasta (Gluten-free section of grocery store)
Pie	Matzah Cobbler:  <a href="http://tinyurl.com/passovercobbler">http://tinyurl.com/passovercobbler</a>

Link to other Passover cooking ideas: <http://www.jewfaq.org/kfpfood.htm>

**Sources:**

**NKJV Bible**

<http://homepage.mac.com/changcy/allergy/allergy-yeast.pdf>

<http://sabbath.org/index.cfm/fuseaction/Library.sr/CT/RA/k/108/subj/dub/Deleavening.htm> <http://www.msgtruth.org/avoid.htm>