



**PESACH  
ISSUE**

**Vehigadeta Levincha** The secret to inculcating children with the values we want them to uphold

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# WELLSPRING

THE HEALTH MAGAZINE FOR THE JEWISH FAMILY

## Wellspring's Yom Tov Panel Is Back!

### Is My Child Ready for Marriage?

Exploring the red flags, the traits they'll outgrow, and how to nurture the soil so a solid relationship can blossom

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Hear from readers like you at Sample's Second Birthday Party  
**Plus! Informative Poll:**  
**How Other Families Do Health**

### How I finally got rid of postpartum vertigo

The dizziness swept in with such intensity, I grabbed a shopping cart for support—and waited for my husband to take me home

### Indoor Fun

4 activities to enhance development and the Yom Tov spirit

### DIY

Get acquainted with the acupressure points for stress relief

### Homemade Is Best

With results this good, you'll be making almond milk all year round

### FYI

Halitosis can be more than just a nuisance

### Yoga for

Weight Loss

### Beets Rebranded

Who can say no to Pink Cashew Hazelnut Cheesecake?

### My Table

One staple that's off limits on Pesach and how we substitute

**5 nutritious dips for your Yom Tov table**

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### SWAP

The ingredient that will amp up your potato kugel's nutrition profile—and flavor



# DO THE DIP

5 NUTRITIOUS  
ACCOMPANIMENTS TO  
YOUR PESACH MEALS

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Dips are a great way to add nutrition and variety to a meal, without much extra effort. They can be used as spreads for matzah, dips for cut-up vegetables, or even as condiments to enhance a salad or protein dish, such as an omelet, burger, or piece of chicken or fish. A simple immersion blender—or sometimes no equipment at all—and basic ingredients are often all that a delicious dip needs, making it perfectly doable and simple for Pesach (for those who use these vegetables). Besides, if we want to tie this theme up with a bow, dips are so appropriate for Pesach—think *karpas* being dipped into salt water and *maror* being dipped into *charoses*.

Below are 5 simple dip ideas with some of their nutritional highlights to enjoy this Pesach.



Olive Dip

With no cooking required, this dip is literally ready in minutes (or less). It is savory and filling due to its healthy fats, and it's filled with disease-fighting antioxidants and nutrients such as vitamin E, copper, calcium, iron, and vitamin A. Simply use a can of *kosher l'Pesach* olives and blend with approximately one tablespoon of olive oil using an immersion blender (or other blender/food processor of choice). If the olive flavor is too intense, feel free to add a small amount of mayonnaise (homemade tastes best!) for a milder taste.



Roasted Pepper Dip

Exactly as it sounds, this dip just involves blending roasted red peppers. Wash and chop (and peel, if that's your *minhag*) at least 3–4 peppers into large pieces, drizzle olive oil, sprinkle with salt, and then roast in the oven at approximately 400°F, until partly charred. Once ready, blend charred peppers together. Feel free to add garlic and some oil to enhance the taste. Keep in mind that the water content of the peppers varies depending on how charred they are—if you prefer a dip with a thinner consistency, roast peppers for less time. Red peppers are particularly high in vitamin C and provide other nutrients such as potassium and folate.



Eggplant Dip

This dip is more like a mini salad but fits this genre as well, especially if it's been sitting and marinating for a day or two. Dice an eggplant into small pieces, place on a cookie sheet or tin, drizzle with olive oil, season with salt and garlic, mix, and roast in the oven at 350°F. Occasionally, take out of the oven to toss and ensure the eggplant gets crispy on all sides. Once the eggplant is roasted and cooled down, mix in finely diced pickles and place in an airtight container with an extra drizzle of olive oil, and let marinate until served. Finely diced red pepper also works as a good add-in. Nutritional highlights of eggplant include the high amount of fiber and potassium.



Onion Dip

Another simple yet delicious dip I often serve on Shabbos that yields recipe requests from my guests. Of all the dips on this list, this probably works best for those whose *minhag* is to use minimal vegetables. Dice some onions (the more, the better—I usually use around 5–6). Next, instead of heating a skillet and sautéing on the stove, I like to put the onions in a large disposable tin with oil drizzled on top, a sprinkle of salt, and a dash of brown sugar to help with caramelization. Cook in the oven, set at around 350°F, stirring and tossing occasionally. Once the onions look sautéed, add some mayonnaise to your preferred consistency, and that's it! While you're enjoying this onion dip, know that your body is also enjoying the abundance of flavonoids, which have been shown to decrease the risk of Alzheimer's disease, in addition to vitamins C and B6, potassium, manganese, and copper.





Garlic Confit

Also known as buttery soft garlic in oil, garlic confit is simple, delicious, and provides a powerhouse of nutrients. Commonly used in cooking for its strong taste and aroma, garlic has also been used throughout history for its medicinal and health properties. Sulfur compounds found within garlic are thought to supply its potent health benefits, including decreasing the risk of cardiovascular disease and boosting the immune system. To make garlic confit, place as many peeled cloves of garlic as you like in a tin or glass dish and cover with olive oil so the cloves are fully submerged; feel free to season with salt and pepper, and then cover tightly with foil. Bake in the oven at around 250°F for two hours or until garlic is soft and tender. (You can also roast the garlic on a higher temperature for less time, which will free up your oven sooner.)

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Mediterranean Diet Linked to Increased Fertility

The list of benefits of the Mediterranean diet is seemingly never-ending—reduced risk of cardiovascular disease, obesity, hypertension, cognitive disease, and diabetes, as well as promoting healthy aging and increasing life expectancy, to name a few. It is not surprising that new research suggests adding another benefit to the list: increased fertility.

The Mediterranean diet, which emphasizes fruits, vegetables, and legumes, naturally has an anti-inflammatory effect on individuals following this diet pattern. Research shows that inflammation can affect fertility for everyone, and an anti-inflammatory diet (such as the Mediterranean diet) was seen to improve fertility outcomes. In contrast, individuals who followed a more typical Western diet, which includes a more than desirable amount of saturated fat, refined carbohydrates, and animal proteins (which often result in higher levels of inflammation) reported experiencing more challenges in this area. The researchers at Monash University in South Africa suggest that adherence to a Mediterranean diet is a relatively simple and cost-effective way to support reproductive health.

Increased Protein and Coffee/Tea May Decrease Risk of Women’s Hip Fractures

For bone health, the recommended nutrients to focus on are usually calcium and phosphorus. Interestingly, a study from the University of Leeds in the UK suggests that adding 25 grams of protein (for example, 3–4 eggs, a piece of steak or salmon, or 100 grams of tofu), in addition to drinking regular cups of coffee or tea may help women decrease their risk of hip fractures.

The research was based on a large observational analysis of more than 26,000 women ages 35–69. Participants filled out questionnaires about their diet and lifestyle, and their information was then linked to their hospital records. Besides for the extra protein, the researchers suggested that the polyphenols and phytoestrogens found in coffee and tea were also protective against hip fractures. With all the Pesach prep behind you, here’s another reason to treat yourself to a steaming mug of coffee or tea. ♡

Heart Works



If there were only 12,000 recipes, original shows, and lifestyle articles to enhance your Pesach — Dayeinu.

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