

Mediterranean

Quick and Easy Recipes **RECIPES**
Mediterranean Recipes

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Recipes

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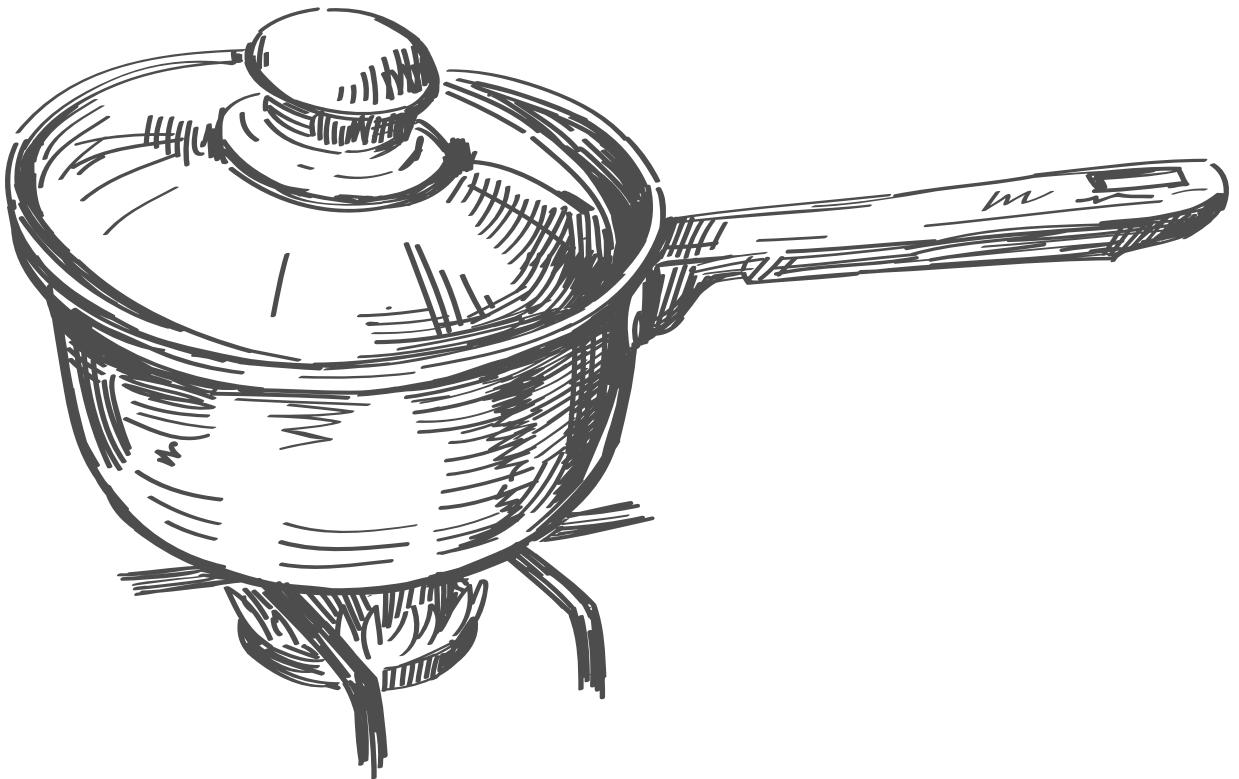


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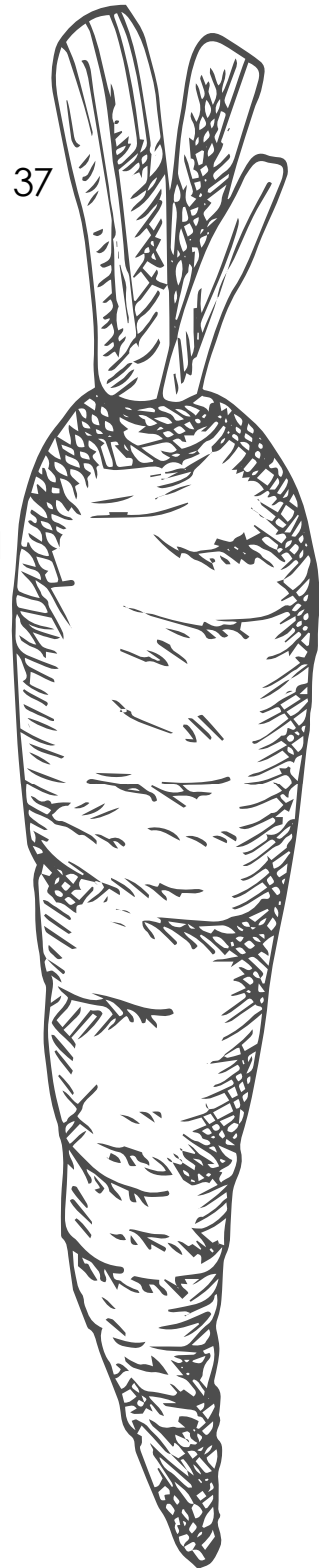
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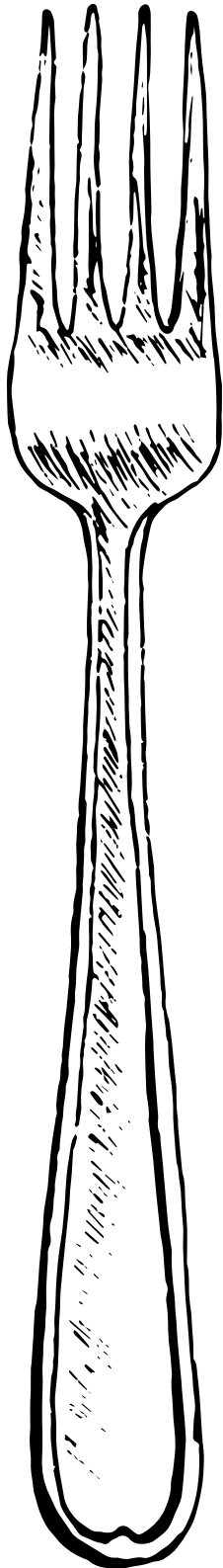
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Hot Harissa Potato Salad

 Prep Time: 10 mins
 Total Time: 55 mins

Servings per Recipe: 2

| | |
|---------------|---------|
| Calories | 283.2 |
| Fat | 9.2g |
| Cholesterol | 0.0mg |
| Sodium | 591.0mg |
| Carbohydrates | 46.8g |
| Protein | 5.0g |

Ingredients

| | |
|---------------------------------|-----------------------------|
| 1 lb baking potato | 1/2-1 tsp fresh lemon juice |
| 1 1/2 tsp harissa, see appendix | 1/2 tsp flaked sea salt |
| 1 tbsp olive oil | |
| 1/2 tsp coarse sea salt | |
| 1 -2 tbsp sesame seeds | |

Directions

1. Before you do anything preheat the oven to 375 F.
2. Discard the skin of the potatoes and cut into large pieces.
3. Mix the harissa, olive oil, salt, and sesame seeds. Add the potato and toss it to coat.
4. Spread the potato mix on a greased baking sheet. Cook them in the oven for 24 min. flip the potato chunks and cook them for another 24 min.
5. Toss the roasted potato with the sea salt then serve it warm.
6. Enjoy.





GREEN OLIVES and Chicken Stew



Prep Time: 10 mins



Total Time: 55 mins

Servings per Recipe: 4

Calories 966.7

Fat 83.3g

Cholesterol 146.6mg

Sodium 174.4mg

Carbohydrates 22.2g

Protein 40.4g

Ingredients

- 2 lemons
- 4 garlic cloves, crushed
- 1 small onion, finely chopped
- 150 ml olive oil, plus
- 1 tbsp olive oil, for frying
- 1 tbsp parsley, chopped, plus sprigs to garnish
- 1 tbsp mint, chopped
- 1 tbsp coriander, chopped
- 1/2 tsp turmeric
- 1/2 tsp paprika, plus
Extra paprika, to garnish
- 1/2 tsp ground cumin
- 4 chicken legs
- 15 g unsalted butter
- 12 stuffed green olives
- 200 g tahini

Directions

1. Get a small mixing bowl: stir in it the parsley, mint and coriander.
2. Get a small mixing bowl: Mix in it the lemon juice and peel, lemon juice, garlic, onion and two tbsp of the herbs mix, cumin, paprika and oil.
3. Get a large mixing bowl: place in it the chicken. Add the herbs mix and toss them to coat. Place it aside for 35 min.
4. Place a large pan over medium heat. Heat the butter in it. Drain the chicken from the marinade then cook it on both sides until it becomes golden brown.
5. Stir half of the marinade then put on the lid and let it cook for 45 min over low heat.
6. Slice the rest of the lemon into slices then add them to the pan with broth and half of the green olives as well the remaining marinade. Let them cook for 4 min.
7. Stir the tahini into the remaining herbs mix. Serve your chicken stew warm and garnish it with the spicy herbs.
8. Enjoy.

Traditional Moroccan Chicken Roast



Prep Time: 10 mins



Total Time: 2 hrs 10 mins

Servings per Recipe: 2

Calories 1172.1

Fat 80.5g

Cholesterol 362.2mg

Sodium 2673.9mg

Carbohydrates 19.1g

Protein 93.2g

Ingredients

1 (3 1/2-4 lb) chicken
1 head garlic, cut in half
1 lemon cut in half
1 tbsp olive oil
FOR THE RUB
2 tsp sea salt
2 tsp sweet paprika
1 tsp ground coriander
1 tsp ground cumin

1 tsp ground ginger
1 tsp fresh ground black pepper

Directions

1. Before you do anything preheat the grill.
2. Slice the head of garlic in half then rub the whole chicken with 1 half. Slice the lemon in half and repeat the process.
3. Get a small mixing bowl: mix in it the spices then massage them into the chicken. Place the other half of garlic and lemon in the chicken cavity.
4. Coat the chicken with some oil then grill it for 1 h 35 min until it becomes golden brown. Serve it warm.
5. Enjoy.

HALIBUT

Tomato Stew



Prep Time: 20 mins



Total Time: 1 hr 5 mins

Servings per Recipe: 4

Calories 302.3

Fat 10.8g

Cholesterol 83.4mg

Sodium 693.9mg

Carbohydrates 17.3g

Protein 34.5g

Ingredients

Cooking spray
2 tbsp finely chopped whole lemons
1 tbsp water
1 tbsp olive oil, divided
1 tsp sugar
1/8 tsp saffron thread, crushed
4 tbsp flat leaf parsley, chopped (fresh)
4 tbsp cilantro, chopped (fresh)
3/4 tsp salt
3/4 tsp sweet paprika
1/2 tsp cumin
1/4 tsp black pepper
12 pitted green olives, thinly sliced
3 garlic cloves, minced
1 1/2 lbs halibut (or other firm white fish)
2 C. thinly sliced onions
1 tbsp extra virgin olive oil
4 C. tomatoes, coarsely seeded and chopped
Cilantro leaf

Directions

1. Place a small pan over medium heat. Grease it with a cooking spray.
2. Place in it the lemon, 1 tbsp water, 1/2 tsp oil, and sugar. Let it cook for 4 min. place it aside.
3. Pour the rest of the oil in a microwave safe bowl. Microwave it for 12 sec. stir in it the saffron and place it aside to sit for 11 min.
4. Get a large mixing bowl: stir in it the saffron mix with cooked lemon and sugar mix, chopped parsley, cilantro, salt, paprika, cumin, black pepper, olives, and garlic cloves.
5. Spoon the mix into a large zip lock bag. Place in it the halibut fillets then seal it and shake it to coat them. Place it in the fridge for 32 min.
6. Before you do anything preheat the oven to 400 F.
7. Place a large ovenproof skillet over medium heat. Heat in it 1 tbsp of olive oil. Add the onion and cook it for 3 min.

8. Transfer half of the onion to a greased casserole dish. Top it with the half of the tomato.
9. Drain the halibut fillets and place them on top then pour the marinade all over it.
10. Lay the remaining onion on top of them followed by the tomato slices. Place a piece of foil over the casserole then cook it in the oven for 42 min. serves it warm.
11. Enjoy.



HERBED Grilled Chicken



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 1101.7

Fat 81.1g

Cholesterol 375.5mg

Sodium 1009.8mg

Carbohydrates 2.0g

Protein 86.2g



Ingredients

- 3 scallions, white ends only, chopped
- 1 garlic clove, peeled
- 2 tbsp fresh cilantro, chopped
- 2 tbsp fresh parsley, chopped
- 1 tsp salt
- 1 1/2 tsp sweet paprika
- 1 pinch hot paprika
- 1 1/2 tsp ground cumin
- 1/4 C. butter, soft
- 2 small chickens

Directions

1. Get a mortar: combine in it the scallions, garlic, cilantro, parsley, salt, paprika, and cumin. Crush them with a pestle until they become like a paste.
2. Add the butter and mix them well. Flatten the small chickens in the shape of a butterfly.
3. Massage the herbs mix into the chickens. Place them aside to sit for 60 min.
4. Before you do anything preheat the grill and grease its grates.
5. Cook the chickens on the grill for 15 to 20 min on each side until they are done. Serve them warm.
6. Enjoy.

Alfalfa Beef Burgers

 Prep Time: 25 mins
 Total Time: 37 mins

Servings per Recipe: 4

| | |
|---------------|----------|
| Calories | 565.9 |
| Fat | 15.7g |
| Cholesterol | 117.1mg |
| Sodium | 1088.0mg |
| Carbohydrates | 58.6g |
| Protein | 48.4g |

Ingredients

- 1 1/2 lbs ground lean lamb
- 1 yellow onion, finely chopped
- 3/4 C. fresh breadcrumb (fine)
- 1/4 C. chopped of fresh mint
- 2 garlic cloves, finely chopped
- 1 tsp ground cumin
- 3/4 tsp ground coriander
- 3/4 tsp salt (plus more to taste)
- 1/4 tsp ground cayenne pepper
- 1 large tomatoes, diced
- 3 tbsp chopped fresh cilantro
- 4 whole wheat pita bread
- 1 C. plain yogurt (whole milk or low fat)
- 1 C. alfalfa sprout

Directions

1. Get a large mixing bowl: mix in it the lamb, onion, bread crumbs, mint, garlic, cumin, coriander, 3/4 tsp salt, and the cayenne pepper.
2. Combine the mix with your hands. Shape the mix into 4 burgers and place them aside on a lined up baking sheet for 17 min.
3. Get a small mixing bowl: mix in it the cilantro with tomato and a pinch of salt.
4. Before you do anything else preheat the grill and grease its grates.
5. Place the burgers on the grill and cook them for 5 to 7 min on each side.
6. brush the inside of pita bread pockets with some of the yogurt then top them with the burgers, tomato and cilantro mix, alfalfa and the rest of the yogurt.
7. Serve your burgers warm and enjoy.

CRAB BURGERS with Orange Dressing



Prep Time: 15 mins

Total Time: 35 mins

Servings per Recipe: 2

Calories 984.5

Fat 86.1g

Cholesterol 167.5mg

Sodium 624.7mg

Carbohydrates 25.6g

Protein 29.8g

Ingredients

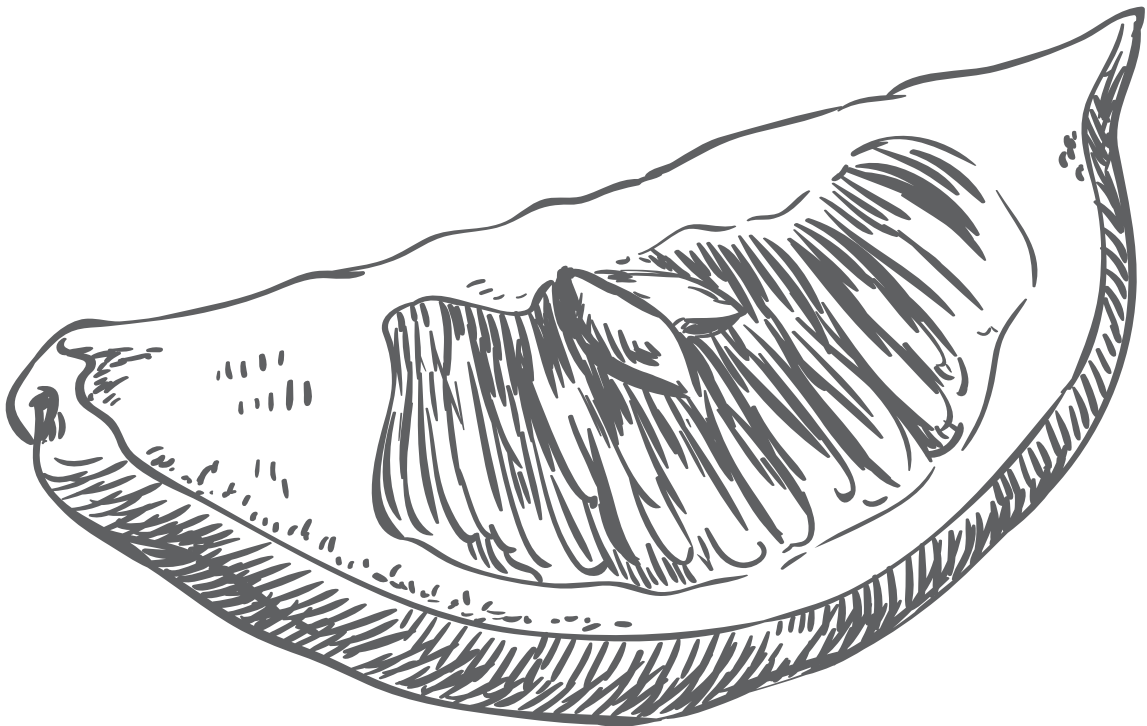
1 tbsp olive oil
1/4 C. red bell pepper, finely chopped
1/4 C. celery, finely chopped
2 scallions, white and tender green,
thinly sliced
1/2 tsp fresh ginger, minced
1/2 tsp ground cumin
1/2 tsp turmeric
1/8 tsp ground cardamom
1/2 C. heavy cream
1/2 lb large lump crabmeat, picked over
1 C. Japanese-style bread crumbs
(panko) or 1 C. breadcrumbs, coarse
stale
2 tbsp parsley, finely chopped

2 tbsp chives, finely chopped
1/2 tsp lemon zest, finely grated
1 pinch cayenne pepper
Salt
1/4 C. canola oil
CILANTRO-ORANGE DRESSING
1/2 C. fresh orange juice
1 tsp cumin seed
1/2 C. lightly packed cilantro leaf
1 tbsp fresh lemon juice
1/4 C. canola oil
Salt
Cayenne pepper

Directions

1. Place a large saucepan over medium heat. Cook in it the orange juice until it starts boiling. Keeps it cooking until about 2 tbsp of it are left?
2. Place it aside to lose heat. Place a small pan over medium heat. Cook in it the cumin seeds until they are toasted. Ground it in a grinder.
3. Get a food processor: combine in it the cooked orange juice with ground cumin, cilantro and lemon juice. Process them until they become smooth.
4. While the processor is on, add the canola oil gradually while blending all the time to make the dressing.
5. Pour the dressing into a small serving bowl. Season it with a pinch of salt and cayenne pepper then place it aside.

6. Place a large pan over medium heat. Heat the oil in it. Stir in the celery with red pepper and cook them for 3 min over high heat.
7. Stir in the scallions and ginger. Cook them for an extra 3 min. combine in the cumin, turmeric and cardamom then cook them for 2 min.
8. Stir in the cream then cook them until they start boiling. Keeps it boiling for 7 min over medium heat?
9. Pour the mix into a mixing bowl and place it aside to lose heat.
10. Stir the crabmeat with 1/4 C. plus 1 tbsp of the bread crumbs, 1 1/2 tbsp each of the parsley and chives, and the lemon zest, a pinch of cayenne pepper and salt to the cream mix.
11. Divide the mix into 8 patties then place them on a lined up baking sheet.
12. Place a large pan over medium heat. Heat in it 2 tbsp of canola oil. Cook in it the patties in batches for 3 to 5 min on each side.
13. Serve them warm with the orange sauce.
14. Enjoy.



ZESTY

Carrot Salad



Prep Time: 7 mins



Total Time: 22 mins

Servings per Recipe: 4

Calories 96.5

Fat 7.0g

Cholesterol 0.0mg

Sodium 213.1mg

Carbohydrates 8.8g

Protein 0.8g

Ingredients

2 tbsp olive oil, extra - virgin
12 oz baby carrots, peeled
1 lemon, cut into 8 wedges
1 tsp cumin, ground
1/2 tsp cinnamon, ground
1/4 tsp kosher salt

1/4 tsp red pepper, ground
1 tbsp cilantro, fresh, chopped

Directions

1. Before you do anything preheat the oven to 450 F.
2. Get a large mixing bowl. Stir in the lemon wedges with oil and carrots. Add the remaining ingredients and stir them well.
3. Spread the carrot mix on a greased baking sheet. Cook it in the oven for 14 min. serve it warm.
4. Enjoy.

Sultana Chicken Stew



Prep Time: 10 mins



Total Time: 25 mins

Servings per Recipe: 4

Calories 445.9

Fat 24.5g

Cholesterol 74.4mg

Sodium 176.6mg

Carbohydrates 24.1g

Protein 33.7g

Ingredients

500 g chicken fillets cut into 2 cm dice
3 tbsp flour
Salt and pepper
1/4 C. olive oil
2 onions, sliced
2 tsp ground cinnamon
1/4 tsp ground cloves
2 tsp sumac
1/4 C. sultana

250 ml chicken stock
50 g pine nuts
1/4 C. fresh coriander, chopped
1 lemon, juice of

Directions

1. Season the chicken pieces with some salt and pepper. Dust them with the flour and place them aside.
2. Place a large pan over medium heat. Heat 2 tbsp of oil in it. Cook in it the chicken until it becomes golden brown on all sides.
3. Place a small skillet over medium heat. Heat in it the rest of the oil. Add the onion and cook it for 12 min over low heat.
4. Stir in the cooked chicken with sultanas, stock and spices. Let them cook for 6 min over low heat
5. Combine in the pine nuts, coriander and lemon juice. Serve it warm.
6. Enjoy.





SWEET POTATO and Veggies Curry



Prep Time: 20 mins



Total Time: 1 hr 50 mins

Servings per Recipe: 10

Calories 132.0

Fat 1.0g

Cholesterol 0.0mg

Sodium 346.2mg

Carbohydrates 27.8g

Protein 4.6g

Ingredients

1 large onion, chopped into 1/2 inch dice

3 garlic cloves, minced

1 1/2 tsp turmeric

1 tsp cinnamon

3/4 tsp curry powder

3/4 tsp ground cumin

1/4 tsp ground nutmeg

1/4 tsp crushed red pepper flakes

3/4 tsp salt

3/4 tsp fresh ground black pepper

3 - 4 sweet potatoes, peeled and chopped into 1 inch cubes (3 1/2 lb)

1 large red bell pepper, seeded and chopped into 1 inch pieces

1 eggplant, peeled and chopped into 1 inch cubes

3/4 C. vegetable broth or 3/4 C. chicken broth

2 C. canned chickpeas, also known as garbanzo beans, drained



1 (28 oz) cans diced tomatoes, undrained

Chopped fresh cilantro leaves (to garnish)

Directions

1. Place a large saucepan over medium heat. Stir in it 1/4 C. of water with the garlic and onion.
2. Put on the lid and cook them for 14 min over low heat while adding water if needed
3. Add the turmeric, cinnamon, curry, cumin, nutmeg, red pepper flakes, salt and pepper. Cook them for 4 min while stirring.
4. Combine in the sweet potatoes, bell pepper, eggplant and broth. Turn the heat to medium and cook them until they starts boiling.
5. Lower the heat and put on the lid. Let the stew for 6 min.
6. Stir in the garbanzo beans and tomatoes. Put on the lid and cook the stew for 1 h. serves it warm.
7. Enjoy.

Apricots and Red Lentils Stew

 Prep Time: 20 mins
 Total Time: 2 hrs

Servings per Recipe: 4

| | |
|---------------|---------|
| Calories | 481.9 |
| Fat | 15.6g |
| Cholesterol | 119.9mg |
| Sodium | 433.4mg |
| Carbohydrates | 49.4g |
| Protein | 38.7g |

Ingredients

| | |
|------------------------------------|-------------------------------------|
| 2 tbsp olive oil | 14 oz chopped tomatoes |
| 8 boneless skinless chicken thighs | 1 tbsp tomato ketchup |
| 2 garlic cloves, crushed | 3 C. chicken stock |
| 1 tbsp ground cumin | 1 cinnamon stick |
| 1 tbsp ground coriander | 5 oz dried apricots |
| 1 tbsp smoked paprika | 1 oz mint leaf, to serve (optional) |
| Salt and pepper | |
| 1 large onion, finely sliced | |
| 2 oz split red lentils | |

Directions

1. Before you do anything preheat the oven to 350 F. rub the chicken thighs with 1 tbsp of oil.
2. Get a small mixing bowl: combine in it the garlic, cumin, coriander, salt, pepper and paprika. Coat the chicken thighs with the mix.
3. Place an ovenproof no sticking pan over medium heat. Brown in it the chicken thighs for 6 min on each side. Place them aside.
4. Heat the remaining tbsp of oil in the same pan. Cook in it the onion for 6 min. add the rest of the ingredients then cook them until they start boiling.
5. Lay the chicken pieces on top. Cover the pan with a piece of foil then put on the lid and cook them in the oven for 1 h 35 min. serve it warm.
6. Enjoy.

FAMOUS Crunchy Moroccan Bastya



Prep Time: 30 mins



Total Time: 50 mins

Servings per Recipe: 4

Calories 1515.7

Fat 110.3g

Cholesterol 480.4mg

Sodium 1046.0mg

Carbohydrates 67.3g

Protein 65.7g

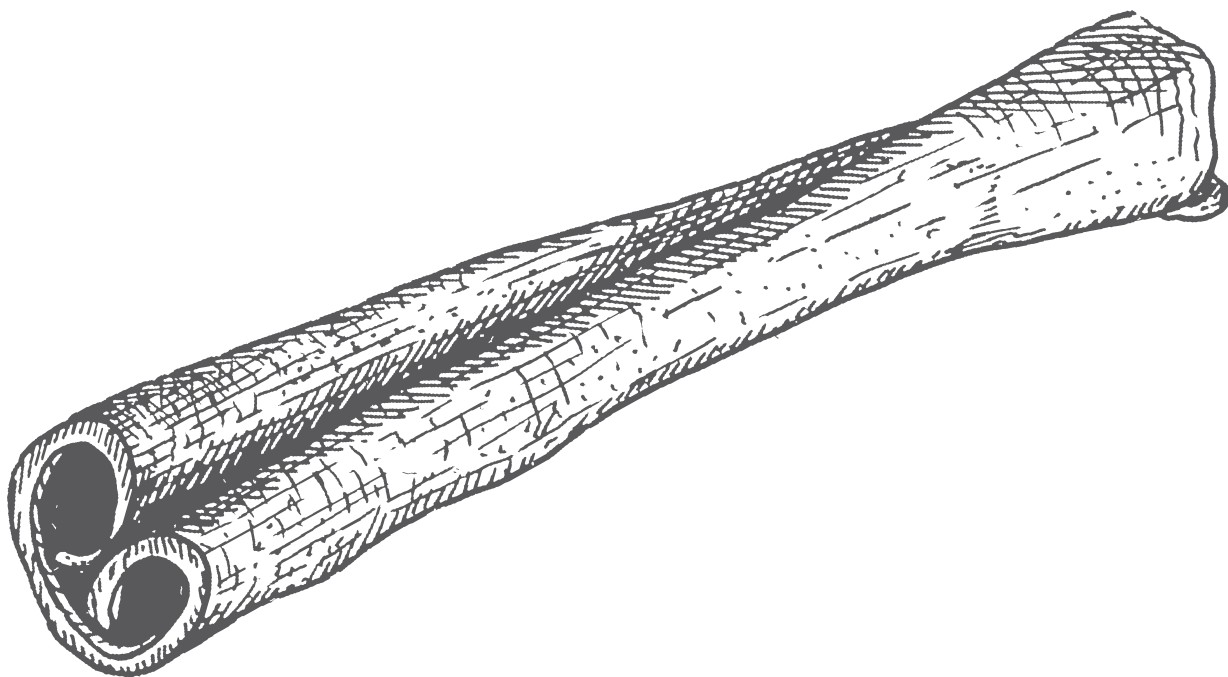
Ingredients

14 tbsp butter
3 1/2 lbs whole chickens, cut up into 4 pieces skin removed
1 large onion, minced
Salt and pepper
3 3/4 tsp cinnamon
1 1/2 tsp ginger
1 1/4 tsp cumin
1/4 tsp cayenne
1/2 tsp saffron thread
1/2 tsp turmeric
1/4 C. chicken stock
4 eggs, lightly beaten
1/4 C. chopped fresh cilantro
1/4 C. chopped fresh parsley
1 C. blanched almond (whole)
4 tbsp powdered sugar
3/4 lb phyllo dough

Directions

1. Place a large pan over medium heat. Melt the butter in it.
2. Add the chicken pieces, onions, 1 tsp salt, 1 tsp pepper, 2 tsp cinnamon, the ginger, cumin, cayenne, saffron, turmeric and chicken stock.
3. Put on the lid and cook them for 47 min over low heat. Drain the chicken and place it aside to lose heat.
4. Discard the bones from the chicken and shred it. Cook the remaining broth in the pan until it starts simmering.
5. Combine in the eggs and cook them for 6 min until they are one.
6. Stir the chicken into the mix with cilantro, parsley, salt and pepper.
7. Before you do anything preheat the oven to 375 F.
8. Spread the almonds on a lined up baking sheet. Cook it in the oven for 6 min. place it aside to lose heat.

9. Get a food processor: combine in it the almonds with 3 tbsp sugar and 3/4 tsp cinnamon. Process them until they are finely chopped.
10. Place the rest of the butter in a small saucepan and heat it until it melts.
11. Coat the inside of a 12 inches round baking pan with some melted butter. Lay in it a sheet of phyllo then coat it with some melted butter.
12. Place another sheet on top with half of it laying on the bottom sheet and the other one dangling from the side. Brush it with butter as well.
13. Repeat the process like your making a pinwheel of phyllo dough with 6 more phyllo sheets.
14. Pour the shredded chicken mix in the middle and spread it to cover the bottom of the pan. sprinkle the almonds mix on top.
15. Fold the dangling sides of the phyllo sheets to the middle of the pan, each one at a time while brushing them with butter to until you use all the sheets and cover the filling.
16. Lay the 6 of the remaining phyllo sheets on top in the shape of a pine wheel leaving them dangling on the sides.
17. Lay the last one on top then tuck the dangling edges in the sides of the pan surrounding the pie while brushing them with butter.
18. Place the Bastia in the oven and cook it for 22 min until it becomes golden brown and crunchy. Allow it cool down slightly then serve it with some cinnamon and powdered sugar on top.
19. Enjoy.



PAPRIKA

Grilled Chops



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 1118.6

Fat 97.1g

Cholesterol 267.0mg

Sodium 1940.6mg

Carbohydrates 1.6g

Protein 56.2g

Ingredients

2 tbsp ground cumin

1 tbsp kosher salt

1 tsp paprika

1 pinch cayenne

48 oz lamb chops

2 tbsp unsalted butter, melted

Directions

1. Before you do anything preheat the grill and grease its grates.
2. Get a small mixing bowl: mix in it the cayenne pepper with cumin, paprika and salt.
3. Place the chops on a baking sheet. Brush the top parts with half of the melted butter. Sprinkle on it half of the spice mix.
4. Place the spiced side directly on the grill and cook them for 5 min.
5. Brush the other side carefully with the remaining butter and sprinkle the rest of the spice mix on top.
6. Flip the chops and cook them for 6 min on the other side. Serve them warm.
7. Enjoy.

Sweet and Salty Steak Sauté



Prep Time: 25 mins



Total Time: 25 mins

Servings per Recipe: 4

Calories 235.9

Fat 11.3g

Cholesterol 66.9mg

Sodium 608.5mg

Carbohydrates 8.6g

Protein 24.8g

Ingredients

- 1 lb beef cube steak (4)
- 1/4 tsp salt
- 1/4 tsp pepper
- 3 tsp vegetable oil, divided
- 1 small bell pepper, thinly sliced
- 1/2 tsp ground cumin
- 1/4 tsp ground cinnamon
- 1/2 C. water, divided
- 1 C. salsa
- 1 tbsp brown sugar
- 2 tbsp fresh cilantro, chopped

Directions

1. Season the steak with some salt and pepper.
2. Place a large pan over medium heat. Heat in it 2 tsp of oil. Add the steak dices and cook them for 8 min. drain them and place them aside.
3. Heat the remaining oil in the same pan. Stir in the pepper, cumin, cinnamon and 1/4 C. water. Let them cook for 6 min.
4. Combine in the salsa, brown sugar and other 1/4 C. water. Cook them until they start boiling. Let them cook for 2 min.
5. Lower the heat and combine in the cilantro. Cook the steak sauté for an extra 1 min then serve it warm.
6. Enjoy.

CHICKPEA Chicken Tagine



Prep Time: 30 mins



Total Time: 1 hr

Servings per Recipe: 4

Calories 750.5

Fat 27.0g

Cholesterol 215.8mg

Sodium 1059.0mg

Carbohydrates 42.1g

Protein 82.1g

Ingredients

1/2-1 lb dried garbanzo beans

2 - 3 lbs skinless chicken

MARINADE

1 tsp black pepper

3/4 tsp ginger

1/2 tsp salt

3 medium garlic cloves, crushed

2 tbsp olive oil

1 tbsp lemon juice

SAUCE

2 medium garlic cloves

1 tsp turmeric

1 tsp salt

1/4 tsp ginger

1/2 onion, chopped

1/4 C. parsley, finely chopped

1 cinnamon stick

3 - 4 tbsp sweet butter

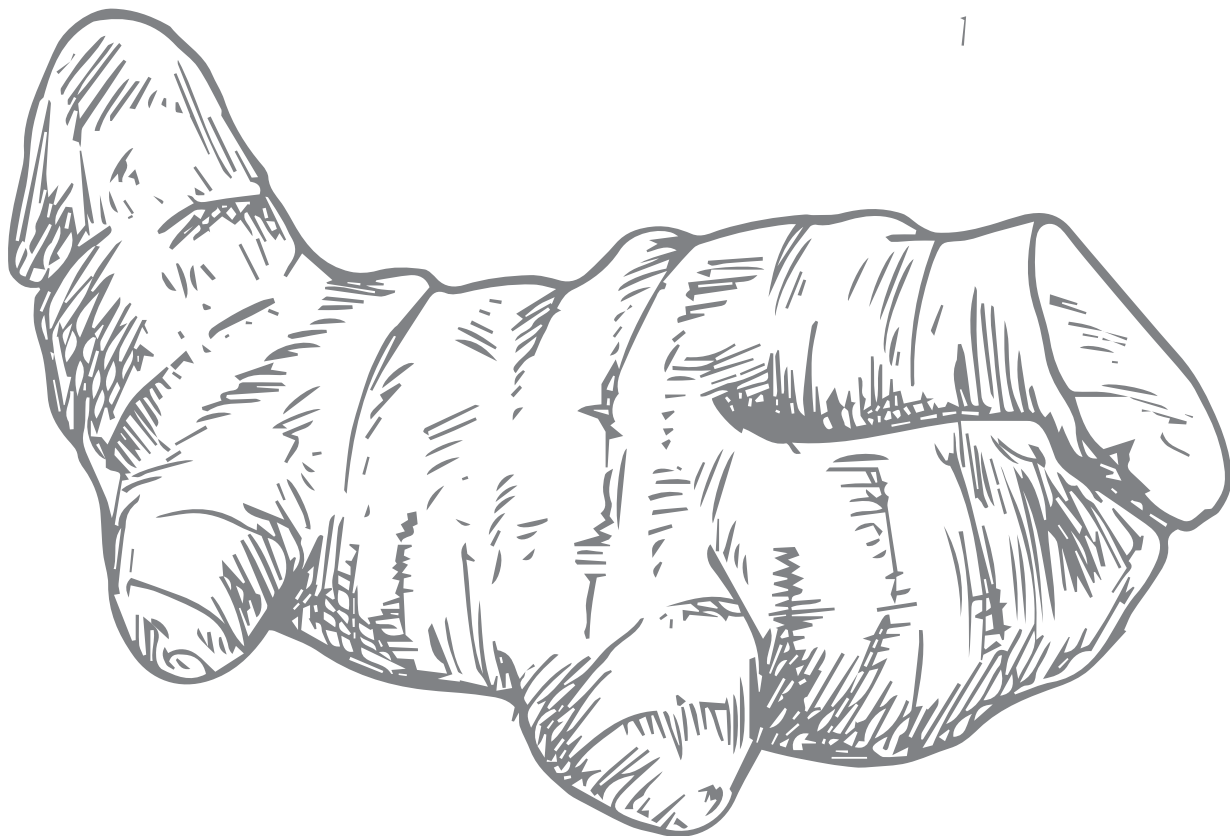
2 tbsp cornstarch

Directions

1. Get a large bowl: place in it the chickpeas and cover them water. Let them sit for an overnight.
2. Get a small mixing bowl: whisk in it the salt, ginger, pepper, garlic, oil, & lemon juice. Use a metal skewer to poke the chicken several times to make holes in it.
3. Brush the chicken with some of the spice mix. Place it in a casserole dish and pour the remaining lemon mix on top.
4. Cover the chicken casserole with a plastic wrap and place it aside for 2 h 15 min.
5. Pour the chickpeas in a colander and discard the water. Transfer the chickpeas with 1/2 tsp of salt into a large saucepan.
6. Cover it with water then put on the lid. Let it cook for 47 min until it becomes soft over low medium heat.
7. Once again, discard the cooking water and rinse the chickpeas with some fresh water then

discard their skin.

8. transfer the marinated chicken to a large pot or tagine then add to it 3 C. of water, alt, turmeric, ginger, parsley, 2 cloves garlic, cinnamon stick, & butter.
9. Cook them until they start boiling. Lower the heat and cook the stew for 65 min.
10. Once the time is up, drain the chicken and place it aside.
11. Whisk the cornstarch with a splash of water in a small bowl. Add it to the chickpeas sauce in the pot and cook it for 5 min over medium heat until it become thick.
12. Place the chicken back in the pot then heat it. Serve it warm.
13. Enjoy.



MINTY

Potato Salad



Prep Time: 10 mins



Total Time: 35 mins

Servings per Recipe: 2

Calories 139.2

Fat 6.8g

Cholesterol 0.0mg

Sodium 152.7mg

Carbohydrates 17.7g

Protein 2.0g

Ingredients

200 g potatoes, peeled

1 tbsp olive oil

1 tbsp white vinegar

1 tsp dried mint



1/8 tsp salt, to taste

1/8 tsp ground black pepper, to taste

Directions

1. Slice the potatoes in small dices. Bring a salted pot of water to a boil then cook in it the potato until it becomes soft. Remove it from the water.
2. Toss the cooked potato with olive oil, white vinegar, dried mint, salt and black pepper. Place the salad in the fridge to lose heat for 1 h.
3. Enjoy.

Turkish Cheesy Spinach Pizza

 Prep Time: 15 mins
 Total Time: 40 mins

Servings per Recipe: 4

| | |
|---------------|---------|
| Calories | 393.6 |
| Fat | 28.9g |
| Cholesterol | 61.7mg |
| Sodium | 520.9mg |
| Carbohydrates | 19.5g |
| Protein | 17.5g |

Ingredients

| | |
|--------------------------------------|----------------------------------|
| 1 pizza dough | 1/2 C pine nuts |
| 1 tbsp butter | 1/2 C fresh breadcrumb |
| 2 garlic cloves, crushed | Olive oil flavored cooking spray |
| 1 bunch spinach, washed and shredded | Lemon wedge, to serve |
| 4 scallions, thinly sliced | |
| 250 g fresh ricotta cheese | |
| 100 g feta cheese, crumbled | |

Directions

1. Place a large skillet over medium heat and heat the butter in it. Sauté in it the spinach with garlic for 40 sec.
2. Drain them and place them aside to lose heat. Combine in the scallions, ricotta, feta, pine nuts and breadcrumbs with a pinch of salt and pepper to make the filling.
3. Before you do anything preheat the oven to 400 f.
4. Slice the pizza dough into 4 pieces then roll them into a circular shape making 25 cm.
5. Split the spinach mix into the pizza dough then fold their sides slightly and bring each two of them to together in the middle in the shape of a boat.
6. Transfer the pizzas to line up baking trays then cook them for 28 min until they become golden brown. Serve them warm.
7. Enjoy.





GOLDEN Shrimp Bites



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 494.9

Fat 40.3g

Cholesterol 166.2mg

Sodium 646.0mg

Carbohydrates 16.5g

Protein 17.0g

Ingredients

| | |
|---------------------------------|-----------------------------|
| 6 oz shrimp, cut in half | 1 tbsp lemon juice |
| 2 tbsp butter | 1 egg, lightly beaten, with |
| 3 tbsp flour | 1/2 tsp olive oil |
| 1/2 C milk | 1/2 C breadcrumbs |
| 1/2 C mozzarella cheese, grated | FOR FRYING |
| 1/2 tsp salt | 1/2 C sunflower oil |
| 1/2 tsp pepper | |

Directions

1. Place a large saucepan over medium heat then heat the butter in it. Combine in the flour and mix them well.
2. Add the milk gradually while whisking all the time until you get a smooth mix that is free of lumps.
3. Combine in the cheese, shrimp, lemon juice, salt and pepper then cook them for 4 min.
4. Transfer the mix to a mixing bowl and place it in the fridge to lose heat.
5. Spread some flour on a working space on a counter then dump in it the shrimp mix. Shape the mix into small patties.
6. Dip each patty in the beaten egg then roll it in the breadcrumbs.
7. Place a large pan over medium heat and heat the oil in it. Cook in it the shrimp patties until they become golden brown then serve them warm.
8. Enjoy.

Cherry Saucy Lamb Kabobs with Cucumber Salad



Prep Time: 25 mins



Total Time: 40 mins

Servings per Recipe: 8

Calories 371.4

Fat 27.1g

Cholesterol 67.9mg

Sodium 81.3mg

Carbohydrates 13.2g

Protein 19.9g

Ingredients

2 lbs lamb, cubes about 1 inches each
2 green peppers
2 pints cherry tomatoes
2 onions
FOR THE MARINADE
2 tbsp lemon juice
1/2 C olive oil
1 tsp garlic, minced
1/2 tsp cumin
1/4 tsp turmeric (or more if desired,

depending on how spicy you desire)
1 pinch ground red pepper or 1 pinch cayenne

FOR THE CACIK

2 cucumbers, peeled and grated
16 ozs cold plain yogurt
2 garlic cloves, minced
1 tbsp of fresh mint
Salt
Olive oil

Directions

1. Toss the cucumbers and garlic salt in a large mixing bowl. Stir in the yogurt then top it with the mint and some olive oil.
2. Put on the lid then place the salad in the fridge.
3. Grease the skewers with some oil or a cooking spray then thread into them the tomato, onion and lamb dices. Brush them once again with some oil.
4. Before you do anything preheat the grill.
5. Cook the skewers for 6 to 10 min while turning every once in a while. Serve your kabobs warm with the cucumber salad and some pita bread.
6. Enjoy.

SAUCY

Greens Potato Salad



Prep Time: 20 mins



Total Time: 45 mins

Servings per Recipe: 6

Calories 269.6

Fat 5.1g

Cholesterol 0.0mg

Sodium 238.9mg

Carbohydrates 52.4g

Protein 7.6g

Ingredients

3 onions cut into crescents

2 tbsp olive oil

1 1/2 lbs green beans

3 large ripe tomatoes cut into wedges

1 C tomato sauce

1 C water

3 large potatoes cut into chunks

Salt and pepper

Directions

1. Place a skillet over medium heat and heat the oil in it.
2. Cook in it the onions for 3 to 5 min or until it becomes golden.
3. Stir in the rest of the ingredients then put on the lid and let them cook for 5 to 10 min or until they become soft.
4. Serve your warm veggies salad with your favorite toppings.
5. Enjoy.

Spiced up Lamb Stew



Prep Time: 10 mins



Total Time: 2 hrs

Servings per Recipe: 3

Calories 328.0

Fat 17.9g

Cholesterol 108.5mg

Sodium 170.5mg

Carbohydrates 5.6g

Protein 34.6g

Ingredients

1/2 kg boneless stewing lamb

2 tbsp olive oil

1 medium onion, finely chopped

1 garlic clove, minced

1/4 C chopped sweet pepper (red, orange, yellow, or green) (optional)

1/2 C canned tomatoes, pureed or 3/4 C chopped peeled tomatoes

3/4 C water

1/2 tsp baharat, spice mix Baharat Spice Blend or 1/2 tsp ground allspice

Salt

Fresh ground black pepper

1/4 C chopped parsley

Directions

1. Place a large pan over medium heat and heat in it half of the oil. Cook in it the lamb meat until it becomes evenly brown.
2. Drain it and place it aside. Add the rest of the oil and heat it. Sauté in it the onion, garlic and sweet pepper for 4 to 6 min. stir in the water with tomato.
3. Mix in the bahrat or allspice, salt and pepper to taste and most of the parsley.
4. Stir in the meat back then put on the lid and cook them for 1 h 30 min. once the stew sauce becomes thick, serve it hot with some rice.
5. Enjoy.

MINTY FETA and Courgette Patties



Prep Time: 20 mins



Total Time: 45 mins

Servings per Recipe: 4

Calories 333.5

Fat 24.8g

Cholesterol 203.1mg

Sodium 624.3mg

Carbohydrates 14.6g

Protein 14.2g

Ingredients

1 large onion, chopped coarsely
3 tbsp sunflower oil
500 g courgettes, chopped finely
3 eggs
3 tbsp plain flour

2 sprigs of fresh mint, chopped
2 sprigs fresh dill, chopped
200 g feta cheese, mashed with a fork
Oil (for frying)

Directions

1. Place a large skillet over medium heat and heat 3 tbsp of oil in it. Cook in it the onion until it becomes golden and soft.
2. Stir in the courgettes and cook them until they are done.
3. Whisk the eggs with flour. Stir in the black pepper with herbs. Add the feta cheese and stir them gently followed by the onion and courgettes mix.
4. Grease a large skillet with some oil and heat it over medium heat.
5. Shape the mix into small patties using a tbsp then place them in the heated skillet. Cook them until they become golden brown on both sides.
6. Serve your courgette patties warm with your favorite toppings and enjoy.

Hot Lamb Kabobs with Bloody Mary Hummus



Prep Time: 30 mins



Total Time: 40 mins

Servings per Recipe: 2

Calories 648.4

Fat 45.3g

Cholesterol 117.2mg

Sodium 1111.9mg

Carbohydrates 23.5g

Protein 38.0g

Ingredients

- 350 g leg of lamb, fat trimmed
- 1 bell pepper, cut into chunks (any color)
- 1 red onion, half cut into chunks, half sliced
- 100 g white mushrooms
- 3 tbsp olive oil
- 1 cooked beetroot
- 75 g chickpeas, rinsed and drained (can)
- 1/2 lemon, juiced
- 1/2 tsp tahini
- 2 garlic cloves, crushed
- 1 tbsp harissa
- 1 tsp dried oregano
- 2 sprigs fresh rosemary, finely chopped
- 3/4 tsp himalayan pink salt

Directions

1. To make the kabobs:
2. Cut the lamb meat into small dices.
3. Mix the sliced onion, 1 clove of garlic, harissa paste, oregano, rosemary and 1 tbsp of olive oil in a large mixing bowl to make the marinade.
4. Season the lamb pieces with some salt then stir them into the marinade. Place the kabobs in the fridge to marinate for 1 h.
5. To make the hummus:
6. Combine the beetroot, chickpeas, tahini, 2 tbsp of olive oil, 1/4 tsp salt, and 1 clove of garlic and lemon juice in a food processor then process until they become smooth.
7. Place the hummus aside until ready to serve.
8. Place the mushrooms with pieces of pepper, onion and lamb pieces into skewers.
9. Before you do anything preheat the grill and grease its grates. Cook in it the skewers for 3 to 5 min on each side. Once the time is up, serve your kabobs warm with hummus.
10. Enjoy.

MINTY

Beef Sandwiches



Prep Time: 10 mins



Total Time: 25 mins

Servings per Recipe: 4

Calories 206.4

Fat 3.9g

Cholesterol 13.4mg

Sodium 781.3mg

Carbohydrates 34.3g

Protein 7.7g

Ingredients

1 1/2 lbs lean ground beef
1/2 tsp salt
1/4 tsp pepper
1/4 tsp cumin
2 oz feta cheese, cut into 4 cubes
2 tbsp of fresh mint, chopped
4 pita breads (or 2 large ones cut in half)



OPTIONAL CONDIMENTS

Hummus
Cucumber, thinly sliced
Red onion, thinly sliced
Fresh tomato, sliced
Fresh basil leaf
Fresh spinach leaves

Directions

1. Mix the beef, salt, pepper and cumin. Shape the mix into 4 pieces and place them aside.
2. Place the feta dices on a working surface and press them until they become flat then top them with the mint.
3. Flatten a piece of the beef mix on your hands slightly then place the feta piece in the middle then wrap the meat mix around it shaping it into a burger.
4. Repeat the process with the rest of the ingredients. Place a large skillet over medium heat and heat some oil in it.
5. Cook the patties in the hot pan for 6 to 8 min on each side. Once the time is up, serve your patties in the pita breads with your favorite toppings.
6. Enjoy.

Mediterranean Omelets

 Prep Time: 10 mins
 Total Time: 25 mins

Servings per Recipe: 4

| | |
|---------------|---------|
| Calories | 243.5 |
| Fat | 11.9g |
| Cholesterol | 475.8mg |
| Sodium | 184.4mg |
| Carbohydrates | 18.2g |
| Protein | 17.6g |

Ingredients

9 eggs
200 g onions, sliced
1 bunch fresh parsley, chopped
300 g green peppers, diced
6 tomatoes, chopped

Butter, to taste
Salt, to taste

Directions

1. Beat the eggs in a mixing bowl. Season it with some salt.
2. Place a skillet over medium heat and melt the butter in it. Cook in it the pepper with onion, salt and tomato for 5 min.
3. Spread the veggies in the pan and pour the eggs all over them. Serve your omelets with the parsley on top and your favorite other toppings.
4. Enjoy.

FETA

Chicken Pizza



Prep Time: 20 mins



Total Time: 1 hr

Servings per Recipe: 6

Calories 265.9

Fat 11.1g

Cholesterol 75.2mg

Sodium 710.9mg

Carbohydrates 15.6g

Protein 28.6g

Ingredients

2 skinless chicken breasts

1/3 C lemon juice

1 tbsp olive oil

2 cloves garlic, crushed

1/3 C of fresh mint, chopped

1 medium onion, chopped

1 (425 g) cans crushed tomatoes

1 kg English spinach

2 Turkish bread (44cm)

200 g reduced fat feta cheese

Directions

1. Toss the chicken with lemon juice, oil, garlic and half the mint in a large mixing bowl. Place it in the fridge covered for 3 h.
2. Once the time is up, drain the chicken and place it aside then reserve the marinade aside.
3. Place a non-sticking pan of medium heat and heat it then brown in it the chicken breasts on both sides. Place them aside to lose heat for a while.
4. Cut the chicken breasts into slices. Pour the reserved marinade into the same pan and heat it.
5. Stir in the onion and cook it for 3 to 6 min or until it becomes soft.
6. Stir in the tomato and cook them for 12 min over low heat until the mix becomes thick.
7. Bring the mix to a boil. Steam or microwave the spinach until the soften and welt then press them with your hands to remove the excess water.
8. Place the Turkish bread on a lined up baking sheet spread on them the tomato mix followed by the chicken, spinach, feta and mint.
9. Preheat the oven. Cook in it the Turkish pizza for 22 min. serve them warm.
10. Enjoy.

Nutty Salted Pancakes



Prep Time: 50 mins



Total Time: 50 mins

Servings per Recipe: 1

Calories 70.3

Fat 4.4g

Cholesterol 45.6mg

Sodium 118.9mg

Carbohydrates 4.9g

Protein 3.3g

Ingredients

| | |
|---|--|
| 1 lb zucchini, trimmed and coarsely grated | 1/2 tsp salt |
| 2 C chopped green onions | 1/2 tsp ground pepper |
| 4 eggs, beaten to blend | 1/2 C crumbled feta cheese (about 3 oz.) |
| 1/2 C all-purpose flour | 2/3 C chopped walnuts (about 3 oz.) |
| 1/3 C chopped fresh dill (or 1 1/2 T. dried dillweed) | Olive oil |
| 1/3 C chopped fresh parsley | |
| 2 tbsp chopped fresh tarragon (or 2 t. dried) | |

Directions

1. Transfer the zucchini to a fine mesh sieve and season it with some salt. Place it aside for 35 min then press it to remove the excess water.
2. Toss the zucchini, green onions, eggs, flour, chopped herbs, salt, and pepper in a large mixing bowl.
3. Grease a large skillet with some olive oil then use large tbsp to spoon the mix into the skillet in a round shape.
4. Cook the nutty pancakes for 3 to 4 min on each side or until they become golden brown then serve them with your favorite toppings.
5. Enjoy.





KARNIYARIK

(Turkish Eggplants)



Prep Time: 40 mins



Total Time: 2 hrs

Servings per Recipe: 6

Calories 288.3

Fat 10.9g

Cholesterol 44.4mg

Sodium 188.5mg

Carbohydrates 35.0g

Protein 18.1g

Ingredients

6 thin and long medium -size eggplants

Salt

Sunflower oil, for frying

2 onions, chopped

14 oz ground beef or 14 oz lamb

1 tbsp tomato paste

2 large tomatoes

1 tsp ground cinnamon

1/2 tsp ground allspice

Black pepper

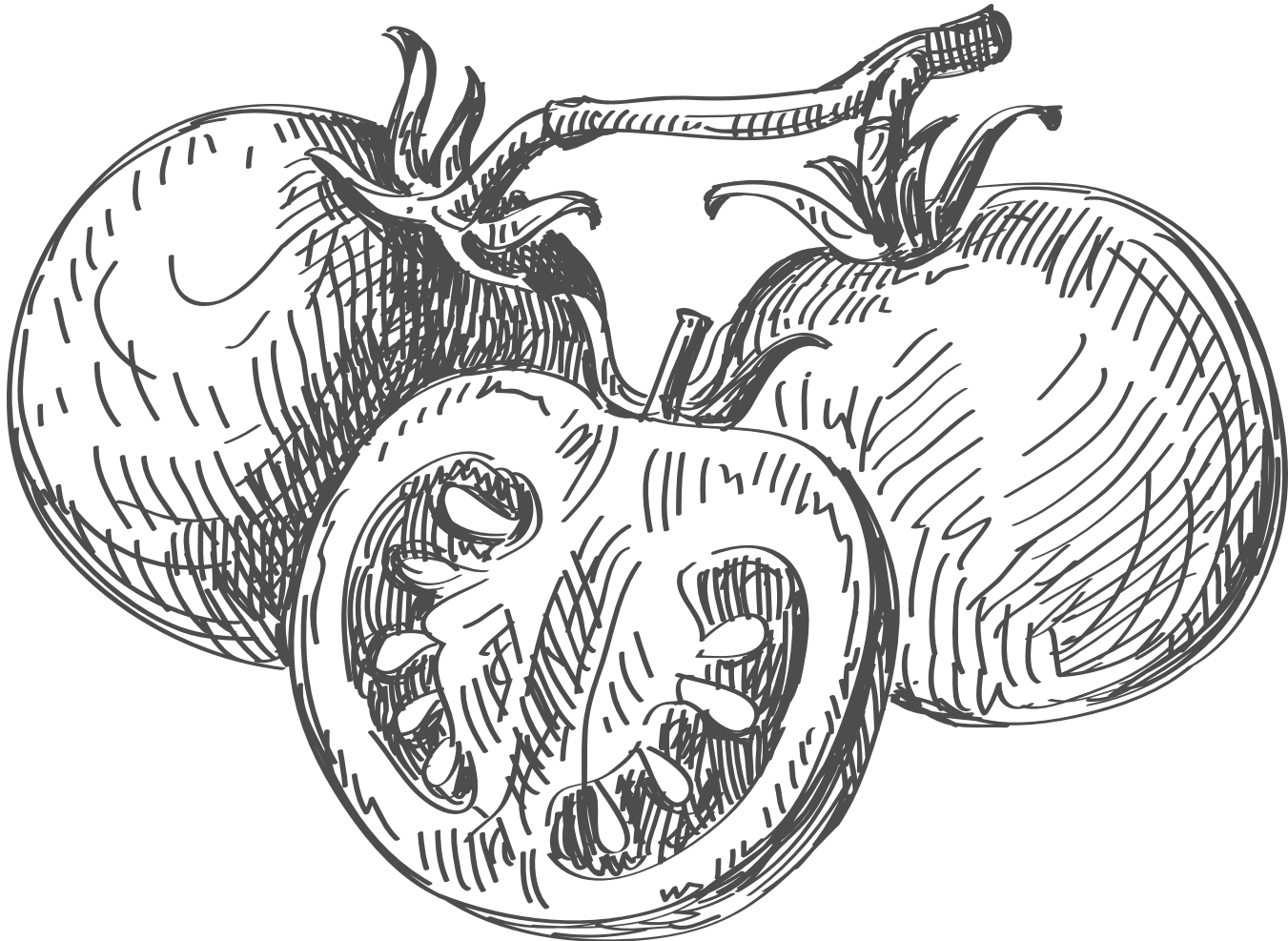
1/3 C chopped flat leaf parsley

1 C tomato juice

Directions

1. Take of the eggplant caps while leaving the stems on then peel them by removing wide stripes leaving some of the skin in the process.
2. Fill a large bowl with water and 1 tbsp of salt then place in it the eggplants for 32 min.
3. Remove them from the water and pat them dry.
4. Place a large skillet over medium heat and heat some oil in it then cook it in the eggplants until they become slightly golden brown on each side.
5. Place another skillet over medium heat and heat 3 tbsp of oil in it. Add the onion and cook it for 4 min.
6. Stir in the meat and cook them for another 6 min. stir in the tomato paste with 1 chopped tomato, cinnamon, allspice, salt, pepper, and chopped parsley.
7. Cook them for 12 min over low heat while stirring all the time.
8. Before you do anything preheat the oven to 350 f.
9. Lay the browned eggplants in a greased casserole dish.
10. Use a sharp knife to make a slit in the belly of each eggplant without cutting completely then use a spoon to press it inside and make it hollow.
11. Spoon the meaty tomato mix into the slit of each eggplant then cut the remaining tomato into slices and places them on top.

12. Drizzle the tomato juice on top then place a piece of foil on top to cover them.
13. Cook the meaty eggplant casserole dish for 42 min then serve it warm.
14. Enjoy.



TZATZIKI

Steak Kabobs



Prep Time: 40 mins

Total Time: 1 d 50 mins

Servings per Recipe: 6

Calories 512 kcal

Fat 34.3 g

Carbohydrates 36g

Protein 15.7 g

Cholesterol 33 mg

Sodium 891 mg

Ingredients

Marinade:

- 2 large onions, chopped
- 2 garlic cloves, crushed
- 1/2 C olive oil
- 2 tbsp lemon juice
- 1 tsp dried oregano
- 1 tsp ground black pepper
- 1/2 tsp ground turmeric
- 1 pinch curry powder
- 1 tsp salt
- 1 lb beef flank steak, thinly sliced

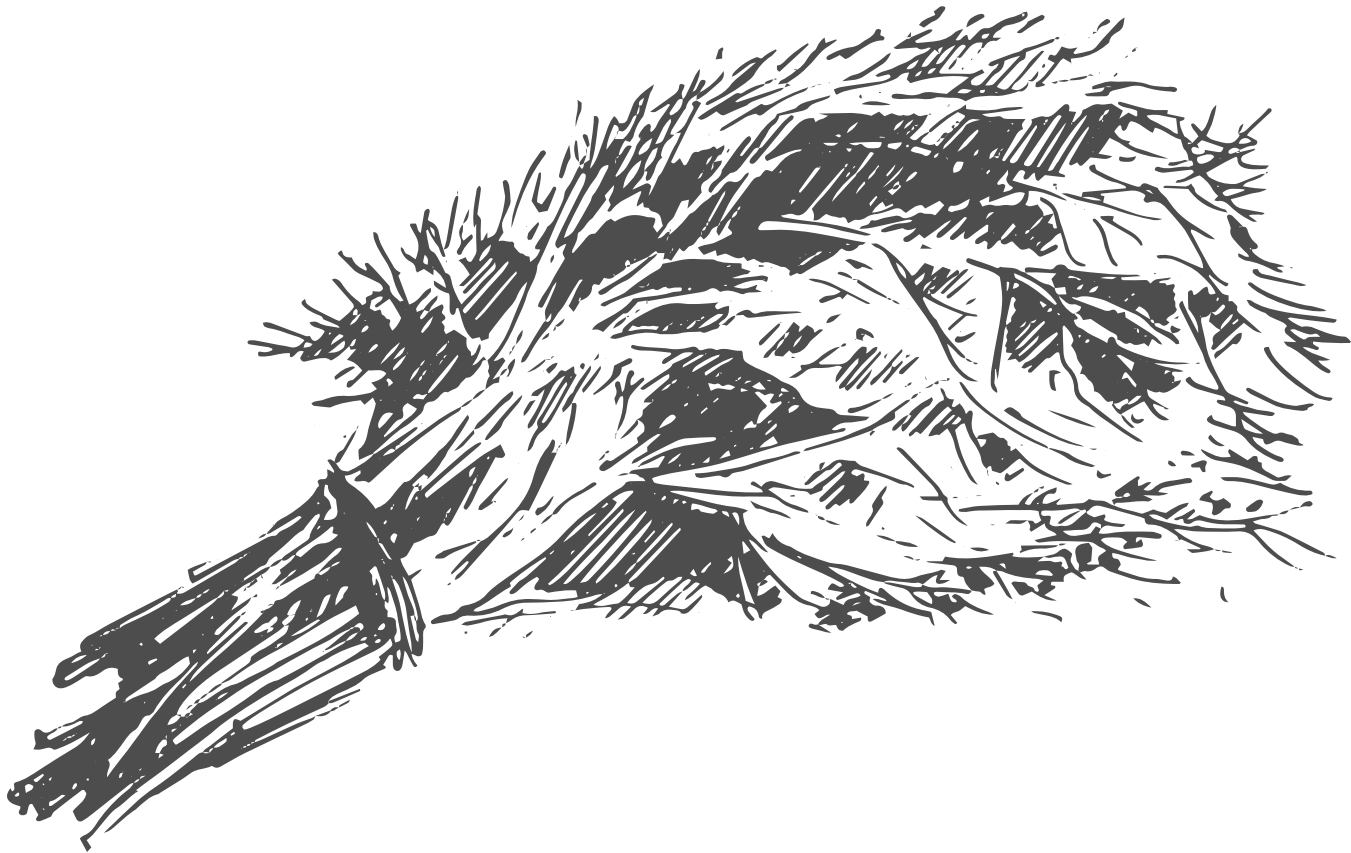
Tzatziki Sauce:

- 8 oz sour cream
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 1 tbsp chopped fresh dill
- 1 clove garlic, crushed
- 6 pita bread rounds

Directions

1. Put the onion in a mixing bowl then press it with a glass to get the excess water out from it.
2. add the 2 crushed garlic cloves, 1/2 C olive oil, 2 tbsp lemon juice, oregano, 1 tsp black pepper, turmeric, curry powder, and 1 tsp salt then combine them well.
3. Combine in the beef slices then put on a lid of a piece of plastic and place it in the fridge for 12 h.
4. Whisk the sour cream, 2 tbsp olive oil, 1 tbsp lemon juice, 1/2 tsp salt, 1/2 tsp black pepper, dill, and 1 crushed clove of garlic in a mixing bowl.
5. Cover it with a piece of plastic and place it in the fridge for 12 h to make the sauce.
6. Before you do anything preheat the oven broiler. Please the 6 rack inches away from the heat.
7. Drain the beef slices from the marinade and lay them on a greased baking sheet then season them with a pinch of salt.

8. Cook them in the oven for 6 min while flipping them halfway through time. Transfer the meat slices into the pita breads and top them with the cream sauce then serve them warm.
9. Enjoy.



TURKISH

Small Burgers



Prep Time: 30 mins



Total Time: 1 hr 40 mins

Servings per Recipe: 6

Calories 381 kcal

Fat 25.1 g

Carbohydrates 9.9g

Protein 28.2 g

Cholesterol 142 mg

Sodium 548 mg

Ingredients

- 1 lb ground lamb
- 1 lb ground beef
- 1 tsp salt
- 1 tsp ground black pepper
- 1 tbsp ground cumin
- 2 tsp ground sweet paprika
- 3 tbsp tomato paste
- 2 onions, peeled and cut into chunks
- 4 cloves garlic, peeled
- 1 tbsp olive oil
- 1/4 bunch fresh parsley, chopped
- 3 tbsp all-purpose flour
- 2 small eggs

Directions

1. Place the lamb, beef, salt, pepper, cumin, paprika, and tomato paste in a large mixing bowl without combining them and put it aside.
2. Get a food processor: combine in the garlic with onion and process them while adding the olive oil gradually. Combine in the parsley and process them again.
3. Add the parsley mix to the meats mix and combine them well with your hands. Add the eggs with flour and mix them again with your hands. Place the mix aside to rest for 6 min.
4. Mix them again and shape the mix into several medium sized burgers. Place them on a baking sheet, cover them with a piece of plastic and place them in the fridge for 1 h.
5. Before you do anything preheat the oven broiler and put the rack 3 inches away from the heat.
6. Place the burgers on a foil lined up baking sheet and cook them in the oven until they become golden brown on both sides. Serve them warm with your favorite toppings.
7. Enjoy.

Minty Lamb Pizza with Garlic Cream Sauce



Prep Time: 2 hrs



Total Time: 1 d 3 h 20 m

Servings per Recipe: 10

Calories 480 kcal

Fat 20.1 g

Carbohydrates 57.6g

Protein 17.2 g

Cholesterol 35 mg

Sodium 571 mg

Ingredients

For the Lamb Sauce:

- 1 tsp chopped garlic
- 1 yellow onion, chopped
- 3 tbsp chopped fresh basil
- 1/2 C chopped fresh parsley
- 2 tbsp chopped fresh mint
- 1/2 tsp paprika
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander seed
- 1/2 C green bell pepper, diced
- 1/2 C red bell pepper, diced
- 1/2 lemon, juiced
- 4 tsp olive oil
- 4 roma (plum) tomatoes, halved
- 1 lb lean ground lamb
- 6 tbsp double concentrated tomato paste
- Cayenne pepper to taste
- Salt to taste

For the Dough:

- 3 1/4 tsp active dry yeast
- 1/2 tsp white sugar
- 1 C warm water (110 degrees F/45 degrees C)
- 5 C all-purpose flour
- 2 tsp salt
- 1/4 C vegetable oil
- 1/2 C water

For the Garlic Sauce:

- 1 C plain yogurt
- 1/2 tsp chopped fresh parsley
- 1/4 tsp crushed garlic
- Salt and ground black pepper to taste

For the Garnish:

- 1 C shredded green cabbage
- 1 C shredded red cabbage

Directions

1. Place a large pan over medium heat. Brown in it the lamb
2. Get a food processor: add to it the garlic, onion, basil, parsley, mint, paprika, cumin, coriander, diced bell peppers, lemon juice, tomatoes, and olive oil.
3. Process them until they become smooth. Stir in the tomato mix with tomato paste and cook them for 16 min until they become thick while stirring all the time.
4. Add the pinch of salt with cayenne pepper and turn off the heat. Pour the mix into a casserole dish and place it aside to lose heat.

5. Cover it and place it in the fridge for 12 h.
6. Stir the sugar with yeast and 1 C of warm water. Mix the salt with flour in a large mixing bowl.
7. Stir the vegetable oil and 1/2 C water into the sugar and yeast water mix. Add the mix to the flour and mix them well with your hands.
8. Sprinkle some flour on a working surface and keep pulling it with your hands until it softens for 9 min.
9. Get a large bowl: grease it with some vegetable oil and place the dough on it. Cover it with a piece of plastic and place it aside to rise for 1 h.
10. Place the meaty tomato sauce aside to adjust to the kitchen temperature.
11. To make the creamy garlic sauce:
12. Stir the yogurt, parsley, crushed garlic, and salt and pepper. Place it in the fridge until ready to serve.
13. Before you do anything preheat the oven to 500 f.
14. Sprinkle some flour on a working surface and place the dough on it. Cut it into 10 pieces and roll each one into a circular shape.
15. Place the dough circles on a lined up baking sheet. Spread on each one of them the meaty tomato sauce. Cook the pizzas in the oven for 6 to 10 min until they become golden.
16. Place the pizzas on serving plates then top them with the garlic sauce and some shredded cabbage.
17. Enjoy.



Greek Style Turkish Chicken Kabobs



Prep Time: 15 mins



Total Time: 2 hrs 27 mins

Servings per Recipe: 4

Calories 539 kcal

Fat 32.5 g

Carbohydrates 8.4g

Protein 51.8 g

Cholesterol 186 mg

Sodium 1722 mg

Ingredients

- 1 C whole-milk Greek yogurt
- 2 tbsp freshly squeezed lemon juice, or more to taste
- 2 tbsp olive oil
- 2 tbsp ketchup
- 6 cloves garlic, minced
- 1 tbsp Aleppo red pepper flakes
- 1 tbsp kosher salt
- 1 1/2 tsp ground cumin
- 1 tsp freshly ground black pepper
- 1 tsp paprika
- 1/8 tsp ground cinnamon
- 2 1/2 lbs boneless, skinless chicken thighs, halved
- 4 long metal skewers

Directions

1. Get a mixing bowl: mix in it the yogurt, lemon juice, olive oil, ketchup, garlic, red pepper flakes, salt, cumin, black pepper, paprika, and cinnamon.
2. Stir in the chicken pieces into the mix. Put on a piece of plastic to cover them and place them in the fridge for 6 to 9 h.
3. Before you do anything preheat the grill and grease its grates. Grease the metal skewers.
4. Thread each chicken thigh into 2 skewers at the time horizontally. Cook the chicken kabobs for 4 to 5 min on each side then serve them.
5. Enjoy.

SANIYIT KOFTA (Kofta Burgers)



Prep Time: 15 mins

Total Time: 45 mins

Servings per Recipe: 12

Calories 198.4

Fat 12.8g

Cholesterol 57.8mg

Sodium 79.5mg

Carbohydrates 3.4g

Protein 16.4g

Ingredients

2 1/4 lbs ground beef

2 onions

2 tbsp tomato paste

1/2 tsp nutmeg or 1/2 tsp cinnamon

3 - 4 ripe tomatoes

salt & pepper

Directions

1. Peel the onion and chop them finely.
2. Get a large mixing bowl: Combine in it the chopped onion with beef, tomato paste, spices and seasonings. Spread the mix on a greased baking sheet to make a 2 inches square.
3. Slice the square into 4 pieces. Remove the tomato skin and place them over the beef squares. Cook them in the oven for 32 min. Serve them warm.
4. Enjoy.

Egyptian Seafood Dolmas



Prep Time: 20 mins



Total Time: 35 mins

Servings per Recipe: 16

Calories 202.6

Fat 16.6g

Cholesterol 55.0mg

Sodium 224.8mg

Carbohydrates 4.3g

Protein 9.1g

Ingredients

- 1 1/2 lbs skinless non oily white fish fillets, cut into 1 inch pieces
- 1 tbsp minced garlic
- 1/2 C. matzo meal
- 2 large eggs
- 1/2 tsp ground cumin
- 1 tsp kosher salt
- 1 pinch cayenne
- 1 C. vegetable oil
- 1 (8 oz) cans tomato sauce
- 1 C. water
- 2 tbsp olive oil
- 1 tbsp fresh lemon juice

Directions

1. Get a food processor: Combine in it the fish, garlic, matza meal, eggs, cumin, salt and cayenne pepper. Process them until they become smooth.
2. Place the mix in the fridge with lid on for 1 h 10 min. Shape 1/4 C. of the mix into log and flatten it a bit. Repeat the process with the rest of the mix.
3. Lay the fish logs over a lined up baking sheet.
4. Place a large pan over medium heat. Heat the oil in it. Add the fish logs and cook them in batches for 4 to 6 min on each side. Place them aside and pat them dry.
5. Place a large skillet over medium heat. Add the tomato sauce, water, olive oil, lemon juice, salt and pepper. Cook them for 4 min.
6. Stir in the rolls and cook them for 12 min over low heat. Sere your saucy fish logs warm.
7. Enjoy.





KAR ASSALY

(Autumn Pumpkin Pie)



Prep Time: 1 hr



Total Time: 3 hr

Servings per Recipe: 4

Calories 1007.0

Fat 23.8g

Cholesterol 49.4mg

Sodium 278.7mg

Carbohydrates 194.7g

Protein 14.3g

Ingredients

8 C. fresh pumpkin

3 C. sugar

2 tbsp butter

3 tbsp flour

4 C. milk

1/3 C. raisins

1/2 C. nuts

Directions

1. Peel the pumpkin and Cut them into dices.
2. Place a large pot over medium heat. Place the pumpkin in it with 1/4 C. of water and sugar. Cook them over low heat until the pumpkin becomes soft.
3. Drain the pumpkin dices and reserve the liquid in the pot. Place the pumpkin in a mixing bowl. Mash it well with a fork. Spread it in a greased casserole dish and top it with nuts and raisins.
4. Before you do anything preheat the oven to 400 F.
5. Place a heavy saucepan over medium heat. Add the butter and heat until it melts. Combine in it the flour and whisk them well. Add the milk gradually while mixing all the time.
6. Stir in the reserved pumpkin liquid. Mix them well. Cook them until they start boiling. Spread the mix all over the pumpkin nuts layer.
7. Cook the pie in the oven for 38 min. Serve it warm with some ice cream.
8. Enjoy.

Fatta (Lamb Soup)



Prep Time: 15 mins



Total Time: 2 hr 15 mins

Servings per Recipe: 8

Calories 287.8

Fat 18.4g

Cholesterol 69.9mg

Sodium 73.7mg

Carbohydrates 16.0g

Protein 13.6g

Ingredients

1 1/2 lbs lamb, boneless lean
2 medium onions
black pepper, freshly ground
salt, to taste
6 C. water
1 C. water
1/2 C. rice

1/4 C. ghee
2 tbsp ghee
5 garlic cloves, finely minced
1/4 C. vinegar
2 slices bread, roasted

Directions

1. Slice the lamb into dices. Place a large pot over medium heat. Pour in it 6 C. of water.
2. Add the lamb with onions, salt and pepper. Cook them until they start boiling. Lower the heat and cook the soup with the lid on for 1 h 32 min.
3. Place a large saucepan over medium heat. Stir in it the rice with 1 C. water, 1 tbsp ghee and 1/4 tsp salt. Cook them until they start boiling.
4. Put on the lid and cook them for 18 min. Remove the lamb dices from the soup and place the broth aside.
5. Place a large pan over medium heat. Heat 1 tbsp of ghee in it. Brown in it the beef dices. Place it aside. Add 1/4 C. of the ghee to the pan.
6. Cook in it the garlic for 30 sec. Turn off the heat and stir in the vinegar.
7. Stir the garlic with and broth in a large pot. Cook the soup until it starts boiling. Shred the bread and add it to soup. Serve it with the lamb and rice.
8. Enjoy.

TAAGIIN SAAMAAK

(Stewed Fish Casserole)



Prep Time: 5 mins



Total Time: 35 mins

Servings per Recipe: 4

Calories 72.2

Fat 3.6g

Cholesterol 7.6mg

Sodium 34.7mg

Carbohydrates 9.8g

Protein 1.4g

Ingredients

| | |
|-------------------------|-----------------------|
| 1 lb fish, filets | 1/2 tsp cumin, ground |
| 1 tbsp raisins | 1 tsp pine nuts |
| 2 medium onions | pepper, to taste |
| 1 C. tomatoes, canned | salt, to taste |
| 1/2 C. parsley, chopped | 1 tbsp butter |
| 1 dash sugar | oil, for frying |
| 1 tbsp lemon juice | |

Directions

1. Before you do anything preheat the oven to 350 F.
2. Place a large pan over medium heat. Heat the oil in it. Cook in it the fish fillets until they become golden brown. Cut the onion into slices.
3. Place a large pan over medium heat. Add the butter and cook it until it melts. Add the raisins and cook them for 3 min.
4. Stir in the tomatoes, parsley and sugar. Cook them until they start boiling. Stir the cumin with lemon juice, a pinch of salt and pepper.
5. Place the fish fillets in a greased casserole dish. Pour the tomato mix all over it. Cook it in the oven for 12 min.
6. Place a small pan over medium heat. Cook in it the pine nuts until they are toasted. Sprinkle it over the fish casserole then serve it warm.
7. Enjoy.

Ful Nabed (Fava Bean Hot Pot)



Prep Time: 15 mins



Total Time: 1 hr 5 mins

Servings per Recipe: 8

Calories 211.4

Fat 9.6g

Cholesterol 0.0mg

Sodium 6.2mg

Carbohydrates 22.8g

Protein 9.9g

Ingredients

2 C. dried fava beans
1 tsp cumin
2 garlic cloves, crushed
1/3 C. olive oil
1/4 C. lemon juice

2 tbsp fresh parsley, finely chopped
water, used to soak fava beans

Directions

1. Get a large bowl: Place in it the beans and cover them with water. Place it aside to soak for an overnight. Discard the water.
2. Place a large saucepan over medium heat. Discard the skin of the fava beans. Add it to the pan with 6 C. of water. Cook it until it starts boiling. Lower the heat and cook them for 47 min.
3. Get a food processor: Place in it the beans with the cooking water. Blend them until they become smooth.
4. Place a large saucepan over medium heat. Pour the beans mix in it. Cook it until it starts boiling. Add the cumin, garlic, lemon juice and olive oil.
5. Cook them until they start boiling again. Cook the beans mix for 6 min. Serve it warm.
6. Enjoy.

HOW TO MAKE Lamb Chops



Prep Time: 5 mins



Total Time: 1 hr 5 mins

Servings per Recipe: 4

Calories 49.5

Fat 3.5g

Cholesterol 0.0mg

Sodium 732.1mg

Carbohydrates 4.5g

Protein 0.6g

Ingredients

2 shoulder lamb chops
1 large bunch green swiss chard,
roughly chopped
4 oz tomato sauce
1/4 tsp cumin
1 tsp salt
1/4 tsp black pepper

1/4 tsp sugar
1 tbsp olive oil
1 small onion, diced finely
1 large garlic clove, minced
1/4 tsp oregano

Directions

1. Place a large pot over medium heat. Heat the oil in it. Brown in it the lamb with onion for 12 min. Add the garlic and sauté them for 2 min.
2. Stir in the rest of the ingredients with 8 oz of water. Cook them until they start boiling. Put on the lid and cook them for 1 h 10 min.
3. Drain the lamb chops and shred them. Stir them back into the pot then serve it warm.
4. Enjoy.

Basturma & Sujuq (Topped Flatbread)

 Prep Time: 15 mins

 Total Time: 30 mins

Servings per Recipe: 16

Calories 126.9

Fat 10.2g

Cholesterol 24.7mg

Sodium 211.5mg

Carbohydrates 1.5g

Protein 7.1g

Ingredients

1/4 C. extra virgin olive oil
4 plum tomatoes, chopped
2 large garlic cloves, finely chopped
1 oz kashkaval cheese, diced
1 oz pastrami
4 links beef sausages, cut into pieces
sea salt, and freshly ground black pepper

to taste

16 oz mozzarella cheese, fresh chopped
2 tbsp finely chopped fresh flat leaf parsley

Directions

1. Before you do anything preheat the oven to its highest setting.
2. Get the pizza dough and divide it into 2 pieces. Roll the dough on a floured surface in circle shapes. Place the dough circles on greased baking sheets.
3. Coat them with olive oil. Top them with garlic and tomato, basterma and saguk followed by mozzarella and kaskaval cheese.
4. Season them with some salt and pepper. Pour some olive oil all over them. Place the pizzas in the oven and cook them for 9 to 12 min or until they are done.
5. Serve your pizzas warm.
6. Enjoy.

EGYPTIAN

Beef Patties with White Sauce



Prep Time: 2 hr



Total Time: 2 hr 40 mins

Servings per Recipe: 1

Calories 215.1

Fat 16.1g

Cholesterol 34.6mg

Sodium 203.2mg

Carbohydrates 11.2g

Protein 6.5g

Ingredients

Meat:

2 tbsp olive oil

1 small white onion, chopped

4 small garlic cloves, finely chopped

1 lb lean ground sirloin

1 small green bell pepper, finely chopped

2 tbsp chopped hot green chili peppers

1 tsp salt

1 tbsp fresh ground black pepper

1/4 tsp ground cumin

1/4 tsp ground coriander

1/2 tsp freshly grated nutmeg

1/8 tsp ground cardamom

1/2 tsp spanish sweet paprika

Pastry:

20 sheets phyllo dough

12 tbsp unsalted butter, melted

YOGURT SAUCE

1 quart yogurt

2 garlic cloves, finely chopped

1/2 C. extra virgin olive oil

salt

Directions

1. Grease a casserole dish with some butter. Place it aside.
2. To make the filling:
3. Place a large skillet over medium heat. Heat the oil in it. Sauté in it the onion for 6 min. Add the garlic and cook them for 30 sec.
4. Add the beef to the pan. Brown it for 12 min. Add the bell pepper with spices. Cook them for 6 min while breaking the meat. Transfer the mix to a mixing bowl and place it aside.
5. Place a phyllo sheet in the greased casserole dish. Brush it with some melted butter. cover it with another phyllo sheet to make 10 of them in total.
6. Top them with the meat mix. Cover them with a phyllo sheet and brush it with butter. Repeat the process to make another 10 layers in total.
7. To make the sauce:
8. Cover a fine mesh strainer with a piece of cheesecloth. Pour in it the yogurt and cover it with a plastic wrap. Place it in the fridge for an overnight.
9. Get a food processor: Combine in it the strained yogurt with garlic and process them for 40 sec. Add the oil in a steady stream while processing them all the time.
10. Transfer the sauce mix to a bowl. Add a pinch of salt and stir it well. Place it in the fridge until ready to serve.
11. Spread some melted butter over the top of the pie and cook it in the oven for 42 min. Serve it warm with the yogurt sauce.
12. Enjoy.

Egyptian Masa'a (Roasted Vegetable Pan)



Prep Time: 15 mins



Total Time: 1 hr 45 mins

Servings per Recipe: 8

Calories 355.8

Fat 6.0g

Cholesterol 0.0mg

Sodium 0.0mg

Carbohydrates 848.0mg

Protein 68.2g

Ingredients

2 tbsp canola oil
4 tsp minced garlic
1 large onion
4 tsp ground cumin
4 tsp ground coriander
1 eggplant
2 zucchini

1 pattypan squash
1 red pepper
2 large potatoes
2 (19 oz) cans chickpeas
2 (28 oz) cans diced tomatoes

Directions

1. Before you do anything preheat the oven to 325 F. Slice the veggies into 1 inch pieces.
2. Place a pan over medium heat. Heat the oil in it. Sauté in it the garlic with onion and spices. Cook them for 4 min.
3. Stir in the veggies then season them with some salt and pepper. Transfer the mix to a greased casserole dish. Cook it in the oven for 1 h 35 min. Serve it warm.
4. Enjoy.

EGYPTIAN Molokheya



Prep Time: 4 mins



Total Time: 14 mins

Servings per Recipe: 2

Calories 73.1

Fat 6.7g

Cholesterol 15.2mg

Sodium 1216.0mg

Carbohydrates 4.3g

Protein 0.9g

Ingredients

14 oz frozen molukhia

1 tbsp butter

1 tbsp garlic, minced

1 tsp salt

2 tbsp ground coriander

Directions

1. Place a large skillet over medium heat. Melt the butter in it. Add the molukhia and cook it for 3 min.
2. Stir in the garlic with coriander and a pinch of salt. Sauté them for 4 min. Serve it warm with some flat bread.
3. Enjoy.

Egyptian Shakshuka (Poached Eggs)



Prep Time: 10 mins



Total Time: 30 mins

Servings per Recipe: 3

Calories 251.6

Fat 10.3g

Cholesterol 423.0mg

Sodium 546.8mg

Carbohydrates 24.3g

Protein 15.3g

Ingredients

olive oil
1 onion, chopped
3 large garlic, minced
salt and pepper
1 pinch allspice
1/4 C. Italian parsley, finely chopped
1 (8 oz) cans tomato sauce

16 oz water
1/4 C. rice
6 eggs

Directions

1. Place a large skillet over medium heat. Coat it with olive oil and heat it. Sauté in it the onion, garlic and salt, pepper, and allspice for 4 min.
2. Add the parsley and cook them for 4 min. Make 6 wells in the pan and break an egg in each one. Season them with some salt and pepper.
3. Put on the lid and cook them for 3 to 5 min or until the eggs are done. Serve it warm.
4. Enjoy.





EGYPTIAN Fish Kabobs



Prep Time: 10 mins

Total Time: 25 mins

Servings per Recipe: 6

Calories 390.9

Fat 20.9g

Cholesterol 46.4mg

Sodium 474.7mg

Carbohydrates 28.2g

Protein 24.1g

Ingredients

1 1/2 lbs cubed sea bass
16 mushroom caps
2 green peppers, cut in chunks
1/4 C. vinegar
1 tsp salt
1/4 tsp pepper
16 oz chunk pineapple

3 onions, cut in chunks
3 tomatoes, firm, cut in wedges
1/2 C. oil
1 dash cayenne
1/4 tsp mustard powder

Directions

1. Get a large mixing bowl: Whisk in it the vinegar, salt and pepper. Add the fish and stir it for 1 h 30 min.
2. Drain the fish dices and thread them into skewers, with mushroom, peppers, pineapple chunks, onions with tomato while alternating between them. Brush the kebobs with the marinade.
3. Preheat the grill and grease its grates. Cook in it the skewers for 6 to 10 min or until they are done.
4. Enjoy.

Chicken Soup Arabiya



Prep Time: 20 mins



Total Time: 1 hr 50 mins

Servings per Recipe: 4

Calories 831.9

Fat 49.3g

Cholesterol 207.1mg

Sodium 764.7mg

Carbohydrates 39.9g

Protein 56.2g

Ingredients

- 8 C. water
- 2 cardamom pods
- 1 (2 1/2 lb) whole chickens, skinned
- 1 large onion, halved
- 1 bay leaf
- 2 (10 oz) packages fresh spinach
- 1 tbsp olive oil
- 2 tsp ground coriander
- 3/4 tsp salt
- 10 garlic cloves, crushed
- 3 tbsp fresh lemon juice
- 2 C. hot cooked rice

Directions

1. Place a large stock pot over medium heat. Stir in it the water, cardamom pods, chicken, onion and bay leaves. Cook them until they start boiling.
2. Lower the heat and cook them for 1 h 10 min. Turn off the heat. Drain the chicken and place it aside to lose heat.
3. Pour the chicken liquid in a fine mesh sieve and strain it. Reserve the broth with onion. Discard the rest of the strained ingredients.
4. Pour the broth back into the pot. Shred the chicken and stir it back into the pot.
5. Press the strained onion from the broth with a fork. Stir into the pot. Cook them until they start boiling. Stir in the spinach and cook the soup for 6 to 8 min.
6. Place a large pan over medium heat. Heat the oil in it. Sauté in it the garlic with coriander and a pinch of salt. Cook them for half a minute.
7. Stir the garlic mix to the stew pot with lemon juice. Adjust the seasoning of the stew then serve it warm.
8. Enjoy.

HOW TO MAKE Falafels



Prep Time: 30 mins



Total Time: 40 mins

Servings per Recipe: 6

Calories 664.3

Fat 23.7g

Cholesterol 0.0mg

Sodium 1612.0mg

Carbohydrates 91.6g

Protein 24.0g



Ingredients

2 C. dried fava beans
1 medium onion, chopped
1 large potato, peeled and quartered
6 garlic cloves
1 tsp ground coriander
1 tsp ground cumin
2 tsp salt
1/2 tsp black pepper
1/2 tsp cayenne pepper
1/2 C. vegetable oil
3 large green onions, chopped small
3/4 C. dried breadcrumbs
1/2 C. deep fried dried onions
1/2 tsp baking soda
1/4 C. sesame seeds, lightly roasted
4 large radishes, sliced
1/2 C. finely chopped fresh parsley
1 large tomatoes, diced
1 large dill pickle, diced
1 medium jalapeno pepper, seeded and diced
6 whole 6 1/2 inch pita bread
1 C. finely shredded lettuce
1/2 tsp beau monde seasoning

Directions

1. Place a large saucepan medium heat. Add the bean and cover it with water. Cook it until it starts boiling. Put on the lid and cook them for 4 min.
2. Turn off the heat and let soak for an overnight. Strain it.
3. Place a small saucepan over medium heat. Place in it the potato and cover it with water. Cook it until becomes soft. Strain it.
4. Get a food processor: Combine in it the beans with potato, onion and garlic. Process them until they become smooth.
5. Combine in the coriander, cumin, salt, black pepper and cayenne pepper. Blend them smooth. Pour the mix into a large mixing bowl.
6. Stir in the green onions, bread crumbs, deep fried dried onions, and baking soda. Stir them well. Shape the mix into small patties. Dust them with some flour followed by sesame seeds.
7. Place a large skillet over medium heat. Heat the oil in it. Cook in it the falafels for 3 min on each side.
8. Get a mixing bowl: Stir in it the radishes, chopped fresh parsley, diced tomato, and diced dill pickle and diced jalapeno pepper. Stir them well to make the salad.
9. Cover pita bread with a paper towel then microwave it for 35 sec over high. Repeat the process with the rest of the pita bread.
10. Place 3 to 4 patties into each pita bread loaf. Top them with 3 tbsp of the salad mix, lettuce, Beau Monde seasoning. Serve them right away.
11. Enjoy.

Cairo Street Grilled Chicken

 Prep Time: 10 mins
 Total Time: 40 mins

Servings per Recipe: 4

| | |
|---------------|---------|
| Calories | 639.1 |
| Fat | 57.4g |
| Cholesterol | 80.0mg |
| Sodium | 147.3mg |
| Carbohydrates | 5.5g |
| Protein | 26.9g |

Ingredients

500 g chicken breast fillets
4 garlic cloves, crushed
1 C. olive oil
1 C. fresh lemon juice
1/2 tsp lemon zest

2 tsp dried oregano
salt and black pepper

Directions

1. Pat the chicken fillets with some paper towels. Place them aside.
2. Get a small bowl: Mix in it the rest of the ingredients to make the marinade. Stir into the chicken fillets. Place a piece of wrap over the bowl and place it in the fridge for an overnight.
3. Allow the chicken to rest for 16 min. Drain it from the marinade. Reserve the marinade.
4. Before you do anything preheat grill and grease its grates.
5. Grill in it the chicken fillets for 13 to 15 min on each side while basting them with the marinade every once in a while. Serve it warm.
6. Enjoy.

5-INGREDIENT Egyptian Rice



Prep Time: 5 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 366.0

Fat 0.6g

Cholesterol 0.0mg

Sodium 7.8mg

Carbohydrates 80.8g

Protein 6.8g

Ingredients

2 C. rice
oil
1 large onion, diced
3 C. water
salt

Directions

1. Place a large pan over medium heat. Heat the oil in it. Add the onion and cook it for 5 min.
2. Stir in the rice with water and a pinch of salt. Cook it until it starts boiling. Lower the heat and cook the rice until it is done. Serve it warm with some rice.
3. Enjoy.

Egyptian Mashed Carrots



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 8

Calories 207.3

Fat 16.3g

Cholesterol 0.0mg

Sodium 85.0mg

Carbohydrates 15.1g

Protein 3.2g

Ingredients

1/4 C. blanched almonds or 1/4 C. hazelnuts
1/4 C. coriander seed
2 tbsp cumin seeds
2 tbsp sesame seeds
1/4 C. unsweetened dried shredded coconut
salt
fresh ground pepper
2 lbs carrots, cut into 2-inch lengths
6 tbsp extra virgin olive oil, plus more for serving
2 tbsp white wine vinegar
4 tsp harissa
1 tsp ground cumin
1/2 tsp ground ginger
torn pita bread or thinly sliced baguette, for serving

Directions

1. Place a small over medium heat. Toast in it the almonds for 5 min. Place it aside and chop them.
2. Add the cumin seeds with coriander. Cook them for 1 min. Transfer the mix to a mortar or grinder and grind them until they become coarse.
3. Get a mixing bowl: Toss the in it ground spices with chopped almonds. Place it aside.
4. Toast the sesame seeds in the same pan for 1 min. Transfer it to a mortar or grinder. Repeat the process with coconut. Grind them until they become coarse.
5. Stir the coconut and sesame seeds into the almonds mix with 1/2 tsp of salt and pepper.
6. Place a large saucepan over medium heat. Place in it the carrots and cover them with water. Cook them until they start boiling. Lower the heat and cook the carrot for 22 min.
7. Remove them from the water. Discard the water. Cook the carrot in the saucepan for half a minute to dry them.
8. Get a mixing bowl: Chop the carrots and press them with a fork to mash them. Add 6 tbsp of olive oil, the vinegar, harissa, ground cumin and ginger, salt and pepper. Mix them well.
9. Spoon the carrot cream to a serving bowl and top it with the almond mix. Serve it with some pita bread.
10. Enjoy.

CLASSIC

Green Beans Stew



Prep Time: 5 mins



Total Time: 25 mins

Servings per Recipe: 4

Calories 230.4

Fat 13.8g

Cholesterol 0.0mg

Sodium 406.0mg

Carbohydrates 25.8g

Protein 5.2g

Ingredients

1 lb. fresh string bean
16 oz. of tomato, diced
1 C. white onion, chopped
1/2 C. cilantro, chopped
1 - 2 tbsp minced garlic
1/3 tsp salt
2 tbsp olive oil

Directions

1. Place a pan over medium heat. Heat in it the oil. Cook in it the onion for 3 min.
2. Stir in the beans, cilantro, garlic and the salt. Cook them for 6 min.
3. Stir in the tomato then lower the heat and let them cook for 16 min.
4. Serve your saucy bean stew warm as a side dish or with some rice.
5. Enjoy.

Green Chicken Stew



Prep Time: 15 mins



Total Time: 5 hrs 15 mins

Servings per Recipe: 4

Calories 985.1

Fat 65.2g

Cholesterol 274.3mg

Sodium 1581.0mg

Carbohydrates 39.3g

Protein 61.9g

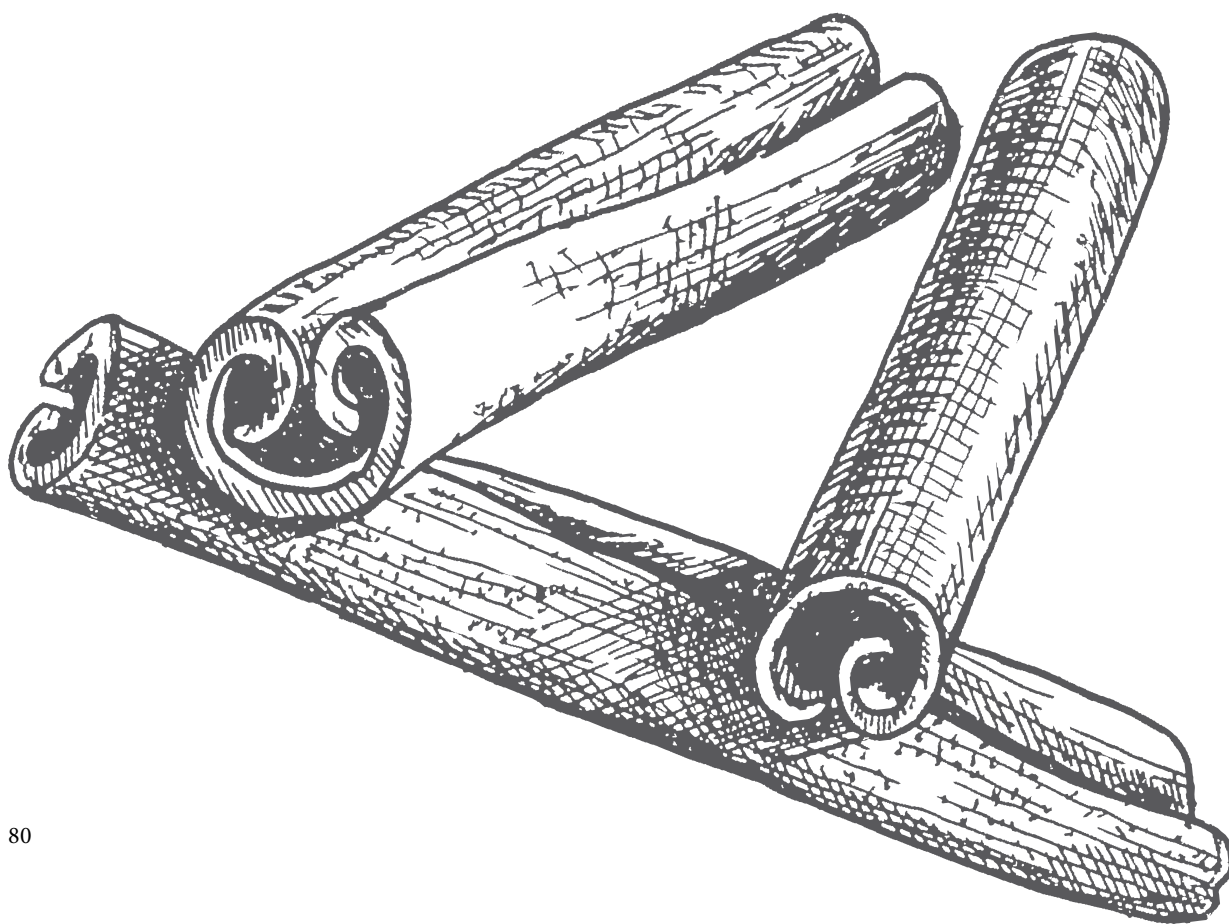
Ingredients

- 1 whole chicken, bones in, cut up
- 2 carrots, chopped
- 2 stalks celery, chopped
- 1 onion, chopped
- 1 tbsp black peppercorns
- 2 bay leaves
- 2 cinnamon sticks
- 1 lemon, juiced
- 1 pinch cardamom
- 1 pinch salt
- 1 lb. whole dried salad leaves
- 2 large onions, 1 chopped and 1 diced
- 2 oz. butter
- 2 bunches cilantro, chopped
- 1 1/2 tbsp crushed garlic
- 2 tsp salt
- 1 tsp ground black pepper
- 1 C. cooked white rice
- 6 lemons



Directions

1. To make the broth:
2. Place a large pot over medium heat. Stir in it the all the broth ingredients with 1 gallon of water.
3. Bring them to a boil. Lower the heat and simmer the broth 4 h 20 min.
4. Once the time is up, turn off the heat. Drain the chicken and shred it. Place it aside.
5. Strain the broth and place it aside.
6. To make the stew:
7. Place a large soup pot over medium heat. Heat in it 12 C. of water until they start boiling.
8. Stir in the mallow leaves and cook them for 6 min. Strain them and place them aside.
9. Place a large saucepan over medium heat. Heat in it the butter. Sauté in it the onion for 3 min.
10. Stir in the garlic with cilantro and cook them for 1 min. Sir in the cooked mallow leaves and cook them for 6 min.

11. Stir in the chicken broth with a pinch of salt and pepper. Lower the heat and let the stew cook for 46 min.
12. Add the shredded chicken and heat it through. Serve your stew warm with some brown rice.
13. Enjoy.



Minty Cabbage Rolls

 Prep Time: 1 hr
 Total Time: 9 hrs

Servings per Recipe: 8

| | |
|---------------|---------|
| Calories | 343.1 |
| Fat | 16.5g |
| Cholesterol | 57.8mg |
| Sodium | 809.6mg |
| Carbohydrates | 29.3g |
| Protein | 19.5g |

Ingredients

| | |
|-------------------------------------|----------------------|
| 1 medium - large head green cabbage | 2 - 3 tbsp olive oil |
| 1 1/2 lbs. ground beef | 2 C. water |
| 1 C. long grain rice | 1/2 C. lemon juice |
| 3 tsp allspice | 2 tbsp dried mint |
| 2 1/2 tsp salt | |
| 1 head garlic | |

Directions

1. Place the cabbage in a zip lock bag. Place it in the freezer for 3 days.
2. Pull it out of the freezer and let it sit for at least 1 day. Rinse it, discard the thick veins and cut the big leaves in half. Place a large soup pot over medium heat. Lay in it the some of the small cabbage leaves. Place a large pan over medium heat. Heat in it the oil. Cook in it the garlic for 1 min.
3. Stir in the water and lemon juice and 1/2 tsp salt. Cook them for 2 min to make the sauce. Turn off the heat and place it aside
4. To make the stuffed cabbage:
5. Get a large mixing bowl: Combine in it the rice with allspice, meat, 2 tsp of salt, and onion to make the filling. Place a cabbage leaf on a cutting board. Place in it 1/4 C. of the filling.
6. Roll it over the filling and place it in the pot with the seam facing down.
7. Repeat the process with the remaining filling and cabbage leaves until you go through half of the filling. Pour half of the lemon sauce and 1 tbsp of mint on top. Repeat the process with the remaining filling to make another layer.
8. Drizzle over it the remaining lemon sauce and 1 tbsp of dry mint.
9. Cover the cabbage rolls with water then cover them with a small lid that will keep pushing them down. Cook them over low heat for 5 to 6 h. Serve them warm with some rice and tomato salsa. Enjoy.





STUFFED

Peppers Casserole



Prep Time: 35 mins



Total Time: 1 hr 5 mins

Servings per Recipe: 4

Calories 405.6

Fat 12.1g

Cholesterol 51.0mg

Sodium 97.4mg

Carbohydrates 52.8g

Protein 19.3g

Ingredients

- 4 big red peppers
- 10.5 minced beef
- 3.5g rice, cooked
- 1 big yellow onion
- 1 tbsp tomato concentrate
- 1 tsp dried mint
- 1 tsp coriander
- 1 pinch salt
- 1 pinch black pepper
- 1 tbsp lemon juice

Directions

1. Before you do anything, preheat the oven to 350 F. Grease a baking dish with some butter
2. Get a mixing bowl: Mix in it the rice with meat, onion, tomato concentrate, mint, lemon juice and spices to make the filling.
3. Slice off the top of the pepper. Discard the membrane and seeds.
4. Spoon the filling into the peppers and place them in a casserole dish.
5. Place them in the oven and let them cook for 32 min. Serve your stuffed peppers warm.
6. Enjoy.

Liver Skillet



Prep Time: 20 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 153.7

Fat 10.0g

Cholesterol 215.6mg

Sodium 46.9mg

Carbohydrates 4.6g

Protein 11.1g

Ingredients

9 chicken livers

2 tbsp extra virgin olive oil

1/2 C. mint leaves

1/4 C. ginger, sliced

salt

Directions

1. Get a mixing bowl: Stir in the liver, olive oil, mint leaves and ginger. Let them sit for 25 to 28 min.
2. Place a pan over medium heat. Cook in it the liver mix for 8 to 12 min or until the livers are done.
3. Serve your liver skillet warm with some rice.
4. Enjoy.

CUCUMBER Pickles



Prep Time: 20 mins



Total Time: 35 mins

Servings per Recipe: 1

Calories 100.0

Fat 0.9g

Cholesterol 0.0mg

Sodium 38777.9mg

Carbohydrates 21.1g

Protein 3.8g

Ingredients

- 2 1/4 lb. cucumber
- 7 oz. salt
- 2 C. water
- 1/2 C. vinegar, White
- 2 - 3 tsp coriander seeds
- 4 - 5 garlic cloves, large

Directions

1. Place a heavy saucepan over medium heat. Stir in it the water, vinegar, sliced garlic and coriander seeds.
2. Cook them until they start boiling. Let them cook for 11 min over low medium heat.
3. Turn off the heat and let the cucumbers cool down.
4. Drain the cucumber and thinly slice them. Toss them in a mixing bowl with salt.
5. Cover the bowl with a plastic wrap and let it sit for 5 h while stirring them every once in a while.
6. Run the cucumber slices under some cool water 3 times. Drain them and place them in some tight sealed jars.
7. Pour over them vinegar mixture. Seal the jars and place them in a cool and dark place for at least 2 weeks.
8. Serve your pickles as toppings.
9. Enjoy.

Spicy Lamb Skewers



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 8

Calories 187.6

Fat 14.1g

Cholesterol 67.8mg

Sodium 213.3mg

Carbohydrates 3.6g

Protein 10.8g

Ingredients

1/2 brown onion, grated
1/4 C. seasoned breadcrumbs
3 garlic cloves, minced
2 tbsp chopped parsley
1 tbsp chopped of mint

1/2 tsp salt
1/2 tsp seven-spice mix
1 egg, beaten
1 lb. ground lamb

Directions

1. Before you do anything, preheat the grill and grease it.
2. Get a mixing bowl: Mix in it all the ingredients. Shape the mixture into 8 medium size logs.
3. Press each log into a skewer. Place them on the grill and cook them for 5 to 7 min on each side.
4. Serve your lamb kofta skewers warm with some pita bread and veggies of your choice.
5. Enjoy.

BLOSSOM Cookie



Prep Time: 35 mins

Total Time: 1 hr

Servings per Recipe: 20

Calories 342.7

Fat 18.3g

Cholesterol 37.3mg

Sodium 23.8mg

Carbohydrates 39.3g

Protein 6.9g



Ingredients

- 1 C. ghee
- 1 1/2 C. unbleached cane sugar
- 2 1/2 C. fine semolina flour
- 1 C. white flour
- 1 tsp baking powder
- 2 tbsp orange blossom water
- 1 egg
- 2 C. shelled unsalted pistachio nuts, halved
- 1/2 C. sesame seeds, toasted
- 1 tsp vanilla

Directions

1. Before you do anything, preheat the oven to 400 F. Line up a baking sheet with a parchment paper.
2. Get a mixing bowl: Beat in it the ghee with sugar until they become light and creamy.
3. Mix in the vanilla with baking powder, semolina flour and white flour.
4. Add the orange blossom and egg then mix them well.
5. Lay 4 to 8 pistachio halves on the lined up sheet next to each other.
6. Roll some of the cookie dough into a small ball. Roll it in the sesame seeds the press it gently into the pistachio halves.
7. Repeat the process with the remaining pistachios and cookie dough.
8. Place the cookies sheet in the oven and cook them for 9 to 13 until they become golden brown.
9. Allow the cookies to cool down completely.
10. Enjoy.

Zesty Shawarma BBQ

 Prep Time: 10 mins
 Total Time: 40 mins

Servings per Recipe: 5

| | |
|---------------|---------|
| Calories | 278.7 |
| Fat | 13.7g |
| Cholesterol | 105.6mg |
| Sodium | 797.0mg |
| Carbohydrates | 3.2g |
| Protein | 33.8g |

Ingredients

| | |
|---------------------------------------|-----------------|
| 1 lb. boneless beef top sirloin steak | 2 cardamom pods |
| 1 lb. lamb | 2 tsp allspice |
| 1/2 C. plain yogurt | 1 lemon juice |
| 1/4 C. malt vinegar | 1/2 tsp nutmeg |
| 2 fresh garlic cloves | |
| 1 tsp black pepper | |
| 1 1/2 tsp salt | |

Directions

1. Get a mixing bowl: Stir in it all the ingredients. Place it in the fridge and let it aside for 1 h or more.
2. Before you do anything, preheat the grill and grease it.
3. Drain the meat pieces and cook them on the grill until they are done to your liking.
4. Serve your barbecued grilled meat with some pita bread, yogurt dressing and veggies of your choice.
5. Enjoy.

ROASTED CHICKEN with Golden Wheat



Prep Time: 3 hrs

Total Time: 6 hrs

Servings per Recipe: 10

Calories 1273.3

Fat 67.0g

Cholesterol 195.0mg

Sodium 490.1mg

Carbohydrates 109.9g

Protein 65.6g

Ingredients

- 3 lbs. wheat, freekeh
- 2 whole chickens, cut
- 2 onions, halved
- 2 tbsp tomato paste
- 4 tbsp olive oil
- 1 tsp salt
- 1/4 tsp pepper
- 1/4 tsp paprika
- 1 C. almonds, slivered and toasted
- 1 C. pine nuts, toasted

Directions

1. Get a mixing bowl: Place in it the wheat and cover it with water. Let it sit until it starts absorbing it right away.
2. Place a large pot over medium heat. Place in it the chicken and cover it with water.
3. Cook it until it starts boiling. Discard the foam that rises on top. Stir in the halved onions, and cook them for an extra 35 min.
4. Drain the chicken and place it aside. Pour the broth in a fine mesh strainer.
5. Place a soup pot over medium heat. Heat in it the oil. Sauté in it the drained wheat for 3 min.
6. Stir in enough broth to cover it. Let it cook for 65 min while adding more broth when needed.
7. Before you do anything else, preheat the oven to 400 F.
8. Get a mixing bowl: Combine in it the tomato paste, olive oil, salt, pepper and paprika.
9. Place the chicken in a roasting pan. Coat it with the tomato mixture. Place it in the oven and let them cook for 22 min.
10. Serve your roasted chicken warm with the warm freekeh (wheat).
11. Enjoy.

Vanilla Delight



Prep Time: 5 mins



Total Time: 10 mins

Servings per Recipe: 5

Calories 481.6

Fat 9.4g

Cholesterol 34.6mg

Sodium 111.7mg

Carbohydrates 90.9g

Protein 9.5g

Ingredients

4 C. milk
3/4 C. farina
1 tsp vanilla
Mastic, 2 pcs.
8 oz. whipped cream

5 oz. Nestle cream
1 1/2 C. water
1 1/2 C. sugar
toasted coconut

Directions

1. To make the syrup
2. Place a heavy saucepan over medium heat. Stir in it the sugar with water.
3. Cook them until they start boiling. Keep it boiling for an extra 3 to 4 min. Turn off the heat and place it aside.
4. To make the Cream Layer:
5. Get a mixing bowl: Beat in it the whipped cream until it becomes light and fluffy.
6. Get another mixing bowl: Beat in the nestle cream until it becomes light.
7. Fold the whipped cream into the nestle cream then place it aside.
8. To make the bottom layer:
9. Combine in it the milk, sugar and vanilla. Cook them until they start boiling.
10. Add the farina and whisk them until they become smooth. Cook them until they start boiling. Cook them for 5 to 6 min while stirring them at the same time. Turn off the heat and place the mixture aside to cool down.
11. Pour the milk pudding into serving bowls or C. Top them with the whipped cream, syrup and toasted coconut.
12. Place the delight C. in the fridge and let them sit for at least 60 min.
13. Serve your vanilla delight pudding with some of your favorite extra toppings.
14. Enjoy.

CREAMY Apricot Pudding



Prep Time: 15 mins

Total Time: 45 mins

Servings per Recipe: 4

Calories 349.4

Fat 9.5g

Cholesterol 36.3mg

Sodium 171.3mg

Carbohydrates 56.0g

Protein 9.5g

Ingredients

1/3 C. white rice

3 1/2 C. milk

1 1/2 C. water

4 tbsp Nestle sweetened condensed milk

5 tbsp sugar

4 tbsp cornstarch

1 tsp vanilla

1 tbsp rose water

1 pinch salt

6 tsp apricot marmalade

Directions

1. Place a saucepan over medium heat. Stir in it the water with rice and a pinch of salt.
2. Let them cook for 32 min over low heat. Discard the excess water.
3. Place a saucepan over medium heat: Stir in it the milk, sugar, corn starch, condensed milk, vanilla, rosewater.
4. Cook them until they start boiling over high heat. Lower the heat and stir in the cooked rice.
5. Let the rice cook until it becomes thick while stirring it all the time.
6. Allow the rice pudding to cool down completely. Garnish it with the apricot marmalade then serve it.
7. Enjoy.

Hazelnut Chocolate Tart



Prep Time: 25 mins



Total Time: 35 mins

Servings per Recipe: 8

Calories 502.6

Fat 30.2g

Cholesterol 68.0mg

Sodium 407.5mg

Carbohydrates 52.6g

Protein 8.9g

Ingredients

9 oz. digestive biscuits, ground
4 oz. butter, melted
14 oz. sweetened condensed milk
2 1/2 C. water
2 oz. corn flour

2 tbsp cocoa powder
1 tbsp rose water
1/2 C. double cream, whipped
2.5 oz. hazelnuts, toasted and halved

Directions

1. Before you do anything, preheat the oven to 350 F.
2. Get a mixing bowl: Mix in it the butter with biscuit crumbs well.
3. Press the mixture into a butter greased tart pan. Place it in the fridge and let it sit for 11 min.
4. Place a saucepan over medium heat. Stir in it the Condensed Milk, water, corn flour and cocoa powder.
5. Cook them until they start boiling. Keep it cooking while stirring it all the time until the mix becomes thick.
6. Stir in the rose water and pour the mixture into the tart pan. Place it aside and let it cool down completely.
7. Top the tart with whipped cream. Garnish it with the toasted hazelnuts then serve it.
8. Enjoy.





SWEET Tahini Dressing



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 4

Calories 64.8

Fat 4.9g

Cholesterol 1.4mg

Sodium 19.4mg

Carbohydrates 4.1g

Protein 2.1g

Ingredients

3 tbsp plain yogurt

2 1/2-3 tbsp mayonnaise

2 1/2 tbsp tahini, sauce

1/2-1 tsp Dijon mustard

1/2 tsp honey

1/2 lemon, juice

salt and pepper

Directions

1. Get a mixing bowl: Whisk in it the yogurt, mayonnaise and Tahini sauce.
2. Stir in the mustard, honey, lemon, a pinch of salt and pepper.
3. Serve your dressing right away with a salad or grilled chicken.
4. Enjoy.

Cinnamon Stuffed Cookies



Prep Time: 10 mins



Total Time: 30 mins

Servings per Recipe: 1

Calories 131.0

Fat 9.0g

Cholesterol 19.5mg

Sodium 52.6mg

Carbohydrates 11.6g

Protein 1.4g

Ingredients

- 1/2 lb. butter
- 1/2 C. powdered sugar
- 2 tbsp orange blossom water
- 2 C. flour
- 1/2 C. of chopped walnuts
- 1/4 C. powdered sugar
- 1 tsp cinnamon

Directions

1. To make the dough:
2. Before you do anything, preheat the oven to 375 F. Line up a baking sheet with a parchment paper.
3. Get a mixing bowl: Beat in it the sugar with butter until they become light and fluffy.
4. Mix in the flour with orange water and a pinch of salt until you get a thick dough. Place it aside.
5. To make the filling:
6. Get a mixing bowl: Mix in it the nuts, sugar and cinnamon.
7. Shape the cookie dough into 1 inch balls.
8. Flatten a dough ball slightly in the palm of your hand. Place in it 1 tsp of the filling
9. Pull the dough over the filling and place it on the lined up cookie sheet.
10. Repeat the process with the remaining filling and dough.
11. Place the cookie sheet in the oven and cook them for 16 to 21 min until they become golden brown.
12. Allow the cookies to cool down completely then serve them with some tea.
13. Enjoy.

CLASSIC

Shakshuka Skillet



Prep Time: 3 mins

Total Time: 33 mins

Servings per Recipe: 2

Calories 239.4

Fat 10.3g

Cholesterol 372.0mg

Sodium 163.4mg

Carbohydrates 22.0g

Protein 16.6g

Ingredients

1 large onion, chopped
4 eggs
cooking oil
6 medium tomatoes, grated
salt and pepper

Directions

1. Place a pan over medium heat. Heat in it a splash of oil.
2. Sauté in it the onion for 4 min. Stir in the tomato with a pinch of salt and pepper.
3. Put on the lid and cook it for 26 min over low heat.
4. Crack the eggs over the shakshuka. Put on the lid and cook them for an extra 4 min.
5. Serve your shakshuka warm with some bread.
6. Enjoy.

Onion Salad with Lemon Dressing



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 6

Calories 18.1

Fat 0.1g

Cholesterol 0.0mg

Sodium 205.7mg

Carbohydrates 3.9g

Protein 0.8g

Ingredients

1 large red onion, sliced
1 bunch flat leaf parsley
1/2 tsp salt
1 tbsp sumac

1/4 lemon, juice
extra virgin olive oil, drizzle

Directions

1. Get a small mixing bowl: Toss in it the onion with parsley, lemon juice, sumac, salt, and a drizzle of olive oil.
2. Serve your salad as topping with a sandwich, grill meat or chicken.
3. Enjoy.

LEB-MEX

Soup



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 4

Calories 335.3

Fat 14.3g

Cholesterol 0.0mg

Sodium 227.9mg

Carbohydrates 39.2g

Protein 15.0g

Ingredients

9 C. water
1 C. green lentil
1 bunch Swiss chard, stemmed and chopped
10 garlic cloves, peeled and crushed to a paste
salt
2 lemons, juice
1/2 bunch cilantro, stemmed and chopped
1 medium onion, chopped
1/4 C. extra virgin olive oil
1 - 2 C. of diced potato

Directions

1. Place a large saucepan over medium heat. Stir in it the lentils with 9 C. of water.
2. Cook it until it starts boiling. Lower the heat and stir in it the Swiss chard.
3. Put on the lid and bring it to a soft boil. Cook it for an extra 16 min.
4. Place a small pan over medium heat. Heat in it the oil. Sauté in it the onion for 3 min.
5. Add the garlic and cook them for 4 min. Stir the mixture into the lentils saucepan.
6. Put on the lid and let the soup cook for 46 min.
7. Stir in the lemon juice, season with salt and pepper. Cook the soup for an extra 6 min.
8. Adjust the seasoning of the soup then serve it warm.
9. Enjoy.

Tahini Potato Mash



Prep Time: 5 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 323.7

Fat 10.4g

Cholesterol 7.6mg

Sodium 630.2mg

Carbohydrates 52.3g

Protein 8.3g

Ingredients

- 5 medium potatoes peeled and diced.
- 1 tbsp butter
- 1 lemon, juice
- 1/4 C. tahini
- 2 garlic cloves, minced
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tsp cumin
- 1 tsp sumac
- extra virgin olive oil

Directions

1. To make the mashed potato:
2. Bring a large saucepan of water to a boil. Cook in it the potato until it becomes soft.
3. Get a food blender: Place in it the potato with the remaining ingredients. Blend them smooth.
4. Pour the mashed potato in a serving bowl.
5. Top it with the cumin, sumac, and a swirl of olive oil then serve it.
6. Enjoy.

BELL

Eggplant Spread



Prep Time: 10 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 6

Calories 125.6

Fat 5.0g

Cholesterol 0.0mg

Sodium 8.5mg

Carbohydrates 19.6g

Protein 3.4g

Ingredients

| | |
|---------------------------------|---------------------|
| 2 large heavy eggplants | kosher salt |
| 2 heads garlic | ground black pepper |
| 2/3 C. Vidalia onion, chopped | parsley |
| 2/3 C. red bell pepper, chopped | |
| 2 tbsp extra virgin olive oil | |

Directions

1. Before you do anything, preheat the oven to 350 F.
2. Pierce the eggplants several times with a fork. Place them on a baking sheet with garlic
3. Drizzle over them some olive oil. Roast them in the oven until they become soft.
4. Allow the eggplant and garlic to cool down completely. Discard their peel.
5. Finely chopped the eggplants and squeeze out the roasted garlic.
6. Get a large mixing bowl: Toss in it the garlic with eggplant, bell pepper, onion, oil, salt and pepper.
7. Serve your eggplant spread with some bread or a salad.
8. Enjoy.

Saucy Beans and Tomato Stew



Prep Time: 20 mins



Total Time: 2 hrs 20 mins

Servings per Recipe: 4

Calories 275.1

Fat 4.7g

Cholesterol 0.0mg

Sodium 332.7mg

Carbohydrates 47.6g

Protein 13.9g

Ingredients

- | | |
|---|----------------------------|
| 1 C. dried navy beans, soaked and drained | 3 tbsp tomato paste |
| 6 C. water | 3 tsp cumin |
| 1 tbsp extra virgin olive oil | salt & ground black pepper |
| 2 onions, diced | |
| 4 garlic cloves | |
| 14 1/2 oz. diced tomatoes | |

Directions

1. Place a saucepan over medium heat. Place in it the navy beans and cover it with water.
2. Lower the heat and place over it half a cover. Cook it for 60 to 90 min until the beans become tender.
3. Once the time is up, drain the beans and place it aside. Reserve the cooking water.
4. Place a pot over medium heat. Heat in it the oil. Sauté in it the garlic with onion for 12 min.
5. Stir in the cumin, tomatoes, tomato paste and beans. Cover them with the beans cooking broth.
6. Season it with a pinch of salt and pepper. Let the stew cook for 22 min.
7. Serve it warm with some rice.
8. Enjoy.

HOMEMADE Labneh



Prep Time: 24 hrs



Total Time: 24 hrs

Servings per Recipe: 1

Calories 591.5

Fat 31.5g

Cholesterol 126.0mg

Sodium 446.1mg

Carbohydrates 45.1g

Protein 33.6g

Ingredients

2 quarts yogurt
1/2 tsp salt

extra virgin olive oil

Directions

1. Stir the yogurt with salt.
2. Before you do anything, preheat the oven to 350 F. Grease a baking dish with some butter
3. Get a bowl. Place over it a fine mesh sieve and cover. Cover the sieve completely with some paper towels.
4. Let sit to drain for at least 9 h to 25 h until it becomes thick.
5. Serve your yogurt labneh or cheese with some bread, as a topping with a sandwich.
6. Enjoy.

Lentils and Vermicelli Soup



Prep Time: 30 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 4

Calories 272.3

Fat 4.1g

Cholesterol 7.2mg

Sodium 413.0mg

Carbohydrates 43.6g

Protein 17.0g

Ingredients

canola oil
1 large onion, chopped
4 garlic cloves, minced
3 C. water
4 C. chicken stock
1 C. lentils
2 tsp ground cumin
1/2 tsp ground cinnamon
10 oz. frozen spinach, thawed
3 oz. vermicelli, broken
1/2-1 lemon
salt
pepper
1/4 C. cilantro, chopped

Directions

1. Place a soup pot over medium heat. Heat in it the oil.
2. Sauté in it the onion for 5 to 6 min. Stir in the garlic and cook them for 2 min.
3. Stir in the water, stock, lentils, and spices. Cook them until they start simmering.
4. Put on the lid and let the lentils cook for 35 to 42 min.
5. Place a large pan over medium heat. Heat in it a splash of olive oil. Cook in it the drained spinach with a pinch of salt until it becomes crispy.
6. Drain the spinach and place it aside.
7. Stir the vermicelli into the lentils soup. Cook it for 5 min. Stir in the lemon juice with spinach, a pinch of salt and pepper.
8. Serve your soup hot.
9. Enjoy.





POMEGRANATE Lamb Pizza



Prep Time: 2 hrs



Total Time: 3 hrs

Servings per Recipe: 4

| | |
|---------------|---------|
| Calories | 1003.6 |
| Fat | 58.3g |
| Cholesterol | 99.2mg |
| Sodium | 713.8mg |
| Carbohydrates | 81.9g |
| Protein | 36.9g |

Ingredients

- | | |
|--|--------------------------------|
| 1 tsp dry active yeast | 1 chili pepper, chopped |
| 1 C. warm water | 18 oz. ground lamb |
| 2 tsp sugar | 3/4 C. yogurt |
| 3 C. all-purpose bread flour | 3 tbsp pomegranate concentrate |
| 1 tsp salt | 1 tsp cumin |
| 1/3 C. extra virgin olive oil | 1 tsp paprika |
| 1 tsp dried mint | salt and pepper |
| 2 egg whites | 1/3 C. pine nuts |
| 1 - 2 onion, chopped and drained of juices | 2 tbsp tomato paste |

Directions

1. To make the lamb:
2. Get a mixing bowl: Stir in it the yeast with the sugar in 1/2 C. of the water. Let it sit for 11 min.
3. Get a mixing bowl: Mix in it the flour, olive oil and a pinch of salt. Mix in the yeast and water mix.
4. Mix them well until you get a smooth dough.
5. Transfer the dough to a floured surface. Knead it for 11 min until it becomes soft.
6. Place the dough in a greased bowl and cover it with a plastic wrap. Let it rest for 1 h 45 min.
7. Before you do anything, preheat the oven to 450 F.
8. Place the dough on a floured surface. Divide the dough into 9 balls. Flatten each of them into a 7 inches circle.
9. Lay the dough circles on lined up baking sheets. Coat them with egg white.
10. Place the dough crusts in the oven and cook them for 11 min.

11. Flip the pizza crust and coat them with egg white. Cook them for extra 9 min on the other side.
12. Place them aside to cool down for a while.
13. Get a mixing bowl: Combine in it the filling ingredients. Spread the mixture over the pizza crusts.
14. Cook the pizzas in the oven for 16 min. Serve them warm with your favorite toppings.
15. Enjoy.



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