

Fool ma`Rizz Rice –Triple Recipe

(With Meat and Fava Beans)

Description: A healthy dish served commonly at Syrian and Lebanese tables

Servings: 6

Ingredients:

1/2 c. margarine
1 pound lean ground beef
1/2 c. chopped onions
salt and pepper to taste
1/4 t. ground allspice
1 19 ounce can of fava beans, drained
1 c. long grain white rice, washed and drained
3 c. water (Must be boiling)
2 T. fresh cilantro (coriander) finely chopped

Instructions:

Melt the marg in a large skillet over medium heat. When it begins to turn brown add the onions, allspice, salt and pepper. Sauté until the onions turn golden brown. Then add the meat and brown it too.

Add the drained fava beans, rice and the water, stir. Cover and cook for 30 minutes or until rice is tender but not mushy and water has evaporated. Place in serving dish and garnish with the coriander. Serve with plain yogurt and pita bread.

Best way to eat: Serve with plain yogurt and pita bread.

Tabbouleh 4 srvgs – Triple Recipe

1 cup bulgur
2 med tomatoes
1 cucumber – peeled and diced
1 small red onion – diced
½ cup chopped parsley
½ cup chopped mint
½ cup olive oil
½ cup fresh lemon juice
1 clove garlic – minced
salt and pepper – to taste

Rinse bulgur cover completely with water and bring to boil until bulgur is soft. Rinse with cold water to cool (let stand if required) and then drain off excess water. Core the tomatoes and cut in half. Seed and chop tomatoes; add to bulgur. Stir in the diced cucumber, onion, parsley and mint and toss well to combine. In a small bowl, whisk together the oil, lemon and garlic.

Pour over the bulgur and toss thoroughly. Season with salt and pepper to taste. Cover and refrigerate 1 hour before serving.

Tzatziki Sauce 8 srvgs – Double Recipe

2 (8 oz) containers plain low fat yogurt
2 cucumbers- peeled, seeded and diced
2 tbsp olive oil
½ lemon- juiced
salt and pepper to taste
1 tbsp chopped fresh dill
3 cloves garlic- peeled

In a food processor or blender, combine yogurt, cucumber, olive oil, lemon juice, salt pepper, dill and garlic. Process until well-combined. Transfer to a separate bowl, cover and refrigerate for at least 1 hour for best flavour.

Baba Ghannouj – Double Recipe
(Eggplant and Tahini)

Description: Has a unique smoky eggplant flavour. A wonderful addition to any party or dinner table. Will keep 4 days refrigerated

Servings: one appetizer dish

Cooking time: 20 minutes

Ingredients:

1 large eggplant

1/4 cup fresh lemon juice

4-5 tbsp tahini

2 cloves garlic

1 1/2 teaspoons of salt

1/4 cup fine chopped fresh parsley

Instructions:

Remove green leafy part around stem of the eggplant but do not remove the stem. Place in a hot oven 450 degrees about 15 to 20 minutes or until soft. Allow to cool. Carefully remove the skin while holding the stem. Mash the pulp thoroughly with a fork or you may use a food processor. Gradually beat in the lemon juice alternately with the tahini.

Crush the garlic with salt and mix into a paste. Blend the garlic/salt mixture into the eggplant mixture. Adjust salt to taste.

Best way to eat: Pour mixture into shallow serving dishes and garnish with chopped parsley. Serve with pita bread, fresh or toasted.

Fruit Couscous with Honey-Cinnamon Yogurt – Quadruple Recipe

4 srvgs

INGREDIENTS ▶

- 1 cup fresh unsweetened orange juice
- ¼ cup water
- 1 tablespoon sugar
- 1 cup couscous (quick-cooking)
- 2 cups drained canned peaches
- 2 cups red or white seedless grapes
- 2 tablespoons liquid honey
- 8 tablespoons low-fat thick natural-set yogurt
- ½ teaspoon ground cinnamon

HEAT the orange juice, water and sugar in a saucepan over a high heat until it comes to the boil. PLACE the couscous in a heat-proof bowl, pour over the boiling liquid, and cover with a plate or clean dishcloth to trap the steam. AFTER 5 minutes fluff up the couscous with a fork, then stir through the grapes and sliced strawberries. COVER and cool in the fridge. WHILE the fruit couscous is cooling mix together the yogurt, liquid honey and cinnamon in a bowl. SERVE the fruit couscous with the honey-cinnamon yogurt drizzled on top (you can also add a light dusting of cinnamon if you like).

Greek Salad 6 Srvgs - Triple recipe

4 tomatoes
2 medium cucumbers
1 sliced red onion
1 sliced green pepper or red bell pepper
7 ounces feta cheese
4 tablespoons olive oil
3 tablespoons vinegar
5 ounces black olives
2 tablespoons oregano, and/or basil
salt and pepper to taste

First wash all the vegetables very well.

Slice the tomatoes in thin quarters.

Peel and slice thinly the cucumbers.

Add the cucumbers, lettuce, oregano, black olives, onion, and green or red pepper.

Dress the salad with the olive oil, vinegar, and salt and mix well.

Add the feta cheese broken into small pieces.