

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Pomegranate citrus juice Fruit Salad Steak & Eggs w/ herbed tomatoes Herb roasted potato wedges Ricotta pancakes w/ blueberry lemon compote	Grapefruit juice Avocado toast w/ poached eggs Crispy bacon Berry mango quinoa w/ citrus poppy dressing* Blueberry crumb muffins	Green juice Grapefruit brûlée Huevos rancheros Chorizo w/ onion & pepper Berry granola & Greek yogurt parfait	Carrot mango juice Shakshuka* Sujuk sausage Simit sesame encrusted bread Toasted pistachio muesli w/ apple & fig	Beet apple mint juice Tropical fruit salad Quinoa bowl w/ bacon, avocado, salsa & fried egg Rosemary butter biscuits	Orange juice Asparagus leek & gruyere quiche Herbed sausage & potato hash Green smoothie bowl w/ almond coconut granola kiwi & banana	Cranberry-citrus juice Fresh fruit w/ lime-mint yogurt Maple sausage slider on a buttermilk biscuit Porridge w/ Acai berry ripple & pistachio cream*
Lunch	Fresh guacamole w/ tortilla chips Mexican street corn salad* Mahi-mahi tacos w/ chipotle slaw & roasted pineapple sauce* Chili-lime sweet potato fries Churros w/ Dulce de leche	Hummus & crudités Tabbouleh w/ pomegranate seeds & almonds* Mediterranean falafel & veggie bowl w/ lemon tahini* Baklava*	Zucchini crisps w/ garlic aioli Antipasto salad Roasted vegetable & ricotta pizza Cranberry pistachio biscotti	Eggplant tomato dip w/ pide bread* Shepherd salad* Chicken kebab wrapped in pita w/ lettuce, tomato, onion tabbouleh & yogurt sauce Knafeh (cheese pastry) *	Beans & green soup w/ yogurt & sizzled mint* Roasted beet salad w/ whipped goat cheese Eggplant stuffed w/ beef, bulgur & lentil* Pistachio & raisin rice pudding	Mango-shrimp summer rolls w/ peanut sauce* Asian slaw w/ edamame & ginger peanut dressing* Roasted chicken & veggie rice bowl w/ spicy mango sauce* Green tea mochi*	Beef filled wonton w/ mint yogurt Grilled vegetable salad Spinach mushroom & gruyere panini Lemon & herb fries Rose water saffron & pistachio ice cream
Dinner	Olive & artichoke crostini Strawberry spinach salad w/ candied pecans, feta & balsamic vinaigrette Herb crusted salmon Quinoa w/ butternut squash, almonds & parmesan Grilled peaches w/ honey balsamic & crème fraiche	Sweet potato turmeric miso soup* Thai mango salad w/peanut dressing* Shrimp & veggie Pad Thai Coconut pudding cake	Green bean fries w/spicy aioli Chopped salad w/ cilantro lime dressing Roasted chimichurri chicken Grilled squash & peppers Sautéed plantains Key lime pie	Roasted tomato & fresh mozzarella bruschetta Shredded Brussel sprouts w/ Romano, toasted walnuts & lemon vinaigrette Fresh pasta w/ clams & sausage Almond cookies	Roasted artichoke w/ yogurt dill dip Roasted vegetable, arugula & avocado salad w/ mustard herb dressing Grilled chicken kebab Saffron rice w/ currants* Crème filled pastry rolls*	Pan-seared prosciutto scallops Radicchio, fennel & olive panzanella Caramelized onion & mushroom burgers w/ garlic aioli Truffle fries Bombolone*	Crab stuffed mushrooms Caramelized pear, candied walnut & gorgonzola salad Garlic herb steak Roasted potatoes & asparagus Biscuit strawberry shortcake w/ vanilla bean ice cream

**Thursday (Regular)****Low Sodium****Low Fat****Breakfast**

Beet apple mint juice

Tropical fruit mix

Quinoa bowl w/ bacon, avocado, salsa &amp; fried egg

Rosemary butter biscuits

Beet apple mint juice

Tropical fruit mix

Quinoa bowl w/ black beans (**no salt added**) avocado, salsa (**LS**) & fried eggRosemary butter biscuits (**LS, unsalted butter**)

Beet apple mint juice

Tropical fruit mix

Quinoa bowl w/ black beans, avocado, salsa &amp; scrambled egg whites

Banana oat muffins (**LF, no butter**)**Lunch**

Beans &amp; green soup w/ yogurt &amp; sizzled mint

Roasted beet salad w/ whipped goat cheese

Eggplant stuffed w/ beef, bulgur &amp; lentil

Pistachio &amp; raisin rice pudding

Beans & green soup (**LS**) w/ yogurt & sizzled mint

Roasted beet salad w/ mozzarella cheese

Eggplant stuffed w/ beef, bulgur & lentil (**LS**)

Pistachio &amp; raisin rice pudding

Beans & green soup w/ yogurt (**nonfat**) & sizzled mint (**olive oil**)Roasted beet salad w/ whipped goat cheese (**LF**)Eggplant stuffed w/ ground turkey, bulgur & lentil (**olive oil**)

Pistachio &amp; raisin rice pudding (almond milk)

**Dinner**

Roasted artichoke w/ yogurt dill dip

Roasted vegetable, arugula &amp; avocado salad w/ mustard herb dressing

Grilled chicken kebab

Saffron rice w/ currants

Crème filled pastry rolls

Roasted artichoke (**LS**) w/ yogurt dill dip (**unsalted**)Roasted vegetable, arugula & avocado salad w/ mustard herb dressing (**LS**)Grilled chicken kebab (**LS**)Saffron rice w/ currants (**LS**)Crème filled pastry rolls (**LS, unsalted butter**)Roasted artichoke w/ yogurt dill dip (**nonfat**)Roasted vegetable & arugula salad w/ mustard herb dressing (**olive oil**)

Grilled chicken kebab (chicken breast)

Saffron rice w/ currants

Cinnamon baked apple w/ crispy oats

## **Fruit & Quinoa Salad with Citrus Poppy Seed Dressing**

### **Ingredients**

1/2 c. quinoa uncooked

1 c. water

1 c. strawberries quartered

1/2 c. blueberries

1 c. mangos diced

1/2 c. raspberries or kiwi

1/2 c. citrus poppy seed dressing

### **Instructions**

1. In a small saucepan, add quinoa and water and cook on high. Once it comes to a boil, reduce the heat to low and cover. Let cook for 10-13 minutes. Quinoa is done cooking when you see the tiny spirals curling around the grains. Remove from the heat and let cool.
2. Once the quinoa is cooled, toss it with the fruit and citrus poppy seed dressing. Serve chilled or at room temperature.

# shakshuka

## Ingredients

- 1 tbsp olive oil
- 1/2 onion, peeled and diced
- 1 clove garlic, minced
- 1 bell pepper, seeded and chopped
- 4 cups ripe diced tomatoes, or 2 cans (14 oz. each) diced tomatoes
- 2 tbsp tomato paste
- 1 tsp mild chili powder
- 1 tsp cumin
- 1 tsp paprika
- Pinch of cayenne pepper, or more to taste (careful, it's spicy!)
- Pinch of sugar (optional, to taste)
- Salt and pepper, to taste
- 6 eggs
- 1/2 tbsp fresh chopped parsley (optional, for garnish)

## Instructions

1. Heat a deep, large skillet or sauté pan on medium. Slowly warm olive oil in the pan. Add chopped onion, sauté for a few minutes until the onion begins to soften. Add garlic and continue to sauté till mixture is fragrant.
2. Add the diced bell pepper, sauté for 5-7 minutes over medium until softened.
3. Add tomatoes and tomato paste to pan, stir until blended. Add spices and sugar, stir, and allow mixture to simmer over medium heat for 5-7 minutes until it starts to reduce.
4. At this point, you can taste the mixture and spice it according to your preferences. Add salt and pepper to taste, more sugar for a sweeter sauce, or more cayenne pepper for a spicier shakshuka (be careful with the cayenne... it is extremely spicy!).
5. Crack the eggs, one at a time, directly over the tomato mixture, making sure to space them evenly over the sauce. I usually place 5 eggs around the outer edge and 1 in the center. The eggs will cook "over easy" style on top of the tomato sauce.
6. Cover the pan. Allow mixture to simmer for 10-15 minutes, or until the eggs are cooked and the sauce has slightly reduced. Keep an eye on the skillet to make sure that the sauce doesn't reduce too much, which can lead to burning.
7. Some people prefer their shakshuka eggs more runny. If this is your preference, let the sauce reduce for a few minutes before cracking the eggs on top-- then, cover the pan and cook the eggs to taste. Garnish with the chopped parsley, if desired.
8. Shakshuka can be eaten for breakfast, lunch, or dinner. For breakfast, serve with warm crusty bread or pita that can be dipped into the sauce (if you are gluten-intolerant or celebrating Passover, skip the bread). For dinner, serve with a green side salad for a light, easy meal.

## PORRIDGE WITH ACAI BERRY RIPPLE AND PISTACHIO CREAM

### INGREDIENTS

#### *PORRIDGE*

1/2 cup steel cut oats or use gluten free oats if needed  
1 1/2 cups coconut milk or almond milk plus more if needed  
1 teaspoon vanilla bean seeds removed or 1 vanilla  
2 black tea bags  
2 tablespoons honey or to taste  
fresh berries pistachios and honey, for topping

#### *ACAI BERRY RIPPLE*

1 cup frozen or fresh berries I used frozen black berries and Blueberries  
2 tablespoons Acai Powder\*  
1 tablespoon pure maple syrup or honey

#### *PISTACHIO CREAM*

1/2-3/4 cup full-fat canned coconut milk  
1/4 cup roasted shelled pistachios

### INSTRUCTIONS

#### *PORRIDGE*

In a saucepan over medium-high heat, combine 1/2 cup water, the coconut milk (or almond milk), the oats, vanilla bean, tea bags and a pinch of salt, bring to a simmer. Reduce the heat to maintain a gentle simmer, cover and cook, stirring occasionally, until the oats are tender and creamy, about 20-30 minutes. Remove the tea bags and use a fork to squeeze them dry against the pan to release the steeped tea into the porridge. Remove the vanilla bean. Stir in the honey and add milk to reach your desired consistency.

#### *ACAI RIPPLE*

While the oats are cooking, prepare the acai ripple. Add the berries, acai powder, maple syrup and 2 tablespoons water to a blender or high powered food processor. Blend until smooth.

#### *PISTACHIO CREAM*

Add the coconut milk and pistachios to a high powered blender or food processor. Blend until completely smooth, about five minutes. Be sure to scrape the sides down if needed throughout blending.

#### *TO SERVE*

Divide the warm porridge among two bowls. Add about a tablespoon of acai sauce to each bowl and swirl. You can also layer the porridge and acai sauce for a prettier presentation. Drizzle each bowl with the pistachio cream and top with berries + chopped pistachios. Drizzle with honey.

# Mexican Street Corn Salad

## Ingredients

4 cups corn (about 5 ears), cut from the cob  
1 tbsp olive oil  
1/2 red bell pepper chopped  
1/2 small red onion finely chopped  
1/2 cup fresh cilantro chopped  
6 green onions chopped  
1 jalapeno pepper diced  
1/2 avocado chopped  
4 tbsp lime juice (from about 2 limes)  
1/2 tsp cumin ground  
1/2 tsp [smoked paprika](#)  
1/4 tsp black pepper ground  
1/4 tsp salt  
2 tbsp sour cream (or yogurt)  
2 tbsp [mayonnaise](#)  
1/2 cup cotija cheese (or feta), crumbled

## Instructions

1. Cut the corn off the cob. I used 5 ears to get about 4 cups. You can also use canned corn or frozen corn. If using frozen, no need to thaw it out.
2. Heat the olive oil in a large skillet over high heat. Add the corn and stir it around. Cook for about 3 to 5 minutes or until the corn starts to char, which is why we're using high heat. If using frozen corn, you will need a couple minutes extra to get the right charred bits.
3. Transfer the corn to a large bowl and let it cool for a couple minutes.
4. To the same bowl, add the remaining ingredients. Stir everything together until well combined. Adjust lime juice and salt and pepper as necessary.
5. To serve garnish with additional cheese and cilantro, if preferred.

# Mahi Mahi Fish tacos w/ chipotle slaw and roasted pineapple sauce

## **For the pineapple sauce:**

2 cups chopped peeled and cored fresh pineapple 1/2 yellow bell pepper, halved lengthwise again and seeded 1 fresh red jalapeño, halved lengthwise and seeded Juice of 1 lime juice Salt and freshly ground black pepper to taste

## **For the slaw:**

1/2 head white cabbage, thinly sliced 1/2 head red cabbage, thinly sliced 1 bunch red radishes, greens trimmed and radishes sliced thin 1 bunch cilantro, stems reserved for another use and leaves thinly sliced or minced

## **For the dressing:**

1 cup mayonnaise 1 cup sour cream 3 chipotles in adobo, minced, plus 4 tablespoons adobo sauce 1 teaspoon garlic powder Salt and freshly ground black pepper to taste

## **For the fish:**

1 pound mahi mahi fillet, skinned 1 tablespoon sweet paprika 1 tablespoon cayenne pepper

Salt and freshly ground black pepper to taste 8 corn or flour tortillas cilantro sprigs for garnish

## **Make the pineapple sauce:**

In a grill pan over moderately high heat, sear and soften the pineapple, bell pepper, and jalapeño, turning occasionally with tongs. Transfer the pineapple, bell pepper, and jalapeño to a blender and add

the lime juice, then purée the mixture. Season the sauce with salt and freshly ground black pepper and keep at room temperature.

**Prepare the slaw:**

In a large bowl toss together the cabbages, the radishes, and the cilantro.

**Prepare the dressing:**

In a medium bowl whisk together the dressing ingredients and season it with salt and freshly ground black pepper to taste.

**Prepare the fish and warm the tortillas:**

Prepare a grill for moderately high heat.

While the grill is heating, cut the fish crosswise into 1-inch wide strips. In a small bowl whisk together the paprika and the cayenne and sprinkle it evenly all over the strips. Season the strips well with salt and freshly ground black pepper.

Divide the tortillas into 2 stacks and wrap each stack in foil. Warm the tortillas on the grill, turning once or twice, until heated through, about 3 minutes. Remove the packets from the grill and keep warm in a kitchen towel.

Oil the grill rack, then grill the fish, covered, turning it once, until it is opaque and just cooked through, about 6 minutes total. Transfer the fish to a platter and keep it warm, covered.

**Assemble the tacos:**

Drizzle the dressing over the slaw and toss it well. Divide the fish among the warm tortillas and top it with the slaw. Garnish the tacos with the cilantro sprigs and serve them with the pineapple sauce on the side.

## Chopped Kale Tabbouleh with Quinoa, Pomegranate Seeds and Almonds

### Ingredients

1 bunch kale

1/3 cup plus 1 tablespoon extra virgin olive oil

2 small garlic cloves, crushed

1 cup quinoa, rinsed

1 teaspoon salt

4 tablespoons lemon juice

1 cup parsley, coarsely chopped

2 tablespoons scallions, thinly sliced

3/4 cup pomegranate seeds

1/2 cup Marcona almonds

**Step 1** Rinse the kale and add the leaves to a pot with 1/4 cup of water over medium heat. Cover and cook until kale is tender but can still hold its shape, about 6 minutes. Squeeze excess water from the kale, and transfer to cutting board. Coarsely chop and set aside.

**Step 2** In a 1 1/2-quart saucepan, heat 1 tablespoon of the olive oil. Add the crushed garlic cloves and cook until slightly browned, about 3 minutes. Place the rinsed quinoa into the pan to toast with the garlic oil, about 2 minutes. Add 2 cups of generously salted water to the pan and bring to a boil. Reduce to a simmer, cover and cook until all water is absorbed, about 10-15 minutes.

**Step 3** Pick out the garlic cloves, and reserve on cutting board. Drain the cooked quinoa in a sieve, discarding any of the excess cooking liquid. Transfer to a bowl and let cool.

**Step 4** Meanwhile, roughly chop and mash the garlic cloves with a 1/2 teaspoon of salt into a fine paste, and set into desired serving bowl. Add the lemon juice, remaining olive oil and salt to the bowl, whisk to combine. Place the cooked quinoa into the bowl, and gently fold grains with the dressing until evenly coated.

**Step 5** Add the kale, parsley, scallions, pomegranate seeds and almonds to the quinoa, toss to combine. Season the tabbouleh with salt and pepper and serve.

# mediterranean falafel bowl

## INGREDIENTS

### FALAFEL

- 1 cup fresh parsley
- 1 cup fresh cilantro
- 1 cup [raw almonds](#)
- 1 (16 ounce) can chickpeas drained + rinsed
- 2 tablespoons [flour](#) use a gluten free flour if needed
- 1 teaspoon baking soda
- 2 teaspoons sesame seeds
- 1/2 teaspoon salt
- 2 tablespoons rounded finely chopped sun-dried tomatoes

### BOWLS

- 2 cups cooked quinoa
- 2 Persian cucumbers sliced
- 1 cup fresh parsley chopped
- 2 tablespoons [olive oil](#)
- 2 tablespoons red wine vinegar
- salt + pepper to taste
- 1 cup [beet hummus | <https://www.halfbakedharvest.com/roasted-beet-hummus-video/>] or your favorite hummus
- 1/2 cup [kalamata olives](#) halved
- 1 roasted red pepper sliced (homemade or jarred)
- 1 avocado sliced
- 8 ounces feta cheese crumbled
- toasted pine nuts, sunflower seeds and or sesame seeds, for topping

### LEMON TAHINI

- 1 cup plain greek yogurt
- 1/3 cup tahini
- 1/4 cup fresh lemon juice
- 1-2 tablespoons harissa OR finely chopped sun-dried tomatoes\*

## INSTRUCTIONS

### FALAFEL

In a food processor, combine the parsley, cilantro and almonds. Pulse until the almonds are finely chopped. Add the chickpeas, flour and baking soda and pulse until until the mixture is combined and mostly smooth. Add the sesame seeds and salt, pulse once or twice to just combine and then stir in the sun-dried tomatoes.

Line a baking sheet with parchment paper. Roll the dough into rounded teaspoon size balls.

To BAKE: preheat the oven to 375 degrees F.

Flatten the balls with the palm of your hand. Brush the tops of the balls with olive oil. Bake until crisp and golden brown, about 15-20 minutes.

To FRY: add a few inches of oil to the bottom of a heavy pot. Heat to 375 degrees F.

Fry the balls for 2-3 minutes or until golden and cooked through. Drain on paper towels and then sprinkle lightly with salt.

### *BOWLS*

In a large bowl, toss together the quinoa, cucumbers, parsley, olive oil, red wine vinegar, salt and pepper. Divide the quinoa among bowls. To each bowl, add a dollop of [hummus | <https://www.halfbakedharvest.com/roasted-beet-hummus-video/>], handful of kalamata olives, roasted red peppers slices and avocado. Sprinkle the bowls with feta and toasted nuts/seeds. Finish with a drizzle of lemon tahini (recipe below). EAT!

### *LEMON TAHINI*

Combine all ingredients in a bowl and whisk until completely smooth. Add water to thin the sauce to a drizzling consistency. Taste and adjust as needed.

## **Baklava**

1 (16 ounce) package phyllo dough  
1 pound chopped nuts  
1 cup butter  
1 teaspoon ground cinnamon  
1 cup water  
1 cup white sugar  
1 teaspoon vanilla extract  
1/2 cup honey

1. Preheat oven to 350 degrees F (175 degrees C). Butter the bottoms and sides of a 9x13 inch pan.
2. Chop nuts and toss with cinnamon. Set aside. Unroll phyllo dough. Cut whole stack in half to fit pan. Cover phyllo with a dampened cloth to keep from drying out as you work. Place two sheets of dough in pan, butter thoroughly. Repeat until you have 8 sheets layered. Sprinkle 2 - 3 tablespoons of nut mixture on top. Top with two sheets of dough, butter, nuts, layering as you go. The top layer should be about 6 - 8 sheets deep.
3. Using a sharp knife cut into diamond or square shapes all the way to the bottom of the pan. You may cut into 4 long rows the make diagonal cuts. Bake for about 50 minutes until baklava is golden and crisp.
4. Make sauce while baklava is baking. Boil sugar and water until sugar is melted. Add vanilla and honey. Simmer for about 20 minutes.
5. Remove baklava from oven and immediately spoon sauce over it. Let cool. Serve in cupcake papers. This freezes well. Leave it uncovered as it gets soggy if it is wrapped up.

# Eggplant tomato dip

## Ingredients

- 2 medium aubergines / eggplants
- 1 pointy red pepper or bell pepper
- 3 small, ripe tomatoes
- 1 clove of garlic, crushed with salt and finely chopped
- Juice of ½ lemon
- 30ml/2 tbsp. extra virgin olive oil
- A drizzle (about 10ml/2 tsp) pomegranate molasses to decorate (optional)
- Salt and freshly ground black pepper to serve

## Instructions

1. Line the base of your burners with a foil to protect, keeping only the burners exposed.
2. Place the eggplants or aubergines and pepper directly over the burner on medium heat and roast for about 15 - 20 minutes, turning occasionally. (You can roast the tomatoes on a barbeque or on the oven at 200 C for about 20-25 minutes, as it can get quite messy over the burner.)
3. If you prefer not to have the smoky flavor, you can also score the aubergines with a knife in few places and bake on a baking tray for 50 – 60 minutes. In this case, turn them around every 20 minutes or so that they would cook evenly. Pepper would need about 35-40 minutes to cook in the oven and chargrill.
4. If you are cooking over the burner, use metal tongs to turn the aubergines and pepper around so that all sides would cook evenly and the skin is nicely chargrilled. Cook until the skin is burnt and the flesh is soft.
5. Remove the cooked aubergines, tomatoes and the pepper to a colander to allow them to cool. Once cool, peel and discard their burnt skin and leave them in the colander to drain aubergine's bitter juices. I like to gently squeeze the aubergine flesh to drain as much water as possible.
6. Chop the flesh of the aubergine, pepper and tomatoes coarsely and mash them with a fork.
7. Place the flesh in a bowl and stir in the chopped garlic, lemon juice and the extra virgin olive oil, combine well. Season with salt and freshly ground black pepper.
8. When serving, drizzle with pomegranate molasses over (if you prefer to) and give a gentle mix; its tangy flavor works really well with the smoked aubergine and peppers.

# Shepherd Salad

## INGREDIENTS

1pound tomatoes, diced  
3/4pound cucumbers (1 European or 4 Persian), diced  
1green pepper, preferably a long green Italian frying pepper, seeded and diced  
1/2small red onion, sliced, soaked in cold water for 5 minutes, drained and rinsed  
1cup (loosely packed) coarsely chopped flat-leaf parsley  
1tablespoon chopped dill  
2tablespoons chopped mint  
1teaspoon sumac  
1to 1 teaspoon Turkish or Aleppo pepper  
Salt to taste  
3tablespoons fresh lemon juice  
3tablespoons extra virgin olive oil  
1to 2 ounces feta, crumbled (1/4 to 1/2 cup) (optional)  
Black olives as desired (optional)  
Romaine lettuce leaves and pita bread for serving (optional)

## PREPARATION

1Combine all of the ingredients except the olives and romaine in a large bowl and refrigerate for 30 minutes. After 30 minutes toss together, taste and adjust seasonings. Garnish with olives and serve, with pita bread and romaine lettuce if desired.

# Knafeh

## Ingredients

1 cup sugar  
2 tsp. lemon juice  
1 tsp. red food coloring, optional  
½ cup whole milk  
3 tbsp. semolina  
1 lb. whole-milk ricotta  
1 lb. kataif (shredded phyllo dough), crumbled  
2 cups unsalted butter, melted, plus more for greasing  
¼ cup minced pistachios

## Instructions

Boil sugar and ½ cup water in a 2-qt. saucepan; cook, stirring until sugar is dissolved, 1-2 minutes. Stir in juice and food coloring; set syrup aside. Boil milk and semolina in a 1-qt. saucepan; cook, whisking, until slightly thickened, 1-2 minutes. Whisk in ricotta; set mixture aside.

Heat oven to 350°. Lightly grease a 9" x 13" baking dish. Toss kataif and butter in a bowl until butter is absorbed; press half into the bottom of the dish. Spread ricotta mixture evenly over kataif; top with remaining kataif. Press layers firmly together. Bake until crisp and golden, 1-1 ½ hours. Let cool to room temperature. Transfer cake to a serving platter. Spoon syrup over the top and sprinkle with pistachios.

# Beans and Green Soup with Salted Yogurt and Sizzled Mint

## INGREDIENTS

### Soup

3 tablespoons vegetable oil  
1 large onion, finely chopped  
3 garlic cloves, finely grated  
½ cup cranberry or navy beans, soaked overnight, drained  
½ cup dried chickpeas, soaked overnight, drained  
1 teaspoon ground turmeric  
½ cup green lentils, rinsed  
5 ounces baby spinach (about 7 cups), chopped  
1 cup chopped cilantro leaves with tender stems  
1 cup chopped parsley  
½ cup chopped dill  
2 tablespoons fresh lemon juice  
Kosher salt; freshly ground pepper

### Assembly

6 tablespoons vegetable oil, divided  
1 large onion, very thinly sliced  
⅓ cup whole-milk Greek yogurt  
¼ cup buttermilk  
Kosher salt  
2 tablespoons dried ground mint

## RECIPE PREPARATION

### *Soup*

Heat oil in a large pot over medium. Add onion and cook, stirring occasionally, until golden brown and soft, 6–8 minutes. Add garlic, cranberry beans, chickpeas, and turmeric and cook, stirring, until fragrant, about 2 minutes. Add 8 cups cold water and bring to a boil. Reduce heat, bring to a simmer, and cook, stirring occasionally, until beans are halfway cooked (they should still be very al dente), 25–35 minutes. Add lentils and cook, stirring occasionally, until beans are creamy but still

hold their shape, and lentils are tender, 25–35 minutes (the soup may look a bit thick, but don't fret; the greens will release liquid when they're added, thinning the soup out a bit).  
Add spinach, cilantro, parsley, and dill and cook until greens are just wilted and have slightly darkened, 4–6 minutes. Stir in lemon juice; season with salt and pepper.

### *Assembly*

While soup is simmering, heat 3 Tbsp. oil in a medium skillet over medium-high. Add onion and cook, stirring often, until golden, 6–8 minutes. Reduce heat to medium and cook, stirring occasionally, until onions are slightly charred and crisp, 14–16 minutes; season with salt. Transfer onions to a plate; cover with foil to keep warm.  
Meanwhile, mix yogurt and buttermilk in a small bowl; season with salt. (The mixture should have the consistency of heavy cream.)  
Wipe out skillet and heat remaining 3 Tbsp. oil over medium. Add mint and cook, stirring often, until mint oil is fragrant and slightly darkened, about 1 minute. Transfer to a small bowl or measuring cup.  
Divide soup among bowls and pour yogurt mixture over soup. Drizzle mint oil over soup, then top with fried onions.

## STUFFED EGGPLANT - DOLMEH BADEMJAN - BADIMJAN DOLMASI

### INGREDIENTS

- 4 medium firm American Globe eggplants
- 2 tsp each salt and pepper (divided) for rubbing inside the hollowed out eggplants
- FOR THE COOKED BEEF:
  - 1 ½ pounds cross rib roast beef or any similar marbled roast beef, cubed into bite size pieces
  - 1 TBSP butter
  - 1 medium yellow onion, peeled and diced
  - 1 tsp ground turmeric
  - ½ tsp ground black pepper
  - 2 ½ cups cold water
- FOR THE STUFFING:
  - ½ cup uncooked rice, I used aromatic jasmine rice
  - ½ cup uncooked bulgur
  - ½ cup uncooked split peas
  - 1 tsp Persian Meat spice or curry powder
  - ½ tsp kosher salt
  - ¼ tsp freshly cracked black pepper
  - Dash cayenne pepper
  - 2 large yellow onions, peeled and thinly sliced
  - 4 TBSP vegetable oil
  - 3 TBSP tomato paste
  - ½ tsp kosher salt
  - 1 small fresh tomato, diced
  - 3 TBSP chopped fresh parsley

#### FOR THE SAUCE

- 1 cup beef broth, reserved from cooking the meat
- 2 TBSP tomato paste
- ⅓ cup fried onions (reserved)
- ⅛ tsp saffron powder (optional)
- ¼ tsp kosher salt
- ¼ tsp freshly cracked black pepper

#### INSTRUCTIONS

1. Pick through the rice, bulgur and split peas carefully for any possible debris. Add them to a fine mesh sieve, rinse under cold water. Add to a small saucepan with ¾ cup cold water, 1 tsp Persian meat spice, ½ tsp kosher salt, ¼ tsp freshly cracked black pepper, and a dash of cayenne pepper. Bring it to a boil, then reduce the heat to medium low, cover the saucepan and cook for about 10 minutes, or until all the water is cooked off and the ingredients are tender but firm. Remove the saucepan from the heat and set aside.
2. Add the cubed meat, butter, diced onion, turmeric powder and ground black pepper to a medium stockpot. Saute over medium high heat for 10 minutes, stirring frequently until the meat is browned and the natural juices start bubbling.
3. Add 2 ½ cups cold water to the meat and bring it to a boil. Reduce the heat to medium low, cover the stockpot and simmer for 20 minutes, or until the meat is tender. Remove from the heat and set aside. Reserve 1 cup of the broth for the sauce.
4. Wash and pat dry the eggplants. Remove and discard the stems. Slice a 1-inch ring off the top of each eggplant and cut it into two equal half circles and set aside. You will be using these pieces as caps to cover the top of the eggplants after stuffing them.
5. Hollow out the eggplants, leaving ⅓ inch of the flesh on the skin. Discard the heavily seeded parts but reserve some of the flesh. Rub ½ tsp salt and ½ tsp pepper inside each eggplant. Set aside.
6. Peel and thinly slice 2 large onions. In a large skillet fry the onions to golden brown in 4 TBSP vegetable oil. Reserve ⅓ cup of the fried onions for the sauce. Add tomato paste to the rest of the fried onions and saute until aromatic. Add cooked beef, the remaining beef broth (If there is less than ½ cup add enough water to make it ½ cup), ½ tsp kosher salt, freshly cracked black pepper, and the cooked rice mixture. Bring the mixture to a slow boil. Reduce the heat to medium low, cover the skillet and simmer for about 5 minutes.
7. Remove the skillet from heat and add diced tomato and chopped parsley; stir to combine all the ingredients. Transfer the mixture to a large bowl. Use the same skillet for cooking the eggplants.
8. Stuff the belly of the eggplants with the meat mixture. Do not overstuff or the skin will tear. Cap each eggplant with the reserved pieces. Push them in side ways to block the stuffing from falling out during cooking. Use the tip of a sharp knife to cut four 1-inch slits around the belly of each eggplant.
9. Make the tomato sauce: Add 2 TBSP tomato paste and ⅓ cup reserved fried onions to the large skillet. Saute for 2-3 minutes over medium heat until aromatic. Add the reserved 1 cup beef broth, saffron powder, salt and freshly cracked black pepper. Bring the sauce to a boil over medium high.
10. Reduce the heat to low and add the reserved eggplant flesh and any extra stuffing mix to the tomato sauce. Lay the stuffed eggplants on their sides in the sauce. Cover and simmer over low heat for 20 minutes. Carefully use two spatulas and roll the eggplants so the top side is in the sauce. Cover and cook for another 20 minutes. Add couple of tablespoons of water if needed.

# Mango, Avocado & Shrimp Spring Rolls with Peanut Dipping Sauce

## Ingredients

- 1 lb jumbo shrimp (I like to buy fresh but you can make this with frozen shrimp, too)
- 8 rice paper rounds (sometimes labled "spring roll skin")\*
- 1 avocado
- 1 large mango (or 2 smaller ones)
- 1 cucumber
- 2 large carrots
- 2 romaine lettuce hearts
- Fresh cilantro to taste (optional)

### **Peanut Dipping Sauce:**

- 1/4 c peanut butter\*\*
- 2 tbsp sesame oil
- 2 tbsp lime juice
- 1 tbsp soy sauce
- 1 tbsp maple syrup
- 2 tsp grated ginger

## Instructions

Prepare the ingredients. Remove the skin from the mango and cut into thin strips. Cut the avocado in half, remove pit and cut into thin pieces. Peel the cucumber; cut it in half lengthwise; remove the seeds with a spoon; cut in half again and thinly slice. Wash the carrots and remove ends; you can chop into thin pieces or use a peeler to create thin ribbons (my preferred method). Chop the romaine into strips. I like to take a handful of fresh cilantro leaves, chop them, and then mix it in with the romaine (this is optional). Peel a small piece of ginger and use a fine grater to mince.

Peel, clean and cook the shrimp. My preferred way to cook shrimp is to sauté them. Heat a little olive oil in a pan on medium-high heat. Add the shrimp and season with salt and pepper, cooking for about 2 mins each side or until opaque and just starting to slightly brown. Once the shrimp are cooked, butterfly them with your knife, cutting them all the way through in half.

Prepare the peanut sauce. Mix all the sauce ingredients together in a small bowl. If the consistency is too thick (see notes), drizzle in a little more sesame oil.

Assemble the rolls. Fill a shallow pan or dish with warm water. Take a rice paper roll and submerge it in the water, keeping your hands on it so that you can feel when it starts to soften and become pliable (about 15 seconds, depending on how warm the water is). As soon as this happens, remove it from the water and lay it flat on a cutting board. Add your toppings to the bottom, center portion of the rice paper--a little bit of everything you've prepared. To roll, wrap one long side around the filling, fold in the two short ends, and then wrap the remaining long end over to seal (think of a burrito roll). This takes practice and your first few rolls might look ... special. Don't worry, they'll still taste delicious! Practice makes perfect.

## Asian Slaw with Ginger-Peanut Dressing

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### Ingredients

#### For the Dressing

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1/4 cup honey  
1/4 cup vegetable oil  
1/4 cup unseasoned rice vinegar  
1 tablespoon soy sauce (use gluten-free if needed)  
1 teaspoon Asian sesame oil  
1 tablespoon peanut butter (I like Skippy Natural No Need to Stir)  
1/2 teaspoon salt  
1/2 teaspoon Sriracha sauce (Thai hot sauce - optional)  
1 tablespoon minced fresh ginger  
1 large garlic clove, minced

#### For the Slaw

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4 cups prepared shredded coleslaw  
2 cups prepared shredded carrots  
1 red bell pepper, thinly sliced into bite-sized pieces  
1 cup cooked and shelled edamame  
2 medium scallions, finely sliced  
1/2 cup chopped salted peanuts (or you can leave them whole)  
1/2 cup loosely packed chopped fresh cilantro

Make the dressing by combining all of the ingredients in a medium bowl. Stir until the peanut butter is dissolved. Set aside. Combine all of the slaw ingredients in a large bowl. Add the dressing and toss well. Let sit at least ten minutes so vegetables have a chance to soak up the dressing. Taste and adjust seasoning if necessary (I usually add a bit more salt.) Serve cold.

# Roasted Chicken Buddha Bowls with Spicy Mango Sauce

## Ingredients

### *Mango Dressing*

- 1 cup diced fresh mango
- 1 tablespoon [apple cider vinegar](#)
- 2 tablespoons [coconut milk](#)
- 1 teaspoon [honey](#)
- Pinch [red pepper flakes](#)

### *Buddha Bowl*

- 1 cup roasted sweet potato or sweet potato and purple potato combination
- 1 1/2 cup spicy roasted broccoli
- 1 1/2 cups roasted chicken (slow-cooker, [skillet](#) cooked, or rotisserie)
- 1 cup baby spinach or [chopped](#) kale
- 1 avocado, [sliced](#)
- 1 mango, cubed
- Optional: 1 cup cooked rice

### *Roasted Potatoes*

- 1 sweet potato or 1 pound purple potatoes
- 2 tablespoons [extra-virgin olive oil](#)
- 1 teaspoon [fine sea salt](#)

### *Spicy Roasted Broccoli*

- 3 cups broccoli florets
- 2 tablespoons [extra-virgin olive oil](#)
- 1 teaspoon [fine sea salt](#)
- 1 tablespoon [chili paste](#)

## Directions

1. Preheat your oven to 400°F
2. In a high-speed [blender](#), blend Mango Sauce ingredients and set aside.

3. On two lined baking sheets, toss sweet potatoes with oil and [salt](#) on one, and broccoli with [olive oil](#) and [salt](#) on the other. Roast for 45 minutes until fork tender. When done, toss broccoli with [chili paste](#).
4. Place 1/2 cup of greens in each bowl and rice if adding.
5. Top with roasted potatoes, avocado, chicken, mango, and drizzle or toss with sauce.
6. Serve immediately and enjoy!

## Green Tea Mochi

### *For the green tea mochi dough*

Rice flour 300 g, glutinous

Sugar 2 tbsp

Salt 1/4 tsp

Water 225 ml, warm, more if needed

Green food colouring few drops

### *For the green tea mochi filling*

Beans 350 g, white, soaked overnight, drained and rinsed

Green tea powder 2 tbsp

Sugar 110 g

Honey 1 tbsp

### *For sprinkling*

Cornflour (cornstarch)

## **FOR THE GREEN TEA MOCHI DOUGH**

1. To prepare the **green tea mochi** dough **start mixing together all the dry ingredients** and stir with a fork, until well incorporated.
2. Add the warm water and the food colouring, then mix to a dough. If it is too crumbly, add more water.
3. Set aside and **cover with a damp cloth**.

## **FOR THE GREEN TEA MOCHI FILLING**

1. **Heat the beans, green tea powder and sugar** in a pan and mix well.

2. Cook gently for about 15 minutes until the beans begin to break down.
3. Mash the mixture and stir in the **honey**.
4. Place in a bowl, cool then chill.
5. Tear off tablespoon-sized portions of dough and shape into small, rounded discs with damp hands.
6. Spoon the bean paste into a small piping bag.
7. Squeeze a thumb-sized amount of paste into the centre of each disc, then bring the sides of the disc up and pinch it together around the paste.
8. Place the balls on non-stick baking paper sprinkled with cornflour.
9. Place a few balls at a time in the top of a steamer - don't let them to touch each other or they wil stick together.
10. Steam for 15-20 minutes until translucent, and very sticky and soft.
11. Use a spoon to scoop the **green tea mochi balls** out and roll in cornflour to coat.
12. Leave the **green tea mochi** to cool, serve and enjoy!

## **SWEET POTATO TURMERIC MISO SOUP**

### **INGREDIENTS**

- 1 small sweet potato
- 1 3x5-inch piece kombu
- ¾ ounce bonito flakes (about 1½ packed cups)
- 1 5.5-ounce can unsweetened coconut milk
- ¼ cup white miso
- 1 tablespoon finely grated fresh turmeric or 1 teaspoon ground turmeric
- 1 tablespoon fresh lime juice
- Toasted coconut flakes, crushed salted, roasted peanuts, and chili oil (for serving)

### **RECIPE PREPARATION**

Preheat oven to 450°. Pierce potato several times with a fork or sharp knife. Roast potato on a rimmed baking sheet until tender, 35–45 minutes. Let cool, then scoop out flesh; discard skin.

Meanwhile, combine kombu and 4 cups water in a large pot. Let sit until kombu softens, 25–30 minutes. Bring to a simmer over medium heat. Immediately remove from heat once water starts simmering; fish out kombu and discard. Add bonito flakes and stir once to submerge them. Return to a gentle boil, reduce heat, and simmer about 5 minutes. Remove from heat and let steep 15 minutes (this ensures you get the most flavorful broth, or dashi, possible). Strain dashi through a fine-mesh strainer into a medium bowl. Discard solids; wipe out pot.

Transfer dashi to a blender. Add sweet potato, coconut milk, miso, and turmeric. Blend until smooth. Return to pot and bring to a very gentle simmer. Remove from heat and stir in lime juice.

Divide soup among bowls. Top with coconut flakes and peanuts, then drizzle with chili oil.

## **Thai Mango Salad with Peanut Dressing**

### **INGREDIENTS**

#### **Thai mango salad**

- One head (about 7 ounces) butter leaf lettuce or your greens of choice, chopped into bite-sized pieces
- 1 red bell pepper, thinly sliced and then sliced across to make 1" long pieces
- 3 ripe champagne mangos, diced
- ½ cup thinly sliced green onion (both green and white parts)
- ⅓ cup chopped roasted peanuts
- ¼ cup chopped fresh cilantro
- 1 medium jalapeño, seeds and membranes removed, finely chopped

#### **Peanut dressing**

- ¼ cup creamy peanut butter
- ¼ cup lime juice (about 2 to 3 limes)
- 1 tablespoon tamari or soy sauce
- 1 tablespoon apple cider vinegar
- 1 tablespoon honey or maple syrup
- 1 teaspoon sesame oil
- 2 cloves garlic, pressed or minced
- Pinch of red pepper flakes (if you like spice)

## INSTRUCTIONS

1. To assemble the salad, simply combine all of the salad ingredients in a large serving bowl.
2. To prepare the dressing, combine all of the ingredients in a liquid measuring cup or bowl, and whisk until combined.
3. When you're ready to serve, drizzle the dressing over the salad, and toss to combine. Serve immediately

## Saffron Rice w/ Currants

### Ingredients

2 cups low-sodium chicken broth

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2 cups instant rice

1/4 teaspoon salt

1 pinch saffron threads

2 tablespoons currants

### Directions

In a medium saucepan, over medium-high heat, combine broth, rice, salt, and saffron.

Bring to a boil. Remove from heat and stir in currants. Cover and let stand 5 to 7 minutes until liquid is absorbed. Fluff with fork to distribute saffron and currants. Serve hot.

## Bomboloni

### Ingredients

#### *Crema Pasticcera*

- 500 ml – 2 cups milk
- 50 gms – about 1/4 cup flour sifted
- 6 egg yolks
- 150 gms – 1/2 cup + 2 tbsp sugar
- 1 tsp vanilla extract

#### *Bomboloni*

- 250 gms – 2 cups bread flour
- 250 gms – 2 cups Italian “00” flour or all-purpose flour
- 50 gms – about 1/4 cup caster superfine sugar
- 8 gms – 1 package instant yeast
- Seeds from 1 vanilla bean or 1 tsp vanilla extract

- Zest of 1 lemon
- Pinch of salt
- 250 ml – about 8½ ounces warm milk temperature between 40°C and 43°C (105° F and 110° F)
- 3 large eggs
- 50 gms – 3½ tbsp unsalted butter cut into 4 pieces, softened
- Vegetable spray
- Sunflower oil for frying
- Caster superfine sugar, extra, for rolling

## **Instructions**

### ***Crema Pasticcera***

1. Using an electric mixer, whip the egg yolks with the sugar until white and fluffy.
2. Add the vanilla extract to the milk.
3. Slowly add the milk to the above mixture and keep whipping.
4. Then add the sifted flour and whip well.
5. Transfer the mixture into a pot, put it on the fire and bring it to a boil.
6. Simmer for a few minutes, stirring continuously with a whisk, until the cream thickens.
7. Transfer the cream to a bowl and cover it with cling wrap (make sure the cling wrap touches the cream's surface as this will prevent a film from forming).
8. Let it cool down before using it.

### ***Bomboloni***

1. Put the flours, sugar, instant yeast, vanilla extract (or vanilla bean seeds), lemon zest and salt in the bowl of an electric mixer fitted with the paddle attachment. Mix them to combine.
2. Pour in the warm milk. Quickly knead the milk and the dry ingredients together.
3. Add the eggs all at once and knead until you have a rough ball of dough.
4. Gradually add the butter, one piece at a time, working each piece of butter into the dough before adding the next.
5. Knead until the dough becomes smooth and elastic (but not sticky). This will take about 10 to 15 minutes.
6. Make the dough into a ball and transfer it back to the large bowl, cover it with a sheet of plastic wrap and leave it to rise in a warm place for 1½ to 2 hours, or until doubled in volume.
7. While the dough is proofing, cut square sheets of baking paper of about 11 cm – 4.5 inches. You will need these to rest your cut out rounds of dough.
8. When the dough has doubled in volume, transfer it to a clean, floured surface.
9. Roll the dough out to a thickness of about 1 cm (a little less than ½-inch)
10. Using a cookie cutter or glass, cut out rounds about 7 cm to 7½ cm (2¾ inch to 3 inch) in diameter (keep the cuts as close together as possible).

11. Gather up the leftover pieces, give a quick knead to bring the pieces together, return the dough to the bowl, cover and leave to rise in a warm place until doubled in volume, about ½ hour, and then proceed to roll out and cut out other rounds. Repeat until you run out of dough.
12. Put the rounds on a deep baking tray lined with the sheets of baking paper (sprayed with vegetable oil spray) that you prepared before.
13. Cover the baking tray with a sheet of plastic wrap and leave to rise in a warm place until doubled in volume (they should appear full of air, rising time is about 1½ to 2 hours). Make sure to use a deep baking tray as this ensures that the tops of the bomboloni will not stick to the plastic wrap: if they do, they will deflate when you peel off the plastic wrap.
14. Heat the sunflower oil in big pot over medium heat to between 160°C and 170°C (320°F and 340°F). (Check your oil frequently while frying bomboloni to maintain these temperatures).
15. Prepare 2 large plates for the draining and rolling of your bomboloni. Layer one plate with 3 to 4 sheets of paper towel for draining, and the other plate with a thin layer of caster sugar, for rolling.
16. Carefully transfer the bomboloni into the hot oil by dipping them in the oil WITH the paper. Remove the paper within seconds from the hot oil and continue frying the bomboloni as usual. With this method, you will get fluffy bomboloni and you will not change their shape.
17. Fry four to six bomboloni at a time to ensure even frying. Fry until golden on both sides (this will take 3 to 5 minutes).
18. Remove them with a slotted spoon, drain them on the paper towels and immediately roll them in caster sugar until evenly coated.

#### ***To Assemble***

1. While the bomboloni are still warm fill them with Crema Pasticcera.
2. To fill the bomboloni, transfer your Crema Pasticcera to a large pastry bag fitted with a ½ cm to 1 cm (¼ inch to ½ inch) plain round tip.
3. Use a sharp paring knife to make a small hole in the centre at the top of each bombolone.
4. Insert the pastry tip into the hole and pipe the cream until the bombolone feels heavy and you have a mound of pastry cream visible on the top of the bombolone.
5. Bomboloni are best enjoyed on the day they are made. Serve immediately.