



# lebanon

A Lebanese Cookbook with Delicious  
Lebanese Foods



# LEBANON

## A LEBANESE COOKBOOK WITH DELICIOUS LEBANESE FOODS

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## ABOUT THE AUTHOR.

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With simple ingredients, and even simpler step-by-step instructions BookSumo cookbooks get everyone in the kitchen cheffing delicious meals.

BookSumo is an independent publisher of books operating in the beautiful Garden State (NJ) and our team of chefs and kitchen experts are here to teach, eat, and be merry!

## INTRODUCTION

Welcome to *The Effortless Chef Series*! Thank you for taking the time to purchase this cookbook.

Come take a journey into the delights of easy cooking. The point of this cookbook and all BookSumo Press cookbooks is to exemplify the effortless nature of cooking simply.

In this book we focus on Lebanese. You will find that even though the recipes are simple, the taste of the dishes are quite amazing.

So will you take an adventure in simple cooking? If the answer is yes please consult the table of contents to find the dishes you are most interested in.

Once you are ready, jump right in and start cooking.

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# TABLE OF CONTENTS

[About the Author.](#)

[Introduction](#)

[Table of Contents](#)

[Any Issues? Contact Us](#)

[Legal Notes](#)

[Common Abbreviations](#)

[Chapter 1: Easy Lebanese Recipes](#)

[Moussaka Casserole](#)

[Minty Lamb Skillet](#)

[Herbed Lebanese Bread](#)

[Sun Skillet](#)

[Honey Dressing](#)

[Milk Pudding with Honey Sauce](#)

[Saucy Butter Meat Stew](#)

[Sweet Black Jam](#)

[Spring Fritters](#)

[Crunchy Red Salad with Lemon Dressing](#)

[Zesty Shawarma BBQ](#)

[Roasted Chicken with Golden Wheat](#)

[Vanilla Delight](#)

[Creamy Apricot Pudding](#)

[Hazelnut Chocolate Tart](#)

[Sweet Tahini Dressing](#)

[Cinnamon Stuffed Cookies](#)

[Classic Shakshuka Skillet](#)

[Onion Salad with Lemon Dressing](#)  
[Tex Mex Soup](#)  
[White Pickles](#)  
[Homemade Chickpea Nachos](#)  
[Grilled Turkey Kabobs](#)  
[Messy Bean Soup](#)  
[Gold Bites](#)  
[Ricy Chicken Soup](#)  
[Baked Butter Beans Pot](#)  
[Pomegranate and Spinach Pierogis](#)  
[Crunchy Baklava with Lemon Syrup](#)  
[Chilled Creamy Summer Soup](#)  
[Classic Lebanese Dumplings with Lemon Syrup](#)  
[Roasted Walnuts Dip](#)  
[Crunchy Pistachios Kenade](#)  
[Tahini Peanut Hummus](#)  
[Saucy Vegan Cabbage Rolls](#)  
[Ricy Meatballs Soup](#)  
[Saucy Meat Stew](#)  
[Kefta Casserole](#)  
[BBQ Burgers](#)  
[Lavash Almond Tortillas](#)  
[Rosemary Octopus Salad](#)  
[Orange and Honey Cookies](#)  
[Honey Cake](#)  
[Lemon Collar Soup](#)  
[Greek Style Semolina Cake](#)  
[Classic Lentils Casserole](#)

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If you find that something important to you is missing from this book please contact us at [info@booksumo.com](mailto:info@booksumo.com).

We will take your concerns into consideration when the 2<sup>nd</sup> edition of this book is published. And we will keep you updated!

— BookSumo Press

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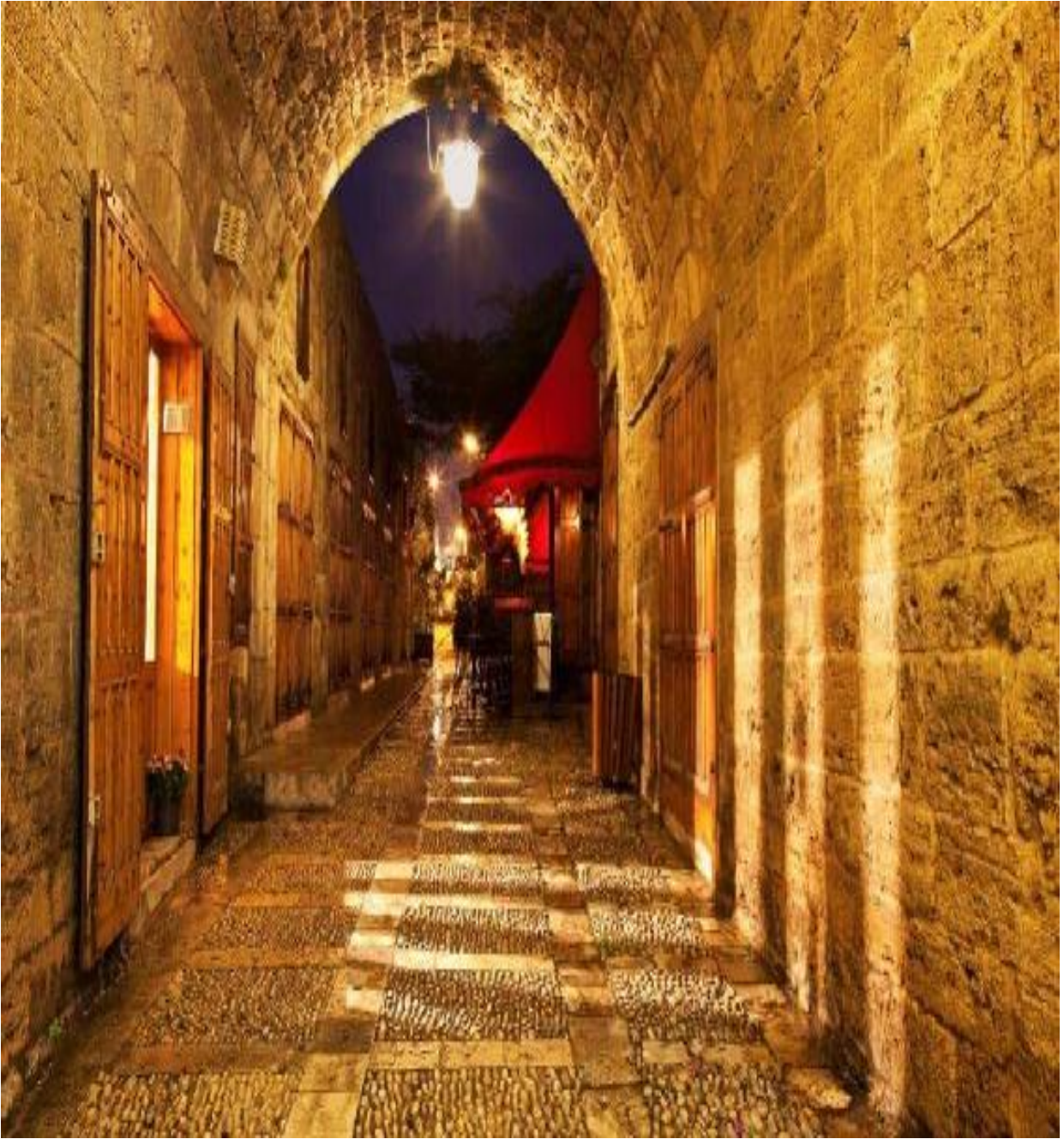
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## COMMON ABBREVIATIONS

cup(s)	C.
tablespoon	tbsp
teaspoon	tsp
ounce	oz.
pound	lb.

\*All units used are standard American measurements





# CHAPTER 1: EASY LEBANESE RECIPES

# MOUSSAKA CASSEROLE

## Ingredients

- 6 small **eggplants** trimmed and halved.
- 2 **onions**, diced
- 2 **garlic** cloves, minced
- 1 1/2 C. cooked **chickpeas**
- 4 C. canned **tomatoes**
- extra virgin olive **oil**
- sea **salt**
- ground black **pepper**
- chopped flat leaf **parsley**

## Directions

- Remove several stripes of the eggplants leaving some on. Cut them each one of them in half
- Place a pan over medium heat. Heat in it a swirl of olive oil.
- Cook in it the eggplant slices for 2 to 3 min on each side. Drain them and place them aside.
- Allow the eggplant slices to cool down for a while. Cut 2 eggplant halves into dices.
- Heat 1/4 C. of olive oil in the same pan. Sauté in it the chickpeas with onion for 3 to 4 min.
- Stir in the tomatoes with a pinch of salt and pepper. Cook them for 1 min.
- Add the eggplant dices with eggplant halves. Put on the lid and let them cook for 26 min over low heat.
- Garnish your moussaka with some parsley. Serve it with some rice.
- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	10 mins
Total Time	45 mins

Nutritional Information:

Calories	246.2
Fat	1.9g
Cholesterol	0.0mg
Sodium	420.8mg
Carbohydrates	54.9g
Protein	10.2g

\* Percent Daily Values are based on a 2,000 calorie diet.







# MINTY LAMB SKILLET

## Ingredients

- 1 tbsp olive **oil**
- 2 **onions**, chopped
- 3 garlic **cloves**, crushed
- 2 1/4 lb. lean ground **lamb**
- 1 tbsp **pepper**
- 2 tbsp ground **cumin**
- 1 tsp ground **allspice**
- 2 tbsp dried **mint**
- 1 bunch of fresh **mint**, chopped
- 1 pinch cayenne **pepper**
- 2 tbsp pomegranate **molasses**
- 50 g toasted pine **nuts**
- **salt**

## Directions

- Place a pan over medium heat. Heat in it the oil. Sauté in it the garlic with onion for 3 min.
- Stir in the ground lamb and cook them for 6 min while stirring them often.
- Stir in the spices with dry and fresh mint. Let them cook for 5 min until the meat is done.
- Stir in the molasses with pine nuts. Cook them for an extra 1 to 2 min.
- Serve your lamb skillet warm with some toast or pita bread.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	20 mins
Total Time	40 mins

Nutritional Information:

Calories	860.4
Fat	71.3g
Cholesterol	182.8mg
Sodium	158.8mg
Carbohydrates	9.6g
Protein	44.6g

\* Percent Daily Values are based on a 2,000 calorie diet.

# HERBED LEBANESE BREAD

## Ingredients

- 1 C. **za'atar** spice mix
- 1/2 C. extra-virgin olive **oil**
- Lebanese pita bread **dough**
- **labneh**
- fresh **tomato**, sliced
- black **olives**

## LEBANESE PITA

- 3 C. all-purpose **flour**
- 1/4 oz. package active dry **yeast**
- 1 1/4 tsp kosher **salt**
- 1 tsp granulated **sugar**
- 1 1/2 C. lukewarm **water**
- olive **oil**

## Directions

- Get a mixing bowl: Whisk in it the olive oil with za'atar. Place it aside.
- Get a mixing bowl: Mix in it the flour, yeast, salt, and sugar. Add the water and mix them well.
- Place the dough on a floured surface and knead it for 12 min.
- Place the dough in a greased bowl and cover it with a plastic wrap. Let it rest for 60 min.
- Before you do anything, preheat the oven to 500 F. Line up a baking sheet with a parchment paper.
- Shape the dough into 12 balls. Flatten each ball into a 1/4 inch circle. Poke them all over with a fork.
- Place 3 to 4 dough circles on the lined up sheet. Coat them with the za'atar and oil mix.

- Place the sheet in the pan and cook them for 6 min. Repeat the process with the remaining dough circles.
- Serve your Lebanese bread with some kebobs, yogurts and veggies of your choice.
- Enjoy.

Servings Per Recipe: 1

Timing Information:

Preparation	0 mins
Total Time	2 hrs. 20 mins

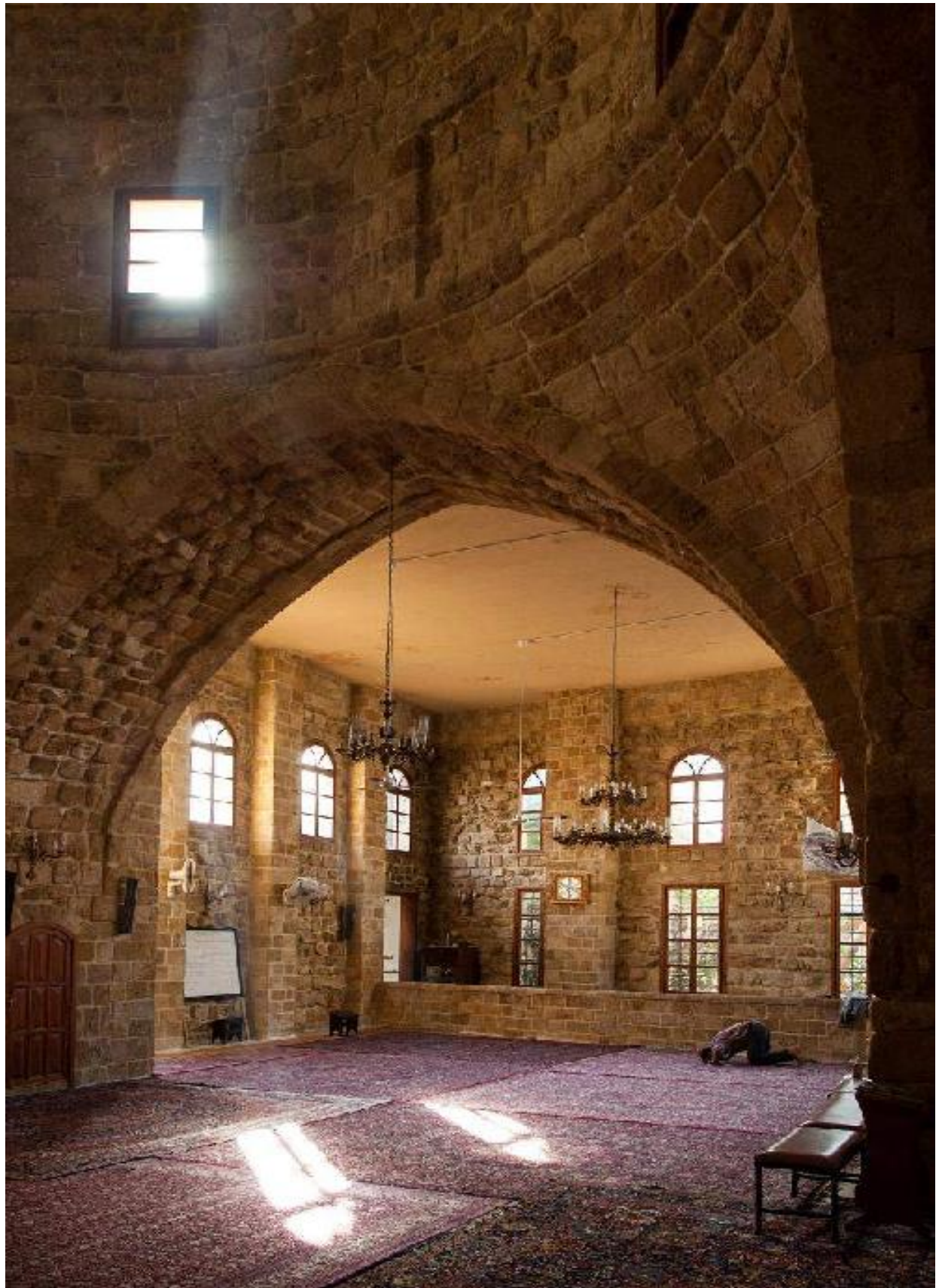
Nutritional Information:

Calories	196.5
Fat	9.3g
Cholesterol	0.0mg
Sodium	244.2mg
Carbohydrates	24.4g
Protein	3.4g

\* Percent Daily Values are based on a 2,000 calorie diet.







# SUN SKILLET

## Ingredients

- 2 **potatoes**, peeled, boiled and sliced
- 1 tbsp **oil**
- 2 **eggs**
- 1/2 C. **onion**, sliced
- 1/2 tsp **salt**
- 1 tsp **pepper**
- 1 tsp **sumac**

## Directions

- Place a pan over medium heat. Heat in it the oil. Cook in it the onion with potato for 5 min.
- Get a mixing bowl: Whisk in it the eggs with a pinch of salt and pepper.
- Spread the potato and onion in the pan. Pour the beaten eggs all over them.
- Put on the lid and let the fritter cook until the egg sit then serve it warm.
- Enjoy.

Servings Per Recipe: 2

Timing Information:

Preparation	10 mins
Total Time	25 mins

Nutritional Information:

Calories	314.5
Fat	11.8g
Cholesterol	186.0mg
Sodium	666.9mg
Carbohydrates	42.0g
Protein	11.1g

\* Percent Daily Values are based on a 2,000 calorie diet.

# HONEY DRESSING

## Ingredients

- 1 C. **yogurt**
- 1 tbsp fresh **dill**
- 1 tbsp **honey**
- 3 minced **garlic** cloves

## Directions

- Get a food processor: Combine in it all the ingredients. Blend them smooth.
- Place the dressing sauce in the fridge until ready to serve.
- Enjoy.



Servings Per Recipe: 4

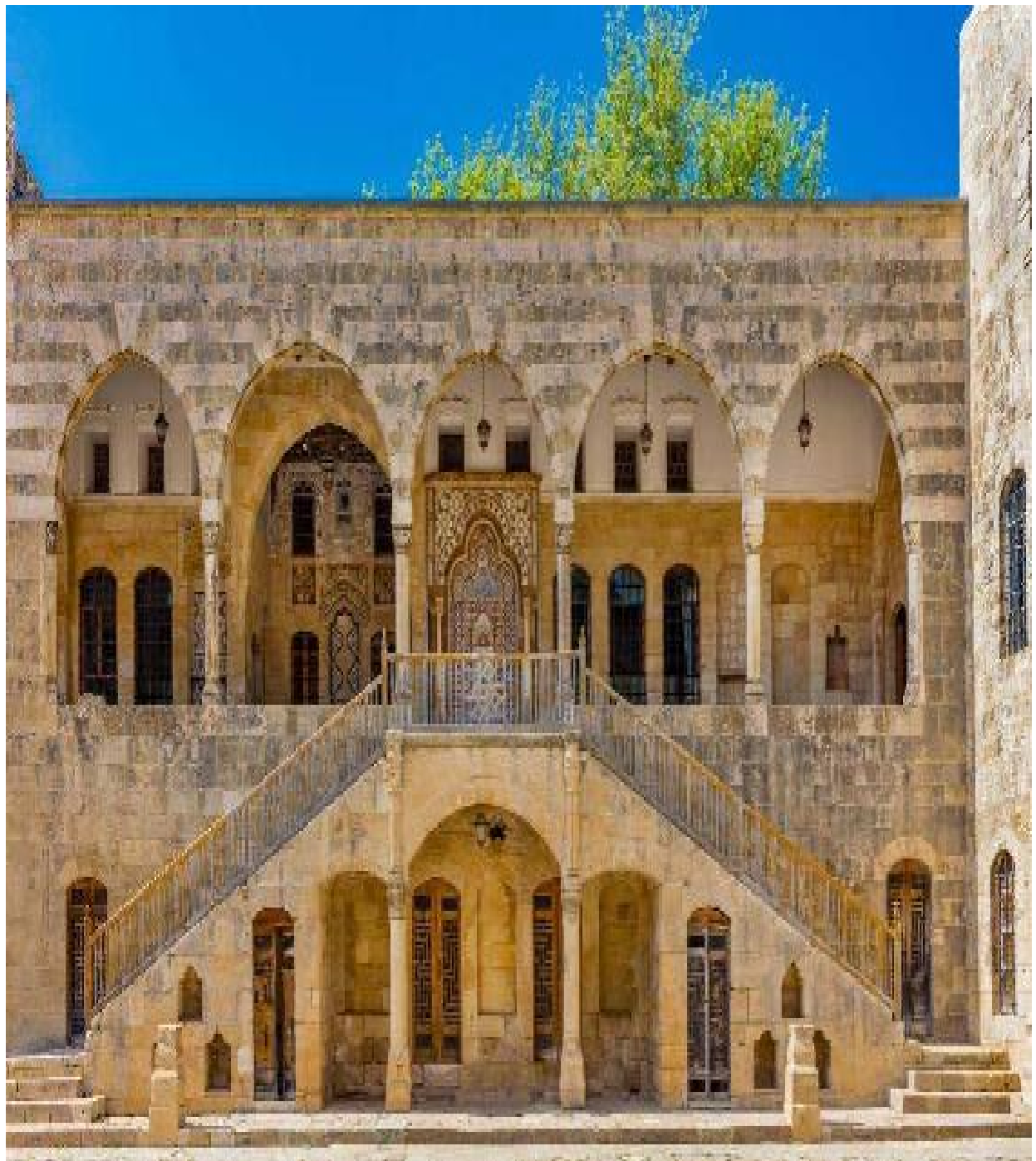
Timing Information:

Preparation	1 min
Total Time	1 min

Nutritional Information:

Calories	56.7
Fat	2.0g
Cholesterol	7.9mg
Sodium	28.8mg
Carbohydrates	7.9g
Protein	2.2g

\* Percent Daily Values are based on a 2,000 calorie diet.



# MILK PUDDING WITH HONEY SAUCE

## Ingredients

### Syrup

- 1 2/3 C. **water**
- 1 C. **sugar**
- 1 tbsp **honey**
- red food **coloring**

### Pudding

- 1/2 C. **water**
- 10 tbsp **cornstarch**
- 3 C. **milk**
- **vanilla**

## Directions

- Place a heavy saucepan over medium heat. Stir in it the water with sugar, honey and few drops of red food coloring.
- Bring them to a rolling boil for 7 to 8 min. Turn off the heat and let place the syrup aside to cool down.
- Place another heavy saucepan over medium heat: Whisk in it the water with milk and cornstarch.
- Stir in the vanilla and cook them until they start boiling. Lower the heat and let them cook until the mixture becomes slightly thick.
- Divide the pudding between serving C. or bowls. Place them aside until they cool down completely.
- Place the pudding C. in first to set for 90 min.
- Drizzle the syrup over the pudding C. then serve them.
- Enjoy.

Servings Per Recipe: 2

Timing Information:

Preparation	5 mins
Total Time	25 mins

Nutritional Information:

Calories	805.5
Fat	13.4g
Cholesterol	51.2mg
Sodium	188.5mg
Carbohydrates	162.1g
Protein	12.1g

\* Percent Daily Values are based on a 2,000 calorie diet.

# SAUCY BUTTER MEAT STEW

## Ingredients

- 1 C. dried butter **beans**, soaked overnight
- 1 lb. lean ground **meat**
- 1 (14 oz.) cans diced **tomatoes**
- 1 C. **water**
- 1 tomato-flavored **bouillon** cubes
- 1/4 bunch **cilantro**, chopped
- 3 **garlic** cloves, minced
- 1 tbsp olive **oil**
- 1/2 tsp **salt**
- 1/4 tsp **pepper**
- 1/4 tsp **cinnamon**

## Directions

- Before you do anything, preheat the oven to 350 F. Grease a baking dish with some butter
- Get a mixing bowl:
- Place a pan over medium heat.
- Get a mixing bowl:
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	50 mins

Nutritional Information:

Calories	202.6
Fat	3.9g
Cholesterol	0.0mg
Sodium	306.7mg
Carbohydrates	33.1g
Protein	10.6g

\* Percent Daily Values are based on a 2,000 calorie diet.



# SWEET BLACK JAM

## Ingredients

- 1 lb. ripe **eggplant**, peeled cubed
- 2 C. **sugar**
- 6 **cloves**
- 1 small square **cheesecloth**
- 2 tbsp **lemon** juice

## Directions

- Before you do anything, preheat the oven to 350 F. Grease a baking dish with some butter
- Get a mixing bowl:
- Place a pan over medium heat.
- Get a mixing bowl:
- Enjoy.



Servings Per Recipe: 1

Timing Information:

Preparation	30 mins
Total Time	1 hr 30 mins

Nutritional Information:

Calories	665.8
Fat	0.3g
Cholesterol	0.0mg
Sodium	3.7mg
Carbohydrates	171.3g
Protein	1.8g

\* Percent Daily Values are based on a 2,000 calorie diet.

# SPRING FRITTERS

## Ingredients

- 1 1/2 C. **lentils**
- 1 C. **onion**, chopped
- 2 large **garlic** cloves, crushed
- 1 quart **water**
- 1 C. **bulgur**
- 1/4 C. fresh **parsley**, chopped
- 2 tbsp **oil**
- 1 3/4 tsp **salt**
- 1 tsp **paprika**
- 1/4 tsp **pepper**
- 1 C. fresh **parsley**, minced
- 1 C. green **onion**, tops minced

## Directions

- Before you do anything, preheat the oven to 350 F. Grease a baking dish with some butter
- Get a mixing bowl:
- Place a pan over medium heat.
- Get a mixing bowl:
- Enjoy.

Servings Per Recipe: 6

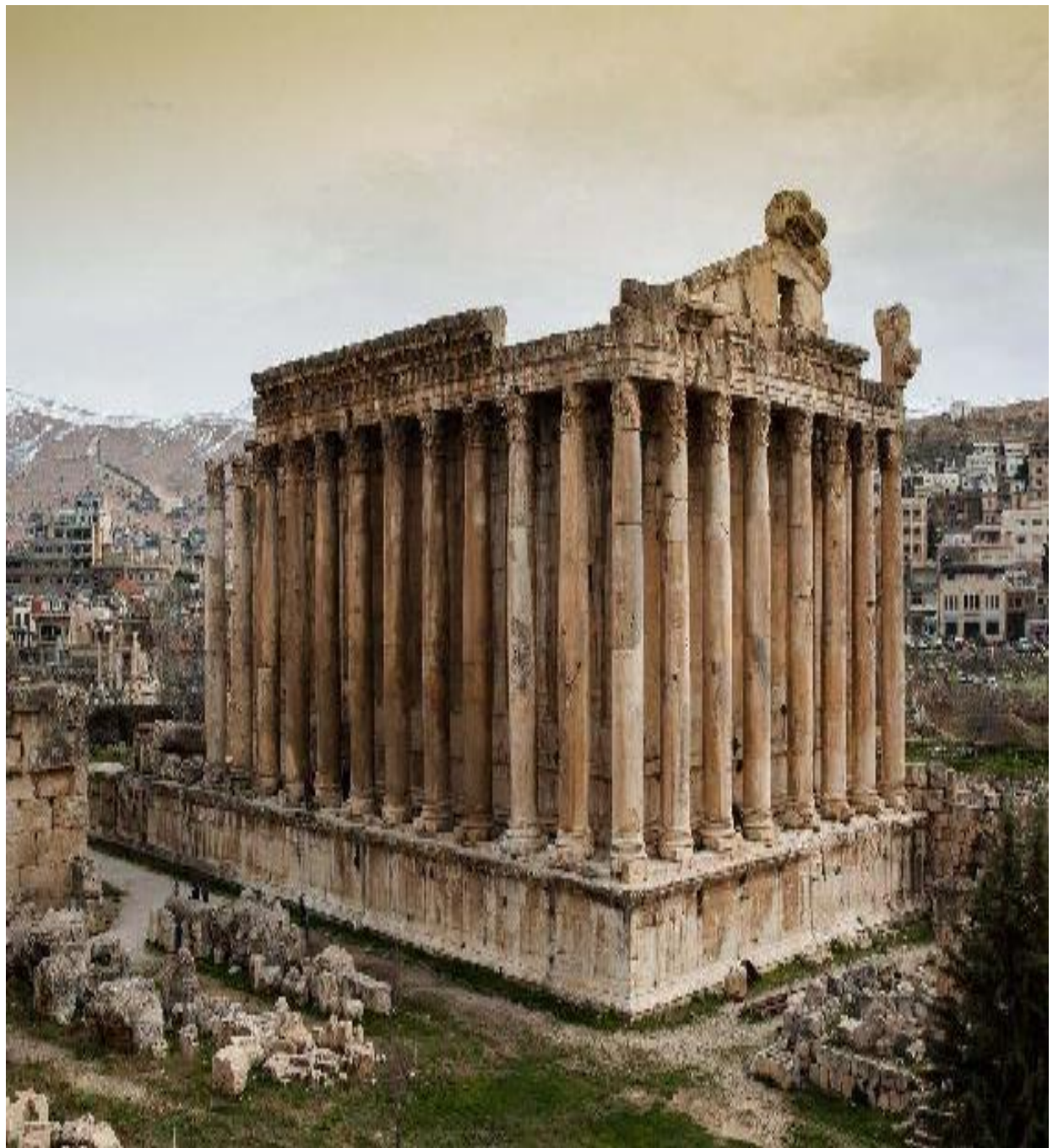
Timing Information:

Preparation	10 mins
Total Time	40 mins

Nutritional Information:

Calories	200.9
Fat	5.2g
Cholesterol	0.0mg
Sodium	699.1mg
Carbohydrates	32.8g
Protein	8.4g

\* Percent Daily Values are based on a 2,000 calorie diet.



# CRUNCHY RED SALAD WITH LEMON DRESSING

## Ingredients

- 2 large **tomatoes**, peeled, seeded & diced
- 2 **cucumbers**, peeled, seeded & diced
- 3 small green **peppers**
- 6 **radishes**, sliced
- 3 green **onions**
- 1/2 C. flat-leaf Italian **parsley**, chopped

## DRESSING

- 6 tbsp **lemon** juice
- 1/4 C. olive **oil**
- **salt**
- **pepper**

## Directions

- Before you do anything, preheat the oven to 350 F. Grease a baking dish with some butter.
- Get a mixing bowl:
- Place a pan over medium heat.
- Get a mixing bowl:
- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	124.9
Fat	9.4g
Cholesterol	0.0mg
Sodium	17.3mg
Carbohydrates	10.4g
Protein	2.2g

\* Percent Daily Values are based on a 2,000 calorie diet.

# ZESTY SHAWARMA BBQ

## Ingredients

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

## Directions

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



Servings Per Recipe: 5

Timing Information:

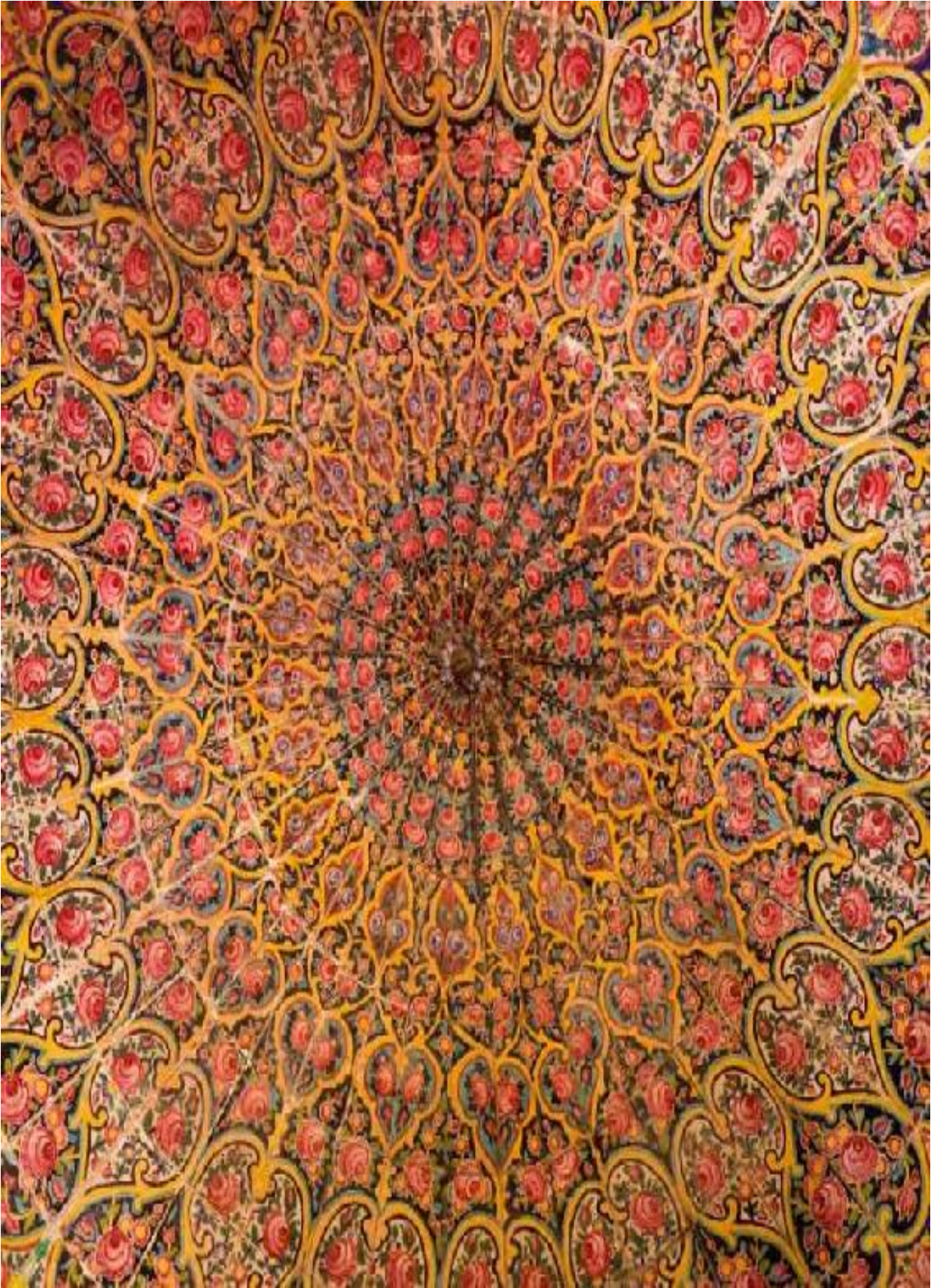
Preparation	10 mins
Total Time	40 mins

Nutritional Information:

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

\* Percent Daily Values are based on a 2,000 calorie diet.





# ROASTED CHICKEN WITH GOLDEN WHEAT

## 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

- Get a mixing bowl: Place in it the wheat and cover it with water. Let it sit until it starts absorbing it right away.
- Place a large pot over medium heat. Place in it the chicken and cover it with water.
- 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.
- Drain the chicken and place it aside. Pour the broth in a fine mesh strainer.
- Place a soup pot over medium heat. Heat in it the oil. Sauté in it the drained wheat for 3 min.
- Stir in enough broth to cover it. Let it cook for 65 min while adding more broth when needed.
- Before you do anything else, preheat the oven to 400 F.
- Get a mixing bowl: Combine in it the tomato paste, olive oil, salt, pepper and paprika.

- 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.
- Serve your roasted chicken warm with the warm freekeh (wheat).
- Enjoy.



Servings Per Recipe: 10

Timing Information:

Preparation	3 hrs.
Total Time	6 hrs.

Nutritional Information:

Calories	1273.3
Fat	67.0g
Cholesterol	195.0mg
Sodium	490.1mg
Carbohydrates	109.9g
Protein	65.6g

\* Percent Daily Values are based on a 2,000 calorie diet.

# VANILLA DELIGHT

## Ingredients

### BOTTOM LAYER

- 4 C. **milk**
- 3/4 C. **farina**
- 1 tsp **vanilla**
- **Mastic**, 2 pcs.

### CREAM LAYER

- 8 oz. whipped **cream**
- 5 oz. Nestle **cream**

### SYRUP

- 1 1/2 C. **water**
- 1 1/2 C. **sugar**

### GARNISH

- toasted **coconut**

## Directions

### To make the syrup

- Place a heavy saucepan over medium heat. Stir in it the sugar with water.
- Cook them until they start boiling. Keep it boiling for an extra 3 to 4 min. Turn off the heat and place it aside.
- To make the Cream Layer:
- Get a mixing bowl: Beat in it the whipped cream until it becomes light and fluffy.
- Get another mixing bowl: Beat in the nestle cream until it becomes light.



- Fold the whipped cream into the nestle cream then place it aside.

To make the bottom layer:

- Combine in it the milk, sugar and vanilla. Cook them until they start boiling.
- 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.
- Pour the milk pudding into serving bowls or C. Top them with the whipped cream, syrup and toasted coconut.
- Place the delight C. in the fridge and let them sit for at least 60 min.
- Serve your vanilla delight pudding with some of your favorite extra toppings.
- Enjoy.

Servings Per Recipe: 5

Timing Information:

Preparation	5 mins
Total Time	10 mins

Nutritional Information:

Calories	481.6
Fat	9.4g
Cholesterol	34.6mg
Sodium	111.7mg
Carbohydrates	90.9g
Protein	9.5g

\* Percent Daily Values are based on a 2,000 calorie diet.



# CREAMY APRICOT PUDDING

## 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

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

Servings Per Recipe: 4

Timing Information:

Preparation	15 mins
Total Time	45 mins

Nutritional Information:

Calories	349.4
Fat	9.5g
Cholesterol	36.3mg
Sodium	171.3mg
Carbohydrates	56.0g
Protein	9.5g

\* Percent Daily Values are based on a 2,000 calorie diet.

# HAZELNUT CHOCOLATE TART

## Ingredients

### FOR THE BASE

- 9 oz. digestive **biscuits**, ground
- 4 oz. **butter**, melted

### FILLING

- 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

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

Servings Per Recipe: 8

Timing Information:

Preparation	25 mins
Total Time	35 mins

Nutritional Information:

Calories	502.6
Fat	30.2g
Cholesterol	68.0mg
Sodium	407.5mg
Carbohydrates	52.6g
Protein	8.9g

\* Percent Daily Values are based on a 2,000 calorie diet.







# SWEET TAHINI DRESSING

## 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

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

Servings Per Recipe: 4

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	64.8
Fat	4.9g
Cholesterol	1.4mg
Sodium	19.4mg
Carbohydrates	4.1g
Protein	2.1g

\* Percent Daily Values are based on a 2,000 calorie diet.

# CINNAMON STUFFED COOKIES

## Ingredients

### COOKIES

- 1/2 lb. **butter**
- 1/2 C. powdered **sugar**
- 2 tbsp orange blossom **water**
- 2 C. **flour**

### FILLING

- 1/2 C. of chopped **walnuts**
- 1/4 C. powdered **sugar**
- 1 tsp **cinnamon**

## Directions

To make the dough:

- Before you do anything, preheat the oven to 375 F. Line up a baking sheet with a parchment paper.
- Get a mixing bowl: Beat in it the sugar with butter until they become light and fluffy.
- Mix in the flour with orange water and a pinch of salt until you get a thick dough. Place it aside.

To make the filling:

- Get a mixing bowl: Mix in it the nuts, sugar and cinnamon.
- Shape the cookie dough into 1 inch balls.
- Flatten a dough ball slightly in the palm of your hand. Place in it 1 tsp of the filling
- Pull the dough over the filling and place it on the lined up cookie sheet.
- Repeat the process with the remaining filling and dough.

- Place the cookie sheet in the oven and cook them for 16 to 21 min until they become golden brown.
- Allow the cookies to cool down completely then serve them with some tea.
- Enjoy.

Servings Per Recipe: 1

Timing Information:

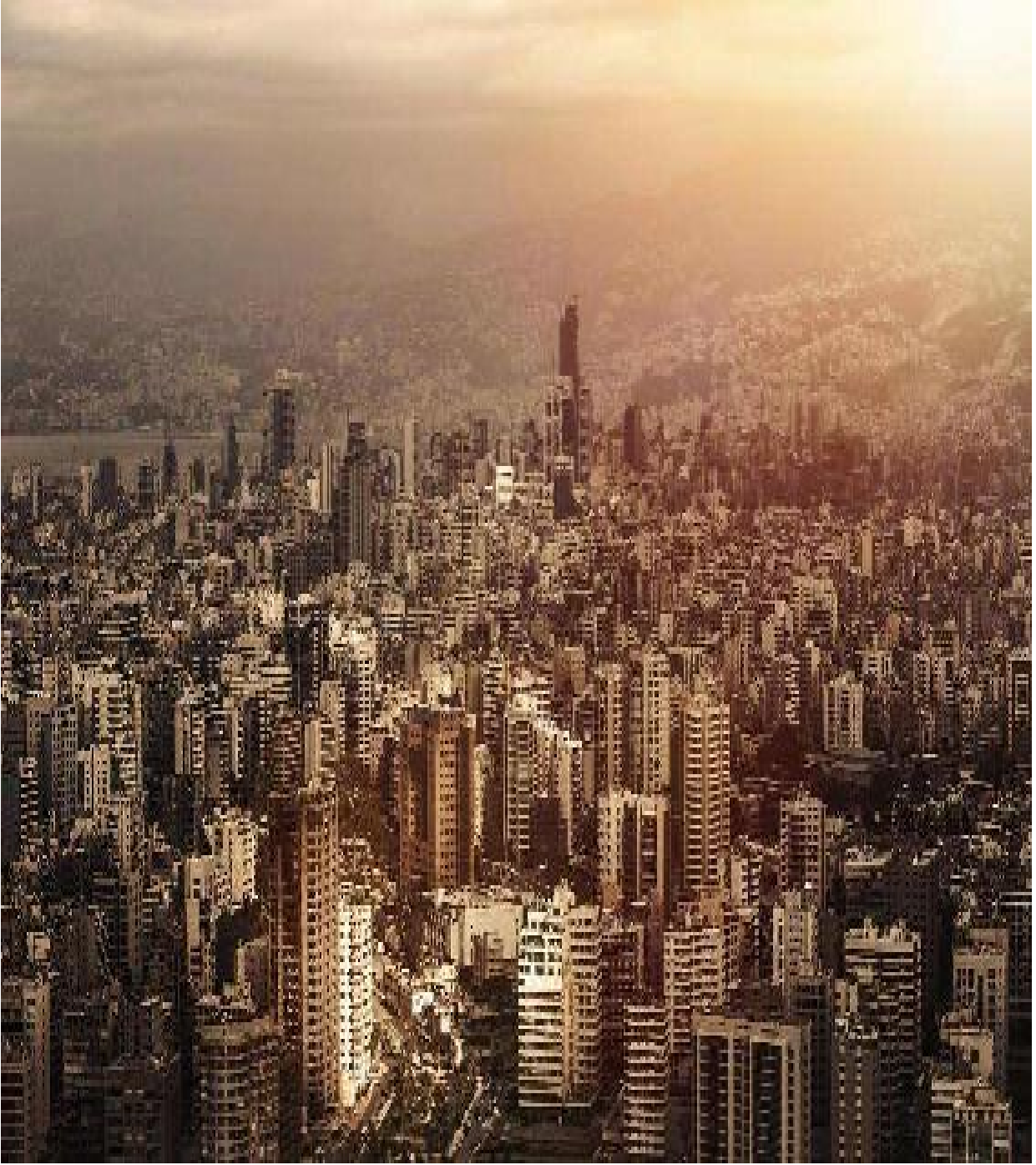
Preparation	10 mins
Total Time	30 mins

Nutritional Information:

Calories	131.0
Fat	9.0g
Cholesterol	19.5mg
Sodium	52.6mg
Carbohydrates	11.6g
Protein	1.4g

\* Percent Daily Values are based on a 2,000 calorie diet.







# CLASSIC SHAKSHUKA SKILLET

## Ingredients

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

## Directions

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

Servings Per Recipe: 2

Timing Information:

Preparation	3 mins
Total Time	33 mins

Nutritional Information:

Calories	239.4
Fat	10.3g
Cholesterol	372.0mg
Sodium	163.4mg
Carbohydrates	22.0g
Protein	16.6g

\* Percent Daily Values are based on a 2,000 calorie diet.

# ONION SALAD WITH LEMON DRESSING

## Ingredients

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

## DRESSING

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

## Directions

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

Servings Per Recipe: 6

Timing Information:

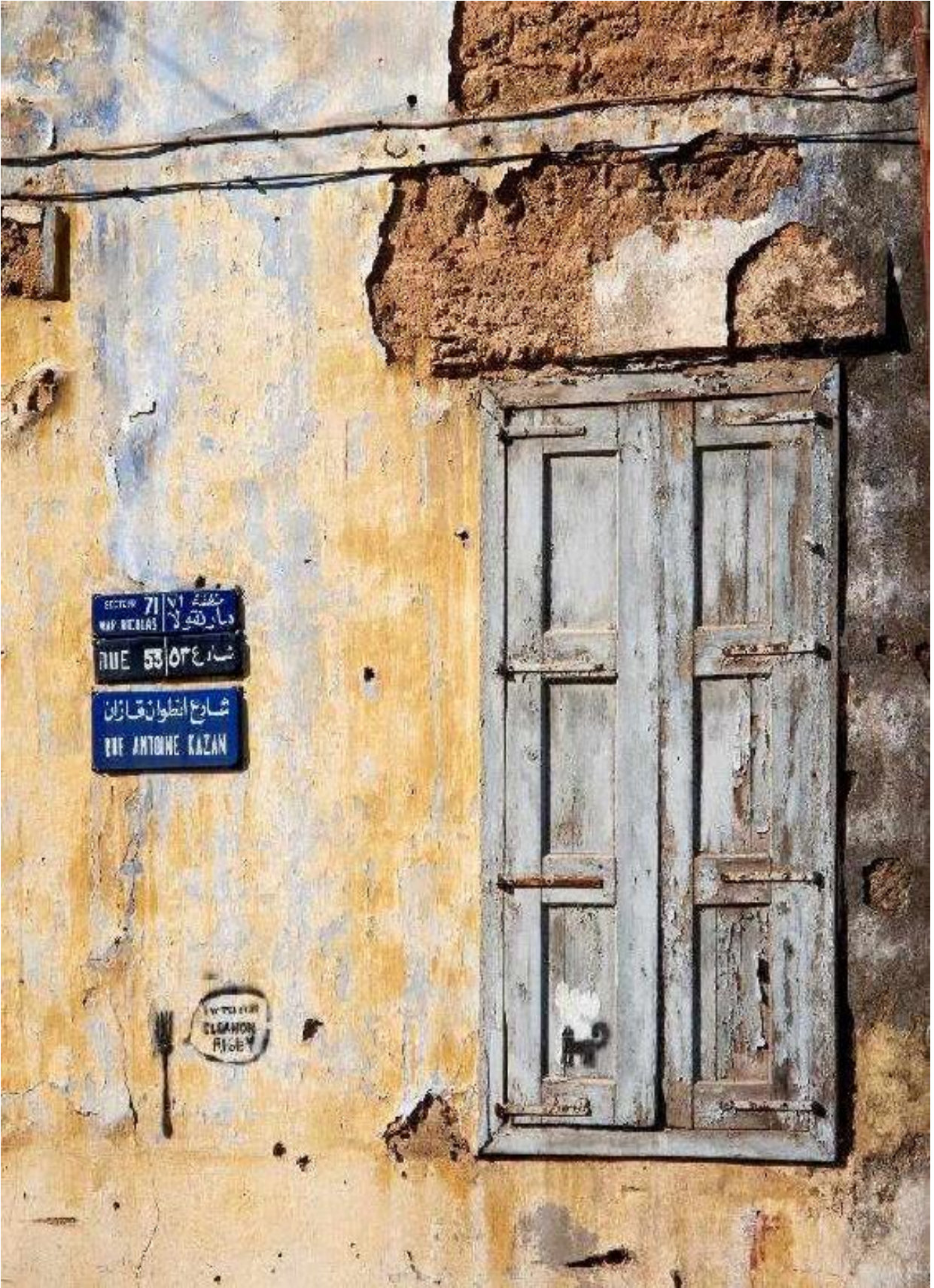
Preparation	15 mins
Total Time	15 mins

Nutritional Information:

Calories	18.1
Fat	0.1g
Cholesterol	0.0mg
Sodium	205.7mg
Carbohydrates	3.9g
Protein	0.8g

\* Percent Daily Values are based on a 2,000 calorie diet.







# TEX MEX SOUP

## 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

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

Servings Per Recipe: 4

Timing Information:

Preparation	15 mins
Total Time	1 hr 15 mins

Nutritional Information:

Calories	335.3
Fat	14.3g
Cholesterol	0.0mg
Sodium	227.9mg
Carbohydrates	39.2g
Protein	15.0g

\* Percent Daily Values are based on a 2,000 calorie diet.



# WHITE PICKLES

## Ingredients

- 2 1/4 lb. small **turnip**, trimmed and sliced
- 1 small **beetroot**, peeled and sliced
- 2 tbsp **sugar**
- 1/4 C. coarse **salt**
- 4 C. of **water**

## Directions

- Place a saucepan over medium heat. Stir in it the water with sugar and salt.
- Cook them until they start boiling. Turn off the heat and let it cool down.
- Place the turnip and beetroots slices in mason jars while alternating between them.
- Pour over them the water mixture. Seal the jars and place them in a warm and dark place for at least 20 days.
- Serve your pickles with some sandwiches or pizza.
- Enjoy.

Servings Per Recipe: 1

Timing Information:

Preparation	20 mins
Total Time	35 mins

Nutritional Information:

Calories	199.7
Fat	0.5g
Cholesterol	0.0mg
Sodium	14510.8mg
Carbohydrates	47.2g
Protein	4.9g

\* Percent Daily Values are based on a 2,000 calorie diet.



# HOMEMADE CHICKPEA NACHOS

## Ingredients

- 3 1/2 C. boiled **chickpeas**, drained
- 4 **garlic** cloves
- 1 tsp **salt**
- 2 tsp fresh **lemon** juice
- 3 C. plain **yogurt**
- 2 1/2 tbsp **tahini**
- 2 small pita **breads**
- 1/2 C. vegetable **oil**
- 2 -3 tsp **cumin**
- 2 tbsp **butter**
- 1/2 C. pine **nuts**
- 1 pinch **paprika**

## Directions

- Get a mortar and a pestle: Mash in it the garlic with 1 tsp of salt. Mix in the lemon juice.
- Get a small mixing bowl: Whisk in it the garlic mixture with yogurt and tahini.
- Cut the pita bread into bite size pieces.
- Place a large pan over medium heat. Heat in it the oil. Fry in it the pita bread pieces until they become golden brown
- Place them aside to drain on some paper towels.
- Get a mixing bowl: Toss in it the chickpeas with cumin and salt.
- Place a small skillet over medium heat. Melt in it the butter. Toast in it the pine nuts for few minutes.
- Lay some of the crunchy bread nachos on a serving plate. Top them with some of the chickpeas.
- Repeat the process to make more layers. Drizzle the yogurt dressing on top.

- Garnish your nacho plate with the toasted pine nuts then serve it right away.
- Enjoy.

Servings Per Recipe: 1

Timing Information:

Preparation	30 mins
Total Time	30 mins

Nutritional Information:

Calories	418.3
Fat	20.3g
Cholesterol	26.1mg
Sodium	952.7mg
Carbohydrates	46.7g
Protein	14.9g

\* Percent Daily Values are based on a 2,000 calorie diet.

# GRILLED TURKEY KABOBS

## Ingredients

- 2 lbs. lean ground **turkey**
- 1 medium **onion**, grated and drained
- 1 **egg**
- 1 tbsp dried **dill**
- 1 tbsp dried **coriander**
- 1 tsp **cumin**
- 1 tsp sea **salt**
- 1/2 tsp **pepper**
- 1/4 tsp **cayenne** pepper
- 1/4 tsp **turmeric**
- 1/4 tsp **saffron** thread
- 1 pinch **salt**

## Directions

- Get a mixing bowl: Combine in it the turkey, grated onion, egg, dill, coriander, cumin, sea salt, pepper, cayenne pepper, turmeric and a pinch of salt.
- Place a pan over medium heat. Cook in it the saffron thread for 10 sec with a pinch of salt.
- Get a mortar and a pestle: Crush in it the saffron threads until it becomes like a powder.
- Add it to the meat mixture and combine them well. Place the mixture in the fridge for at least an overnight.
- Before you do anything, preheat the grill.
- Shape the meat mixture into 10 medium sized logs. Press each one of them into a skewer.
- Place the turkey kabobs on the grill and cook them for 4 to 5 min on each side.
- Serve your kabobs warm with some pita bread and yogurt.

- Enjoy.



Servings Per Recipe: 8

Timing Information:

Preparation	20 mins
Total Time	40 mins

Nutritional Information:

Calories	185.7
Fat	9.4g
Cholesterol	101.5mg
Sodium	387.0mg
Carbohydrates	1.9g
Protein	23.4g

\* Percent Daily Values are based on a 2,000 calorie diet.



# MESSY BEAN SOUP

## Ingredients

- 1 C. dry green **lentils**
- 1 C. dried garbanzo **beans**
- 1/2 C. dried black **beans**
- 1 C. long grain **rice**
- 1/2 C. olive **oil**
- 1/2 C. minced **onion**
- 1 1/2 tsp **salt**
- 1/2 tsp caraway seed
- 6 C. **water**
- 1 **lemon**, juice

## Directions

- Get a mixing bowl: Stir in it the beans with lentils and chickpeas. Cover them with water and let them sit for an overnight.
- Drain the beans mix and place them in a pressure cooker with 6 C. of water and a pinch of salt.
- Put on the lid and let them cook for 15 min on high pressure.
- Place a small pan over medium heat. Heat in it the olive oil. Sauté in it the onion for 3 min.
- Once the time is up, use the natural method to release the pressure of the pot.
- Stir the onion with rice, caraway seeds, lemon juice, a pinch of salt and pepper.
- Heat the soup for a few more minutes, then serve it hot.
- Enjoy.

Servings Per Recipe: 8

Timing Information:

Preparation	20 mins
Total Time	1 hr

Nutritional Information:

Calories	426.5
Fat	15.6g
Cholesterol	0.0mg
Sodium	451.3mg
Carbohydrates	57.0g
Protein	15.4g

\* Percent Daily Values are based on a 2,000 calorie diet.

# GOLD BITES

## Ingredients

- 1 1/2 C. **water**
- 1/2 C. **butter**
- 8 tbsp **flour**
- 1 tbsp **baking powder**
- 6 **eggs**
- 2 tsp **vanilla**

## SUGAR SYRUP

- 1 C. **water**
- 1 C. **sugar**
- **lemon**, juice

## Directions

To make the puffs:

- Before you do anything, preheat the oven to 375 F. Line up baking sheet with parchment paper.
- Place a heavy saucepan over medium heat. Stir in it the butter with water until they melt.
- Cook them until they start boiling. Mix in the flour with baking powder and a pinch of salt.
- Stir the mixture while it is cooking until it turns into a ball of dough.
- Turn off the heat. Add the eggs gradually while whisking them until you get a smooth batter.
- Mix in the vanilla. Pour the mixture in a piping bag. Use it to pipe the batter into the sheet to make several dough balls.
- Place the puffs sheet in the oven. Cook them for 3 to 4 min until they become golden brown.

To make the syrup:

- Place a heavy saucepan over medium heat. Stir in it water with sugar. Cook them until they start boiling.
- Lower the heat and let the syrup cook for an extra 25 min.
- Stir into it the golden puffs then drain them right away.
- Garnish them with some chopped nuts. Serve them with some tea.
- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	20 mins
Total Time	35 mins

Nutritional Information:

Calories	381.2
Fat	20.4g
Cholesterol	252.1mg
Sodium	362.8mg
Carbohydrates	42.4g
Protein	7.5g

\* Percent Daily Values are based on a 2,000 calorie diet.







# RICY CHICKEN SOUP

## Ingredients

- 1 whole **chicken**
- 1 C. **rice**
- 1 whole **onion**
- **avgolemono** sauce
- **salt**
- **pepper**

## Directions

- Place a soup pot over medium heat. Lay in it the chicken and cover it with water.
- Cook it until it starts boiling. Skim off the foam that rises on top.
- Stir in the onion with a pinch of salt and pepper.
- Drain the chicken and shred it. Stir it back into the soup pot with rice.
- Let the soup cook over low medium heat until it is done.
- Serve your soup warm with some avgolemono sauce.
- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	5 mins
Total Time	45 mins

Nutritional Information:

Calories	454.0
Fat	23.3g
Cholesterol	115.0mg
Sodium	108.3mg
Carbohydrates	27.5g
Protein	30.8g

\* Percent Daily Values are based on a 2,000 calorie diet.

# BAKED BUTTER BEANS POT

## Ingredients

- 17.5 oz. Greek butter **beans**, picked and rinsed
- 2 1/4 lb. **tomatoes**
- 5.4 oz. olive **oil**
- 10 oz. **onions**, sliced
- 1 tbsp **tomato** puree
- 3 cloves **garlic**, peeled & sliced
- 1 tsp **sugar**
- **salt** and black **pepper**
- 3 tbsp **parsley**, chopped
- 1 tbsp **oregano**
- 1 tsp **thyme**

## Directions

- Place a large saucepan over medium heat. Place in it the beans and cover them with water.
- Bring it to a boil. Lower the heat and let the beans cook until they become soft. Drain it and place it aside.
- Place a large saucepan over medium heat. Heat in it the oil.
- Add the onion with garlic and herbs. Cook them for 4 min. Stir in the tomato with its juice and a splash of water, tomato puree and sugar.
- Sprinkle over them a pinch of salt and pepper. Put on the lid and let them cook for 32 min.
- Before you do anything, preheat the oven to 350 F. Grease a casserole dish.
- Fold the butter beans with parsley into the mixture. Pour it in a baking dish then bake it for 32 min.
- Serve your baked bean casserole warm.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	5 mins
Total Time	1 hr 30 mins

Nutritional Information:

Calories	390.7
Fat	35.1g
Cholesterol	0.0mg
Sodium	18.4mg
Carbohydrates	19.3g
Protein	3.1g

\* Percent Daily Values are based on a 2,000 calorie diet.







# POMEGRANATE AND SPINACH PIEROGIS

## Ingredients

For The Dough:

- 5 C. all-purpose **flour**
- 1 tbsp **sugar**
- 1 tbsp **salt**
- 1 1/2 C. **water**
- 3/4 C. vegetable **oil**

For The Filling:

- 1lb. fresh **spinach**, chopped
- 1/2 C. **lemon** juice
- 3 large **onions**, chopped
- 1 tsp **salt**
- 1 pinch ground black **pepper**
- 2 tbsp ground **sumac**
- 1/4 C. vegetable **oil**
- 1 tbsp thickened **pomegranate** juice

## Directions

To make the dough:

- Get a large mixing bowl: Combine in it the flour with sugar and salt. Add the olive and vegetable oil then combine them well.
- Pour in the water gradually while mixing them with your hands. Transfer the dough to a floured surface and knead it until it becomes soft.
- Place the dough in a greased bowl and cover it with a plastic wrap. Place it aside and let rest for at least 6 h.
- Before you do anything else, preheat the oven to 400 F.

To make the filling:

- Rinse the spinach then drain it.
- Get a large mixing bowl: Toss in it the spinach with 1/2 tsp of salt then drain it.
- Get a mixing bowl: Mix in it the onion with 1/2 tsp of salt, sumac, pepper, onion, oil and pomegranate. Mix them well.
- Place the dough on a floured surface until it becomes thin. Use a 3 inches cookie cutter to cut it into circles.
- Place 1 tbsp of the filling on the side of each dough circle. Pull the other side of dough over it then press the edges with a fork to seal them.
- Place the pierogis on a lined up baking sheet. Cook them in the oven for 32 min.
- Serve your pierogis warm or cold with your favorite dip.
- Enjoy.



Servings Per Recipe: 1

Timing Information:

Preparation	40 mins
Total Time	1 hr 10 mins

Nutritional Information:

Calories	801.9
Fat	38.4g
Cholesterol	0.0mg
Sodium	1755.1mg
Carbohydrates	99.4g
Protein	18.8g

\* Percent Daily Values are based on a 2,000 calorie diet.

# CRUNCHY BAKLAVA WITH LEMON SYRUP

## Ingredients

- 1 lb. phyllo **pastry** sheet
- 3/4 lb. **butter**, melted

## FILLING

- 3 C. **milk**
- 1/3 C. **sugar**
- 1/2 tsp **vanilla**
- 1/4 tsp **salt**
- 1/2 C. fine grain **semolina**

## SYRUP

- 2 2/3 C. **sugar**
- 2 C. **water**
- 2 tbsp **lemon** juice

## Directions

- Before you do anything, preheat the oven to 350 F. Grease a baking dish with some butter
- Divide the pastry sheet into 2 portions. Place 1 sheet of pastry in the buttered pan.
- Coat it with some melted butter. Lay over it another pastry sheet and coat it with melted butter.
- Repeat the process with the remaining phyllo sheets to complete the first half of it.
- Lay damp kitchen towel over the second pastry half and place it aside to prevent it from drying.

- Place a heavy saucepan over medium heat. Stir in it the milk, sugar vanilla and salt. Cook them until they start boiling.
- Stir in the semolina gradually and cook it until it becomes thick. Allow it to cool down for a while.
- Pour the mixture all over the pastry layer. Cover it with a pastry sheet and brush it with some melted butter.
- Repeat the process with the remaining pastry sheet. Drizzle the remaining melted butter on top.
- Use a sharp knife to cut the pastry pan into diamonds shape by cutting into 2 crossing lines.
- Place the baklava pan in the oven and cook it for 42 to 46 min until it becomes golden brown.
- To make the syrup:
- In the meantime, place a heavy saucepan over medium heat. Combine in it the sugar, water, and lemon juice.
- Stir them until the sugar completely dissolves.
- Let it cook until it starts boiling the lower the heat and cook it for an extra 15 min while stirring it often.
- Carefully lift the baklava pan and pour out the excess melted butter from it.
- Place it in the oven and bake it for an extra 11 min. Pour the hot syrup all over it and let it sit for at least 3 h.
- Serve you baklava with some tea.
- Enjoy.

Servings Per Recipe: 1

Timing Information:

Preparation	30 mins
Total Time	1 hr 20 mins

Nutritional Information:

Calories	431.4
Fat	20.6g
Cholesterol	52.1mg
Sodium	318.9mg
Carbohydrates	58.5g
Protein	4.3g

\* Percent Daily Values are based on a 2,000 calorie diet.



# CHILLED CREAMY SUMMER SOUP

## Ingredients

- 2 tbsp reduced-fat **butter**
- 1 C. diced **onion**
- 3 1/2 C. chicken **broth**
- 1 C. diced peeled **potato**
- 4 C. diced **cucumbers**
- 1 C. plain **yogurt**
- 1/4 tsp **salt**
- 1/4 tsp **pepper**
- 1 1/2 tbsp snipped fresh **dill**

## GARNISH

- **cucumber**, slices
- **dill** sprigs
- fresh edible **flower**
- toasted **walnut** pieces

## Directions

- Place a large saucepan over medium heat. Heat in it the butter until it melts.
- Cook in it the onion for 11 min. Stir in the potato with broth and cook them until they start boiling.
- Lower the heat and let them cook for 11 min. Stir in the cucumber then cook the soup for an extra 11 min.
- Once the time is up, turn off the heat. Allow the soup to cool down completely.
- Use an Immersion blender or a food processor to blend the soup until it becomes smooth.
- Pour the soup into a large bowl. Add to it the yogurt with a pinch of salt and pepper.

- Mix them well then place it in the fridge for at least 1 h.
- Garnish your soup with chopped fresh herbs and yogurt then serve it.
- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	5 mins
Total Time	35 mins

Nutritional Information:

Calories	88.4
Fat	2.2g
Cholesterol	5.3mg
Sodium	564.6mg
Carbohydrates	12.0g
Protein	5.4g

\* Percent Daily Values are based on a 2,000 calorie diet.



# CLASSIC LEBANESE DUMPLINGS WITH LEMON SYRUP

## Ingredients

### DUMPLINGS

- 3 1/2 C. plain **flour**
- 1/4 oz. plain dried **yeast**
- 2 1/2 C. lukewarm **water**
- 1 tsp **sugar**
- corn **oil**

### SYRUP

- 2 C. **sugar**
- 1 C. **water**
- 1 **lemon**, juice

## Directions

To make the dumpling:

- Get a large mixing bowl: Stir in it the yeast with 1/4 C. of water and sugar..
- Let them sit for 10 min. Add the flour with a pinch of salt then mix them well until you get a sticky mixture.
- Place the dough in a greased bowl and cover it with a plastic wrap.
- Place it aside to 80 min to rise while mixing it every 16 min.
- Place a large deep pan over medium heat. Heat in it 2 inches of oil.
- Drop several tsp of the dough in the hot oil. Cook them until they float on top.

- Lower the heat and cook them until they become golden brown. Drain them and place them aside to drain.

To make the syrup:

- Place a heavy saucepan over medium heat. Stir in the water with sugar.
- Cook them with stirring all the time until the sugar melts.
- Mix in the lemon juice and cook them until they start boiling.
- Use a spatula to lower the golden dumplings in the hot syrup and drain them right away.
- Serve your golden dumplings with some ice cream.
- Enjoy.

Servings Per Recipe: 4

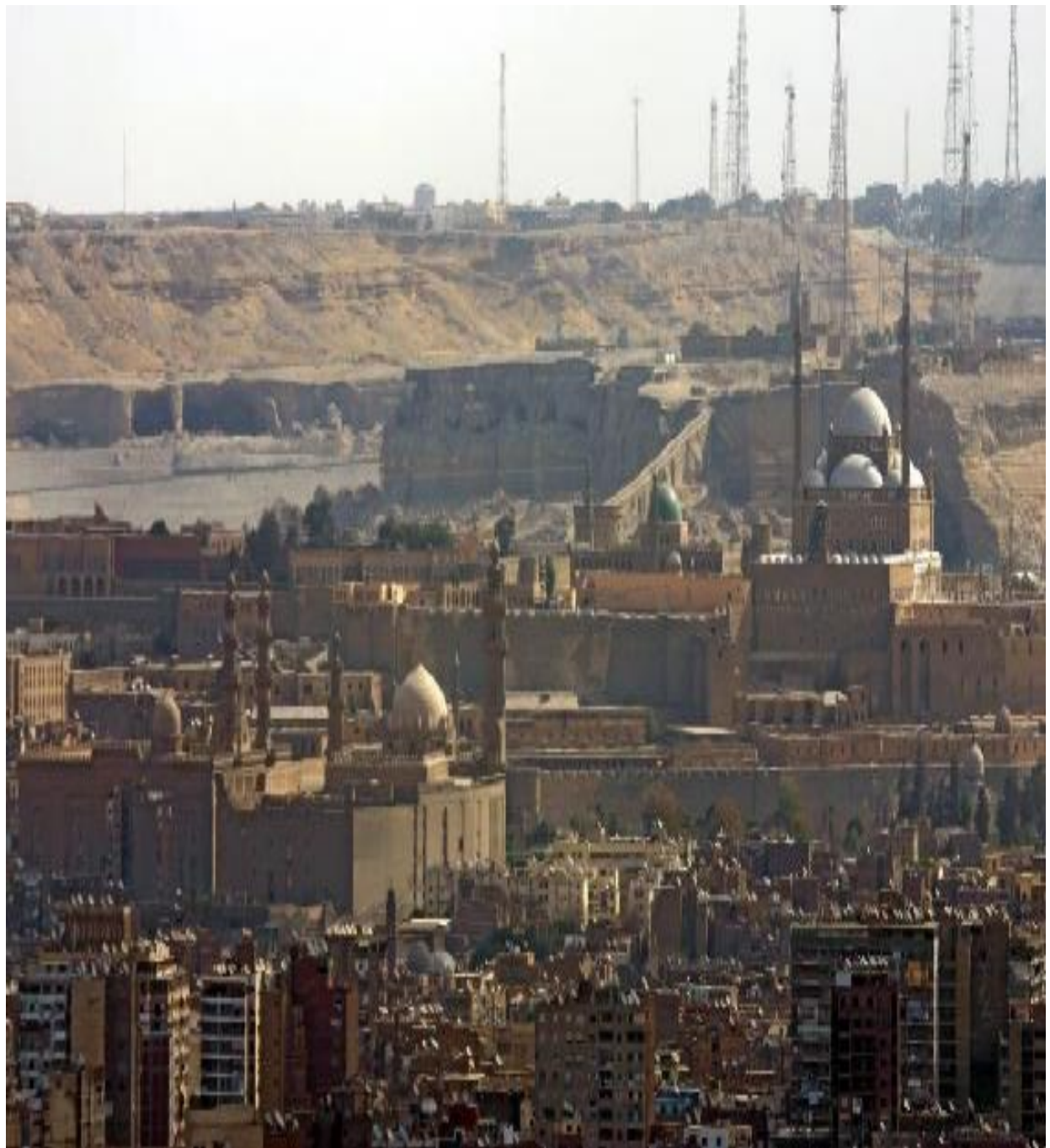
Timing Information:

Preparation	4 hrs.
Total Time	4 hrs. 45 mins

Nutritional Information:

Calories	797.3
Fat	1.1g
Cholesterol	0.0mg
Sodium	7.3mg
Carbohydrates	186.1g
Protein	12.0g

\* Percent Daily Values are based on a 2,000 calorie diet.



# ROASTED WALNUTS DIP

## Ingredients

- 1/2 C. **walnuts**
- 1 medium **onion**, quartered
- 1/4 C. pomegranate **molasses**
- 3 roasted red **peppers**
- 1/2 C. olive **oil**
- 1/2 C. vegetable **oil**
- crushed dried pita **bread**

## Directions

- Get a blender: Place in it the walnuts with onions. Process them until they become smooth.
- Add the pomegranate molasses gradually while blending them at the same time.
- Add the peppers and process them smooth again. Pour in the broth with olive and vegetable oil.
- Blend them smooth. Serve your dip with some bread, veggies or dumplings.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	5 mins
Total Time	10 mins

Nutritional Information:

Calories	586.7
Fat	63.8g
Cholesterol	0.0mg
Sodium	1.6mg
Carbohydrates	4.7g
Protein	2.4g

\* Percent Daily Values are based on a 2,000 calorie diet.

# CRUNCHY PISTACHIOS KENADE

## Ingredients

- 15 oz. ricotta **cheese**
- 0.5 (16 oz.) packages shredded phyllo **dough**
- 8 tbsp sweet **butter**
- 1 1/2 tbsp **sugar**
- diced **pistachios**

## SYRUP

- 2 C. **sugar**
- 2 C. **water**
- 1/2 tsp kenade food **coloring**

## Directions

- Place a large pan over medium heat. Stir in the sugar with water and food coloring.
- Cook them while stirring them all the time until the mixture starts boiling to make the syrup.
- Turn off the heat and place the syrup aside to cool down.
- Before you do anything, preheat the oven to 425 F. Grease a baking dish.
- Cut or shred the phyllo dough into small pieces. toss it with the melted butter and spread it in the cookie sheet.
- Place it in the oven and cook it for 8 min while stirring them every 2 to 3 min.
- Split the shredded dough in half. Place one half aside and spread the remaining one in the cookie sheet.
- Get a mixing bowl: Mix in it the ricotta cheese with sugar. Spread them over the dough layer.
- Cover it with other half of shredded dough. Place it in the oven and cook it in the oven for 35 to 42 min.

- Drizzle the syrup all over the kenade and garnish it with some pistachios. Allow it to cool down completely then serve it.
- Enjoy.



Servings Per Recipe: 10

Timing Information:

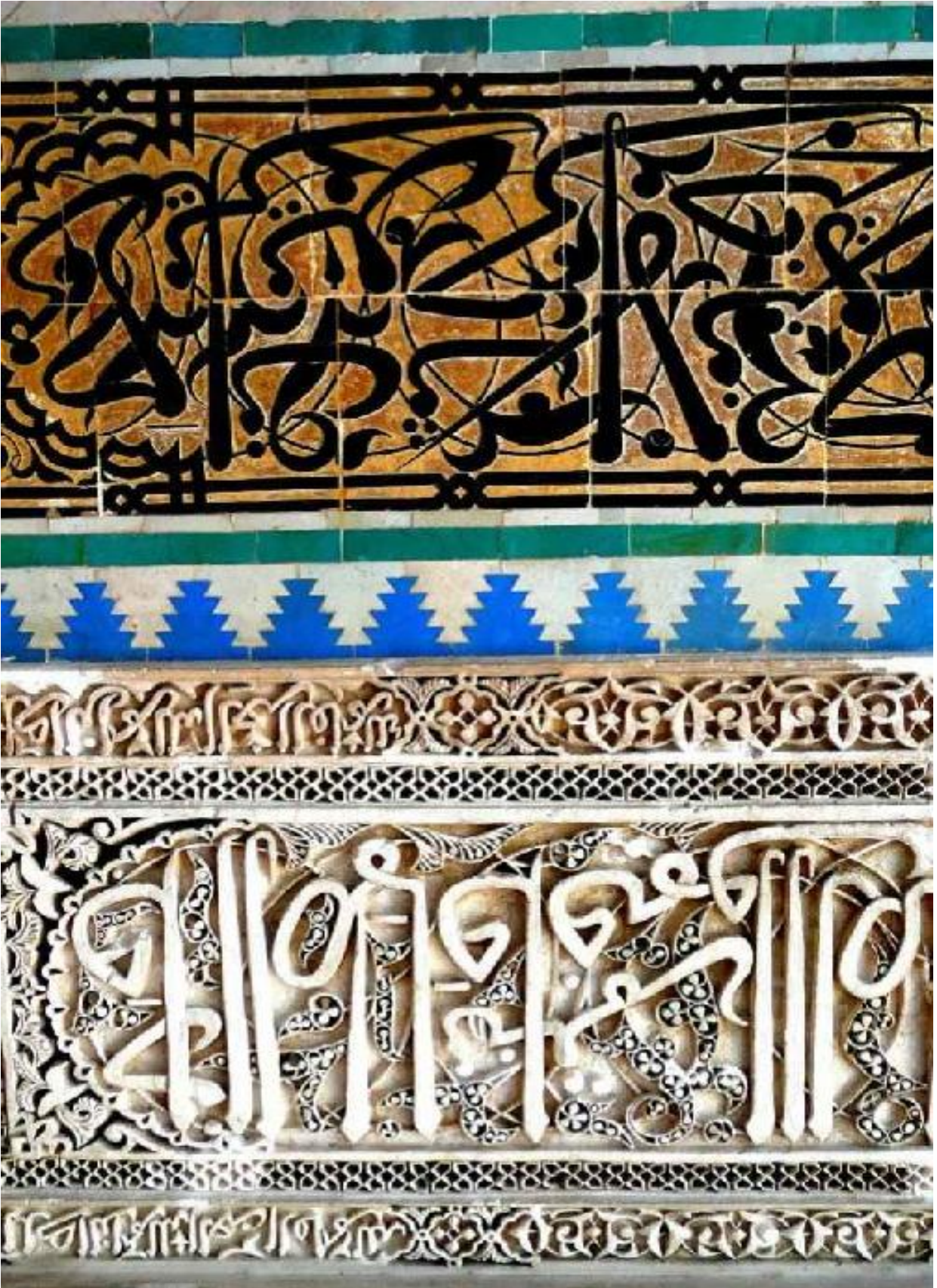
Preparation	35 mins
Total Time	1 hr 35 mins

Nutritional Information:

Calories	388.4
Fat	16.3g
Cholesterol	47.0mg
Sodium	148.9mg
Carbohydrates	55.1g
Protein	6.6g

\* Percent Daily Values are based on a 2,000 calorie diet.





# TAHINI PEANUT HUMMUS

## Ingredients

- 2 (10 1/2 oz.) cans garbanzo **beans**
- 2 -3 tbsp smooth peanut **butter**
- 1/2 C. **lemon** juice
- 2 -3 large **garlic** cloves
- 2/3 C. dark green extra virgin olive **oil**
- **salt**

## Directions

- Get a blender: Place in it the garlic. Pulse them several times until they are finely chopped.
- Pour in 3 tbsp of olive oil and blend them smooth. Mix in it the peanut butter.
- Add to them the drained beans with lemon juice a pinch of salt then blend them smooth.
- Place the hummus in the fridge until ready to serve.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	15 mins
Total Time	15 mins

Nutritional Information:

Calories	552.8
Fat	41.7g
Cholesterol	0.0mg
Sodium	447.7mg
Carbohydrates	38.4g
Protein	9.6g

\* Percent Daily Values are based on a 2,000 calorie diet.

# SAUCY VEGAN CABBAGE ROLLS

## Ingredients

### RICE AND CHICKPEA PREPARED STUFFING

- 1 1/2 C. spring **onions**
- 1/4 C. olive **oil**
- 1 C. long grain **rice**
- 1 C. canned **chick-peas**, drained
- 1/2 C. chopped **parsley**
- 1 C. **tomato**, chopped & peeled
- 1/2 tsp **allspice**
- **salt**
- **pepper**

### TO FINISH

- 24 **cabbage** leaves
- 3 **garlic** cloves, crushed
- 1 tsp **salt**
- 1 tsp dried **mint**
- 1/4 C. **lemon** juice
- 1/2 C. olive **oil**

## Directions

- Place a large pan over medium heat. Heat in it 1/4 C. of olive oil.
- Cook in it the spring onion for 3 to 4 min. Transfer it to a mixing bowl.
- Add to it the rice with chickpeas, parsley, tomato, allspice, a pinch of salt and pepper to make the filling.
- Lay 1 tbsp of the filling on a cabbage leaf. Roll it over the filling and place in a large pot.

- Get a mixing bowl: Mix in it the garlic with salt, mint, olive oil and lemon juice. Pour the mixture all over the cabbage rolls.
- Cover them with water. Cook them over low heat until it starts boiling. Lower the heat and put on the lid.
- Let the cabbage rolls cook for an extra 46 min.
- Once the time is up, turn off the heat and let it sit for 35 min. Serve it with some extra tomato sauce.
- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	25 mins
Total Time	1 hr 10 mins

Nutritional Information:

Calories	442.1
Fat	27.9g
Cholesterol	0.0mg
Sodium	534.8mg
Carbohydrates	43.7g
Protein	6.3g

\* Percent Daily Values are based on a 2,000 calorie diet.







# RICY MEATBALLS SOUP

## Ingredients

- 2 lbs. ground **lamb**
- 1/4 C. **rice**
- 1 small **onion**, chopped
- 3 tsp **parsley**, chopped
- 2 tsp **dill**, chopped
- 2 tsp olive **oil**
- 5 C. **stock**
- 1/4-1/2 C. **butter**
- **salt** and **pepper**

## FOR THE AVGOLEMONO

- 2 **eggs**
- 1/4 C. **lemon** juice

## Directions

- Get a large mixing bowl: Combine in it the meat, rice, onion, parsley, dill, oil and salt and pepper.
- Shape the mixture into bite size meatballs.
- Place a pot over medium heat. Stir in it the butter with stock. Cook them until they start boiling.
- Stir in the meatballs and let them cook for 35 min over low heat.
- Get a small mixing bowl: Whisk in it the lemon juice with eggs until they become creamy.
- Pour into it 2 ladles of hot broth then mix them well. Add the mixture to the soup and stir it well.
- Adjust the seasoning of the soup then serve hot.
- Enjoy.

Servings Per Recipe: 7

Timing Information:

Preparation	5 mins
Total Time	37 mins

Nutritional Information:

Calories	487.6
Fat	39.6g
Cholesterol	172.4mg
Sodium	143.9mg
Carbohydrates	7.4g
Protein	23.9g

\* Percent Daily Values are based on a 2,000 calorie diet.

# SAUCY MEAT STEW

## Ingredients

- 22 oz. **beef**, rinsed and drained
- 36 oz. small **onions**
- 1 tsp olive **oil**
- 1 tsp **vinegar**
- 2 -3 ripe **tomatoes**
- **rosemary**
- 1 **bay** leaf
- 2 cloves **garlic**
- **salt**
- **peppercorn**

## Directions

- Place a large pot over medium heat. Heat in it the oil.
- Cook in it the meat for 6 min while stirring it all the time. Stir in the onion and cook them for an extra 6 min.
- Stir in the tomato with vinegar, garlic, rosemary, bay leaf, a pinch of salt and pepper. Cover them with water.
- Cook them until they start boiling. Lower the heat and put on the lid. Let them cook for 120 min until the water evaporates.
- Serve your meat stew warm.
- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	5 mins
Total Time	10 mins

Nutritional Information:

Calories	784.3
Fat	74.7g
Cholesterol	102.9mg
Sodium	36.0mg
Carbohydrates	17.8g
Protein	10.8g

\* Percent Daily Values are based on a 2,000 calorie diet.









# KEFTA CASSEROLE

## Ingredients

- 1 lb. ground **beef**
- 1 medium **onion**, grated
- 1 tsp **salt**
- 1/4 tsp **pepper**
- 1/4 C. **parsley**, chopped
- 1/4 C. vegetable **oil**
- 2 **zucchini**, sliced
- 2 medium **potatoes**, sliced
- 2 medium **carrots**, sliced
- 1/2 tsp **salt**
- 1/4 tsp **pepper**
- 1/2 tsp **cinnamon**
- 1/4 C. **tomato** paste
- 3 C. **water**

## Directions

- Before you do anything, preheat the oven to 375 F. Grease a casserole dish.
- Get a large mixing bowl: Mix in it the meat, onion, 1 tsp. salt, pepper and parsley.
- Shape the mixture into bite size meatballs then flatten them a bit with your palms.
- Place a large pan over medium heat. Heat in it the oil. Cook in it the meatballs for 2 to 3 min on each side.
- Drain the meatballs and place them in the greased casserole.
- Get a mixing bowl: Mix in it the zucchini with potato, carrots, cinnamon, water, tomato paste, a pinch of salt and pepper.
- Pour the mixture all over the kefta layer. Place the casserole in the oven and cook it for 50 to 60 min.

- Serve your kefta casserole warm with some rice or pasta.
- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	15 mins
Total Time	1 hr 15 mins

Nutritional Information:

Calories	335.1
Fat	20.8g
Cholesterol	51.4mg
Sodium	746.7mg
Carbohydrates	20.6g
Protein	17.2g

\* Percent Daily Values are based on a 2,000 calorie diet.

# BBQ BURGERS

## Ingredients

- 2 slices **bread**, soaked in water
- 2 lbs. minced **beef**
- 1 large grated **onion**
- 1 **egg**
- 1 tbsp **oregano**
- 2 tbsp **thyme**
- 1 tbsp chopped of fresh **mint**
- chopped **parsley**
- **salt**
- black **pepper**
- 1 **lemon**

## Directions

- Drain the bread and squeeze it dry. Discard the crust.
- Get a large mixing bowl: Mix in it the dry bread with the remaining ingredients. Place it aside and let sit for 35 min.
- Before you do anything, preheat the grill and grease it.
- Shape the beef mixture into 7 burger patties. Place them on the grill and cook for 3 to 4 min on each side.
- Serve your burgers with a salad or bread.
- Enjoy.

Servings Per Recipe: 7

Timing Information:

Preparation	5 mins
Total Time	16 mins

Nutritional Information:

Calories	915.5
Fat	92.9g
Cholesterol	154.9mg
Sodium	81.7mg
Carbohydrates	6.6g
Protein	12.4g

\* Percent Daily Values are based on a 2,000 calorie diet.



# LAVASH ALMOND TORTILLAS

## Ingredients

- 6 **chicken** breasts
- 1 (8 oz.) packages slivered **almonds**, toasted
- 4 large **onions**
- 1 C. olive **oil**
- 1/4 C. **curry** powder
- 1/8 C. **coriander** powder
- 1/8 C. ground **sumac**
- 1 tbsp ground **pepper**
- 1 tsp **salt**
- lavash **bread**

## Directions

- Place a large pot over medium heat. Stir in it the chicken with some carrots, bay leaf, coriander, ground pepper, and sumac.
- Cover them with water and bring them to a boil. Lower the heat and simmer them for until the chicken is done.
- Drain the chicken breasts and place them aside. Reserve 5 C. of the chicken broth.
- Place a large pan over medium heat. Heat in it the oil. Cook in it the chicken for 3 min.
- Shred the chicken and add it to the pan. Cook them for another 3 min.
- Stir in some coriander, sumac, curry powder, ground pepper, and salt. Mix in 2 C. of broth.
- Cook the chicken until it is done and yellow in color and some of the broth evaporates.
- Stir in the toasted almonds to make the filling. Place 1 C. of the filling in a tortilla and wrap it.

- Repeat the process with the remaining chicken and tortillas or bread. Serve them warm.
- Enjoy.



Servings Per Recipe: 1

Timing Information:

Preparation	30 mins
Total Time	2 hrs. 30 mins

Nutritional Information:

Calories	843.5
Fat	68.8g
Cholesterol	92.8mg
Sodium	487.7mg
Carbohydrates	21.0g
Protein	40.1g

\* Percent Daily Values are based on a 2,000 calorie diet.

# ROSEMARY OCTOPUS SALAD

## Ingredients

- 2 medium **octopus**
- 1 C. olive **oil**
- 1 C. wine **vinegar**
- 1 large **onion**
- 1 tbsp Greek **oregano**
- 1 tsp **pepper**
- 2 tsp **rosemary**
- 1/2 C. **lemon** juice

## Directions

- Place a large saucepan over medium heat. Place in it the two octopus and cover them with water.
- Bring them to a rolling boil for 120 min.
- Turn off the heat and discard the octopus skin. Slice them into bite size pieces.
- Get a large mixing bowl: Toss in it the olive oil with onion, vinegar, rosemary, octopus, a pinch of salt and pepper.
- Cover the bowl with a plastic wrap. Place it in the fridge for an overnight.
- Mix in the lemon juice then serve your salad.
- Enjoy.

Servings Per Recipe: 8

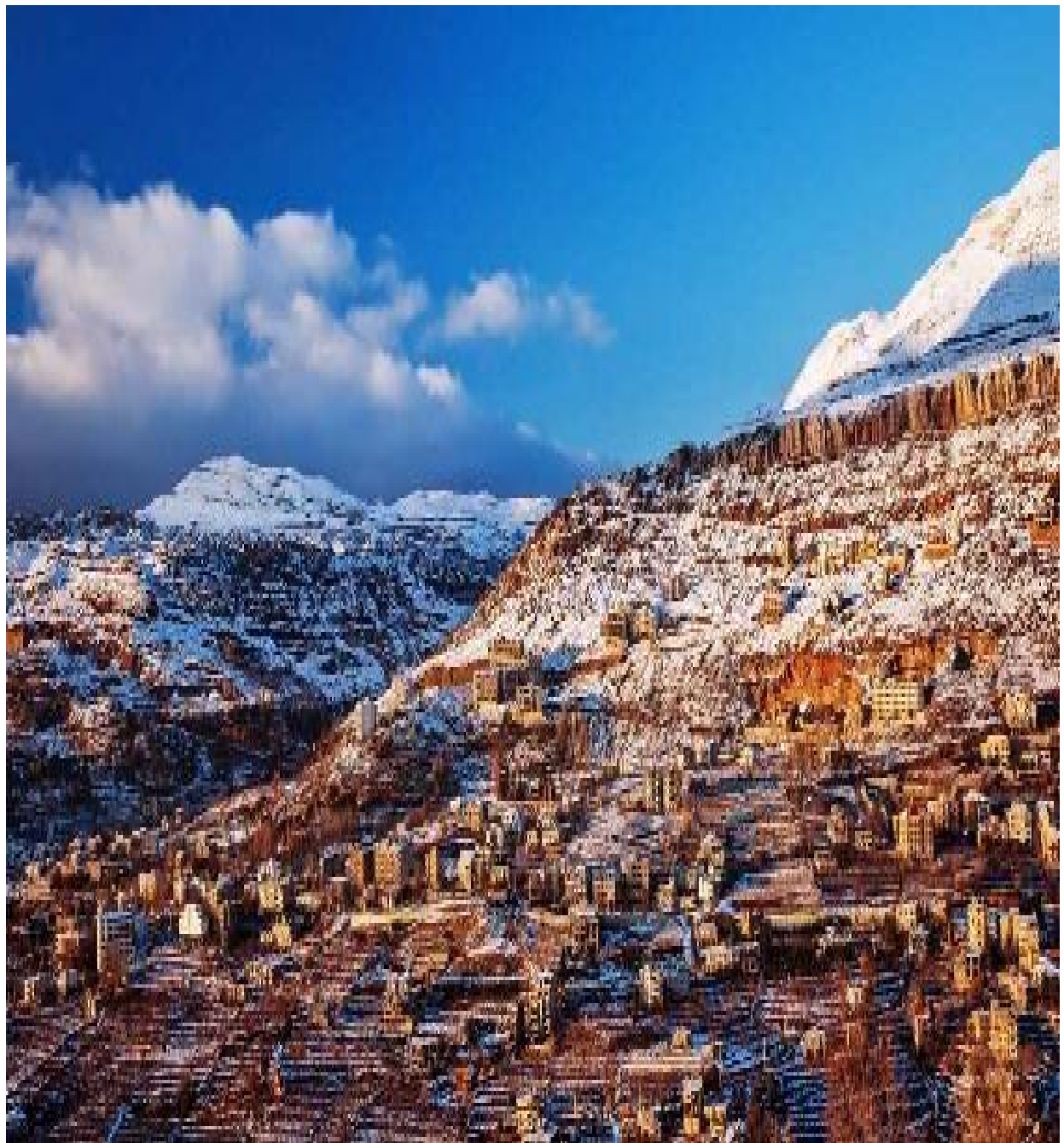
Timing Information:

Preparation	5 mins
Total Time	2 hrs. 5 mins

Nutritional Information:

Calories	250.8
Fat	27.0g
Cholesterol	0.0mg
Sodium	1.5mg
Carbohydrates	3.1g
Protein	0.3g

\* Percent Daily Values are based on a 2,000 calorie diet.



# ORANGE AND HONEY COOKIES

## Ingredients

- 1/3 C. cooking **oil**
- 1/2 C. **butter**, softened
- 1/3 C. **sugar**
- 1 tbsp **orange** juice
- 1 tsp **baking powder**
- 1/2 tsp **baking soda**
- 2 C. all-purpose **flour**
- 3/4 C. **sugar**
- 1/3 C. **honey**
- 1/3 C. chopped **walnuts**

## Directions

- Before you do anything, preheat the oven to 350 F. Line up a baking sheet.
- Get a mixing bowl: Cream in it the oil with butter and sugar until they become creamy.
- Mix in the orange juice, baking powder and baking soda.
- Mix in the flour with your hands until you get a soft dough. Divide it into 2 inches balls and place them on the baking sheet.
- Cook the cookies in the oven for 22 to 26 min. Place them aside and let them cool down completely.
- Place a heavy saucepan over medium heat. Stir in it 3/4 C. sugar, honey and 1/2 C. water
- Cook them until they start boiling. Put on the lid and let them cook for an extra 6 min to make the syrup.
- Gently place the cookies in the syrup then drain them and place them on a cooling rack.
- Garnish them with some chopped nut and let them cool down. Serve your sweet cookies with some tea.

- Enjoy.

Servings Per Recipe: 1

Timing Information:

Preparation	20 mins
Total Time	45 mins

Nutritional Information:

Calories	1270.2
Fat	64.1g
Cholesterol	81.3mg
Sodium	552.1mg
Carbohydrates	169.4g
Protein	11.0g

\* Percent Daily Values are based on a 2,000 calorie diet.

# HONEY CAKE

## Ingredients

- 4 C. self-rising **flour**
- 4 tbsp **sugar**
- 1 C. **sugar**
- 4 **eggs**
- 1 **lemon**, rind
- 2 tbsp **oil**
- **oil**
- 2 C. **honey**
- **cinnamon**
- coarsely chopped **walnuts**

## Directions

- Before you do anything, preheat the oven to 400 F. Grease a casserole dish.
- Get a large mixing bowl: Cream in it the sugar with eggs, oil, and lemon rind.
- Add the flour and mix them well until you get a soft dough.
- Place the dough on a floured surface. Roll it until it becomes thin.
- Use a cookie cutter to cut it into triangles. Cut them into stripes.
- Place a large pan over medium heat. Heat in it the oil. Cook in it the dough stripes until they become golden brown.
- Drain them and place them on a cooling rack.
- Place a heavy saucepan over medium heat. Stir in it 1 C. of sugar with honey. Stir them until they start boiling.
- Dip the golden dough stirpes in the honey syrup. Drain them right away and place them on a serving plate.
- Garnish them with some cinnamon and walnuts. Allow them to cool down completely then serve them.



- Enjoy.

Servings Per Recipe: 12

Timing Information:

Preparation	5 mins
Total Time	15 mins

Nutritional Information:

Calories	444.5
Fat	4.3g
Cholesterol	70.5mg
Sodium	554.7mg
Carbohydrates	98.4g
Protein	6.3g

\* Percent Daily Values are based on a 2,000 calorie diet.





# LEMON COLLAR SOUP

## Ingredients

- 1 tbsp olive **oil**
- 1 large **onion**, chopped
- 1 tbsp **salt**
- 1 C. dried red **lentils**, rinsed and drained
- 6 C. **water**
- 2 tbsp olive **oil**
- 1 bunch collard **greens**, rinsed, stemmed and sliced
- 1 tbsp ground **cumin**
- 1 tsp ground **cinnamon**
- 2 tbsp minced **garlic**
- 1/3 C. **lemon** juice

## Directions

- Place a pot over medium heat. Heat in it the olive oil. Cook in it the onion with a pinch of salt for 5 min.
- Add the lentils and cook them for 2 min. Stir in the water and cook them over high heat until they start boiling.
- Lower the heat and put on the lid. Let the soup cook for 16 min.
- Place a small pan over medium heat. Heat in it 2 tbsp of olive oil. Cook in it the collard greens for 11 min.
- Add them to the soup pot with cumin, cinnamon, and garlic. Cook the soup for an extra 12 min.
- Adjust the seasoning of the soup then stir in the lemon juice. Serve it warm.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	45 mins

Nutritional Information:

Calories	328.9
Fat	11.6g
Cholesterol	0.0mg
Sodium	1785.6mg
Carbohydrates	43.3g
Protein	16.4g

\* Percent Daily Values are based on a 2,000 calorie diet.

# GREEK STYLE SEMOLINA CAKE

## Ingredients

- 1 C. **semolina**
- 1 C. Greek **yogurt**
- 1 C. caster **sugar**
- 1 C. **oil**
- 1 1/2 tsp **baking powder**
- blanched **almond**

## SYRUP

- 1 1/2 C. **sugar**
- 2 C. **water**
- **lemon** juice

## Directions

- Before you do anything, preheat the oven to 200 F.

To make the syrup:

- Place a heavy saucepan over medium heat. Stir in it the sugar with water.
- Bring it to a boil and let it cook for 11 min until it becomes slightly thick. Turn off the heat and place it aside to cool down.

To make the cake:

- Get a large mixing bowl: Mix in it the semolina, yoghurt, sugar, baking powder and oil.
- Pour the mixture in a baking pan. Place it in the oven and bake it for 35 to 42 min.
- Wet a sharp knife to cut the semolina cake into diamonds. Press an almond into each diamond.

- Place the semolina pan back in the oven and cook it for 2 to 3 min.
- Allow the semolina cake to cool down completely then serve it.
- Enjoy.



Servings Per Recipe: 6

Timing Information:

Preparation	10 mins
Total Time	1 hr

Nutritional Information:

Calories	744.4
Fat	36.6g
Cholesterol	0.0mg
Sodium	94.2mg
Carbohydrates	103.8g
Protein	3.5g

\* Percent Daily Values are based on a 2,000 calorie diet.

# CLASSIC LENTILS CASSEROLE

## Ingredients

- 2 C. brown **lentils**, rinsed
- 1/3 C. **rice**, rinsed
- 1 large **onion**, chopped
- 1/2 C. olive **oil**
- 6 -7 C. cold **water**
- 1 package onion **soup mix**
- 1 tbsp **butter**
- **salt**

## Directions

- Place a large saucepan over medium heat. Heat in it the oil. Cook in it the onion for 3 min.
- Stir in the lentils, rice, salt, butter, onion, soup, and water. Cook them until they start boiling.
- Lower the heat and let them cook for 100 min. Serve your lentils casserole warm with some tomato sauce.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

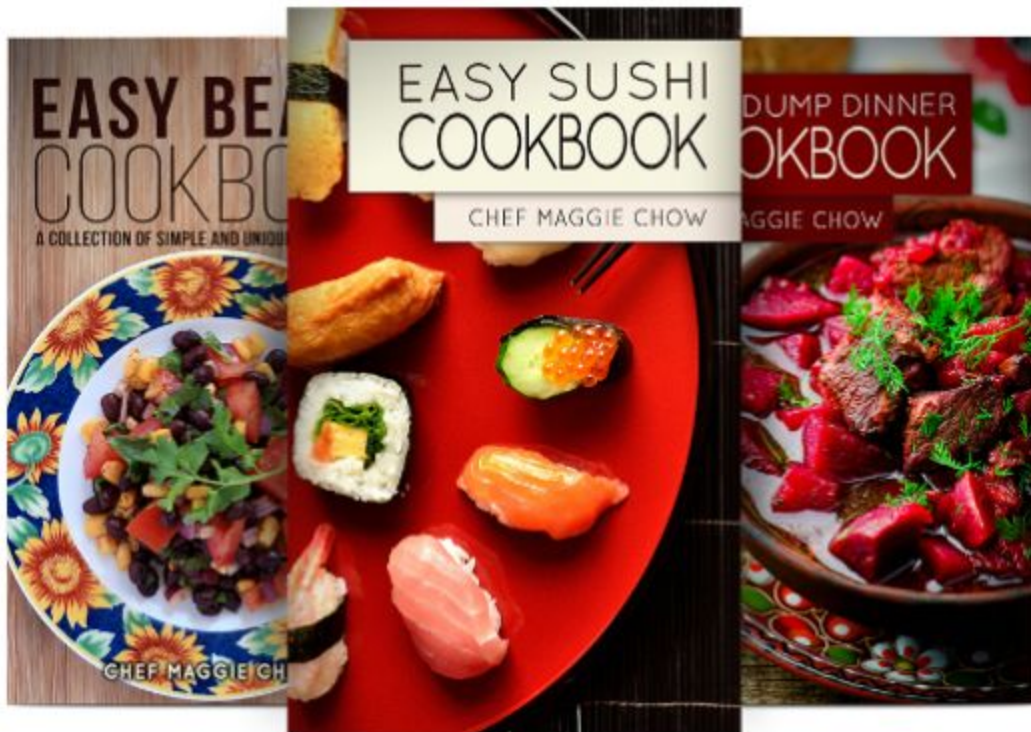
Preparation	5 mins
Total Time	2 hrs. 5 mins

Nutritional Information:

Calories	706.7
Fat	31.5g
Cholesterol	8.1mg
Sodium	818.1mg
Carbohydrates	80.2g
Protein	26.9g

\* Percent Daily Values are based on a 2,000 calorie diet.

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