

SHIFA COMMUNITY CLINIC

Cook Book

A collection of healthy recipes to complement your healthy diet!



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Bhel Puri



https://commons.wikimedia.org/wiki/File:Indian_cuisine-Chaat-Bhelpuri-03.jpg

Origin: India Serves: 4-6 people

Preparation Time: 40 minutes

Cooking Time: 20 minutes

Green Chutney Ingredients:

- 2 cups of fresh coriander leaves (cilantro)
- 1 cup of mint leaves, packed
- 2-3 green chillies
- 1/4 cup of chopped onions
- 2 cloves of garlic (the large kind, if smaller, use more)
- 1 pinch of roasted cumin/jeera (optional)
- 1 heaping tsp of chaat masala
- 1/4 tsp of sugar
- a squeeze of lemon or lime juice

Directions:

1. Grind ingredients together with enough water & salt to a smooth chutney. Adjust to taste.

Bhel Ingredients:

- 1 cup of puffed rice
- 1/4 cup of finely chopped, ripe tomatoes
- 1/2 cup of finely chopped onions

- 1/4 cup of boiled, roughly mashed potatoes
- 1 tsp of grated ginger
- 1 cup of crushed chaat papdi (papad)
- 1 1/2 cups of nylon sev
- 3-4 Tbsp of green chutney
- 2-3 Tbsp of red chutney
- 1/2 tsp of black salt (or to taste)
- 1/2 tsp of garam masala or chaat masala
- 1/4 cup of roasted peanuts (salted or unsalted)
- 1/4 cup of chopped cilantro
- 1 Tbsp of lemon juice (to taste)

Directions:

1. Set aside 1/2 cup sev and add all other ingredients to a wide bowl.
2. Use a wide spoon or spatula to thoroughly mix ingredients until they are fully combined. Taste and adjust according to how spicy, sour or sweet you prefer your bhel puri to be.
3. Finally, add the sev and garnish with chopped cilantro.

Raita (Indian Yogurt)



https://commons.wikimedia.org/wiki/File:Tomato_Raita.jpg

Origin: Peru, Ecuador

Ingredients:

- 1 large Persian cucumber, grated
- ¾ cup Greek yogurt
- 2 Tbsp fresh mint, chopped
- 1 Tbsp lemon juice
- ¾ tsp honey
- ¼ tsp cumin
- ⅛ tsp onion powder
- pinch of cayenne or red pepper flakes
- pinch of salt (or more to taste)

Directions:

1. Grate the cucumber using using a cheese grater with large holes.
2. Squeeze the grated cucumber in a cheesecloth or in a mesh strainer to remove excess liquid.
3. In a small mixing bowl, combine the grated cucumber with the rest of the ingredients and stir until well combined.
4. Add more salt if desired. Chill and serve.

Ceviche



https://commons.wikimedia.org/wiki/File:Ceviche_mixto_con_zarandajas.JPG

Origin: Peru, Ecuador

Ingredients:

- 1 bag diced imitation crab
- 2 finely chopped cucumbers
- finely chopped cilantro (to taste)
- 3-6 diced tomatoes (depending on size)
- finely chopped onions (to taste)
- 1 lemon
- whole wheat unsalted crackers

Directions:

1. Chop the crab and add lemon juice to it.
 2. In a separate bowl add the cucumber, cilantro, onions, and tomatoes.
 3. Mix all the ingredients together.
 4. Eat with tostada or crackers.
- Ceviche is typically made with shrimp which is high in cholesterol. You can switch this with crab and instead of adding any sauce you can just eat it plain.

Hummus



<https://www.flickr.com/photos/ellaolsson/3086343667/>

Origin: Middle Eastern

Ingredients:

- 1 large clove of garlic
- 1 large lemon or 2 small lemons juiced
- 2 Tbsp tahini (sesame paste)
- salt (to taste)

Directions:

If using dry garbanzo beans:

1. Wash and soak garbanzo beans overnight.
2. Drain and rinse garbanzo beans.
3. Put in pressure cooker with water. Add 1 Tablespoon of salt and cook for 30 to 45 minutes.
4. In food processor, blend cooked garbanzo beans with garlic, tahini sauce and most of lemon juice.
5. Add salt and more lemon juice to taste.

If using canned garbanzo beans:

1. Rinse garbanzo beans in water and drain.
2. In food processor, blend garbanzo beans with garlic, tahini sauce and most of lemon juice.

3. Add salt and more lemon juice to your taste.

- Hummus is commonly served with a drizzle of olive oil and a sprinkle of cumin or paprika on top.
- It is usually eaten with pita bread. Instead of eating white pita bread, replace it with whole wheat pita bread, which is higher in dietary fiber, iron, and many B vitamins.
- It can also be eaten with an assortment of vegetables like carrots.

Dried Fruit and Nut Balls



<https://www.flickr.com/photos/greensmoothies/7823564598/in/photostream/>

Makes: about 24 balls

Serving Size: 2-3 balls

Preparation Time: 15 minutes

Ingredients:

- 1/2 cup of walnuts
- 1/2 cup of almonds
- 1 cup of pitted dates
- 1/2 cup of dried apricots
- 1/4 cup of dried cranberries
- 1/4 cup of raisins
- 1 Tbsp of honey
- 1 Tbsp of whatever sweet juice you have (optional)
- unsweetened coconut flakes (for topping only)

Directions:

1. Add all of the ingredients to a food processor and pulse until finely minced.
2. Measure a tablespoon of the mixture and shape into round balls in the palm of your hands. Set aside on a baking sheet.
3. In a shallow bowl add some of the coconut flakes. Roll the fruit and nut date balls in the coconut flakes until covered.

4. This recipe is very versatile, you do not need to have the exact ingredients, just the ratio. 1 cup of nuts to 1 cup of dates to 1 cup of dried fruit should do the trick.

➤ Perfect one-bite balls of goodness, these naturally sweetened, gluten-free dried fruit and nut balls are a healthy snack or dessert. Dates are a good source of dietary fiber and also contain vitamins A and K, which help protect eyes, maintain healthy skin and prevent cancer development in the mouth and lungs. Nuts are packed with heart-healthy fats, protein, vitamins and minerals. Enjoy!

Feel Good Smoothie



<https://pxhere.com/en/photo/1453523>

Serves: 1 person

Ingredients:

- 1/4 to 1/2 cup blueberries
- 1/4 to 1/2 cup blackberries
- 1/4 to 1/2 cup mango (sliced)
- 1 cup strawberries (sliced)
- 1 banana
- 3-4 Tbsp milk
- granola (crushed)
- chia seeds (optional)
- honey (to taste)

Directions:

1. Place all fruit in a blender (can be purchased at a retail store for \$10-\$20), add 1/2 a banana, 1/2 cup of strawberries, then add milk and blend until desired thickness.
 2. Pour smoothie into a bowl and layer the top with a combination of crushed granola and chia seeds.
 3. Drizzle the top layer with honey.
 4. Slice the other half of the banana and place on top of granola layer. You may add the other 1/2 cup of strawberries at this time along with other fresh fruits you like. Enjoy!
- Adjust fruit servings to your preference. You may add or remove fruits as you wish.

Chicken Tortilla Soup



<https://www.flickr.com/photos/preppyday/4796498120>

Origin: Mexico

Ingredients:

- 2 large boneless skinless chicken breasts, cut into 1/2 inch strips
- 1 can of diced tomatoes
- 1 container of chicken broth
- 1 sweet onion, chopped
- 2 jalapenos, deseeded and diced
- 2 cups of carrots, shredded
- 2 cups of celery, chopped
- 4 cloves of garlic, minced
- 1 avocado, sliced.
- 2 Tbsp tomato paste
- 1 tsp chili powder
- 1 tsp cumin
- salt and pepper (to taste)
- dash of olive oil
- 1-2 cups of water

Directions:

1. In a crockpot or large soup pot over medium-high heat, place a dash of olive oil and about 1/4 cup of chicken broth.
 2. Add onions, garlic, jalapeno, salt and pepper and cook until soft, adding more broth as needed.
 3. Add all remaining ingredients and enough water to fill to the top of your pot.
 4. Cover and cook on low for about 2 hours, adjusting salt and pepper to taste.
 5. Once the chicken is fully cooked, you should be able to shred it very easily with a fork.
 6. Top with avocado slices and enjoy.
- Chicken Tortilla Soup is often topped with cheese or tortilla strips; this recipe is low in fat and loaded with vegetables.

Vegetarian Molokhia



<https://commons.wikimedia.org/wiki/File:Molokhia.JPG>

Origin: Middle East

Ingredients:

- diced molokhia, Jew's Mallow, or Egyptian spinach
- vegetable, beef, or chicken stock
- 1 large onion
- 6 cloves of garlic
- dried shiitake mushrooms (or vegetables of choice)
- salt and pepper (to taste)
- olive oil

Directions:

1. Cut and fry onion with olive oil until brown.
 2. Cut and add garlic about halfway through onion cooking.
 3. In a saucepan boil 5-6 cups of water and stir in 3 tablespoons of stock powder.
 4. Add shiitake mushrooms (or vegetable of choice).
 5. Add onion and garlic.
 6. Add salt and pepper to taste.
 7. Turn off heat and place frozen molokhia into saucepan.
 8. Bring to a boil again and then simmer for 15 mins.
- Served best with brown rice or whole wheat pita bread.

Ash Reshteh (Persian Bean and Noodle Soup)



https://upload.wikimedia.org/wikipedia/commons/c/cb/Ash_reshteh.jpg

Origin: Iran

Ingredients:

- 14 oz (396g) noodles (reshteh)
- 5 oz (142g) chickpeas, kidney beans, lentils
- 4 medium onions (dice 1 onion and slice 3 onions)
- 1 bunch leek (minced)
- 1 bunch chives (minced)
- 1 bunch cilantro (minced)
- 1 bunch dill (minced)
- 1 bunch parsley (minced)
- 1 bunch spinach (minced)
- 2 garlic cloves
- 1 1/2 tsp salt
- turmeric
- vegetable oil

Directions:

1. Heat the vegetable oil in a pot over medium heat.
 2. Add the diced onion along with two garlic cloves to the pot and fry until translucent.
 3. Add the chickpeas, kidney beans, and lentils to the pot.
 4. Add salt and turmeric as needed and mix thoroughly and let the mixture fry for a few minutes. Stir the mixture occasionally.
 5. Stir in the minced leek, chives, cilantro, dill, parsley and spinach.
 6. Pour in boiling water until the mixture is covered. Bring the mixture to a boil then reduce heat to low and simmer for 10 or 15 minutes.
 7. Add the noodles (reshteh) to the pot and continue simmering.
 8. In a small pan, heat the oil and fry the sliced onions until golden.
 9. Serve the meal in a bowl and top it with the fried onions.
- Many of the ingredients, like lentils and kidney beans, make Ash Reshteh an excellent source of fiber and protein.
 - Ash Reshteh can be served with bread, but it is typically eaten alone as a complete meal. If you chose to have bread on the side, choose whole wheat bread!

Curried Red Lentil Soup



<https://www.flickr.com/photos/adactio/2707663170>

Origin: India

Ingredients:

- 1 Tbsp canola oil
- 1 large onion (chopped)
- 3 cloves garlic (minced)
- 2 Tbsp minced fresh ginger
- 1 jalapeno pepper
- 1/2 Tbsp curry powder
- 1 tsp cinnamon
- 1 tsp cumin
- 2 bay leaves
- 1/2 cup red lentils
- 8 cups reduced sodium chicken broth
- 3 Tbsp chopped fresh cilantro
- 2 Tbsp lemon juice
- 2 Tbsp mango chutney
- salt and freshly ground pepper (to taste)
- 1/3 cup plain non-fat yogurt

Directions:

1. Heat oil in a Dutch oven over medium heat. Add onion and cook, stirring occasionally, until softened, 3 to 5 minutes. Add garlic, ginger, jalapeno, curry powder, cinnamon, cumin and bay leaves and cook, stirring often, for about 5 minutes more.

2. Stir in lentils and broth and bring to a boil. Reduce heat to low and simmer, partially covered, until the lentils are tender, about 45 minutes.

3. Discard bay leaves. Stir in cilantro (or parsley) and lemon juice. Season with pepper. Ladle the soup into bowls and garnish with yogurt and chutney (if using).

➤ Red lentils are excellent in soups, salads and vegetarian stews. You can find them in the natural foods section of your supermarket or in natural foods stores.

Moroccan Chickpea Salad



https://upload.wikimedia.org/wikipedia/commons/b/bc/Moroccan_green_salad.jpg

Origin: North Africa

Serves: 2 people

Preparation Time: 30 minutes

Ingredients:

- 4 cups chickpeas
- ¾ cup fresh parsley or cilantro, chopped
- ½ cup fresh parsley or cilantro, chopped
- 1 large tomato, chopped
- 6 kalamata olives, pitted and chopped
- 2 Tbsp extra-virgin olive oil
- juice and zest from 1 lemon
- 2 cloves garlic, minced
- 1 pinch cayenne pepper
- 2 tsp cumin
- 2 tsp paprika
- ½ tsp salt
- pepper (to taste)

Directions:

1. Soak chickpeas overnight.
2. Put chickpeas in a large pan and add water to cover.
3. Stir in 1/2 teaspoon of salt.
4. Bring water to a boil over high heat, and lower heat to medium and simmer until desired tenderness.
5. Rinse and dry chickpeas.
6. In a serving bowl, combine chickpeas, scallions, and parsley or cilantro then set aside.
7. To make the dressing, combine olive oil, lemon juice and zest, garlic, cayenne pepper, cumin, paprika, salt and pepper in a bowl and whisk until well blended.
8. Add in kalamata olives, tomatoes, and dressing.
9. Cover and refrigerate for at least 3 hours before serving.

Syrian Everyday Salad



https://commons.wikimedia.org/wiki/File:Syrian_meal.jpg

Serves: 2-3 people

Ingredients:

- 1/2 pound of tomatoes
- 1/2 pound of cucumbers
- 1 green pepper
- 1/4 cup diced red or white onions
- 1/2 cup chopped parsley
- 7-8 chopped fresh mint leaves (or 1/2 tsp dried crushed mint)
- 1 lemon
- 3-4 Tbsp olive oil

Directions:

1. Dice the tomatoes, green pepper, and cucumbers into small pieces.
2. Add all vegetables and herbs in a big bowl and mix well. You can make this ahead of time and refrigerate it until serving.
3. Make the dressing by adding the olive oil and lemon. 4. Add the dressing to the bowl 10 minutes before serving.

Kachumber Salad



https://commons.wikimedia.org/wiki/File:Kachumber_Salad.JPG

Serves: 4-5 people

Preparation Time: 12 minutes

Ingredients:

- 1 large cucumber (peeled and chopped in small cubes)
- 1/4 yellow onion finely diced
- 1-2 green chile finely chopped
- 4-5 cilantro leaves
- 2-3 tsp of sugar
- 4-5 Tbsp of lemon juice (squeezed from lemon)
- pinch of salt
- crushed pepper (to taste)

Directions:

1. Chop all ingredients finely and add to a mixing bowl.
 2. Refrigerate for a few hours.
- This salad goes well with dals, and other Pakistani foods.

Mango Salad



<https://pixabay.com/photos/mango-salad-hands-holding-arugula-1446482/>

Origin: Philippines, Mexico

Ingredients:

- 2 mangos
- 3 Tbsp of cilantro
- 1 tsp of salt
- 1 tsp of chili powder
- 1/2 of a chipotle pepper (or habanero or jalapeno)
- 1/2 of a lime
- 1 large tomato
- 1/2 of a shallot (or small onion)

Directions:

1. Dice the mangos, tomato and shallot.
 2. Chop the chipotle pepper and cilantro.
 3. Add mangos, tomatoes, shallot, and chipotle pepper into a bowl.
 4. Squeeze 1/2 of the lime into the bowl.
 5. Add a teaspoon of salt and chili powder into the bowl.
 6. Stir everything together gently.
 7. Garnish with chopped cilantro. Enjoy!
- Very easy and refreshing salad that goes well with grilled or spicy foods.

Fruit Salad



<https://www.publicdomainpictures.net/en/view-image.php?image=9103&picture=fresh-fruit-salad>

Ingredients:

- any available fruit
- slivered almonds (optional)

Directions:

1. Chop fruit into bite size pieces and put in a bowl and mix.
2. Add slivered almonds for extra taste.
3. Add a squeeze of an orange or a splash of orange blossom water to taste.
 - Fruit salad is a great dessert because you can customize it to your liking, putting your favorite fruit together.
 - If you include fruits with edible peels (like apples, peaches, plums, etc.) make sure not to remove the peel because most of the nutrients are in the peel.
 - Make sure not to add any sugar.

Salad Shirazi



<https://commons.wikimedia.org/wiki/File:Salad.jpg>

Origin: Iran

Ingredients:

- 5 Persian cucumbers (or 2 English, seedless cucumbers)
- 4 round tomatoes
- 1 medium red onion
- 1/2 cup fresh lime juice
- 1 Tbsp dry mint
- 1 Tbsp oil (optional)
- salt and pepper (to taste)

Directions:

1. Dice up the cucumbers into 6 or 8 slices.
 2. Dice up the onion into small pieces.
 3. Dice up the tomatoes into small pieces as well, making sure not to get the end piece.
 4. Season with some salt, pepper and dried mint.
 5. Squeeze a 1/2 cup of the lemon juice.
 6. Cover the salad and place the salad in the fridge for about 20 minutes to let the ingredients mix well.
 7. You may also add some extra virgin olive oil (1 Tablespoon) if desired.
- Great source of veggies and complements a healthy meal.
 - Try to avoid dressings with mayo and other heavier/fatty dressings.
 - This is an example of a healthy salad option.

Rajma (Red Kidney Beans)



<https://commons.wikimedia.org/wiki/File:Rajmamasala.jpg>

Origin: Punjab, India

Ingredients:

- 2 cups dry red kidney beans
- 4 Tbsp vegetable oil
- 1/2 inch cinnamon stick
- 4 cloves (optional)
- 1/2 tsp cumin seeds
- 1 large onion (minced/ground)
- 1/2 inch ginger (grated)
- 2 tomatoes (pureed)
- 1/2 tsp turmeric
- 1 tsp salt
- 1/2 tsp of chili powder (or to taste)
- cilantro (chopped, to garnish)

Directions:

1. Wash and soak red kidney beans overnight.
 2. Boil 8 cups of water in a pot. 3. Drain red kidney beans and add to boiling water. Cook until soft.
 4. Heat 4 tablespoons of oil in a separate pot. Add cinnamon stick, cloves and cumin seeds and let cook until cumin seeds turn brown.
 5. Add one minced/ground onion. Let cook, stirring occasionally until onion turns brown or appears roasted.
 6. Add grated ginger and the pureed tomatoes and stir.
 7. Let mixture simmer for 10 minutes.
 8. Add turmeric, salt, chili powder and stir.
 9. After 5 minutes, add the boiled red kidney beans and add water if needed.
 10. Add 2 tablespoons of tomato puree
 11. Let simmer for another 10 minutes.
 12. Once cooked, add chopped coriander to garnish.
- Rajma is usually eaten mixed with rice. Instead of making white rice, replace it with brown rice, which is higher in dietary fiber, iron, and many B vitamins.
 - Make sure to watch your portion sizes and serve yourself 1/2 cup of cooked rice!

Baked Curried Brown Rice and Lentil Pilaf



https://upload.wikimedia.org/wikipedia/commons/c/cf/Basmati_Rice.jpg

Serves: 1 person

Ingredients:

- 1 cup brown basmati or brown jasmine rice
- 4 1/4 cups water
- 1 cup brown lentils
- 4 cloves garlic, peeled
- 1 cinnamon stick
- 4 1/8 -inch-thick slices peeled, fresh ginger
- 1-2 tsp red curry paste (see note) or 1 Tbsp curry powder
- 1/2 tsp salt
- 4 scallions, trimmed and sliced

Directions:

1. Place rack in lower third of oven; preheat oven to 350°F.
2. Melt butter over medium-high heat in a large ovenproof Dutch oven; add rice and cook, stirring until lightly toasted, about 1 1/2 minutes. (If using curry powder, add it now and cook, stirring, until fragrant, about 15 seconds). Add water. Stir in lentils, garlic cloves, cinnamon stick, ginger, curry paste (if using) and salt; bring to a boil, stirring to dissolve the curry paste.
3. Cover the pot tightly with a lid or foil. Transfer to the oven and bake until the rice and lentils are tender and all the water is absorbed, 50 to 55 minutes. Fluff with a fork, removing the cinnamon stick and ginger slices. Serve garnished with scallions.

Tabouleh



https://commons.wikimedia.org/wiki/File:Flickr_-_cyclonebill_-_Tabbouleh.jpg

Origin: Middle East

Ingredients:

- 2 bundles of parsley
- 1/2 cup fine bulgur
- 2 large tomatoes
- 3 persian cucumbers
- 3/4 tsp salt
- 1/4 tsp pepper
- 1 cup of finely chopped mint
- 2 lemons
- 3 Tbsp olive oil

Directions:

1. Place the bulgur in a bowl and pour hot water over it until it is completely submerged. Then cover the bowl with plastic wrap and set aside for 15 minutes.
2. Finely chop the parsley leaves and place them in a large mixing bowl.
3. Dice the tomatoes and the cucumbers into small pieces and mix them into the parsley.

4. Add the salt and pepper to the mixture.
5. Next, finely cut the mint leaves and add them to the bowl.
6. Remove the plastic wrap from the bowl containing the bulgur and drain the water, pressing down on the bulgur to remove excess liquid. Add the bulgur into the mixture.
7. Squeeze 2 full lemons into the bowl and add olive oil. (You can adjust these amounts to your liking).
8. Stir well and enjoy!

Low Carb Zucchini Pasta



<https://laurenabadi.com/2017/06/06/eat-yourself-skinny-with-zoodles/>

Ingredients:

- 2 zucchinis, peeled
- 1 Tbsp olive oil
- 1/4 cup water
- salt and pepper (to taste)

Directions:

1. Cut lengthwise slices of zucchini with a vegetable peeler until you reach the core with the seeds. Peel long thin strips around the whole zucchini, discard the core with the seeds.
2. Make sure the thin strips of zucchini resemble spaghetti pasta.
3. Heat olive oil in a medium skillet.
4. Stir thin pieces of zucchini into the olive oil for approximately 1 minute or until tender.
5. Add 1/4 cup of water, cook for approximately 5-7 minutes or until soft.
6. Once finished, season with salt and black pepper to Taste.

Spring Rolls



<https://hipfoodiemom.com/2012/07/06/homemade-spring-rolls/>

Origin: Vietnam

Spring Roll Ingredients:

- 2 ounces rice vermicelli
- 8 rice wrappers (8.5 inch diameter)
- 2 leaves of lettuce, chopped
- 1/4 cup cabbage, shredded
- 1/4 cup carrots, thinly sliced
- 3 Tbsp fresh cilantro, chopped
- 3 Tbsp fresh mint leaves, chopped (optional)
- 1 1/3 Tbsp fresh basil, chopped (optional)
- 8 large cooked shrimp, peeled and cut in half (optional)
- any variation of meat, thinly sliced (optional)

Directions:

1. Bring medium saucepan of water to a boil. Boil rice vermicelli for 3 to 5 minutes or until al dente, and drain.
2. Fill large bowl with warm water.
3. Dip one wrapper into the warm water for 1 second to soften.
4. Lay wrapper flat on a plate. In a row across the center, place a handful of vermicelli, cilantro, carrots, cabbage, lettuce, and any desired optional ingredients on the wrapper, leaving about 2 inches uncovered on each side.

5. Fold uncovered sides inward, then tightly roll the wrapper, beginning at the end with the lettuce. Repeat with remaining ingredients.

➤ It is best to use less oil when cooking any meats or vegetables.

Peanut Sauce Ingredients:

- 1/4 cup water
- 2 garlic cloves, minced
- 2 Tbsp hoisin sauce
- 1/2 tsp chili garlic sauce
- 1/2 Tbsp soy sauce (optional)
- 1 tsp peanuts, chopped or ground (optional)
- 2 Tbsp natural peanut butter (optional)

Directions:

1. Mix all ingredients (except chopped or ground peanuts) into a small pot and simmer for 1 minute until reaching desired thickness.
2. Add chopped or ground peanuts on top (optional).

Coconut Quinoa and Lentils



<https://www.flickr.com/photos/30478819@N08/30050026878>

Preparation Time: 10 minutes Cooking Time: 30 minutes

Ingredients:

- 1/2 cup lentils
- 1/2 cup quinoa
- 1 can coconut milk
- 2 cups water
- 2 Tbsp berbere powder
- 3 tsp curry powder
- 1 onion
- 2 Tbsp coconut oil
- 2 garlic cloves
- 2 carrots
- salt and pepper (to taste)

Directions:

- 1 Dice the onions and carrots. Heat the coconut oil in a pan and add the onions.
- 2 Cook the onions until soft and translucent. Add the carrots and cook until soft.
- 3 Add the garlic, coconut milk, and the spices. Adjust spiciness and taste to your preference.
- 4 Add the water, mix, and bring the liquid to a boil.
- 5 Once boiling, reduce the heat to a simmer, add the quinoa and lentils, and cover.
- 6 Cook until the quinoa and lentils are soft and most of the liquid has been reduced. Add salt and pepper to taste .
- 7 Serve!

Foul Mudammas (Mashed Egyptian Fava



Beans)

https://de.wikipedia.org/wiki/Datei:Foul_Mudammas.jpg

Origin: Egypt

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Serves: 4 people

Ingredients:

- 1 (15 oz) can fava beans (sometimes called broad beans or foul mudammas), with liquid
- 1 (15 oz) can chickpeas, rinsed and drained
- 1/2 cup (120 ml) water
- 2 cloves garlic, crushed in a mortar and pestle with 1/2 tsp salt
- 1 Tbsp fresh lemon juice
- 1 tsp cumin
- 1/4 tsp freshly ground black pepper
- 1 small tomato, diced
- 1/2 small onion, minced
- 4 Tbsp minced fresh parsley leaves
- 4 Tbsp olive oil
- 1 lemon, wedged

Directions:

1. Bring the fava beans (with liquid), chickpeas, and water to a simmer in a medium saucepan over medium heat. Turn off the heat and use the back of a spoon to mash some of the beans (about 1/2 cup) against the side of the pot.
2. Stir in the garlic, lemon juice, cumin, and black pepper.
3. Transfer the beans to 1 large or 4 small serving dishes; drizzle on the olive oil and add the tomato, onion, and parsley on top. 4. Serve with lemon wedges to squeeze on top.

Saag Paneer



https://commons.wikimedia.org/wiki/File:Saag_Paneer.jpg

Ingredients:

- 1 lb washed spinach
- 2 green chilies
- 3 garlic cloves
- 3 Tbsp ginger
- 1 medium onion
- 2 small tomatoes
- 5 garlic cloves
- 1/2 tsp cumin seeds
- 1/4 tsp turmeric powder
- 1/2 tsp red chili powder
- 1 tsp garam masala
- 2 bay leaves
- 1/2 lb paneer
- 2 Tbsp oil
- 1/2 cup yogurt
- salt and pepper (to taste)

Directions:

1. Rinse the spinach leaves well under water.
2. Place 5 cups of water in a pot with 1/2 teaspoon of salt and bring to a boil. Allow spinach to boil for 3 minutes and remove into bowl of ice water.

3. Heat 2 tablespoons of oil in a pan and add the cumin seeds. Cook for 30 seconds before adding the bay leaf
4. Add and sauté the onions until golden. Add the garlic and ginger and cook for 30 seconds.
5. Add to a blender with the spinach until you get a thick puree. Add water accordingly.
6. Add yogurt to the pan and add the spinach puree. Cook for 10 minutes, check the salt and pepper, and any other seasonings you may wish to add.
7. Add the paneer and cook for 3 minutes.
8. Turn the heat to low and allow to simmer. Serve warm with roti or rice.

Paneer Tikka (Paneer Kabob)



https://upload.wikimedia.org/wikipedia/commons/c/c2/Paneer_Tikka_Masala.jpg

Kabob Ingredients:

- 1 lb paneer
 - 1 tomato
 - 1 onion
 - 1 bell pepper
- Marinade Ingredients:**
- 1/2 Tbsp cumin seeds (jeera)
 - 1/2 Tbsp coriander seeds (thaniya)
 - 1 brown cardamom (elachi)
 - 10 green cardamom (elachi)
 - 1/2 Tbsp cloves (laung)
 - 1/2 Tbsp black pepper (kaali mirch)
 - 3 Tbsp ginger
 - 3 cloves grated garlic
 - 2 tsp turmeric powder (haldi)
 - 2 tsp red chili powder (laal mirch)
 - 2 tsp coriander powder
 - salt
 - 2 tsp kashmiri chili powder
 - 2 Tbsp olive oil
 - 1/2 lemon
 - 1/2 Tbsp dry mango powder (amchur)
 - 1/2 Tbsp chaat masala
 - 2 green chilies, chopped (hari mirch)
 - 1/2 cup yogurt
 - 1/2 Tbsp garam masala
 - Mint leaves, chopped

Directions:

1. In a skillet, dry roast and pound 1/4 tablespoon of cumin seeds, coriander seeds, brown cardamom, green cardamom, cloves, black pepper, star anise, and the other 1/4 tablespoon of cumin seeds in a mortar and pestle.
2. In a bowl add ginger, garlic paste, turmeric powder, red chili powder, coriander powder, salt, kashmiri chili powder, refined oil, coriander leaves chopped, mint leaves chopped, lemon, dry mango powder, chaat masala, green chili, yogurt, and hara masala. Mix them all with the spice mixture from Step 1.
3. Chop the paneer, tomato, onion, and bell pepper into a large tray lined with aluminum foil.

4. Mix the spice mix with the paneer, tomato, onion, and bell pepper together on the tray and put them on skewers in any order you prefer.
5. Marinate for at least 45 minutes in the fridge, though longer is better to solidify the taste.
6. Grill the kabobs for at least 3 minutes on each side. Serve Hot.

Egyptian Koshary



https://upload.wikimedia.org/wikipedia/commons/thumb/5/50/Egyptian_Food.jpg/1920px-Egyptian_Food.jpg

Origin: Egypt

Preparation Time: 1 hour

Cooking Time: 1 hour 25 minutes

Serves: 12 people

Ingredients:

- 1 Tbsp vegetable oil
- 2 cups uncooked white rice (can substitute with brown rice)
- 3 cups water
- 1 tsp salt
- 1 packet elbow macaroni (can substitute with whole wheat pasta)
- 1 cup lentils, soaked in water beforehand
- 1/2 tsp salt
- 1 Tbsp vegetable oil
- 5 onions, minced
- 2 garlic cloves, minced
- 3 Tbsp white vinegar
- 1/2 cup tomato paste
- 1 1/2 tsp salt
- 1 tsp black pepper, ground
- 2 1/2 tsp cumin, ground
- 1/4 tsp cayenne pepper

1. Heat 1 tablespoon of vegetable oil in a saucepan over medium to high heat. Stir in rice for a few minutes. Add 3 cups of water and 1 teaspoon of salt. Bring to a boil, then reduce heat to low, cover, and simmer for about 25 minutes.
2. Cook the macaroni in lightly salted boiling water (about 8-10 minutes). Strain in a colander and return to pot and keep covered. Set aside.
3. Soak the lentils in water for about 30 minutes, then drain and rinse twice.
4. Measure two cups of water, add the lentils, and bring to a boil. Cover and reduce heat to low. Simmer for about 20 minutes until lentils are tender. Add 1/2 teaspoon of salt.
5. Put one tablespoon of oil into a large frying pan and heat. Add the onions and cook on medium/high heat for about 10 minutes until the onions are browned. Add garlic and cook for another minute and then drain the mixture on a paper towel.
6. Take half of the onion mixture, place into a saucepan and add the vinegar, chopped tomatoes, tomato paste, pepper, 2 teaspoons of salt, the cumin, and the cayenne pepper and bring to a boil. Mixture should have a thick, sauce-like consistency. If it feels like a paste, add half a cup of boiling water. Reduce heat to medium-low and simmer for 15 minutes.
7. To serve, do so in a layering pattern by placing a serving spoon of rice, topping it with a serving spoon of macaroni, followed by the same amount of lentils. Sprinkle with some of the browned onions, and then top with tomato sauce.

Brown Dal (Masoor Sabit/Whole Lentils)



https://www.google.com/search?q=brown+dal&rlz=1C5CHEFA_enUS710US712&source=lnms&rbm=isch&sa=X&ved=0ahUKFwjK28vfu_HgAhWFMXwKH0kCSEQ_AUJDigB&biw=1440&bih=821#imgdii=JLJ9b3rdCAtriM:&imgc=W2rJKrGMINs2qM;

Serves: 6 people

Ingredients:

- dry dal (1 cup)
- 7 cups of water
- 1¾ tsp salt
- ¼ tsp red pepper flakes
- ¼ tsp turmeric powder
- 3 Tbsp oil
- 2 cloves garlic, minced (optional)
- ¼ tsp powdered ginger (optional)
- 4 cubes frozen pureed tomatoes (optional)
- ½ tsp ground coriander
- ½ tsp garam masala (optional)

Directions:

1. Night before: Measure 1 cup dry dal. Check for stones and discard any found. Soak overnight in 4 cups of water.
2. Next day: Discard water. Rinse dal with fresh water. Drain. Repeat until no more colored water remains.
3. In your slow cooker, add: dal, water (use 4 cups of water for dal that was not soaked overnight), salt, red pepper flakes, turmeric powder, oil, minced garlic, powdered ginger, and frozen pureed tomatoes.

4. Stir. Cover the lid. Turn the cooker on and set on High for 4 hours. Alternatively: Set cooker on High for 2 hours and Low for 8 hours.
 5. When done, turn the cooker off and remove the lid.
 6. Add ground coriander and garam masala.
 7. Stir well and serve.
- This is a slow cooker recipe.

Moroccan Chicken and Quinoa



<https://www.maxpixel.net/Quinoa-Quinoa-Salad-Bowl-Spoon-Board-Salad-1250021>

Preparation Time: 10 minutes

Cooking Time: 50 minutes

Serving Size: 1/4 cup of quinoa

Serves: 8 people

Chicken Ingredients:

- 3 Tbsp of oil or ghee
- 2 onions, chopped
- 1 Tbsp minced garlic
- 1 Tbsp freshly grated ginger
- 2 Tbsp paprika
- 1 1/2 tsp salt
- 2 tsp turmeric
- 2 tsp ground coriander
- 2 tsp fennel seeds, ground
- 1 tsp black pepper
- 1 tsp cumin
- 2 tomatoes, chopped
- 2 cups water
- 1/4 cup fresh lemon juice

- 4 lbs chicken leg quarters, skinned and cut into about 3 pieces per leg quarter
- 1 large baked eggplant (bake 400° F for about 30--40 minutes)
- 2 Tbsp marjoram
- 1/2 cup slivered almonds

Quinoa Ingredients:

- 3 Tbsp butter
- 2 cups quinoa
- 4 cups chicken broth
- salt (to taste)
- 1/2 cup raisins
- handful of slivered almonds

Directions:

1. Moroccan chicken: heat oil or ghee in a large pot. Add onions and garlic. Cook until soft, about 4-5 minutes. Add garlic and ginger. Cook for about a minute, until fragrant. Add paprika, salt, turmeric, coriander, fennel, pepper, and cumin and cook for a minute, until fragrant.
 2. Add tomatoes and cook for 5--7 minutes until soft and crushed. Add water and lemon juice, bring to a boil. Add the chicken.
 3. Simmer for 20 minutes. Add in baked and chopped eggplant (it should be soft and mushy) and marjoram. Simmer for another 15--20 minutes or until chicken is fully cooked through. Garnish with almonds.
 4. Quinoa: soak raisins ahead of time, right when you start cooking the chicken, for at least 30 minutes. This helps make them plump and juicy when you fry them. Heat 1 tablespoon of butter in a fry pan. Discard water, and add the soaked raisins and slivered almonds. Fry for a few minutes until raisins are plump and almonds are a bit browned.
 5. Heat the rest of butter. Once melted, add the quinoa. Cook for a minute ,until fragrant.
 6. Add broth and salt to taste. Cover and cook over medium-low for about 20 minutes or until quinoa is cooked through.
 7. Fluff quinoa with fork and stir in raisins and almonds. Serve with Moroccan chicken
- This healthy and delicious recipe will take you to the souks of Morocco with just one bite. This dish is low in sodium but filled with aromatic flavors. Quinoa, a nutritious substitute for typical white rice, provides protein, iron, and fiber, along with a bit of a crunch. Enjoy!

Vegetarian Bibimbap



<https://www.flickr.com/photos/notahipster/5762793195>

Origin: South Korea

Preparation time: 30 minutes

Cooking time: 20 minutes

Ingredients:

- 2 Tbsp sesame oil
- 1/3 cup of sliced carrots, zucchini, or your favorite vegetables
- 1 Tbsp and 2 1/4 tsp sliced green onions
- 1/8 (14 oz) can of bean sprouts, drained
- 3/8 (4.5 oz) freshly cut mushrooms
- 1/8 tsp salt (optional)
- 2/3 cups cooked brown or white rice
- 2 tsp soy sauce (optional)
- 1/8 tsp ground black pepper
- 1 egg
- 1 tsp sweet red chili sauce or sriracha

Directions:

Prepare the rice according to package instructions.

1. In a small bowl, mix the bibimbap sauce until well-blended and set on the table. The result should be deep red, thick, sweet, spicy, and smell slightly of apples and sesame.
2. Boil the sprouts for 10 minutes in a large pot (no need to prep the sprouts; they're ready to go).
3. In a large bowl, mix the cooked sprouts with sesame oil, roasted sesame seeds, Korean red pepper powder, 2 chopped green onions, and salt to taste. It's hard to get this wrong; the sprouts are very bland

and can take a lot of salt. I've noticed that adding too much red pepper powder can give the sprouts a bitter taste, though.

4. Steam or boil washed spinach until bright. Gently squeeze or press out excess water.

5. In a large bowl, mix the spinach with sesame oil, salt, 2 chopped green onions, and 1/2 T of the bibim sauce.

6. Peel and julienne the carrots into 2 inch long matchsticks. This is painful, but try the method of slicing the carrot on the diagonal and then "hacking" at it (i.e., the diagonal slices will be in a sort of layered stack, and you can cut the stack horizontally). Just try it; don't think too hard. The resulting matchsticks need not be perfect. Thin enough to gobble up easily but thick enough to be substantial (not shredded). Set aside.

7. Thinly slice the rehydrated shiitake mushrooms and set aside.

8. In a wok or frying pan, cook the eggs sunny side up in canola or sesame oil. Ideally the yolk should be in-tact and runny, but personally I cook it through. I also take a shortcut and cook all the eggs at once rather than individually and then separate them. This may be sacrilege, but I am not a restaurant! I've got things to do.

9. Set the eggs aside. In the same pan, adding more sesame oil if necessary, stir-fry the carrots for 2 minutes and add salt to taste. Set aside.

10. In the same pan, stir-fry the mushrooms for 5 minutes and add a little salt (a little goes a long way here).

11. Add one heap of rice per person to the largest individual serving bowls in your house. (If using old rice or serving guests, you might toast part of the rice in the pan to make it crispy. To do this, heat sesame oil in your frying pan or wok after cooking the other ingredients. Smush a thin layer of rice along the pan. Your goal is maximum surface area. Cook on medium to high heat until lightly browned. You'll hear it making "crispy" noises. Proportion half crispy rice/half regular rice in the individual bowls.)