

# Middle Eastern Recipes

## Rice Pilaf

1 cup sliced mushrooms	½ cup chopped green onions
2 ½ cups water	1 bouillon cube
½ teaspoon thyme	1 cup brown rice
1 cup shredded carrots	¼ cup chopped raisins

Cook mushrooms and onions in frying pan. Add rice and stir until rice is slightly browned. Add water, bouillon, spices, carrots and raisins. Pour mixture into a baking dish or pan. Cover. Bake at 350 degrees for 1 hour or until rice is tender and liquid is absorbed. Makes 6 servings.

*Each serving provides 358 calories, 8 grams protein, 77 grams carbohydrate, 1 gram fat, 103 milligrams sodium, 3 grams fiber.*

## Baba Ghanouj

1 large eggplant	¼ cup lemon juice
1 tablespoon minced garlic	2 tablespoons minced parsley
¼ teaspoon salt	1 tablespoon olive oil
2 Tablespoons Tahini (sesame butter) –optional	

Prick eggplant several times; place on a paper towel on a microwave-safe plate. Microwave on high 10-12 minutes, turning and checking until soft. Peel, remove seeds and mash or blend. Add remaining ingredients and blend or mash until smooth. Serve with pita bread triangles. Makes 6 servings.

*Each serving provides 103 calories, 3 grams protein, 9 grams carbohydrate, 7 grams fat, 10 milligrams sodium, 4 grams fiber.*

### **Fruit Couscous**

½ apple juice

½ water

1 cup uncooked couscous

1 large apple, peeled and chopped

2 tablespoons raisins

2 tablespoons dates (optional)

¼ teaspoon apple pie spice or cinnamon

Combine apple juice and water in saucepan; bring to a boil. Remove from heat. Stirring constantly, slowly add raw couscous. Add remaining ingredients and stir well. Cover and let stand 5 minutes until liquid is absorbed. Fluff couscous with a fork and serve. Makes 6 servings.

*Each serving provides 159 calories, 4 grams protein, 35 grams carbohydrate, 4 grams fat, 100 milligrams sodium, 5 grams fiber.*

### **Hummus**

1 (16 ounce) can chickpeas or garbanzo beans

¼ cup liquid from can of beans

3-5 tablespoons lemon juice

1 ½ tablespoons tahini (sesame butter)

2 cloves garlic, crushed

½ teaspoon salt

2 tablespoons olive oil

Drain chickpeas and set aside from can. Combine remaining ingredients in blend or food processor. Add ¼ cup of liquid from the chickpeas. Blend for 3-5 minutes until smooth. Place in serving bowl and add a small amount (1-2 teaspoons) olive oil. Serve with pita bread.

*Each serving provides 77 calories, 3 grams protein, 8 grams carbohydrate, 4 grams fat, 236 milligrams sodium, 2 grams fiber.*

## **Falafel**

1 (16 ounce) can chickpeas, drained	2 cloves garlic, chopped
3 tablespoons fresh parsley, chopped	1 teaspoon coriander
1 teaspoon cumin	2 tablespoons flour
Salt and pepper to taste	Oil for frying

Combine chickpeas, garlic, onion, coriander, cumin, salt and pepper in medium bowl. Mash chickpeas, mixing ingredients together. Form the mixture into small balls, about the size of a ping pong ball. Slightly flatten. Fry in 2 inches of oil at 350 degrees until golden brown. Serve hot. Serves 4.

*Each serving provides 262 calories, 7 grams protein, 21 grams carbohydrate, 18 grams fat, 582 milligrams sodium, 6 grams fiber.*

## **Homemade Pita Chips**

6 4-inch whole wheat pitas	½ cup Italian salad dressing
2 tablespoons grated Parmesan cheese	

Preheat oven to 400 degrees. Split each pita in half. Brush with dressing; sprinkle with Parmesan and salt, if desired. Cut each pita half into 8 wedges. Place on an ungreased baking sheet and bake until crisp and golden, about 10 minutes. Watch carefully toward the end of the baking time so pita chips do not burn. Let cool on baking sheet. Serve with hummus and fresh vegetables. Store any remaining chips in an airtight container.

*Each serving provides 125 calories, 3 grams protein, 18 grams carbohydrate, 5 grams fat, 246 milligrams sodium, 2 grams fiber.*

## Quinoa Tabbouleh

½ cup quinoa	½ teaspoon salt
1/8 teaspoon pepper	1 garlic clove, minced
2 tablespoons olive oil	2 tablespoons lemon juice
1 bunch curly parsley, chopped	1 small tomato, chopped
1 cup chopped English cucumber	¼ cup crumbled feta cheese

Cook quinoa according to package directions. Transfer to a bowl to cool slightly. Mix remaining ingredients in a large serving bowl. Add quinoa and stir gently to mix. Makes 4 servings.

*Each serving provides 177 calories, 5 grams protein, 17 grams carbohydrate, 10 grams fat, 352 milligrams sodium, 2.3 grams fiber.*

## Spicy Chicken Shawarma

2 tablespoons finely chopped parsley	½ teaspoon salt
½ teaspoon crushed red pepper	¼ teaspoon ground ginger
¼ teaspoon ground cumin	1/8 teaspoon ground coriander
5 tablespoons plain low fat Greek-style yogurt	2 tablespoons lemon juice
3 garlic cloves minced	
1 pound skinless, boneless chicken breasts, thinly sliced	
2 tablespoons olive oil	1 tablespoon tahini (optional)
4 6-inch pitas, halved	½ cup chopped cucumber
½ cup chopped tomatoes	¼ cup chopped red onion

Combine the parsley, salt, red pepper, ginger, cumin, and coriander in a large bowl. Stir in 1 tablespoon yogurt, 1 tablespoon lemon juice and 2 garlic cloves. Add chicken; toss to coat. Heat oil in a large skillet over medium-high heat. Add chicken mixture to pan, cook 6 minutes or until browned and done, stirring frequently. While chicken cooks, combine the remaining ¼ cup yogurt, remaining 1 tablespoon lemon juice, remaining 1 garlic clove and tahini, stirring well. Spread 1 ½ teaspoons of the mixture inside each pita half; divide chicken evenly among pita halves. Fill each pita half with 1 tablespoon cucumber, 1 tablespoon tomato, and 1 ½ teaspoons onion. Makes 8 servings (1 pita half)

*Each serving provides 201 calories, 18 grams protein, 20 grams carbohydrate, 5.3 grams fat, 270 milligrams sodium, 1.1 grams fiber.*