



SUMMER MEAL PLAN: WEEK 1



How to Use This Meal Plan

Recipe quantities and instructions are included in this meal plan. You will also find other relevant information, like substitutions and tips for success. The recipes below can also be used as shopping lists.

For complete information, including step-by-step photos and videos, I encourage you to check out the recipe post on urbanfarmandkitchen.com.

Disclaimer: The information, recipes, and tips provided in this meal plan are for general informational purposes only. While every effort has been made to ensure accuracy, completeness, and reliability, no guarantees are made regarding the results you may achieve when following these recipes or suggestions. Ingredient availability, equipment differences, and individual cooking skills can all affect outcomes.

The nutritional information in this meal plan is approximate. If you have food allergies, dietary restrictions, or health concerns, please consult with a qualified healthcare provider or nutritionist before preparing or consuming any recipe.

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Summer Meal Plan: Week 1

Monday



Chicken Souvlaki

Tuesday



Spring Pea Pesto

Wednesday



Za'atar Chicken Thighs

Thursday



Greek Cheese Pie

Friday



Med Shrimp Rice Bowls

Salad



No Mayo Coleslaw

Baking



Greek Pita

Dessert



Rhubarb Custard Bars

URBAN FARM & KITCHEN

Greek Chicken Souvlaki Skewers Recipe (with Sides)

★★★★★
5 from 1 vote

My Greek Chicken Souvlaki Skewers are on regular rotation not only in the summer grilling season but in the cooler months too. The easy dinner recipe comes together so quickly, perfect for a quick weeknight meal.

| | | | |
|----------------------|----------------------|----------------------------|--------------------|
| Prep Time 15 mins | Cook Time 15 mins | Marinating Time 30 mins | Total Time 1 hr |
|----------------------|----------------------|----------------------------|--------------------|

Course: Main Course Cuisine: Greek Servings: 2 people Author: Luay Ghafari Cost: \$10

Equipment

- Grill pan or outdoor grill

Ingredients

Chicken Souvlaki

- 2 tbsp Extra virgin olive oil
- 2 tbsp Lemon juice - Juice of one lemon
- 2-3 Garlic cloves (minced)
- 1 tbsp Dried oregano
- 1 tsp Dried thyme
- 1 tsp Kosher salt
- ½ tsp Black pepper
- 3 Boneless skinless chicken breasts (cut into 1½ inch chunks)

Sides, Salads and Sauces

- Homemade Tzatziki
- Saffron rice
- Chopped salad
- Maroulosalata (Greek Lettuce Salad)
- Pickled onions
- Feta cheese, lemon wedges, Kalamata olives

Instructions

1. **Make the Souvlaki Marinade.** In a medium bowl, whisk together **2 tbsp Extra virgin olive oil, 2 tbsp Lemon juice, 2-3 Garlic cloves (minced), 1 tbsp Dried oregano, 1 tsp Dried thyme, 1 tsp Kosher salt,** and **½ tsp Black pepper.**
2. **Marinate the Chicken.** Add **3 Boneless skinless chicken breasts (cut into 1½ inch chunks)** to the marinade, ensuring each piece is well coated. Cover and let it marinate for at least 30 minutes, though 2 hours will yield the best flavor.
3. **Skewer the Chicken.** Thread the marinated chicken pieces onto skewers.
4. **Grill to perfection.** Preheat your grill to medium-high heat. Lightly oil the grates to prevent sticking. Grill the skewers for about 12-15 minutes, turning occasionally, until the chicken is cooked through and has nice grill marks. The internal temperature should reach 165°F (75°C). Remove from the grill and let the skewers rest for a few minutes before serving.

Notes

Refer to the post above for step-by-step recipe photos.

Ingredient Notes:

- **Chicken.** I like using lean boneless skinless chicken breasts for this recipe. When figuring out how much chicken I need, I will usually use 1 ½ chicken breasts per person. But you know your family and friends better than me, so you may need more or less. You can also use boneless, skinless chicken thighs.
- **Dried Herbs.** I like using a combination of dried oregano (preferably Greek) and dried thyme. You can skip the thyme and use oregano if that's all you have.
- **Acid.** Lemon juice is traditional. The acidity from the lemon juice helps tenderize the chicken.

Nutrition

Calories: 326kcal | Carbohydrates: 2g | Protein: 36g | Fat: 18g | Saturated Fat: 3g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 12g | Trans Fat: 0.02g | Cholesterol: 108mg | Sodium: 1942mg | Potassium: 659mg | Fiber: 0.3g | Sugar: 0.4g | Vitamin A: 71IU | Vitamin C: 9mg | Calcium: 25mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/greek-chicken-souvlaki-skewers-recipe-with-sides/>



Pea Pesto (with Mint and Arugula)

★★★★★
5 from 3 votes

Fresh, bright, and so easy to make, this Pea Pesto is spring in a bowl. It's sweet from the peas, peppery from the arugula, fresh from the mint, and rounded out with toasted almonds, lemon, Parmesan, and olive oil. Toss it with pasta for an easy meal, slather it on crostini, add it to a cheese board, or fold it into a salad dressing.

Prep Time
10 mins

Cook Time
3 mins

Total Time
13 mins

Course: condiment, Main Course Cuisine: Mediterranean, Seasonal Diet: Vegetarian Servings: 6 Servings
Author: Luay Ghafari Cost: \$10

Equipment

- Small food processor - [Affiliate link](#)

Ingredients

- 1/3 cup Toasted almonds
- 1 cup Fresh or thawed peas
- 1 cup Arugula
- 1/4 cup Fresh mint leaves
- 1 Garlic clove
- 2 tbsp Lemon juice - From 1 lemon
- 1 tbsp Lemon zest - From 1 lemon
- 1/2 cup Grated parmesan
- 1/3-1/2 cup Extra virgin olive oil
- Kosher salt and black pepper to taste
- Chili flakes - Optional

Instructions

1. **Toast your Almonds (Optional).** If you are using untoasted almonds, toast them in a 300F oven for 10 minutes.
2. **Prepare the peas.** Blanch fresh or thawed peas in salted water for 2–3 minutes, then cool and pat dry with a paper towel.
3. **Blend the Base.** Add the peas, arugula, mint, almonds, garlic clove, lemon zest, lemon juice, and Parmesan to the bowl of a food processor. Pulse until finely chopped.
4. **Emulsify.** With the motor running, slowly drizzle in the olive oil until the pesto is smooth but still has a little texture.
5. **Finish.** Season with salt, black pepper, and red pepper flakes if using. Taste and adjust with more lemon, salt, or olive oil as needed.
6. **Store or Serve.** At this point, you can store your pesto in a glass jar in the fridge. Or toss with short pasta and finish with freshly grated Parmesan and a little extra lemon zest before serving.

Notes

Refer to the post above if you need step by step photos or more pairing and menu ideas.

Ley Ingredient Notes:

- **Green Peas:** Wouldn't be a pea pesto without peas. I like to use fresh peas when they are in season. But frozen peas work well if you want to make this year-round.
- **Arugula:** I like bulking up this pesto with **baby arugula**. It's peppery and balances the sweeter notes from the peas and mint. But feel free to use another green like spinach.
- **Almonds:** Toasted almonds add nuttiness and body. You can swap them for walnuts, pine nuts, pumpkin seeds or cashews.
- **Mint:** Basil is used in traditional Genovese pesto. But keeping this pesto spring-themed means using spring flavors, and I think fresh mint leaves work really nicely.
- **Lemon:** You will need both **lemon zest and juice**. Lemon is not traditional in pesto, but I like using it for 2 reasons: it helps balance the pepperiness from the arugula and the richness from the olive oil and parmesan. It also helps preserve

the pesto's bright green color and reduces the chance of oxidation.

- **Parmesan Cheese:** I like to use **Parmigiano-Reggiano**. It adds saltiness and richness. I do prefer to grate it myself before adding it to the blender, but you can also use pre-grated. I don't recommend using shelf-stable Parmesan in the can! Pecorino can work too for a sharper finish. Or if you want to keep the recipe vegan, use some nutritional yeast.

Storage Tips:

- You can make it in advance and keep it in the fridge until you're ready to use it. It's a great prep-ahead sauce for pasta nights, sandwiches, or grain bowls. It should last in the fridge for 5 days.
- Store the pesto in an airtight container in the refrigerator. I prefer glass over plastic as plastic Tupperware may stain. A thin layer of olive oil on top can help protect the surface from oxidation.
- **Pea pesto freezes very well.** You can freeze it for up to 3 months for the best quality, but I have used 6-month-old frozen pesto just fine. Portioning it into small containers or cubes makes it especially convenient.

Nutrition

Calories: 211kcal | Carbohydrates: 7g | Protein: 6g | Fat: 18g | Saturated Fat: 3g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 12g | Trans Fat: 0.002g | Cholesterol: 7mg | Sodium: 149mg | Potassium: 164mg | Fiber: 3g | Sugar: 2g | Vitamin A: 417IU | Vitamin C: 14mg | Calcium: 114mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/spring-pea-pesto-with-mint-and-arugula/>



Za'atar Chicken Thighs

★★★★★
4.80 from 24 votes

With za'atar, sumac, and 7-spice, these za'atar chicken thighs are a great weeknight dinner. Marinate when you get home from work, then roast for just 25 minutes.

| | | | |
|----------------------|----------------------|-------------------------|----------------------------|
| Prep Time 20 mins | Cook Time 30 mins | Marinating Time 1 hr | Total Time 1 hr 50 mins |
|----------------------|----------------------|-------------------------|----------------------------|

Course: Main Course Cuisine: Levantine, Middle Eastern Servings: 4 people Author: Luay Ghafari Cost: \$15

Ingredients

- 8 Chicken thighs - Bone in and skin on
- 1 Red onion - Cut into wedges
- 2-3 Garlic cloves - Minced finely, use more or less as you like
- 3 tbsp Extra virgin olive oil
- 1 Lemon - Juiced
- 1 Lemon - Sliced into rings
- 2 tbsp Za'atar
- 1 tbsp Sumac
- 2 tsp 7-Spice blend - See notes
- Salt and fresh cracked pepper - See notes

Instructions

1. **Marinade chicken.** In a large bowl, add chicken thighs, onion, garlic, olive oil, juice of 1 lemon, lemon slices, zaatar, sumac, 7-spice, salt and pepper. Toss to coat chicken thighs. Marinate in the fridge for 1-2 hours.
2. **Transfer to baking dish.** Preheat your oven to 375°F/190°C. Transfer the chicken thighs and onions along with the marinade to a baking sheet, braiser or large oven-safe pan.
3. **Roast.** Cook for 25-30 minutes, or until the internal temperature of the chicken reaches 170°F/77°C. Skin should be browned and crispy. If not, broil for 5 minutes.
4. **Serve.** Garnish with chopped parsley. Serve chicken thighs with rice, potatoes or your favorite sides. See note below for serving ideas.

Notes

Refer to the post above for step-by-step recipe photos.

Ingredient notes:

- Salt and pepper should be added based on preference, however, a good place to start is 3/4 tsp of kosher salt per pound of meat.
- 7-Spice powder is a Levantine spice blend, also called baharat, this is commonly made up of coriander, allspice, cumin, cloves, black pepper, cinnamon, and nutmeg. If you don't have it, you can simply substitute it for some of the spices listed.

Serve with vermicelli rice, saffron rice or roasted potatoes. A fresh salad pairs well too. Try my Jerusalem salad, Fattoush or Tabbouleh.

Nutrition

Calories: 380kcal | Carbohydrates: 4g | Protein: 44g | Fat: 20g | Saturated Fat: 4g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 11g | Trans Fat: 0.04g | Cholesterol: 215mg | Sodium: 204mg | Potassium: 614mg | Fiber: 1g | Sugar: 1g | Vitamin A: 131IU | Vitamin C: 3mg | Calcium: 66mg | Iron: 4mg

To see the web version with photos, tips
and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/zaatar-chicken/>



Greek Cheese Pie (Tiropita)



This Greek Cheese Pie has it all! A creamy and savory center, crispy layers of phyllo dough, and a sweet garnish that brings the whole thing together. The pie bakes in under 40 minutes. It's delicious, filling, and very rewarding to make.

Make this recipe for a mezze platter, for a special occasion Greek-themed dinner party, or pair it with one of my many Mediterranean salad and appetizer recipes to make a complete meal.

| | | |
|----------------------|----------------------|-----------------------|
| Prep Time 15 mins | Cook Time 35 mins | Total Time 50 mins |
|----------------------|----------------------|-----------------------|

Course: Appetizer, Breakfast, Brunch, Main Course, Snack Cuisine: Greek Diet: Vegetarian Servings: 8 Servings
Author: Luay Ghafari Cost: \$15

Equipment

- 11-12 inch round pan

Ingredients

- 1 1/3 cups Fresh ricotta cheese
- 1 cup Greek feta - Crumbled
- 1 cup Parmigiano-Reggiano - Freshly grated
- 2 Eggs
- 2 tsp Dried oregano
- 2 tsp Fresh thyme leaves

Pie

- 7-8 Sheets of phyllo - See note
- 1/2 cup Salted butter - Melted

Garnish

- 1-2 tbsp Honey
- 1 tbsp Toasted sesame seeds
- 1 tsp Fresh thyme leaves

Instructions

1. **Make the cheese mixture.** In a large bowl, combine the ricotta, feta, parmesan, eggs, oregano, thyme leaves and black pepper. Mix well to combine. At this point, preheat your oven to 400F/205C.
2. **Line your baking dish.** Brush some melted butter onto the bottom of the pan and lay one sheet of phyllo pastry making sure that the sheet overhangs the side.
3. **Butter.** Brush on some more butter all over the phyllo.
4. **Layer and repeat.** Add another layer of phyllo pastry, making sure it also overhangs. Repeat this butter/phyllo process until you have 7 or 8 layers of phyllo in your baking dish with overhanging pastry going all around the pan.
5. **Add the cheese.** Transfer the cheese filling to the phyllo-lined baking dish and level it with an offset spatula or soon.
6. **Cover.** Take the overhanging phyllo and place it over the cheese mixture, making sure to butter between the layers of phyllo as you go around. The cheese mixture should now be completely covered with buttered phyllo. Using a sharp knife, pierce the phyllo so that steam can escape during the baking process.
7. **Bake.** Place your prepared cheese pie in the preheated oven on the middle rack. Bake at 400F/205C for 20 minutes, then drop the oven temperature to 375F/190C and bake for another 15-20 minutes. The pie should be golden brown around the edges.
8. **Rest, garnish and serve.** Let the pie cool for at least 30 minutes then garnish with honey, sesame seeds and more fresh thyme leaves.

Notes

I recommend you check out the post above for step-by-step recipe photos.

Ingredient Notes:

- **Phyllo Pastry:** I would not recommend that you make your own phyllo dough! Buy it ready made from your grocery store! You will find it in the frozen section next to the puff pastry and pie shells.
- **Butter:** Using melted butter between the phyllo sheets is traditional. I recommend using salted butter (as there is no additional salt in this recipe), but unsalted butter is fine too.
- **Cheese:** For this recipe, I am using a combination of **ricotta, feta and parmesan**. You could replace the ricotta with cottage cheese if you want a more protein-packed pie, but it's not something I would do! Grate your own Parmigiano-Reggiano. The packaged stuff isn't great.
- **Herbs:** I am using a combination of dried oregano and fresh thyme. The fresh thyme is used in both the cheese mixture and as a garnish. Feel free to change up the herbs. You can add some fresh dill, fresh mint or fresh parsley.
- **Honey:** There's something magical about the juxtaposition of salty cheese and sweet honey. Trust me and trust the process! You won't be disappointed.
- **Sesame Seeds:** Another classic garnish. Use toasted sesame seeds here, as they will be more flavorful. You can also use black sesame seeds if you have them.

Important notes regarding phyllo sheets:

- Phyllo sheets are incredibly delicate. Handle with care and work quickly. Phyllo dries up pretty quickly so cover with a damp towel while you work. You will not need to use the whole package of phyllo sheets, so wrap up the rest and refrigerate.

Nutrition

Calories: 394kcal | Carbohydrates: 24g | Protein: 15g | Fat: 27g | Saturated Fat: 16g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 8g | Trans Fat: 0.5g | Cholesterol: 77mg | Sodium: 711mg | Potassium: 107mg | Fiber: 1g | Sugar: 3g | Vitamin A: 752IU | Vitamin C: 1mg | Calcium: 347mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/greek-cheese-pie-tiropita/>



Mediterranean Shrimp Rice Bowl (with Salad)



This Mediterranean Shrimp Rice Bowl recipe is light, bright, and hits every craving for fresh flavors without tons of fuss. Juicy shrimp, zesty salad, and fluffy rice all come together for a bowl that's perfect for a hearty lunch, a light dinner or even meal prep.

Prep Time
20 mins

Cook Time
20 mins

Total Time
40 mins

Course: Side Dish Cuisine: Mediterranean Servings: 2 Bowls Author: Luay Ghafari Cost: \$15

Ingredients

For the Shrimp

- $\frac{3}{4}$ lb Large shrimp - Peeled and deveined
- 1½ tbsp Olive oil
- 1 tbsp Lemon juice
- 2 Garlic cloves (minced)
- ½ tsp Dried oregano
- ¼ Smoked Paprika
- ½ tsp Kosher salt
- ¼ tsp Black pepper

For the Rice

- $\frac{3}{4}$ cup Rice
- ¼ tsp Kosher salt

For the Salad Topper

- 1 Persian cucumber (diced)
- 1 cup Cherry tomatoes (halved)
- ¼ cup Red onion (thinly sliced)
- ¼ cup Kalamata olives (whole or chopped)
- 2 tbsp Fresh dill (chopped)
- 2 tbsp Extra virgin olive oil
- 1 tbsp Lemon juice
- Salt and pepper to taste

Optional Sauces

- Tahini Lemon Sauce
- Lemon Yogurt Sauce
- Homemade Tzatziki

Instructions

1. **Season the Shrimp.** In a bowl, toss $\frac{3}{4}$ lb Large shrimp with 1½ tbsp Olive oil, 1 tbsp Lemon juice, 2 Garlic cloves (minced), ½ tsp Dried oregano, ¼ Smoked Paprika, ½ tsp Kosher salt, and ¼ tsp Black pepper. Set aside to let the flavors mingle while you prepare the rice.
2. **Cook the Rice.** Prepare $\frac{3}{4}$ cup Rice according to the package directions with ¼ tsp Kosher salt until tender and fluffy. Use a pot or rice cooker, it's up to you.
3. **Make the Tomato Cucumber Salad Topper.** In a small bowl, combine 1 Persian cucumber (diced), 1 cup Cherry tomatoes (halved), ¼ cup Red onion (thinly sliced), ¼ cup Kalamata olives (whole or chopped), and 2 tbsp Fresh dill (chopped). Drizzle with 2 tbsp Extra virgin olive oil and 1 tbsp Lemon juice, then season with Salt and pepper to taste. Stir and set aside.
4. **Cook the Shrimp.** Heat a large skillet over medium-high. Add the seasoned shrimp in a single layer and cook 1½–2 minutes per side until they're pink and opaque. Remove from the heat right away so they stay juicy.

5. **Assemble the Bowls.** Divide warm fluffy white rice between bowls, top with shrimp, and spoon the vibrant salad over top. Drizzle with your favorite creamy sauce if you like (tahini sauce works well).

Notes

Refer to the post above if you need more help, tips and step-by-step recipe photos.

Key Ingredient Notes:

- **Large Shrimp:** I prefer use larger shrimp in this recipe, just because they are meatier and more satisfying. **Frozen, uncooked shrimp** are ideal. Don't use pre-cooked shrimp here, as maintaining and cooking them a second time will just turn them tough.
- **Cucumbers:** I recommend using **Persian cucumbers** here. If you only have a large English cucumber, I suggest peeling it and removing some of the seed cavity to avoid having a watery salad topper.
- **Tomatoes:** I like the addition of **sliced cherry or grape tomatoes**. Don't use large slicer tomatoes; they will just make the salad topper wet and messy.
- **Olives:** I almost always reach for **Kalamata Olives**. You can use pitted olives. Or use whole olives and remove the pits yourself. I find whole olives taste better than pitted olives, but that's just a personal preference, and you do what works best for you!
- **Rice:** Use what you like here. I prefer **basmati or parboiled rice** for this recipe, but you can totally use pre-cooked rice and reheat it if you're short on time. Jasmine rice, brown rice, and wild rice all work here, too. You can even use cauliflower rice if you prefer it.

Nutrition

Calories: 424kcal | Carbohydrates: 17g | Protein: 25g | Fat: 29g | Saturated Fat: 4g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 20g | Trans Fat: 0.01g | Cholesterol: 214mg | Sodium: 2400mg | Potassium: 480mg | Fiber: 2g | Sugar: 4g | Vitamin A: 869IU | Vitamin C: 26mg | Calcium: 135mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/mediterranean-shrimp-rice-bowl-with-salad/>



No Mayo Coleslaw with Lemon Sumac Dressing



My No Mayo Coleslaw with Lemon Sumac Dressing is a Middle Eastern spin on a classic coleslaw. It's crunchy, fresh, vibrant, and loaded with texture from crisp cabbage, fragrant herbs, peppery radish, and toasted sunflower seeds. It comes together in under 30 minutes.

| | | |
|----------------------|----------------------|-----------------------|
| Prep Time 20 mins | Rest time 10 mins | Total Time 30 mins |
|----------------------|----------------------|-----------------------|

Course: Appetizer, Salad, Side Dish Cuisine: Middle Eastern, Seasonal Diet: Vegetarian Servings: 6 Servings
Author: Luay Ghafari Cost: \$15

Ingredients

- 6 cup Finely shredded cabbage - About 1/2 large head
- 1/4 cup Extra virgin olive oil
- 2 tbsp Lemon juice
- 1 tbsp Lemon zest
- 1 tbsp Sumac
- 2 tsp Honey
- 1 Garlic clove (minced or grated)
- 3/4 tsp Kosher salt
- 1/4 tsp Black pepper
- 1/2 cup Fresh parsley (chopped)
- 1/4 cup Fresh mint (chopped)
- 1/4 cup Fresh dill (chopped)
- 3 Green onions (chopped)
- 5 Radishes (thinly sliced)
- 3-4 tbsp Sunflower seeds

Instructions

1. **Shred and Salt.** Add the shredded cabbage to a large mixing bowl. Sprinkle with a small pinch of salt and massage the cabbage gently with your hands for 1 to 2 minutes until it softens slightly.
2. **Make Dressing.** In a small bowl or jar, whisk together the olive oil, lemon juice, lemon zest, sumac, honey, grated garlic, salt, and black pepper until fully combined.
3. **Assemble.** Add the parsley, mint, dill, green onion, radish and sunflower seeds to the cabbage.
4. **Drizzle.** Pour the dressing over the salad and toss thoroughly until everything is evenly coated.
5. **Rest and Adjust.** Let the slaw rest for about 10 minutes before serving. This helps the cabbage soften slightly while allowing the flavors to meld together. Adjust the seasoning to your liking.

Notes

Refer to the post above if you need step-by-step recipe photos.

Key Ingredient Notes:

- **Green Cabbage:** You can also use napa cabbage or a mix of green and red cabbage. Slicing thinly by hand works well, but using a mandoline is my preferred method.
- **Fresh Herbs:** I love this salad because it's just so herb-forward. **Fresh parsley, fresh mint, fresh dill** and **fresh onions** make this a perfect Spring Recipe.
- **Sunflower Seeds:** Toasted for extra crunch and nuttiness. Pumpkin seeds work well, too. Or you can sub in your favorite nut here.
- **Sumac:** This tangy Middle Eastern spice is one of my favorites. It adds a lemony, citrusy flavor. Buy some from your local Middle Eastern market.
- **Honey:** Balances the acidity with a touch of sweetness. Maple syrup can be substituted or agave syrup, which would make the coleslaw vegan.

Tips for Success:

- **Finely shred the cabbage for the best texture.** Thin strands absorb the dressing more evenly and soften nicely as the salad rests.
- Massaging the cabbage briefly with salt helps break down the fibers slightly, making the slaw more tender without losing crunch.
- **Fresh herbs are essential here.** Use plenty and avoid substituting with dried herbs, which won't provide the same brightness.
- **Letting the slaw rest before serving is key (10-15 minutes is enough).** Avoid overdressing the slaw too early if serving it much later, as the cabbage can release excess moisture.

Nutrition

Calories: 142kcal | Carbohydrates: 9g | Protein: 2g | Fat: 12g | Saturated Fat: 2g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 8g | Sodium: 408mg | Potassium: 239mg | Fiber: 3g | Sugar: 5g | Vitamin A: 784IU | Vitamin C: 40mg | Calcium: 56mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/no-mayo-coleslaw-with-lemon-sumac-dressing/>



Homemade Greek Pita Bread Recipe

★★★★★
5 from 12 votes

Homemade Greek Pita Bread is incredibly easy to make and so rewarding. The whole process can be done in under 90 minutes. This recipe uses standard pantry staples. Enjoy with your favorite dips or make your own wraps.

| | | | |
|----------------------|----------------------|-------------------|----------------------------|
| Prep Time 15 mins | Cook Time 15 mins | Rise time 1 hr | Total Time 1 hr 30 mins |
|----------------------|----------------------|-------------------|----------------------------|

Course: Appetizer, Breakfast, Brunch, Side Dish, Snack Cuisine: Greek, Mediterranean Diet: Vegan, Vegetarian
Servings: 8 Pitas Author: Luay Ghafari Cost: \$5

Ingredients

- 1 cup Warm water - 240 grams
- 2 ¼ tsp Instant yeast - One packet / 7 grams
- 1 tsp Sugar - 4 grams
- 2 tbsp Olive oil - 30ml
- 2 ¾ cups All purpose flour - 380 grams
- 1 tsp Kosher salt - 5 grams

Instructions

1. **Mix the dough.** In a large bowl, combine the water, yeast, sugar and olive oil. Wisk to dissolve the yeast. Then add the flour and salt. Mix well until a shaggy dough forms.
2. **Knead the dough.** Transfer the shaggy dough to a counter and knead until the dough comes together. It should be supple and soft. Avoid adding any extra flour to the counter. Place the dough ball in an oiled bowl, cover with a towel.
3. **Rise.** Let the dough rise for an hour. It should double in size.
4. **Divide and shape.** Divide the dough into 8 equal portions. You can guesstimate or use a kitchen scale to get precise portions. Shape each piece into a tight ball and let the dough rest for 5 minutes.
5. **Roll out.** Using a rolling pin, roll out each dough ball into a 5-6 inch wide disc. They should be about ¼ inch thick.
6. **Second Rise.** Place the rolled-out pitas on a flowered towel and cover with another towel. Let the dough discs rise for 15 minutes before you cook them.
7. **Cook.** Place a cast iron pan, skillet or comal on your stove and heat on **medium-high**. In one swift move, place an uncooked pita disc on the hot pan. You should start seeing bubbles form on the surface of the dough. After about **20-30 seconds** flip the pita over and cook on the other side for another **20-30 seconds**. An air pocket may form inside the pita and it will puff up. This doesn't always happen, so don't worry too much if it doesn't. Keep an eye on the heat, you may need to turn it down if the pitas start to burn or turn it up if there's little to no browning. The pitas should be golden brown on both sides. Feel free to flip them over again to get an even coloring.
8. **Serve.** Store pitas in a bowl lined with a towel and cover them lightly. They will steam further and soften up.

Notes

See the post above for step-by-step recipe photos.

Ingredient notes:

- **Flour:** This recipe uses all-purpose flour. You can also use strong bread flour. You can certainly substitute some of the white flour for whole wheat flour. Adjust the ratio to suit your needs and taste.
- **Yeast:** I use instant yeast to make the recipe quickly (instant yeast doesn't need to be pre-bloomed in water). But if you have Active dry yeast, feel free to use that. You'll need to bloom it in water to activate it first.

Enjoy with homemade hummus, Mutabal (roasted eggplant dip), galayet bandora (tomato dip), homemade labneh (and labneh balls), bread dipping oil, Mast-o Khiar (Persian cucumber yogurt dip), muhammara and other dips.

Nutrition

Calories: 200kcal | Carbohydrates: 35g | Protein: 6g | Fat: 4g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Sodium: 295mg | Potassium: 78mg | Fiber: 2g | Sugar: 1g | Vitamin C: 0.01mg | Calcium: 9mg | Iron: 2mg

To see the web version with photos, tips
and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/homemade-greek-pita-bread-recipe/>



Rhubarb Custard Bars Recipe



My Rhubarb Custard Bars are sweet, tart, creamy, buttery, and the perfect spring treat. They're perfect for brunches, spring gatherings, potlucks, or just an afternoon coffee break. This is an incredibly easy recipe to prepare that looks fancy. I think you're going to love it!

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| Prep Time 10 mins | Cook Time 55 mins | Total Time 1 hr 5 mins |
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Course: Dessert, Side Dish Cuisine: American Diet: Vegetarian Servings: 9 Bars Author: Luay Ghafari Cost: \$20

Equipment

- 8-inch or 9-inch square baking pan
- Food Processor

Ingredients

For the Crust and Topping

- 1¾ cup All purpose flour - 218 grams
- ½ cup Granulated sugar - 100 grams
- 1 tsp Lemon zest
- ½ tsp Kosher salt
- ¼ tsp Baking soda
- 10 tbsp Butter (cold and cut into cubes) - 141 grams

For the Filling

- 2½ cup Fresh rhubarb (trimmed and sliced into ½-inch pieces) - 300 grams
- 1 cup Granulated sugar - 200 grams
- 3 Large eggs - 150 grams
- ½ cup Heavy cream - 120 grams
- 2 tbsp Cornstarch - 16 grams
- 2 tbsp Lemon juice
- 1 tsp Vanilla extract
- Pinch of salt

Instructions

1. **Preheat the oven to 350°F / 175°C.** Line an 8-inch or 9-inch square baking pan with parchment paper or aluminum foil.
2. **Make the Shortbread Crust.** Add the flour, sugar, lemon zest, salt, baking soda, and cold butter to a food processor. Pulse until the mixture forms a crumbly dough that clumps together when pressed.
3. **Transfer.** Transfer two-thirds of the coarse crumbs to the prepared pan. Save the remaining third and set it aside for now.
4. **Press and Par-Bake.** Press into the bottom of the prepared pan using your hands, the bottom of a cup or an offset spatula. Bake the crust for 15 minutes in the preheated oven.
5. **Make Custard.** While the crust bakes, make the custard. In a large bowl, whisk together the sugar, eggs, heavy cream, cornstarch, lemon juice, vanilla, and salt until smooth.
6. **Add Rhubarb and Custard.** Remove the crust from the oven. Scatter the sliced or diced rhubarb evenly over the hot crust. Pour the custard mixture over the rhubarb.
7. **Add Crumble.** Crumble the remaining crust mixture over the top. You want even coverage, but it's okay for the custard rhubarb mixture to peek through.
8. **Bake.** Return the pan to the oven and bake for 35-40 minutes, until the edges are set and the center just barely jiggles. Cool completely, then refrigerate for at least 4 hours before slicing. After chilling, the silky custard filling becomes perfectly sliceable while the buttery crumble topping stays tender and crisp. Serve the rhubarb bars cold or at room temperature.

Notes

Refer to the blog post above if you need step-by-step recipe photos.

Key Ingredient Notes:

- **Fresh Rhubarb Stalks:** Fresh rhubarb is best here, but frozen rhubarb can work if used from frozen and baked a little longer. But do try to make this recipe during rhubarb season in late spring/early summer.
- **Butter:** You will need **cold butter** for a crumbly, shortbread-style crust. Use unsalted butter, but if you only have salted butter, just omit the salt from the recipe.
- **Flour:** All-purpose flour is fine for the crust. If you have pastry flour, you can use that, but all-purpose is totally fine!
- **Cornstarch:** A key ingredient to help thicken and stabilize the custard.
- **Heavy Cream:** This is important. You want to use a heavy or whipping cream for the custard. No shortcuts here. The higher fat percentage is important for a properly set custard.

Tips for Success:

- **Don't over-process the crust.** Just pulse the food processor until the crust just comes together. Or you can use a bowl and a pastry blender or pastry cutter and mix the dough manually by hand.
- Line the pan with parchment so you can lift the bars out cleanly before cutting.
- **Don't skip the chill time.** This is key. You want the custard to set and cool before slicing. Otherwise, it may end up being way too loose.
- **For cleaner slices, use a sharp knife and wipe it between cuts.** You can also warm the knife under hot water for cleaner cuts.

Nutrition

Calories: 410kcal | Carbohydrates: 56g | Protein: 5g | Fat: 19g | Saturated Fat: 12g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Trans Fat: 1g | Cholesterol: 103mg | Sodium: 286mg | Potassium: 165mg | Fiber: 1g | Sugar: 34g | Vitamin A: 697IU | Vitamin C: 4mg | Calcium: 54mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/rhubarb-custard-bars-recipe/>

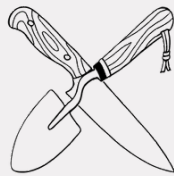




Thank you

I hope you enjoy these recipes. If you make them and love them, please go back to the recipe post and leave a review. It's such a help to others who may want to try the recipes.

- Luay -



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