



# SUMMER MEAL PLAN: WEEK 2



## 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](http://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 2

**Monday**



**Old Bay Shrimp Skewers**

**Tuesday**



**Pistachio Pesto**

**Wednesday**



**Harissa Honey Chicken**

**Thursday**



**Greek Spinach Pie**

**Friday**



**Mediterranean Salmon**

**Salad**



**Strawberry Burrata Salad**

**Baking**



**Jalapeno Focaccia**

**Dessert**



**Strawberry Rhubarb Galette**

**URBAN FARM & KITCHEN**

## Grilled Shrimp Skewers (with Garlic, Lemon and Old Bay)

Grilling season is in full swing, and nothing screams summer like these juicy, smoky **Grilled Shrimp Skewers**. They're *zesty, garlicky, and just the right amount of spicy*. Another back-pocket recipe that comes together quickly, perfect for a weeknight or backyard BBQ.



Prep Time	Cook Time	Marinating Time	Total Time
10 mins	10 mins	30 mins	50 mins

Course: Appetizer, Main Course Cuisine: Mediterranean Servings: 3 Servings  
 Author: Luay Ghafari Cost: \$20

☆☆☆☆☆  
 No ratings yet

### Ingredients

- 2 tbsp Extra virgin olive oil
- 2 tbsp Lemon juice
- 1 tbsp Lemon zest
- 2-3 Garlic cloves (finely minced)
- 1 tbsp Parsley (finely chopped)
- 1 ½ tsp Old bay seasoning
- 1 tsp Smoked paprika
- Kosher salt and black pepper - Use only if you use low sodium Old Bay or make your own Old Bay substitute
- 1 lb Raw Shrimp - Deveined, shell off, tail on
- Garnish with fresh parsley and lemon wedge

### Instructions

1. **Prepare the Shrimp Marinade.** In a large bowl, combine **2 tbsp Extra virgin olive oil, 2 tbsp Lemon juice, 1 tbsp Lemon zest, 2-3 Garlic cloves (finely minced), 1 tbsp Parsley (finely chopped), 1 ½ tsp Old bay seasoning,** and **1 tsp Smoked paprika** to make the marinade.
2. **Marinate Shrimp.** Add **1 lb Raw Shrimp** to the bowl and toss to coat. Let marinate in the fridge for 30 to 60 minutes.
3. **Skewer.** Thread shrimp onto skewers. If you're using wooden skewers, soak them in water for at least 30 minutes to prevent burning.
4. **Grill.** Preheat your grill to medium-high heat. Lightly oil the grill grates. Grill the shrimp skewers for about 2-3 minutes per side, until they're pink, opaque, and slightly charred. You can also place skewers on a sheet pan and broil them in the oven if you don't have a grill. Or use an indoor grill pan.
5. **Serve.** Serve hot. **Garnish with fresh parsley and lemon wedge**

### Notes

Refer to the post above for step-by-step photos, tips and menu ideas.

Key Ingredient Notes:

- **Shrimp.** Use fresh or thawed raw, peeled and deveined shrimp. Tail-on or tail-off, your choice. Do not use pre-cooked shrimp. Use large shrimp (16/20 is a good place to start).
- **Old Bay Seasoning.** Brings a classic seafood flavor with a touch of spice. Remember that Old Bay comes pre-seasoned with salt, so be very careful not to add too much salt to the marinade. If you don't have Old Bay, you can substitute with a mixture of ground coriander, cumin and a little celery seed if you have it.
- **Smoked Paprika.** Adds depth and a smoky touch. Regular paprika works if needed. Or sub in red pepper flakes for spice.

### Nutrition

Calories: 201kcal | Carbohydrates: 4g | Protein: 21g | Fat: 11g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 7g | Trans Fat: 0.01g | Cholesterol: 191mg | Sodium: 858mg | Potassium: 222mg | Fiber: 1g | Sugar: 0.5g | Vitamin A: 741IU | Vitamin C: 9mg | Calcium: 102mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/grilled-shrimp-skewers-with-garlic-lemon-and-old-bay/>



## Pistachio Pesto (with Basil and Mint)

My Mint and Basil Pistachio Pesto recipe is a fresh and slightly sweet take on the classic Genovese basil pesto. And it comes together in under 10 minutes. Toss it with pasta for an easy meal, slather it on bruschetta, add it to a cheese board, or fold it into a salad dressing.

Prep Time  
10 mins

Total Time  
10 mins

Course: condiment, Main Course    Cuisine: Mediterranean    Diet: Vegetarian  
Servings: 6 Servings    Author: Luay Ghafari    Cost: \$15



☆☆☆☆☆  
No ratings yet

### Equipment

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

### Ingredients

- 2 cup Fresh basil leaves
- ½ cup Fresh mint leaves
- ½ cup Toasted shelled pistachios
- ½ cup Grated parmesan
- 1 tbsp Lemon zest - From 1 lemon
- 2 tbsp Lemon juice - From 1 lemon
- ½-¾ cup Extra virgin olive oil
- Salt and pepper to taste

### Instructions

1. **Toast your Pistachios (Optional).** If you are using untoasted pistachios, lightly toast them in a 300F oven for 5-10 minutes.
2. **Blend the Base.** Add the basil, mint, pistachios, Parmesan, garlic, lemon zest, and lemon juice to a food processor. Pulse until everything is finely chopped and combined.
3. **Add Oil.** With the processor running, slowly drizzle in the extra virgin olive oil until the pesto becomes smooth and creamy.
4. **Season.** Season with salt and freshly ground black pepper. Blend briefly, then taste and adjust seasoning as needed.
5. **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 more basil before serving.

### Notes

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

Key Ingredient Notes:

- **Fresh Basil leaves:** The classic pesto base; you can swap part of it with arugula for a peppery kick.
- **Mint leaves:** Adds brightness and freshness; optional but highly recommended.
- **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 keep the recipe vegan by using nutritional yeast instead.
- **Pistachios:** Wouldn't be a Pistachio Pesto without the pistachios. Use **toasted pistachios** if you can, but if you only have access to raw pistachios, you should toast them.

### 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.
- **Pistachio 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 convenient.

### Nutrition

Calories: 205kcal | Carbohydrates: 5g | Protein: 5g | Fat: 19g | Saturated Fat: 4g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 12g | Cholesterol: 7mg | Sodium: 148mg | Potassium: 172mg | Fiber: 2g | Sugar: 1g | Vitamin A: 697IU | Vitamin C: 6mg | Calcium: 109mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/pistachio-pesto-with-basil-and-mint/>



## Harissa Honey Chicken (Butterflied Whole Chicken)

This Harissa Honey Chicken Recipe is a showstopper! The perfect balance of sweet, savory, spicy and salty. This recipe uses a whole chicken which you will need to spatchcock (butterfly). Don't worry, I outline the process for you below with pictures too!

Prep Time	Cook Time	Total Time
15 mins	1 hr	1 hr 15 mins

Course: Main Course Cuisine: North African Servings: 4 people  
Cost: \$20

Author: Luay Ghafari



★★★★★  
5 from 1 vote

### Equipment

- Meat thermometer

### Ingredients

#### Harissa Marinade

- ¼ cup Harissa paste
- 2-3 Garlic cloves - Finely minced
- 1 tbsp Extra virgin olive oil
- 1 tbsp Fresh thyme leaves - Leaves stripped from 10-15 sprigs of thyme

#### Hot Honey

- 2 tbsp Honey
- 1 tbsp Harissa paste
- 1 tsp Fresh thyme leaves - Leaves stripped from 3-5 sprigs of thyme

#### Chicken

- 1 Whole chicken - Medium size, about 4-5 lbs
- 1 tbsp Extra virgin olive oil
- 1 tbsp Kosher salt
- 1 tsp Black pepper
- 1 Red onion - Peeled and cut into wedges, for roasting pan
- 10-15 Thyme sprigs - For roasting pan

### Instructions

1. **Make the Marinade.** In a small bowl, add all the **Harissa Marinade** ingredients (Harissa paste, minced garlic, olive oil and thyme) and whisk to combine.
2. **Make the Hot Honey.** In a small bowl, add the **Hot Honey** ingredients (honey, Harissa paste, and fresh thyme leaves) and whisk to combine. Set aside.
3. **Butterfly (Spatchcock) Whole Chicken.** Place the chicken back side up. Using sharp kitchen shears, cut along the backbone from bottom to top. Spread the chicken like an open book. For the chicken to lay flat, you will also need to cut the back of the breast bone. Turn the bird around so that the legs are facing away from you. With the kitchen shears, crack the back of the breast but don't cut all the way through. Flip the chicken over and press down on the breast. The chicken should now be lying flat.
4. **Season the Chicken.** Liberally season the chicken with olive oil, salt, and pepper on all sides, and in the nooks and crannies. Place the chicken on a parchment paper lined sheet pan, baking dish, or large skillet.
5. **Brush the Marinade.** Brush the prepared marinade all over the chicken and on the back. You can also carefully separate the breast skin from the meat and using your hands, push some of the marinade under the breast skin. Tuck a few sprigs of thyme and onion slices under the chicken. *Optional: Place the marinated chicken in the fridge for at least 1 hour so that the flavor can penetrate the meat.*
6. **Roast.** Preheat your oven to 350F/175C. Roast uncovered for 50-70 minutes or until the chicken is cooked and a meat thermometer reads 170F in the thickest part of the breast meat and thigh meat.

7. **Glaze.** Glaze the cooked chicken with the hot honey mixture.
8. **Carve.** Let the chicken rest for 10 minutes before cutting into portions.

## Notes

Refer to the post above for step-by-step recipe photos. *Highly recommended especially if you have never butterflied a whole chicken before.*

## Ingredient Notes:

- **Whole Chicken:** This recipe is written and tested with a whole chicken that is butterflied (spatchcocked). It's how I like to roast whole chicken as it gives me more control over the cooking process and more crispy skin. But feel free to ask your butcher to break down the bird for you, or use bone-in and skin on chicken thighs or chicken breasts. This recipe is very adaptable so use your favorite cut.
- **Harissa Paste:** Harissa is a chili paste from North Africa. It's an excellent base for stews and marinades because it contains chili peppers, red peppers, fresh lemon juice, olive oil, and spices like cumin, coriander and caraway. I like to make my own Harissa paste because I prefer it to be a little more smooth for marinating recipes. Jarred Harissa is available in Middle Eastern, North African and international markets. These days, you might also find it in well stocked grocery stores. Mina Harissa is a popular brand but I find it too chunky.
- **Honey:** The finishing hot honey glaze adds the perfect final touch to this delicious recipe. If you have a bottle or jar of prepared hot honey, you can use that instead of making your own.
- **Thyme:** I recommend using fresh thyme sprigs only. But if you must use dry, use half the amount specified as dried thyme can be quite powerful.

Serve this roast chicken with saffron rice, vermicelli rice, or Batata Harra (spicy Lebanese potatoes). You can even serve it with my garlic mashed potatoes.

## Nutrition

Calories: 540kcal | Carbohydrates: 17g | Protein: 37g | Fat: 36g | Saturated Fat: 9g | Polyunsaturated Fat: 7g | Monounsaturated Fat: 17g | Trans Fat: 0.2g | Cholesterol: 143mg | Sodium: 2740mg | Potassium: 518mg | Fiber: 2g | Sugar: 13g | Vitamin A: 634IU | Vitamin C: 17mg | Calcium: 56mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/harissa-honey-chicken-recipe/>



## Greek Spinach Pie (Spanakopita)

This Greek Spinach Pie, also known as Spanakopita, is a feast for the senses with crispy layers of phyllo and a savory spinach and cheese center. The pie bakes in under 40 minutes and can be enjoyed for breakfast, brunch, as a snack, or a light lunch or dinner.



★★★★★  
5 from 2 votes

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

#### Spinach Feta Filling

- 2 tbsp Olive oil
- 1 Onion - Finely chopped
- 3 Garlic cloves - Finely chopped
- 10 oz Package of frozen chopped spinach - Defrosted, drained and squeezed
- 1 cup Greek feta - Crumbled
- ½ cup Ricotta - Optional, adds creaminess
- 2 tbsp Fresh parsley - Finely chopped
- 2 tbsp Fresh dill - Finely chopped
- 2 tsp Dried oregano
- Kosher salt and pepper to taste
- 1 Egg - Only add after trying the mixture and adjusting the seasoning

#### Pie

- 7-8 Sheets of phyllo dough - See note
- ½ cup Salted butter - Melted

### Instructions

1. **Sautee spinach.** Set a large frying pan on medium high heat and add the olive oil. Fry the chopped onions and garlic until translucent, about 2 minutes. Add the defrosted, squeezed and chopped spinach to the pan and sauté until all liquid has evaporated from the pan. Transfer to a bowl to cool for 10 minutes.
2. **Make cheese and spinach filling.** To the same bowl, add the crumbled feta, optional ricotta, chopped parsley, chopped dill and dried oregano. Mix well to combine.
3. **Taste, adjust and then add the egg.** Taste the mixture and adjust the seasoning with salt and pepper. **Once you are happy with the flavor of your filling mixture, add one egg to it.** Mix well to combine. **At this point, preheat your oven to 400F/205C.**
4. **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.
5. **Butter.** Brush on some more butter all over the phyllo.
6. **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.
7. **Add the spinach mixture.** Transfer the spinach filling to the phyllo-lined baking dish and level it with an offset spatula or soon.
8. **Cover.** Take the overhanging phyllo and place it over the spinach mixture, making sure to butter between the layers of phyllo as you go around. The filling 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.

9. **Bake.** Place your prepared spinach 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. Let the pie cool for at least 30 minutes before serving.

## 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.
- **Spinach:** I am using frozen spinach here because it's ready to use. You might need to chop it up but otherwise, all you need to do is defrost it, drain it and chop it. You can use fresh spinach if you like. A couple of bunches should do the trick.
- **Cheese:** For this recipe, I am using a combination of **feta and optional ricotta**. You could replace the ricotta with cottage cheese if you want a more protein-packed pie, but it's not something I would do!
- **Herbs:** I am using a combination of dried oregano, fresh dill and fresh parsley. A little fresh mint would also work great here.

**Other additions:** Lemon juice, lemon zest, chopped green onions or spring onion, chili flakes, or cream cheese.

## 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: 325kcal | Carbohydrates: 2g | Protein: 9g | Fat: 22g | Saturated Fat: 12g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 7g | Trans Fat: 0.5g | Cholesterol: 76mg | Sodium: 524mg | Potassium: 219mg | Fiber: 2g | Sugar: 1g | Vitamin A: 4780IU | Vitamin C: 5mg | Calcium: 187mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/greek-spinach-pie-spanakopita-with-phyllo-dough/>



## Baked Mediterranean Salmon (with Paprika, Garlic and Lemon)

Sometimes you need to get dinner on the table, and this Baked Mediterranean Salmon recipe does that! It's seasoned with lemon, paprika, grainy mustard, and oregano. The whole thing is ready in under 30 minutes. And you can even bake some vegetables with the fish for a complete sheet pan style meal.



★★★★★  
5 from 1 vote

Prep Time  
10 mins

Cook Time  
20 mins

Total Time  
30 mins

Course: Main Course    Cuisine: Mediterranean    Servings: 4 Servings    Author: Luay Ghafari    Cost: \$25

### Ingredients

#### Marinade

- 2 tbsp Olive oil
- 2 tbsp Lemon juice
- 1 tbsp Lemon zest - From 1 lemon
- 1 tbsp Grainy mustard
- 1 tsp Smoked paprika
- 1 tsp Dried oregano
- 2-3 Garlic cloves (minced)

#### Salmon

- 2½ lbs Salmon fillet - Whole or portioned
- 1 tsp Kosher salt
- ¼ tsp Black pepper

#### Side Vegetables

- ½ lb Green beans - Add more or less if you prefer
- ½ pint Cherry tomatoes - Add more or less if you prefer

#### Garnish

- Fresh dill
- Lemon wedges

### Instructions

1. **Preheat the oven and Make the Marinade.** Preheat your oven to 350°F (175 °C). In a small bowl, whisk together **2 tbsp Olive oil, 2 tbsp Lemon juice, 1 tbsp Lemon zest, 1 tbsp Grainy mustard, 1 tsp Smoked paprika, 1 tsp Dried oregano** and **2-3 Garlic cloves (minced)** to make the marinade.
2. **Season the Salmon.** Place **2½ lbs Salmon fillet** (skin-side down if your fillet has skin) on a parchment-paper-lined baking sheet. Season with **1 tsp Kosher salt** and **¼ tsp Black pepper**.
3. **Add the Marinade and side Vegetables.** Spread the marinade evenly over the top of the fish. Add **½ lb Green beans** and **½ pint Cherry tomatoes** around the salmon. Drizzle them lightly with some of the marinade.
4. **Bake and Serve.** Bake in the preheated oven for about 15–19 minutes, or until the salmon reaches your desired doneness. Note: Smaller/thinner fillets may need less cooking time; thicker fillets a bit more — check for flakiness or use a meat thermometer if you have one. Garnish with **Fresh dill** and serve with **Lemon wedges**.

### Notes

Refer to the post above for step-by-step recipe photos, helpful tips and tricks.

#### Key Ingredient Notes:

- **Salmon:** Use your fillet of choice, skin-on or off (can substitute with trout or other firm fish). Fresh would be great, but most salmon available at the grocery store these days is thawed anyway, so there's no shame in buying frozen fillets and

thawing them yourself at home. I personally prefer making this recipe using a **whole salmon side** or **half a side** (depending on how many people I am cooking for). But you can totally use portioned salmon fillets.

- **Smoked Paprika:** I love both the flavor and color smoked paprika gives this marinade. Use hot or mild, the choice is yours.
- **Grainy Mustard:** I love grainy mustard with salmon. It adds a tangy punch and texture. Smooth Dijon also works. But you can also just omit it.
- **Dried Oregano:** Classic Mediterranean herb vibe (or substitute with dried thyme or Italian seasoning).

**Side Vegetables:** Salmon cooks really quickly, so if you want to cook vegetables on the tray with it, choose ones that will cook in about 15 minutes. **Cherry tomatoes** and **green beans** are my go-to. Sometimes I will also add **asparagus**. Avoid potatoes, cauliflower, or other vegetables that take longer to cook.

## Nutrition

Calories: 502kcal | Carbohydrates: 8g | Protein: 58g | Fat: 25g | Saturated Fat: 4g | Polyunsaturated Fat: 8g | Monounsaturated Fat: 11g | Cholesterol: 156mg | Sodium: 904mg | Potassium: 1677mg | Fiber: 3g | Sugar: 4g | Vitamin A: 105IU | Vitamin C: 26mg | Calcium: 79mg | Iron: 4mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/baked-mediterranean-salmon-with-paprika-garlic-and-lemon/>



## Strawberry Burrata Salad

This Strawberry Burrata Salad is one of my go-to summer salad recipes for warm-weather entertaining and dinner parties outdoors in my garden. It's colorful, fresh, and comes together in minutes. Juicy strawberries, ripe heirloom tomatoes, creamy burrata cheese... what's not to love?



★★★★★  
5 from 1 vote

Course: Appetizer, Salad, Side Dish    Cuisine: Italian, Mediterranean, Seasonal    Diet: Vegetarian  
Servings: 4 people    Author: Luay Ghafari    Cost: \$20

Prep Time	Total Time
15 mins	15 mins

### Ingredients

- 3 Heirloom tomatoes - Cut into large chunks
- 1 cup Fresh strawberries - Halved
- ½ Small red onion - Very thinly sliced
- ¼ cup Fresh basil leaves
- Kosher salt and black pepper
- 1 Large burrata ball - Or two smaller ones
- 2 tbsp Extra virgin olive oil
- 1-2 tbsp Aged balsamic vinegar

### Instructions

1. **Assemble.** On a large serving platter, arrange the sliced heirloom tomatoes, sliced strawberries, thinly sliced red onion, and basil leaves. Season with a generous pinch of salt and fresh cracked black pepper.
2. **Dress.** Place the burrata ball in the center of the platter. Drizzle everything generously with your best extra virgin olive oil and aged balsamic vinegar. Serve immediately and enjoy!

### Notes

Refer to the blog post above for more information.

### Key Ingredient Notes:

- **Fresh tomatoes:** Even though you can make this salad with only strawberries, I think you really need **fresh heirloom tomatoes** to balance out the sweetness and add some juicy tartness to the dish. You can also use cherry tomatoes.
- **Fresh strawberries:** I highly recommend making this salad when your **local sweet strawberries** are in season!
- **Burrata:** The ball of Burrata cheese is the star of the show, with its gooey and rich center. If you can't get your hands on burrata, you can make this recipe with buffalo mozzarella cheese.

### Nutrition

Calories: 100kcal | Carbohydrates: 8g | Protein: 1g | Fat: 7g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Cholesterol: 0.2mg | Sodium: 7mg | Potassium: 303mg | Fiber: 2g | Sugar: 6g | Vitamin A: 854IU | Vitamin C: 35mg | Calcium: 23mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/strawberry-burrata-salad/>



## Jalapeno Cheddar Focaccia (Easy No Knead Bread Recipe)

Aspin on the classic, this Jalapeno Cheddar Focaccia bread recipe is delicious and adaptable. This no-knead dough requires overnight proofing, which makes it tastier and easier to digest. The base recipe needs just 5 ingredients that you probably have in your pantry right now!



Prep Time	Cook Time	Proofing Time	Total Time
15 mins	25 mins	18 hrs	18 hrs 40 mins

Course: Appetizer, Breakfast, Brunch, Side Dish, Snack Cuisine: American Diet: Vegetarian  
 Servings: 12 Slices Author: Luay Ghafari Cost: \$10

★★★★★  
5 from 10 votes

### Equipment

- 9x13 Baking pan or large rimmed baking sheet - Affiliate link

### Ingredients

#### For the Dough

- 4 cups All-purpose flour - 520 grams - Bread flour can be used
- 2 tsp Kosher salt - 10 grams
- 2 tsp Instant yeast - 7 grams
- 2 tbsp Extra virgin olive oil - 28 grams
- 2 cups Lukewarm water - 473 grams
- Extra olive oil for drizzling

#### For Baking and Garnish

- 1 tbsp Butter - For greasing the pan
- ¼ cup Extra virgin olive oil
- 5 Green onions - Chopped
- 1 cup Aged Cheddar - 150 grams - Cubed
- 1-2 Jalapeno peppers - Thinly sliced

### Instructions

1. **Mix:** To a large bowl, add **4 cups All-purpose flour, 2 tsp Kosher salt, 2 tsp Instant yeast, 2 tbsp Extra virgin olive oil** and **2 cups Lukewarm water**. Mix with a wooden spoon until all the flour is hydrated. The mix should be shaggy but not sloppy.
2. **Rise:** Drizzle some olive oil over the top of the dough, cover the bowl with plastic wrap or a tight-fitting cover and refrigerate overnight for at least 18 hours.
3. **Deflate:** 2 hours before you want to bake the focaccia, take the bowl out of the fridge and uncover it. Using your hands deflate the dough slightly and transfer the dough to a buttered and oiled baking tray (9x13) or sheet pan.
4. **Shape:** Sprinkle over the sliced green onions, pressing down so they stick, before shaping. Shape it loosely by grabbing each end and folding it over like you would a letter. Flip the dough over so the seams are on the bottom. Cover the tray with a tea towel and set aside for 1.5-2 hours.
5. **Dimple.** *Preheat your oven to 425F/220C.* The dough should now have spread covering the surface of the baking tray. If not, you can help it stretch to the edges by carefully easing it to the corners. Drizzle more olive oil over the dough and start dimpling with your fingers, covering the entire surface. This creates valleys and mountains in the dough and you should also see air bubbles forming.
6. **Dress.** Nestle in your sliced jalapenos and cubed cheese into the dimples and press in.
7. **Bake.** Bake in the preheated oven for 20-25 minutes, until golden brown. Feel free to sprinkle some sea salt at the end.

### Notes

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

### Ingredient notes:

- **Flour:** This recipe uses 100% white all-purpose flour (unbleached preferred). However, feel free to sub in some whole wheat flour (up to 25% of the total flour amount).
- **Yeast:** I like to use Instant yeast when making no knead bread, but dry active yeast will work just fine too. Just make sure to bloom it in the water for a few minutes before making the dough.
- **Olive Oil:** It wouldn't be a focaccia without olive oil. This recipe uses quite a bit of oil. You can reduce the amount slightly but keep in mind a traditional focaccia is supposed to be slightly oily. Good quality olive oil is a must.
- **Scallions:** I like the flavor fresh green onions give to the finished recipe. You can use regular sliced onions or chives.
- **Cheese:** For me, aged cheddar is a must here, but you can use a lighter cheddar cheese or even mozzarella.
- **Jalapenos:** Use fresh or pickled. Either work.

#### Some important tips:

- **Don't Hurry the process.** Allow the dough to rise in the fridge for at least 18 hours and you'll need 2-4 hours for the second rise. The timing will depend on the temperature in your kitchen and how active the dough is. That being said, plan ahead!

**Short on time?** Make the dough in a stand mixer with a dough hook and knead on medium speed for 6-8 minutes. Let the dough rise for 1 hour and then proceed with the preparation and baking steps (starting at step 3).

#### Nutrition

Calories: 259kcal | Carbohydrates: 3g | Protein: 7g | Fat: 11g | Saturated Fat: 3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 6g | Cholesterol: 9mg | Sodium: 454mg | Potassium: 88mg | Fiber: 2g | Sugar: 0.3g | Vitamin A: 157IU | Vitamin C: 2mg | Calcium: 79mg | Iron: 2mg

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# Strawberry Rhubarb Galette with Almonds

My take on StrawberryRhubarb Galette is lightly sweet, perfectly tart, and has just enough almond flavor to make the whole thing feel extra special. It's one of my favorite rustic desserts to make in late spring and early summer when rhubarb season is in full swing.



Prep Time	Cook Time	Chill Time	Total Time
55 mins	55 mins	2 hrs	3 hrs 50 mins

Course: Dessert Cuisine: American, Seasonal Diet: Vegetarian Servings: 8 Slices  
 Author: Luay Ghafari Cost: \$20

★★★★★  
5 from 1 vote

## Ingredients

### For the Crust

- 1 ¼ cup All purpose flour - 155 grams
- ¼ cup Almond flour - 24 grams
- 1 tbsp Sugar - 13 grams
- ½ tsp Kosher salt
- ½ cup Unsalted butter (cold and cut into cubes) - 113 grams
- ¼ cup Ice cold water - 56 grams
- 1 tsp Apple cider vinegar

### For the Filling

- 2 cup Strawberries (stems removed and sliced) - 320 grams
- 1 ½ cup Rhubarb (sliced into ½ inch pieces) - 180 grams
- ¼ cup Sugar - 50 grams
- 2 tbsp Cornstarch - 16 grams
- 1 tsp Vanilla bean paste
- ¼ tsp Almond extract
- ¼ tsp Kosher salt

### For Egg Wash and Garnish

- 1 Egg
- 1 tbsp Water
- 2-3 tbsp Sliced almonds - 12-18 grams
- 1-2 tbsp Turbinado sugar

## Instructions

1. **Mix Dry Ingredients.** Prepare the galette dough by combining the all-purpose flour, almond flour, sugar, and salt in a large mixing bowl.
2. **Add Butter.** Cut the cold butter into the flour mixture using a pastry cutter until the butter pieces are about pea-sized. Some larger butter pieces are okay.
3. **Add Water and Vinegar.** Mix the cold water and apple cider vinegar together. Slowly add the liquid to the dough, tossing gently until a shaggy dough forms. You may not need all the water. The dough should hold together when squeezed but still look shaggy. The dough should not feel wet or sticky.
4. **Form.** Form the dough into a 1-inch thick disc, wrap tightly with plastic wrap, and refrigerate for at least 2 hours.
5. **Roll.** Once chilled, roll the dough out on lightly floured parchment paper into an 11 to 12-inch diameter circle. Rotate the dough occasionally while rolling to prevent sticking. Keep the dough slightly thicker so it can support the filling when folded. You can cut the dough into a perfect circle if you want to, but it's not totally necessary.
6. **Transfer.** Transfer the rolled dough on the parchment paper to a baking sheet and refrigerate while preparing the filling.
7. **Make Filling.** In a large bowl, combine the strawberries, rhubarb, sugar, cornstarch, vanilla bean paste, almond extract, and salt (**Image 7**). Stir until evenly coated.
8. **Fill.** Spoon the fruit mixture into the center of the dough, leaving a 1 to 1½-inch border around the edges.

9. **Fold.** Fold the edges of the dough over the filling, pleating as you go.
10. **Refrigerate.** Refrigerate the assembled galette while preheating the oven to 400°F.
11. **Egg Wash and Garnish.** Brush the crust with egg wash (beaten egg and water), then sprinkle with sliced almonds and turbinado sugar.
12. **Bake.** Bake galette on the bottom rack for 45–50 minutes until the crust is deeply golden brown, and the filling is bubbling. The filling should bubble thickly around the edges, and the rhubarb should look softened but not mushy. The underside should feel crisp. Let the galette cool for at least 30 minutes on a cooling rack before slicing. This helps the filling set properly.

## Notes

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

### Key Ingredient Notes:

- **Flours:** You will need both **All-Purpose Flour** and **Almond Flour** for this recipe. If you don't have almond flour, you can make it with all-purpose flour, but you will have to make some adjustments to the amount of water. I still think you should use both flours, as the almond flour will give a nice nutty flavor to the crust.
- **Cold Water:** I wouldn't normally list water in the ingredient section, but the key to a flaky galette crust is really cold water. I even like to use ice water.
- **Apple Cider Vinegar:** Keeps the dough tender and flaky.
- **Fresh Strawberries:** Fresh strawberries work best here, but frozen can work in a pinch if thawed and drained.
- **Fresh Rhubarb:** Adds the classic tart flavor that balances the sweetness of the berries.
- **Cornstarch:** Thickens the juices and helps prevent a runny filling. This is key to making sure you have a well-set filling.
- **Sliced almonds:** Adds crunch and extra almond flavor. Totally optional, but I think it makes the galette crust look perfect.

### Tips for Success:

- **Keep everything cold.** Cold butter and chilled dough are the secret to a flaky galette crust. If the dough starts warming up while rolling, place it back in the fridge for 10–15 minutes.
- **Don't overwork the dough.** A slightly shaggy dough is perfectly fine and actually helps create flaky layers.
- **Roll the dough slightly thicker than pie dough.** A thicker crust helps support the juicy filling and prevents tearing.
- **Let the filling bubble fully in the oven.** The juices should be visibly bubbling before removing from the oven.
- **Allow the galette to cool before slicing.** The filling thickens as it cools, making cleaner slices and preventing juices from running everywhere.

## Nutrition

Calories: 278kcal | Carbohydrates: 3g | Protein: 5g | Fat: 15g | Saturated Fat: 8g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 4g | Trans Fat: 0.5g | Cholesterol: 51mg | Sodium: 230mg | Potassium: 173mg | Fiber: 2g | Sugar: 12g | Vitamin A: 412IU | Vitamin C: 23mg | Calcium: 49mg | Iron: 1mg

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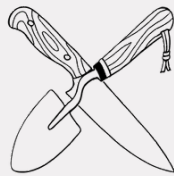




# Thank you

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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