



SUMMER MEAL PLAN: WEEK 7



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 7

Monday



Chicken Shish Tawook

Tuesday



Pasta alla Genovese

Wednesday



Musakhan Rolls

Thursday



Cherry tomato Cheese Tart

Friday



Tune White Bean Salad

Salad



Grilled Corn Peach Salad

Baking



No Knead Tomato Focaccia

Dessert

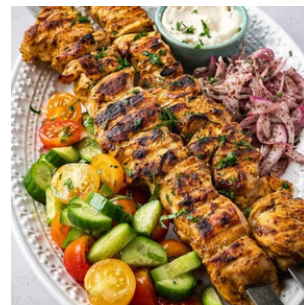


Blueberry Compote

URBAN FARM & KITCHEN

Authentic Shish Tawook (Grilled Chicken Skewers)

This Authentic Shish Tawook recipe is so delicious and versatile that I guarantee you'll add it to your summer grilling rotation. But guess what? You can make it in the cooler months too in an oven or on a grill pan. A staple at most Middle Eastern restaurants, there's no reason for you not to make it at home!



5 from 9 votes

Prep Time	Cook Time	Marinate Time	Total Time
15 mins	15 mins	1 hr	1 hr 30 mins

Course: Main Course Cuisine: Levantine, Middle Eastern Servings: 4 people
 Author: Luay Ghafari Cost: \$10

Ingredients

- 1 cup Yogurt - You can use plain Greek yogurt
- ¼ cup Lemon juice - From about 1-2 lemons
- 1 tbsp Lemon zest - From 1 lemon
- 2 tbsp Olive oil
- 4-6 Garlic cloves (finely minced)
- 1 tbsp Tomato paste
- 1 tsp Dried oregano
- 1 tsp 7-Spice (Baharat spice) - You can use equal parts ground cumin, coriander and cinnamon
- ½ tsp Turmeric powder
- 1½ tsp Kosher salt
- ½ tsp Black pepper
- 1 tsp Chili flakes - Optional but recommended
- 4 Chicken breasts (skinless, boneless and cut into cubes)

Instructions

1. **Prepare the yogurt marinade.** To a large bowl, add **1 cup Yogurt**, **¼ cup Lemon juice**, **1 tbsp Lemon zest**, **2 tbsp Olive oil**, **4-6 Garlic cloves (finely minced)**, **1 tbsp Tomato paste**, **1 tsp Dried oregano**, **1 tsp 7-Spice (Baharat spice)**, **½ tsp Turmeric powder**, **1½ tsp Kosher salt**, and **½ tsp Black pepper**. Add optional **1 tsp Chili flakes**.
2. **Mix the marinade.** Whisk the marinade ingredients together until you get a smooth sauce. You can taste the marinade if you want. It should be a little salty.
3. **Marinate the chicken.** Add **4 Chicken breasts (skinless, boneless and cut into cubes)** to the yogurt-based marinade, toss to coat evenly, and refrigerate for at least 1 hour. You can marinate overnight too if you prefer.
4. **Skewer.** Skewer the chicken chunks onto metal or bamboo skewers. If using bamboo, soak them in water for 30 minutes first to help them resist burning on the grill. Discard any leftover marinade.
5. **Grill.** Grill the chicken skewers on a pre-heated and oiled gas or charcoal grill, turning every few minutes so that the chicken can cook evenly. The chicken will be ready when the internal temperature is 170F/77C.
6. **Serve.** Serve your grilled chicken shish tawook with your favorite sides. See note for recommended sides.

Notes

Chicken: Boneless skinless chicken breast is my go-to for shish tawook, but you can of course use boneless skinless chicken thighs. Cut them in 1-inch or 1.5-inch cubes.

Serve your juicy chicken skewers with mint yogurt sauce, Lebanese pita bread, batata harra (spicy Lebanese potatoes), vermicelli rice, sumac marinated onions, a refreshing salad, tahini sauce and/or garlic sauce (Toum). It can also be enjoyed with Mutabal or creamy hummus.

Make sure the chicken is cooked fully before serving. Invest in a meat thermometer (affiliate link). When the thermometer registers 170F in the thickest part of the meat you'll know the chicken is ready.

Making this recipe in the winter or on a rainy day and can't use the outdoor grill? No problem!

- **Roast in the oven:** Preheat your oven to 400F/200C. Bake directly on a parchment paper lined baking sheet or on a rack set on a baking sheet. You will have to turn the chicken so that it can grill evenly. You might also want to use the broiler to get some charring and crispy bits.
- **Use a grill pan:** You don't have to sacrifice those gorgeous grill marks. If you want to make this recipe in the winter or on a rainy day and can't use the outdoor grill, then use a cast iron grill pan on your stove top on medium high heat. You might need to split the chicken into multiple skewers so you can fit the size of the grill pan.

Nutrition

Calories: 372kcal | Carbohydrates: 8g | Protein: 54g | Fat: 13g | Saturated Fat: 2g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 7g | Trans Fat: 0.03g | Cholesterol: 147mg | Sodium: 1162mg | Potassium: 1014g | Fiber: 2g | Sugar: 3g | Vitamin A: 230IU | Vitamin C: 32mg | Calcium: 89mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/authentic-shish-tawook-grilled-chicken-skewers/>



Pasta alla Genovese (Beef and Onion Ragù)

This **Pasta alla Genovese (Beef and Onion Ragù)** recipe is comforting and delicious. What makes it so special is the rich flavor you get from the slow-cooked onion sauce base. You're going to need **a lot of onions!** It's a perfect weekend meal. Personally, this is one of my go-to winter dinner party meals.

Prep Time
20 mins

Cook Time
3 hrs

Total Time
3 hrs 20 mins

Course: Main Course Cuisine: Italian Servings: 6 Servings Author: Luay Ghafari Cost: \$30



★★★★★
5 from 1 vote

Equipment

- Heavy pot (Dutch oven)

Ingredients

- 3 lbs Yellow onions - about 8 medium onions
- 1 Carrot
- 1 Celery rib
- 2 ½ lbs Beef chuck - Cut into large cubes
- 2 tsp Kosher salt
- ½ tsp Black pepper
- 2 tbsp Olive oil
- 2 tbsp Tomato paste
- 1 cup White wine
- 2 Bay leaves
- 1 Herb bundle - 5 sprigs of parsley and a few celery leaves
- 1 lb Rigatoni pasta
- Chopped parsley
- Grated Pecorino cheese or Parmigiano Reggiano

Instructions

1. **Prepare the ingredients.** Begin by slicing **3 lbs Yellow onions** thinly and finely dicing **1 Carrot** and **1 Celery rib**. Season the beef cubes on all sides with **2 tsp Kosher salt** and **½ tsp Black pepper**. You may need more salt later in the cooking process.
2. **Brown the meat.** In a large, heavy-bottomed pot or Dutch oven, heat **2 tbsp Olive oil** on medium-high heat. Sear the beef on all sides until golden brown, 2-3 minutes per side. Do this in batches not to crowd the pot. Remove the beef and set it aside, leaving the flavorful browned bits in the pot.
3. **Build the base.** Reduce to medium heat and add the diced carrots and celery. If the pot is dry, add a little bit of olive oil. Sauté for 5-7 minutes until softened. Stir in **2 tbsp Tomato paste** and cook for another minute to release its flavor. Add **1 cup White wine** to deglaze and scrape up any stuck-on bits from the bottom of the pan.
4. **Add half the onions.** Add half the the sliced onions to the pot and stir to coat them in the olive oil and aromatics.
5. **Add the beef, herbs and rest of the onions.** Return the beef to the pot, nestling it into the onion mixture. Add **2 Bay leaves** and the Herb bundle. Add the remaining onion slices. Cover the pot and cook on low heat for 2-3 hours, stirring occasionally. The cooking time will depend on the size of the beef chunks. The onions will release their moisture and break down into a rich, silky pasta sauce while the beef becomes fork-tender.
6. **Shred the beef.** When the beef is fork tender, shred it into the sauce using two forks and mix everything together. The ragu is now ready. Taste it and adjust the seasoning with more salt if you like. Keep it warm while you boil the pasta.
7. **Cook the pasta and combine with ragu.** When the sauce is ready, bring a large pot of salted water to a boil. Cook **1 lb Rigatoni pasta** until al dente, according to package instructions. Reserve about 1 cup of pasta water before draining. It can help loosen the sauce later if needed. Combine the strained pasta with the finished ragu. Add a splash of pasta water if necessary to achieve the desired consistency. NOTE: only combine the sauce and pasta if you're planning to serve the whole dish. If you want to save leftovers, keep the pasta and sauce separate for storage.

8. **Serve.** Serve immediately, topped with freshly grated Pecorino cheese or Parmigiano Reggiano and fresh parsley.

Notes

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

Ingredient Notes:

- **Cut of Beef:** I prefer to use **beef chuck** (or sometimes called a **chuck roast**). I like to buy a large piece and cut it into large cubes myself, but you can ask your butcher to cut it for you. You can also use **boneless short ribs** (which will give you a richer sauce because of the fat) or **stewing beef** (which will give you a leaner sauce).
- **Onions:** You're going to **need a lot of onions** for this recipe. They will break down slowly and release their water. **Yellow or sweet onions** work best here.
- **Wine:** **White wine** is the way to go. It helps deglaze the pan and adds a slight acidity to the dish. A **dry pinot grigio or sauvignon blanc** work well. Use a bottle you would actually drink as you only need about a cup of wine for this recipe. Do not use red wine as it will affect the color of the finished recipe. **Dry vermouth** or **chicken stock** can be used as substitutes.

Nutrition

Calories: 790kcal | Carbohydrates: 80g | Protein: 49g | Fat: 28g | Saturated Fat: 10g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 15g | Trans Fat: 1g | Cholesterol: 130mg | Sodium: 1180mg | Potassium: 1212mg | Fiber: 7g | Sugar: 13g | Vitamin A: 124IU | Vitamin C: 18mg | Calcium: 107mg | Iron: 6mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/pasta-alla-genovese-beef-and-onion-ragu/>



Musakhan Rolls (Crispy Palestinian Sumac Chicken)

Musakhan Rolls are a modern take on the classic Palestinian sumac chicken recipe. These rolls are portable, delicious and easy to prepare. They are made with shredded chicken, caramelized onions, and lots of sumac. Pair them with plain yogurt or a tangy mint yogurt sauce.



★★★★★
5 from 3 votes

Prep Time
15 mins

Cook Time
45 mins

Total Time
1 hr

Course: Appetizer, Main Course, Side Dish Cuisine: Levantine, Middle Eastern, Palestinian
Servings: 4 people Author: Luay Ghafari Cost: \$10

Ingredients

- 2 lbs Chicken thighs
- 4 tbsp Extra virgin olive oil - Divided, plus extra for brushing
- 2 tbsp Lemon juice
- 2 tbsp Sumac - Divided
- 1 tsp 7-Spice (Baharat) - Substitute equal parts cumin, coriander and cinnamon
- Kosher salt and Black pepper
- 2 Large red onions
- 2 tbsp Pine nuts
- 2 tbsp Parsley - Chopped
- 1 Bundle Unleavened flatbreads (Markook) - See note
- Garnish with more pine nuts, sumac, pomegranate seeds and chopped parsley

Instructions

1. **Season the chicken.** Preheat your oven to 375F/190C. Season the chicken with 1 tablespoon olive oil, lemon juice, 1 tablespoon sumac, 1 teaspoon 7-spice (baharat), kosher salt and black pepper. Arrange the chicken pieces on a parchment-lined baking tray, baking dish, or in a braiser.
2. **Bake.** Bake the chicken thighs for 30-40 minutes until the chicken is cooked through. An instant-read thermometer should read 170F.
3. **Cook the onions.** In a large sauté pan set on medium-low heat, cook chopped or sliced onions in 2 tablespoons of olive oil and a big pinch of salt for 15-20 minutes, until soft. Season with 1 tbsp sumac.
4. **Fry the pine nuts.** To a small sauté pan, add the pine nuts and 1 tablespoon of olive oil. Fry on medium heat until lightly browned. Watch out, they burn quickly. Transfer toasted pine nuts to a plate lined with a paper towel.
5. **Shred the chicken.** When the chicken is ready, set it aside to cool for 15 minutes then shred it into bite-sized pieces. Add the chicken to the pan with the cooked onions. Add the pine nuts (save a few for garnish) and the chopped parsley. Stir to combine. Taste the mixture and adjust the seasoning.
6. **Prepare the flatbread.** Cut your flatbread into rectangles about 8"x10". Place about ½ cup of chicken mixture on the 8" side. Roll the Markook up like you would a spring roll, by tucking in the sides and rolling tightly. Place the roll seam side down in an oiled baking tray or sheet. Repeat until you're out of mixture or flatbread.
7. **Brush with oil.** Brush the rolls with a little olive oil and bake in a preheated oven for 15-20 minutes until crispy and golden brown.
8. **Serve.** Garnish with toasted pine nuts, chopped parsley, a sprinkle of sumac and pomegranate seeds for sweetness. Serve the crispy rolls with yogurt or my mint yogurt sauce.

Notes

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

A few important ingredient notes:

- **Chicken:** In this recipe, we will be shredding the chicken. I like to use chicken thighs as they will be moist after cooking, but chicken breast is fine too. Or you can simply skip the chicken cooking step and use rotisserie chicken!

- **Spices:** The classic Musakhan spice profile includes sumac, 7-Spice (Baharat). If you don't have 7-Spice, you can substitute with equal parts coriander, cumin and cinnamon.
- **Onions:** You will need lots of onions for this recipe! I like using red onions, but you can also use white onions.
- **Flatbread:** For this recipe, I am using Markook. Markook, also known as Markouk or Markouk, refers to a traditional flatbread that is commonly prepared in the Middle East, particularly in countries like Lebanon and Syria. You can find it at all Middle Eastern stores. If you don't have access, you can substitute with flour tortillas or thin Lebanese pita bread (that is separated into 2 parts), lavash, saj bread, or roti.
- **Nuts:** Pine nuts are traditional, but feel free to use almonds instead.

Serve with Mint Yogurt Sauce, Toum, Tahini Sauce, Jerusalem Chopped Salad, Authentic Fattoush or Tabbouleh. Also, try my traditional Musakhan recipe.

Nutrition

Calories: 448kcal | Carbohydrates: 7g | Protein: 45g | Fat: 26g | Saturated Fat: 4g | Polyunsaturated Fat: 5g | Monounsaturated Fat: 14g | Trans Fat: 0.04g | Cholesterol: 215mg | Sodium: 207mg | Potassium: 685mg | Fiber: 1g | Sugar: 3g | Vitamin A: 226IU | Vitamin C: 10mg | Calcium: 37mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/musakhan-rolls-crispy-palestinian-sumac-chicken/>



Tomato and herbed cheese puff pastry tart

Easy and delicious, this recipe can be made in a pinch. 3 main ingredients! That is all it takes.

Prep Time
30 mins

Cook Time
20 mins

Total Time
50 mins

Course: Appetizer, Main Course Cuisine: American, French Servings: 6 people
Author: Luay Ghafari Cost: 10



★★★★★
4.85 from 13 votes

Ingredients

- 1 Sheet Pre-made, frozen puff pastry
- 5.2 oz (150g) Herbed cream or goat cheese
- 1 pint (~300g) Cherry tomatoes
- Salt and pepper to taste

Optional Garnishes (choose what you like, or none at all)

- Basil - Optional
- Parsley - Optional
- Extra Virgin Olive Oil - Optional
- Balsamic glaze - Optional

Instructions

1. Preheat oven to 425F (220c)
2. Bring your herbed cream cheese to room temperature so that it can be spread easily (10-15 minutes).
3. Thaw puff pastry as per package instructions and unroll. If using a puff pastry brick, roll out to a rectangle that is 12 inches wide and 15 inches long.
4. Using the tip of a knife, score a ½-inch wide border around the puff pastry sheet. You are essentially drawing a rectangle within a rectangle. Using the tines of a fork, poke the pastry inside the score lines. Make sure to poke evenly and all the way through. We don't want the inner part of the pastry to rise up too much, however we want the border to rise and create a nice crust.
5. Spread your cheese in as even layer as possible on the pastry. Do not get any cheese on the border.
6. Arrange sliced cherry tomatoes on the cheese, cut side up. Get creative. Season with salt and pepper.
7. Bake for 20-25 minutes. Watch your oven, as puff pastry can burn quickly.
8. Once out of the oven, you can garnish with chopped basil, parsley, olive oil and/or balsamic glaze.

Notes

This recipe is adaptable. You can use sliced heirloom tomatoes instead of cherry tomatoes. You can add some caramelized onions to your cheese mixture. If you don't eat dairy, a vegan or dairy free alternative may be used. Get creative!

Nutrition

Calories: 250kcal

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/tomato-and-herbed-cheese-puff-pastry-tart/>



Tuna and White Bean Salad (with Caper Vinaigrette)

This Tuna and White Bean Salad with Caper Vinaigrette is one of those recipes I turn to again and again when I need something quick, nourishing, and full of bold flavor. It's got pantry-friendly vibes with a fresh, zippy twist. Perfect for a quick lunch, picnics, or as a light dinner with some crusty bread on the side.

Prep Time
15 mins

Total Time
15 mins

Course: Salad, Side Dish, Snack Cuisine: Mediterranean Servings: 4 Servings
Author: Luay Ghafari Cost: \$10



★★★★★
5 from 1 vote

Ingredients

Caper Vinaigrette

- 3 tbsp Extra virgin olive oil
- 2 tbsp Lemon juice
- 1 tbsp Capers (chopped)
- 2 tsp Dijon mustard
- 1 Small garlic clove (grated)
- ½ tsp Kosher salt
- ¼ tsp Black pepper

Salad Ingredients

- 2 cans Tuna (drained) - Packed in olive oil or water
- 1 can White beans (drained and rinsed) - Navy or Cannellini - Use a 14 oz or 398ml can
- ½ Small red onion (finely diced)
- 1 Celery stalk (diced)
- 2 tbsp Parsley (chopped) - Use more if you like
- 2 cups Arugula or mixed greens

Instructions

1. **Make the Vinaigrette.** In a small bowl, whisk together **3 tbsp Extra virgin olive oil, 2 tbsp Lemon juice, 1 tbsp Capers (chopped), 2 tsp Dijon mustard, 1 Small garlic clove (grated), ½ tsp Kosher salt,** and **¼ tsp Black pepper** until emulsified.
2. **Assemble the Base.** In a large mixing bowl, combine **2 cans Tuna (drained), 1 can White beans (drained and rinsed), ½ Small red onion (finely diced), 1 Celery stalk (diced),** and **2 tbsp Parsley (chopped).**
3. **Dress the Salad.** Pour the vinaigrette over the tuna mixture and gently fold to combine. Try to keep some of the tuna in larger flakes for texture.
4. **Add the Greens.** Just before serving, gently fold in **2 cups Arugula or mixed greens.** Taste and adjust seasoning if needed. Serve immediately or chill briefly before serving.

Notes

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

Key Ingredient Notes:

- **Tuna: Canned in olive oil is ideal,** but water-packed works too. Use a good quality tuna if you can find it (sometimes you'll find it sold in jars rather than cans, and you'll be able to see whole chunks sitting in oil).
- **Canned beans:** I like **cannellini, white navy beans or white kidney beans** for their creamy texture. Chickpeas can be substituted.
- **Capers:** I always have capers in brine on hand and use them in many of my Greek and Mediterranean recipes. You can substitute with a few green olives.

- **Dijon Mustard:** Adds a subtle sharpness to the dressing, but most importantly, it helps emulsify the acid and oil. You end up with a creamy dressing instead of one that splits.
- **Arugula or Mixed Greens:** You don't need to add the greens, but I like to use them to bulk up the salad a bit and stretch it for a crowd. The greens add a fresh, peppery bite at the end.
- **Fresh Herbs:** I am using **fresh parsley** in this recipe, but you can use fresh basil too.

Nutrition

Calories: 269kcal | Carbohydrates: 18g | Protein: 23g | Fat: 12g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 8g | Trans Fat: 0.003g | Cholesterol: 31mg | Sodium: 714mg | Potassium: 583mg | Fiber: 5g | Sugar: 1g | Vitamin A: 464IU | Vitamin C: 8mg | Calcium: 97mg | Iron: 4mg

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

<https://urbanfarmandkitchen.com/tuna-and-white-bean-salad-with-caper-vinaigrette/>



Grilled Corn Peach Salad (with Feta and Sumac Dressing)

I absolutely love this Grilled Corn Peach Salad! It just screams summer! Juicy sweet peaches, smoky charred corn, crunchy cucumbers, creamy feta, and a bright, citrusy sumac dressing make this salad the perfect dish for warm-weather gatherings. And best of all, it comes together in under 20 minutes!



5 from 1 vote

Prep Time
10 mins

Cook Time
10 mins

Total Time
20 mins

Course: Appetizer, Salad, Side Dish Cuisine: Mediterranean, Seasonal Diet: Vegetarian
Servings: 4 Author: Luay Ghafari Cost: \$10

Equipment

- Grill pan

Ingredients

Salad Dressing

- 3 tbsp Extra virgin olive oil
- 2 tbsp Lemon juice
- 1 tsp Sumac
- 1 tsp Kosher salt
- ¼ tsp Black pepper

Salad Ingredients

- 2 Ears of corn
- 3-4 Peaches (chopped)
- 3 Persian cucumbers (chopped)
- 1 Jalapeno (finely minced)
- ½ cup Greek feta (crumbled)
- 2 tbsp Fresh basil (finely chopped)
- Garnish with sliced jalapenos and basil leaves

Instructions

1. **Make the Salad Dressing.** In your serving bowl, whisk together **3 tbsp Extra virgin olive oil, 2 tbsp Lemon juice, 1 tsp Sumac, 1 tsp Kosher salt,** and **¼ tsp Black pepper** to make the dressing.
2. **Grill the Corn.** Grill **2 Ears of corn** on medium-high heat until charred and cooked through. This can take 3-4 minutes per side. Once cool enough to handle, carefully slice the kernels off the cob.
3. **Assemble.** Assemble the salad by adding grilled corn kernels, **3-4 Peaches (chopped), 3 Persian cucumbers (chopped), 1 Jalapeno (finely minced), ½ cup Greek feta (crumbled),** and **2 tbsp Fresh basil (finely chopped)** to the bowl with the dressing.
4. **Toss, Taste and Serve.** Toss everything together gently. Taste and adjust seasoning as needed. **Garnish with sliced jalapenos and basil leaves** before serving.

Notes

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

Key Ingredient Notes:

- **Fresh Sweet Corn:** I like to use **fresh corn on the cob** and grill it for that smoky flavor. Frozen corn can be used, in a pinch. These days, you can even find fire-roasted corn off the cob ready to use in the freezer aisle of your grocery store.
- **Peaches:** Ripe, juicy peaches add sweetness; nectarines are a great substitute. Make this salad during peach season when they are just perfect.
- **Sumac:** This **Middle Eastern spice** brings a tangy, citrusy note. Optional but highly recommended.

- **Acid:** I am using lemon juice, but feel free to use lime juice, red wine vinegar, apple cider vinegar or white wine vinegar.
- **Cheese: Greek feta cheese** is the way to go here! It works perfectly with the other ingredients. You can sub in goat cheese or cubed halloumi cheese.

Pair it with one of my Summer Grilling Recipes. Works beautifully with my Mediterranean Salmon Skewers, Chicken Shish Tawook or my Middle Eastern Beef Shish Kabob.

Nutrition

Calories: 143kcal | Carbohydrates: 22g | Protein: 5g | Fat: 5g | Saturated Fat: 3g | Polyunsaturated Fat: 0.4g | Monounsaturated Fat: 1g | Trans Fat: 0.003g | Cholesterol: 17mg | Sodium: 817mg | Potassium: 341mg | Fiber: 3g | Sugar: 13g | Vitamin A: 612IU | Vitamin C: 13mg | Calcium: 105mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/grilled-corn-peach-salad-with-feta/>



No Knead Tomato Focaccia

A great recipe for No Knead Tomato Focaccia that is sure to please the pickiest of eaters. This recipe does take some time to prepare (mostly hands-off) but the final baked focaccia will be worth the wait. The base recipe needs just 5 ingredients that you probably have in your pantry right now!

Prep Time	Cook Time	Rise time	Total Time
15 mins	25 mins	18 hrs	18 hrs 40 mins

Course: Appetizer, Breakfast, Brunch, Side Dish, Snack Cuisine: Italian Servings: 10 Servings
 Author: Luay Ghafari Cost: \$10



★★★★★
5 from 12 votes

Equipment

- 1 9x13 Baking pan or sheet

Ingredients

For the Dough

- 4 cups All-purpose flour - 520 grams - Bread flour can also 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

For Baking and Garnish

- ¼ cup Extra virgin olive oil - for greasing the tray and for oiling the dough
- 1 cup Cherry tomatoes - Sliced in half
- 2-4 tbsp Fresh rosemary - Or thyme, oregano, marjoram
- ½ cup Parmigiano Reggiano - Grated
- Flaky salt

Instructions

1. **Mix.** To a large bowl, add the flour, salt, yeast, olive oil and room temperature 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 at least 18 hours.
3. **Deflate and shape.** At least 2 hours before you want to bake the focaccia, take the bowl out of the fridge and uncover it. Using your hands or a dough scraper deflate the dough slightly and transfer the dough to a generously oiled baking tray (9x13) or sheet pan. 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 towel and set aside for 1.5-2 hours.
4. **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.
5. **Dress.** Nestle your cherry tomatoes into the dimples, press in your rosemary and sprinkle your cheese. You can save some of the cheese to sprinkle on after the baking.
6. **Bake.** Bake in the preheated oven for 20-25 minutes, until golden brown. Every oven is different, so your focaccia may need more time. Sprinkle some flaky salt when the focaccia comes out of the oven. Let the focaccia cool for 30 minutes before cutting into it.

Notes

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

Other Additions: Kalamata olives, confit garlic cloves, sliced onions, green onions, flaky sea salt.

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!
- **This recipe uses Instant yeast.** But if you only have active dry yeast, you can bloom it in lukewarm water for 5 minutes before adding it to the dry ingredients.

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: 285kcal | Carbohydrates: 40g | Protein: 8g | Fat: 10g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 7g | Cholesterol: 3mg | Sodium: 552mg | Potassium: 116mg | Fiber: 2g | Sugar: 1g | Vitamin A: 124IU | Vitamin C: 3mg | Calcium: 72mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/no-knead-tomato-focaccia/>



Easy Blueberry Compote Recipe (with Maple Syrup)

This Blueberry Maple Compote is one of my favorite ways to enjoy fresh blueberries. It's luscious, tangy, gently spiced, and just sweet enough thanks to real maple syrup. I like to spoon it over pancakes or French toast, swirl it into yogurt or over homemade labneh, or serve it with fresh-baked bread or pound cake as a "quick jam".



5 from 1 vote

Prep Time
5 mins

Cook Time
10 mins

Total Time
15 mins

Course: condiment, Dessert Cuisine: Seasonal Diet: Vegan, Vegetarian Servings: 10 Servings
Author: Luay Ghafari Cost: \$10

Ingredients

- 2 cups Fresh blueberries
- 2-3 tbsp Maple syrup - Use more or less, to taste
- 1 tbsp Lemon juice
- 1 tsp Lemon zest
- ¼ tsp Ground cinnamon
- 1 Star anise
- ⅛ tsp Salt - just a tiny pinch

Instructions

1. **Prepare your ingredients.** Add **2 cups Fresh blueberries**, **2-3 tbsp Maple syrup**, **1 tbsp Lemon juice**, **1 tsp Lemon zest**, **¼ tsp Ground cinnamon**, **1 Star anise** and **⅛ tsp Salt** to a small pot or saucepan.
2. **Simmer.** Bring to a simmer over medium-low heat, stirring occasionally. Continue simmering for 8-12 minutes, or until some of the berries burst, the mixture turns a deep purple, and the sauce thickens slightly. Enjoy warm, at room temperature or cold. Make sure to discard the star anise.

Notes

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

Key Ingredient Notes:

- **Fresh Berries:** I recommend making this recipe in the summer months when blueberry season is in full swing. This recipe also works well with off-season blueberries, especially if they are lacking in flavor. You can make it with frozen blueberries.
- **Sweetener: Pure maple syrup** is the perfect sweetener here, and also imparts a subtle flavor. You can totally make this recipe with white sugar, brown sugar, raw sugar, organic cane sugar or honey.
- **Lemon:** We're using both the zest and the juice here. Not only does this counterbalance the sweetness, but it also helps the compote keep longer in the fridge.
- **Spices:** The combination of **ground cinnamon** and **star anise** gives this recipe a subtle earthy flavor note. You can skip the spices or change it up and use something else like a splash of vanilla extract if you prefer.

Nutrition

Calories: 29kcal | Carbohydrates: 7g | Protein: 0.2g | Fat: 0.1g | Saturated Fat: 0.01g | Polyunsaturated Fat: 0.05g | Monounsaturated Fat: 0.02g | Sodium: 30mg | Potassium: 35mg | Fiber: 1g | Sugar: 5g | Vitamin A: 17IU | Vitamin C: 4mg | Calcium: 8mg | Iron: 0.1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/easy-blueberry-compote-recipe-with-maple-syrup/>

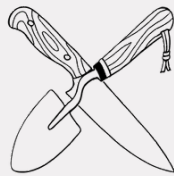




Thank you

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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