



SUMMER MEAL PLAN: WEEK 11



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 11

Monday



Piri Piri Chicken Thighs

Tuesday



Med. Pasta Salad

Wednesday



Steak Tahini Caesar

Thursday



Sicilian Pesto

Friday



Greek Baked Salmon

Salad/App



Eggplant Bruschetta

Baking



Garlic Butter Dinner Rolls

Dessert



Blueberry Buttermilk Muffins

URBAN FARM & KITCHEN

Grilled Piri Piri Chicken Thighs (aka Peri Peri Chicken)

These Grilled Piri Piri Chicken Thighs are packed with smoky and citrusy flavors with just the right amount of spice. The recipe comes together quickly, making it perfect for a weeknight dinner, backyard barbecue or meal prep.

Prep Time	Cook Time	Marinating Time	Total Time
10 mins	15 mins	1 hr	1 hr 25 mins

Course: Main Course Cuisine: Portugese Servings: 4 people Author: Luay Ghafari
Cost: \$20



☆☆☆☆☆
No ratings yet

Ingredients

- 3 tbsp Olive oil
- 3 tbsp Lemon juice
- 2-3 Garlic cloves (minced)
- 1 tbsp Smoked paprika
- 1½ tbsp Ground coriander
- ½ tsp Chili flakes - use more or less to taste
- 1½ tsp Kosher salt
- ¼ tsp Black pepper
- 2 lbs Chicken thighs (boneless, skinless)

Instructions

1. **Make the Piri Piri Sauce.** In a bowl, whisk together the olive oil, lemon juice, minced garlic, smoked paprika, ground coriander, chili flakes, kosher salt, and black pepper until well combined.
2. **Marinate.** To a large bowl, add the chicken thighs and toss with the marinade until every piece is well coated. Cover and refrigerate for at least 1 hour, although overnight will give the best flavor.
3. **Grill.** Preheat your grill to medium-high heat and lightly oil the grates. Grill the chicken for 5–7 minutes per side, or until nicely charred and the internal temperature reaches 165°F (74°C).
4. **Serve.** Transfer the chicken to a serving platter and let it rest for 5 minutes before serving. Garnish with chopped parsley and fresh lemon wedges.

Notes

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

Key Ingredient Notes:

- **Chicken:** My preference here, as the name of the recipe suggests, is **boneless skinless chicken thighs**. They stay juicy on the grill. Chicken breasts, bone-in chicken thighs or drumsticks can also be used with adjusted cooking times.
- **Dry Spices:** I like the combination of **smoked paprika** and **ground coriander** for this quick recipe.
- **Chili Flakes:** Traditional piri piri (or peri-peri) chicken gets its signature heat from the African bird's eye chili, commonly known as the piri piri pepper. These small peppers are quite spicy and have a bright, fruity flavor that's difficult to replicate exactly. Since fresh or dried piri piri peppers can be hard to find in many grocery stores, this recipe uses **chili flakes** for a milder, more accessible version that's still packed with smoky, citrusy flavor.

Nutrition

Calories: 378kcal | Carbohydrates: 3g | Protein: 44g | Fat: 20g | Saturated Fat: 4g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 11g | Trans Fat: 0.04g | Cholesterol: 215mg | Sodium: 1222mg | Potassium: 637mg | Fiber: 1g | Sugar: 0.5g | Vitamin A: 917IU | Vitamin C: 5mg | Calcium: 42mg | Iron: 3mg

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

<https://urbanfarmandkitchen.com/grilled-piri-piri-chicken-thighs/>



Mediterranean Pasta Salad Recipe

When the summer heat hits and you're craving something fresh, vibrant, and satisfying, this Mediterranean Pasta Salad is the answer. It's the kind of meal prep hero that works just as well for weekday lunches as it does for backyard barbecues, potlucks or picnics. It's packed with crisp veggies, soft cheese, and a tangy vinaigrette.



★★★★★
5 from 2 votes

Course: Appetizer, Salad, Side Dish Cuisine: Mediterranean Diet: Vegetarian
Servings: 8 Servings Author: Luay Ghafari Cost: \$10

Ingredients

- ½ lb Pasta – Use fusilli, penne, or other small shape
- ¼ cup Extra virgin olive oil
- 2 tbsp Red wine vinegar
- 1 tbsp Lemon juice - Juice from half a lemon
- 1 tbsp Dried oregano
- 1 tsp Kosher salt
- ½ tsp Black pepper
- 1 pint Cherry tomatoes (halved)
- 3 Persian cucumbers (chopped)
- ½ Red onion (finely diced)
- 1 cup Mozzarella balls
- ¼ cup Kalamata olives (chopped) - Pitted
- 2 tbsp Parsley (chopped)
- 2 tbsp Basil (chopped)
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Instructions

1. **Cook Pasta.** Boil ½ lb Pasta in a large pot of salted water until al dente. Drain and rinse under cold water to stop the cooking and cool it down.
2. **Make Dressing.** In a large serving bowl, whisk together ¼ cup Extra virgin olive oil, 2 tbsp Red wine vinegar, 1 tbsp Lemon juice, 1 tbsp Dried oregano, 1 tsp Kosher salt, and ½ tsp Black pepper.
3. **Assemble.** Add the cooled pasta to the bowl along with 1 pint Cherry tomatoes (halved), 3 Persian cucumbers (chopped), ½ Red onion (finely diced), 1 cup Mozzarella balls, ¼ cup Kalamata olives (chopped), 2 tbsp Parsley (chopped), and 2 tbsp Basil (chopped).
4. **Toss, Taste and Adjust.** Give it a good toss until well combined. Taste and adjust seasoning if needed.

Notes

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

Ingredient Notes:

- **Short pasta:** Any variety works (penne, rotini, fusilli pasta). Whole wheat pasta or gluten-free pasta are great substitutes.
- **Onion.** I like using **red onion** here, but feel free to use white, yellow or sweet onions. Or use green onions for less kick. To reduce the sharpness of the diced onions, soak them in cold water to mellow out the bite.
- **Olives.** Kalamata olives are great and my preferred kind of olive in this type of recipe. But green olives will work just fine.
- **Cheese.** I prefer a mild cheese to balance the tangy dressing, and that's why **Bocconcini/mozzarella balls** work well. Feta cheese, goat cheese or vegan cheese are good alternatives.
- **Fresh Herbs.** I am using **fresh basil** and **fresh parsley** picked right from my garden, but feel free to use what you have on hand. Dill would work well too.

Pair it with one of my summer recipes or grilling recipes. I love to serve it with Chicken Shish Tawook or Beef Shish Kebabs.

Nutrition

Calories:222kcal | Carbohydrates: 26g | Protein: 7g | Fat: 11g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Cholesterol: 5mg | Sodium: 521mg | Potassium: 253mg | Fiber: 2g | Sugar: 3g | Vitamin A: 449IU | Vitamin C: 17mg | Calcium: 77mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/mediterranean-pasta-salad-recipe/>



Steak Caesar Salad with Tahini Dressing

ThisSteakCaesarSaladwith TahiniDressingis myMiddle Easternspin on a classic salad. Juicy seared steak meets caramelized sweet potatoes and Brussels sprouts, all tossed with a creamy, tangy tahini Caesar dressing. Perfect for lunch, dinner or even brunch.

Prep Time	Cook Time	Total Time
15 mins	30 mins	45 mins

Course: Brunch, Main Course, Salad Cuisine: Mediterranean Servings: 3 Large Servings
Author: Luay Ghafari Cost: \$25



★★★★★
5 from 1 vote

Ingredients

Roasted Vegetables

- 2 cup Sweet potato (cubed) - Cut into 1 inch cubes
- 2 cups Brussels sprouts (halved)
- 2 tbsp Olive oil
- 2 tsp Kosher salt
- ½ tsp Black pepper

For the Steak

- 1 lb New York strip, flank, or skirt steak
- 1 tsp Kosher salt
- ½ tsp Black pepper
- 1 tbsp Vegetable oil

Tahini Caesar Dressing

- ¼ cup Tahini
- 2 tbsp Lemon juice
- 1 Garlic clove (grated)
- ¼ cup Parmesan (grated)
- 1 tsp Dijon mustard
- 1-2 tbsp Water - To loosen the dressing
- Salt and pepper to taste
- 1 Anchovy filet (mashed) - Optional

Salad Base and Garnish

- 4 cups Romaine lettuce (chopped)
- Pumpkin seeds and parmesan shavings
- A sprinkling of Sumac (Optional)

Instructions

1. **Roast the Veggies.** Preheat your oven to 425°F (220°C). On a baking sheet, toss **2 cup Sweet potato (cubed)** and **2 cups Brussels sprouts (halved)** with **2 tbsp Olive oil**, **2 tsp Kosher salt**, and **½ tsp Black pepper**. Roast for 20–25 minutes, flipping halfway, until they’re golden and tender.
2. **Prepare the Steak.** Pat your **1 lb New York strip, flank, or skirt steak** dry and season generously with **1 tsp Kosher salt** and **½ tsp Black pepper**. Heat a cast iron skillet over medium-high heat with **1 tbsp Vegetable oil**. Sear the steak 3–4 minutes per side (depending on thickness) until it reaches your preferred doneness. Rest the steak for 10 minutes, then slice against the grain into thick or thin slices, based on your preference.
3. **Make the Tahini Caesar Dressing.** In a bowl, whisk together **¼ cup Tahini**, **2 tbsp Lemon juice**, **1 Garlic clove (grated)**, **¼ cup Parmesan (grated)**, and **1 tsp Dijon mustard**. Add **1-2 tbsp Water** to loosen the dressing to a creamy, pourable consistency. Season with **Salt and pepper to taste**. Add **1 Anchovy filet (mashed)** if you’re using it.
4. **Assemble the Salad.** In a large bowl, add **4 cups Romaine lettuce (chopped)**. Top with roasted veggies, then drizzle in the tahini Caesar. Toss gently until everything is coated.

5. **Serve.** Lay the tossed salad on a serving platter. Top with the sliced tender steak, sprinkle with **Pumpkin seeds and parmesan shavings**. Add **A sprinkling of Sumac (Optional)**. Serve immediately.

Notes

Refer to the post above for step by step recipe photos, tips and advice.

Key Ingredient Notes:

- **Steak:** You can use your favorite cut here. I personally like **New York Strip Steaks**, but skirt steak and flank steak would work well too. These cuts are perfect for quick searing and slicing thin. Flank steak is lean and flavorful, skirt is even beefier but slightly tougher, and NY strip is more tender and classic. Use what you like or have on hand.
- **Tahini:** The creamy base of this dressing with a nutty, earthy flavor. If you're out of tahini, try sunflower seed butter or cashew butter for a similar texture. But really, try to get your hands on Tahini. It's available at most grocery stores.
- **Parmesan Cheese:** It wouldn't be a Caesar without Parmesan. I prefer to use a block of **Parmigiano Reggiano** and grate it fresh myself, but you can use pre-grated Reggiano. You'll also need some shavings to garnish.
- **Anchovy filet (optional):** For authentic Caesar umami. Anchovy paste is a good option too.

Everyone has their steak sweet spot, so here's a quick guide to help you hit the right internal temperature. Use an **instant-read thermometer** for best results:

- **Rare:** 120–125°F (49–52°C) – Deep red center, very juicy
- **Medium-Rare:** 130–135°F (54–57°C) – Warm red center, tender and juicy (my preference)
- **Medium:** 140–145°F (60–63°C) – Warm pink center, slightly firmer texture
- **Medium-Well:** 150–155°F (65–68°C) – Slightly pink center, drier texture
- **Well-Done:** 160°F+ (71°C+) – Fully cooked through, least juicy

Pro Tip: Always let your hot steak rest for 10 minutes after cooking. This helps redistribute the juices so they don't spill out when you slice.

Serve it on its own, or with my Same Day Focaccia, Roasted Garlic Potatoes or Greek Spinach Rice for a complete meal.

Nutrition

Calories: 703kcal | Carbohydrates: 31g | Protein: 41g | Fat: 48g | Saturated Fat: 14g | Polyunsaturated Fat: 10g | Monounsaturated Fat: 23g | Trans Fat: 0.03g | Cholesterol: 98mg | Sodium: 3407mg | Potassium: 1200mg | Fiber: 7g | Sugar: 6g | Vitamin A: 18583IU | Vitamin C: 59mg | Calcium: 213mg | Iron: 6mg

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and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/steak-caesar-salad-with-tahini-dressing/>



Easy and delicious Sicilian Pesto Recipe (Pesto alla trapanese)

If you think pesto is supposed to be green, think again. Sicilian Pesto (Pesto alla trapanese) is a fresh and lively pesto that will change the way you think about pesto.

Prep Time
20 mins

Total Time
20 mins

Course: Main Course Cuisine: Italian Servings: 6 people Author: Luay Ghafari Cost: 10



5 from 5 votes

Equipment

- Food Processor

Ingredients

- ½ cup Blanched Almonds - Slivered or whole
- 1 Garlic Clove - Use more if you like
- ⅔ cup Pecorino romano and/or Parmigiano reggiano - 50/50 combination works well
- ⅓ cup Extra Virgin Olive Oil
- 1 Pinch of chili flakes (or small fresh chili) - Optional
- ¼ cup Fresh Basil - Packed
- ¼ cup Fresh Mint - Packed
- 1 pint Cherry tomatoes - About 3 cups worth
- Salt and Pepper to taste

Instructions

1. To your food processor, add almonds, garlic, cheese, extra virgin olive oil and chili if using. Pulse to break up the almonds and combine into a coarse mixture.
2. Add cherry tomatoes and herbs to your food processor and pulse until you achieve your desired consistency. A little chunky crunch from the almonds is definitely a good thing, but if you prefer a smooth sauce, process further. Taste and adjust seasoning.
3. If the pesto is too wet, add more almonds/cheese and process. If the sauce is too dry, add more tomatoes or olive oil. Taste and adjust seasoning.
4. Transfer your pesto to mason jars or glass jars and store in the refrigerator if not using right away.

Notes

If you want to make this sauce extra special, you can blanch your tomatoes and peel them. Removing the peel produces a finer pesto, but this is completely optional!

If you are not using the pesto right away, store it in the refrigerator for **up to 5 days**. The acid in the tomatoes will help keep it fresh and lively. **Do not freeze this pesto**, as fresh tomatoes do not freeze/thaw well.

Nutrition

Calories: 219kcal | Carbohydrates: 6g | Protein: 7g | Fat: 20g | Saturated Fat: 4g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 13g | Trans Fat: 1g | Cholesterol: 8mg | Sodium: 190mg | Potassium: 258mg | Fiber: 2g | Sugar: 2g | Vitamin A: 610IU | Vitamin C: 19mg | Calcium: 169mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/easy-and-delicious-sicilian-pesto-recipe/>



Greek Salmon Recipe with Tomatoes, Olives and Lemon

ThisGreek Salmonwith Tomatoes,Olives andLemon is an easy, vibrant, deliciousand comforting Mediterranean-inspired dinner recipe that you'll have on repeat. Tender salmon fillets are baked alongside juicy cherry tomatoes, briny Kalamata olives, sweet red onion, and lemon slices. The whole thing is ready in under 30 minutes.

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Course: Main Course

Cuisine: Greek, Mediterranean

Servings: 4 Servings

Author: Luay Ghafari

Cost: \$25



★★★★★

5 from 1 vote

Ingredients

For the Salmon

- 1½ lbs Salmon filets - 4 six-ounce pieces
- 2 tbsp Extra virgin olive oil
- 4 Garlic cloves (grated or minced)
- 2 tsp Dried oregano
- 1 tsp Kosher salt
- ½ tsp Black pepper
- ½ tsp Sweet paprika - Smoked paprika can be used
- 1 tbsp Lemon zest - From 1 lemon
- 2 tbsp Lemon juice - From 1 lemon

For the Baking Dish

- 2 cups Cherry tomatoes
- ¾ cup Kalamata olives (pitted)
- ½ Red onion (thinly sliced)
- 1 Lemon (thinly sliced)
- 1 tbsp Extra virgin olive oil

To Finish

- ½ cup Feta cheese (crumbled)
- 2 tbsp Fresh parsley (chopped)
- 3 tbsp Fresh dill (chopped)
- Lemon wedges

Instructions

1. **Preheat the Oven and Season the Salmon.** Preheat your oven to 425°F (220°C). Pat **1½ lbs Salmon filets** dry with paper towels. In a small bowl, combine **2 tbsp Extra virgin olive oil, 4 Garlic cloves (grated or minced), 2 tsp Dried oregano, 1 tsp Kosher salt, ½ tsp Black pepper, ½ tsp Sweet paprika, 1 tbsp Lemon zest, and 2 tbsp Lemon juice.** Brush or rub the mixture evenly over both sides of the salmon.
2. **Build the Baking Dish.** Add **2 cups Cherry tomatoes, ¾ cup Kalamata olives (pitted), ½ Red onion (thinly sliced), and 1 Lemon (thinly sliced)** to a 9x13-inch baking dish (you can also use a rimmed sheet pan). Drizzle with **1 tbsp Extra virgin olive oil** and toss everything together.
3. **Add Salmon.** Nestle the salmon fillets into the vegetables, arranging everything in an even layer.
4. **Bake.** Bake in the hot oven for 18 to 22 minutes, depending on the thickness of the fillets, until the salmon flakes easily with a fork or reaches an internal temperature of 125–130°F (52–54°C) for medium or 140–145°F (60–63°C) for fully cooked salmon. The tomatoes should begin to burst and release their juices, creating a flavorful sauce in the bottom of the baking dish. For additional color, switch the oven to broil for the final 1 to 2 minutes, watching carefully to prevent burning.
5. **Garnish and Serve.** Remove from the oven and sprinkle with **½ cup Feta cheese (crumbled), 2 tbsp Fresh parsley (chopped), and 3 tbsp Fresh dill (chopped).** Serve immediately with **Lemon wedges** and plenty of the roasted

tomatoes, olives, and flavorful pan juices.

Notes

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

Key Ingredient Notes:

- **Salmon Fillets:** Fresh salmon is the star of the recipe. Atlantic or sockeye salmon both work well. Skin-on or skinless both work well. I like to purchase a large filet from Costco or the fishmonger and cut the portions out myself. But you can totally just buy pre-portioned filets.
- **Dried Oregano:** A classic Greek herb that brings authentic Mediterranean flavor. Dried thyme may be substituted.
- **Sweet Paprika:** Provides subtle sweetness and beautiful color. Smoked paprika works for a deeper flavor.
- **Olives:** I personally prefer **Kalamata olives** in this recipe and they are more authentic for a Greek-style recipe. I use whole, pitted olives because they will stay whole and add texture to the dish.
- **Greek Feta Cheese:** Look for block **feta in brine** for the best flavor and texture, but pre-crumbled will do in a pinch. I am a big fan of feta and use it in some of my recipes: Greek Lentil Salad, Grilled Corn Peach Salad, Watermelon Cucumber Feta Salad, Cucumber Radish Feta Salad and Cucumber Chickpea Feta Salad.

Tips for Success:

- Pat the salmon dry before seasoning so the marinade adheres better and the fish roasts instead of steaming.
- Use salmon fillets that are similar in thickness so they cook evenly. Center-cut pieces are ideal.
- **Don't overcook the salmon.** It's best when it's still moist and tender in the center. If using thicker salmon fillets, check the internal temperature with an instant-read thermometer rather than relying solely on baking time.

Nutrition

Calories: 451kcal | Carbohydrates: 9g | Protein: 38g | Fat: 29g | Saturated Fat: 6g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 15g | Cholesterol: 110mg | Sodium: 1567mg | Potassium: 1092mg | Fiber: 2g | Sugar: 3g | Vitamin A: 944 | Vitamin C: 27mg | Calcium: 166mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/greek-salmon-recipe-with-tomatoes-olives-and-lemon/>



Simple Eggplant Bruschetta with Tomatoes and Herbs

Roasted eggplant bruschetta is a perfect and delicious appetizer for your summer garden party, picnic or weeknight meal. It comes together quickly (in under 20 minutes) and covers all the bases. Hearty vegetables, tangy cheese, herbaceous basil, sweet mint and balsamic.

A definite crowd-pleaser. Pair this with one of my many appetizer recipes like Mutabal (roasted eggplant dip), Eggplant hummus or Fried shishitos.



★★★★★
5 from 6 votes

Prep Time 10 mins	Cook Time 20 mins	Total Time 30 mins
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Course: Appetizer, Brunch, Side Dish, Snack Cuisine: Italian Servings: 8 people Author: Luay Ghafari Cost: \$20

Ingredients

- 1 Large Italian eggplant - or two small/medium
- ¼ cup Extra-virgin olive oil
- Kosher salt and black pepper
- 1 Baguette - or use an Italian loaf, sliced into ¾" (2cm) thick slices
- 1-2 Garlic cloves - Peeled
- 2 Tomatoes - See notes for tomato options
- ½ Red onion - Very thinly sliced into semi-circles
- ¼ cup Feta - Crumbled
- ¼ cup Basil leaves - Cut into strips or torn
- 2 tbsp Mint leaves - Cut into strips or torn
- 2 tbsp Balsamic vinegar
- Extra virgin olive oil, sweet balsamic glaze, herbs and more cheese for garnish

Instructions

1. **Roast the eggplant.** Preheat your oven to 375F. Toss the eggplant cubes with 2 tablespoons of olive oil, salt and pepper. Roast on a sheet pan lined with parchment paper in a single layer until caramelized and soft, about 15-20 minutes.
2. **Toast bread.** Rub the sliced bread with extra virgin olive oil lightly. Toast or grill the bread and then rub a garlic clove on one side of each bread piece.
3. **Toss.** In a bowl, combine the roasted eggplant, tomatoes, sliced red onion, herbs, extra virgin olive oil, balsamic vinegar, salt and pepper. Toss to combine and taste. Adjust seasoning.
4. **Assemble.** On a serving platter, lay out the toasted bread (garlic side up) and top each piece with a spoonful or two of the eggplant mixture. Drizzle with more olive oil, and sweet balsamic glaze and garnish with more feta and herbs.

Notes

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

Ingredient Notes and Substitutions

Bread: A classic bruschetta is made with toasted or grilled sliced ciabatta or baguette but do feel free to experiment. You can even use my Rosemary Parmesan Bread as a base here. Gluten-free bread or crackers can also be used.

Eggplants: Choose smooth, blemish-free Italian eggplants. Smaller eggplants tend to have fewer seeds so bigger isn't always better when it comes to eggplants. Choose small to medium-sized globes. You can even make this recipe with long Asian eggplants.

Tomatoes: Organic and heirloom tomatoes are ideal here, cut into the same size cubes as the eggplant. If you prefer, you can use Roma tomatoes or grape or cherry tomatoes here.

Red onion: I like the taste of red onion here, but you can use what you have on hand. Shallots work well too.

Feta cheese: You can totally omit the cheese and keep the recipe vegan or use another cheese of your choice (parmesan cheese is a great option).

Fresh herbs: There's really no substitution for basil and mint in my opinion. However, use what you have on hand. If you only have basil, just use basil. You can play around with the herb combinations to suit your tastes. Fresh parsley is also a good option.

Olive Oil: Choose good quality extra-virgin olive oil. If you can find unfiltered olive oil, even better. This is the time to use that beautiful bottle of EVOO you got for Christmas!

Balsamic Vinegar: This is an important sweet and tangy touch, but feel free to use lemon juice, lime juice or another vinegar of your choice. Make sure to taste and adjust as needed.

Fun additions: Feel free to add red peppers, red pepper flakes, kalamata olives, green olives, artichoke hearts, or capers.

Nutrition

Calories: 181kcal | Carbohydrates: 21g | Protein: 5g | Fat: 9g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Cholesterol: 4mg | Sodium: 251mg | Potassium: 271mg | Fiber: 3g | Sugar: 5g | Vitamin A: 382IU | Vitamin C: 7mg | Calcium: 72mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/simple-eggplant-bruschetta-with-tomatoes-and-herbs/>



Garlic Butter Dinner Rolls Recipe (with Parmesan Cheese)

These Garlic Butter Dinner Rolls are fluffy, soft and so flavorful. Think garlic bread, but in roll form! Whether you're prepping for a holiday feast or just want to level up your weeknight dinner, these rolls are the way to go.

Prep Time	Cook Time	Rise Time	Total Time
15 mins	20 mins	2 hrs 30 mins	3 hrs 5 mins

Course: Appetizer, Breakfast, Side Dish Cuisine: American Diet: Vegetarian
 Servings: 12 Rolls Author: Luay Ghafari Cost: \$5



☆☆☆☆☆
 No ratings yet

Equipment

- 9x13 Baking Tray - Or similar

Ingredients

Base Dough

- 3 cup All purpose flour - 450 grams
- 2¼ tsp Instant yeast - 7 grams or 1 packet
- 1 tbsp Sugar - 12 grams
- 1½ tsp Kosher salt - 8 grams
- 2 tsp Garlic powder - Optional
- 1 cup Lukewarm whole milk - 240 ml
- 4 tbsp Melted unsalted butter - 56 grams
- 1 Large egg

Topping

- 3 tbsp Softened unsalted butter
- ¼ cup Parmesan cheese
- 2 tbsp Chopped fresh parsley
- 1-2 Garlic cloves (minced) - Use more or less to preference

Instructions

1. **Add Dry Ingredients.** In the bowl of a stand mixer, combine **3 cup All purpose flour, 2¼ tsp Instant yeast, 1 tbsp Sugar,** and **1½ tsp Kosher salt.** Add in the optional **2 tsp Garlic powder.** Mix to combine. You can also knead by hand using a large mixing bowl and a wooden spoon.
2. **Mix Wet Ingredients.** In a measuring cup, whisk together **1 cup Lukewarm whole milk, 4 tbsp Melted unsalted butter,** and **1 Large egg.**
3. **Knead.** Pour the wet ingredients into the dry and knead using the dough hook on medium-low speed until a soft dough ball forms, about 7-9 minutes. If the dough is sticking to the sides of the bowl, increase to medium speed. The dough should pull away from a loose ball. Try not to add more flour unless you must.
4. **First Rise.** Using your hands, gently form a tight smooth ball with the dough and drop it back into the mixer bowl. Cover the bowl with plastic wrap or clean kitchen towel and let the dough rise in a warm place for 1 hour, or until doubled in size.
5. **Divide.** Punch down the dough and divide it into 12 equal pieces using a knife or bench scraper. Use a scale for precision; each piece should weigh about 67-70g. Note: for smaller rolls, divide the dough into 18 pieces.
6. **Roll.** Roll each piece into a tight ball by cupping your hand over the dough and moving it in a circular motion on the countertop. Only lightly flour the work surface if you need it.
7. **Arrange.** Place the dough balls, seam side down, into a buttered baking pan. The dough balls shouldn't be touching. Leave about ¾ to 1 inch of space between the buns. The space will fill out as the buns proof.
8. **Second Rise.** Cover with a kitchen towel and let rise for another 1.5 hours, until puffy.

9. **Bake.** Preheat your oven to 350°F (175°C). The rolls should now have risen and filled the baking tray. Bake the rolls for 22-25 minutes, or until golden brown. They will seem overbaked at first, and hard to the touch, but don't worry, they will soften when you brush them with butter.
10. **Make the Garlic Herb Butter.** While the rolls bake or right after, combine **3 tbsp Softened unsalted butter**, **¼ cup Parmesan cheese**, **2 tbsp Chopped fresh parsley**, and **1-2 Garlic cloves (minced)** in a small bowl.
11. **Brush.** Brush the topping over the warm rolls as soon as they come out. Then serve.

Notes

Refer to the post above for step by step recipe photos, tips and advice.

Key Ingredient Notes:

- **Flour:** I use all purpose flour most of the time. Bread flour can also be used for a chewier texture. You can also substitute in some whole wheat flour if you prefer.
- **Yeast:** I recommend using **instant yeast**. It can be mixed into the dry ingredients without pre-blooming in liquid. It helps the dough rise quickly and efficiently. Active dry yeast can be used of course, but you will have to bloom it the milk. To do that, warm up the milk slightly, add the dry active yeast to it along with the sugar, stir to combine and set aside.
- **Milk:** Adds richness and tenderness. Use whole milk or 2%. If you are using instant yeast, you don't need to use warm milk. You could use water instead of the milk, but the rolls won't be as rich.
- **Toppings:** For the topping, I recommend mixing softened butter, grated Parmigiano Reggiano, chopped parsley and minced garlic. This is a classic "garlic bread" flavor combination we all love!

Other Tips:

- **Weigh Everything.** Using a kitchen scale ensures consistency in ingredient amounts and perfectly uniform dough balls.
- **Don't skip the second rise.** it's key to fluffy dinner rolls. Dough should be puffy and marshmallow-like when ready.

Nutrition

Calories: 203kcal | Carbohydrates: 27g | Protein: 6g | Fat: 8g | Saturated Fat: 5g | Polyunsaturated Fat: 0.4g | Monounsaturated Fat: 2g | Trans Fat: 0.2g | Cholesterol: 33mg | Sodium: 355mg | Potassium: 105mg | Fiber: 2g | Sugar: 2g | Vitamin A: 300IU | Vitamin C: 1mg | Calcium: 61mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/garlic-butter-dinner-rolls-recipe-with-parmesan-cheese/>



Blueberry Buttermilk Muffins

Classic for a reason, blueberry buttermilk muffins are light and fluffy thanks to the added buttermilk. Not too sweet, they make a perfect snack, quick breakfast, or midday treat.



4.79 from 14 votes

Prep Time	Cook Time	Total Time
20 mins	30 mins	50 mins

Course: Breakfast, Snack Cuisine: American Servings: 12 Muffins Author: Luay Ghafari
Cost: \$10

Equipment

- Muffin tin

Ingredients

- 2 cups All-purpose Flour
- $\frac{3}{4}$ cup Granulated white sugar - Use 1 cup of sugar for a sweeter muffin
- 1 $\frac{1}{2}$ tsp Baking powder
- $\frac{1}{2}$ tsp Baking soda
- $\frac{1}{4}$ tsp salt
- 1 cup Buttermilk
- $\frac{1}{2}$ cup Butter - Melted and cooled slightly
- 2 Eggs
- 1 tsp Vanilla extract
- 1 tbsp Lemon zest - From 1 lemon
- 1 $\frac{1}{2}$ cups Blueberries
- Coarse sugar - Turbinado

Instructions

1. Preheat the oven to 400°F. Line a standard size muffin tin with liners.
2. In a large bowl, mix flour, sugar, baking powder, baking soda, and salt.
3. In a measuring cup, whisk together the buttermilk, melted butter, eggs, vanilla extract and lemon zest until combined.
4. Pour the liquid into the dry ingredient bowl, stirring gently. Do not overmix.
5. Fold the blueberries into the batter.
6. Divide the batter evenly into the muffin tin. Sprinkle with a pinch or two of coarse sugar per muffin.
7. Bake for 25-28 minutes. Test doneness by inserting a toothpick into the center of a muffin. It should come out clean.
8. Cool the muffins for 10 minutes in the pan and then transfer to a cooling rack to cool completely.

Notes

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

Ingredient Notes and Substitutions

- **Buttermilk:** there are two easy ways to make your own: 1 cup milk + 1 tablespoon plain yogurt or sour cream, or 1 cup milk + 1 teaspoon white vinegar or lemon juice. Let it sour for a few minutes before adding to the batter.
- **Butter:** vegetable oil or another liquid oil like avocado can be substituted.
- **Lemon zest:** orange zest makes an excellent sub, or try lime for a bit of a twist.
- **Blueberries:** while it kind of defeats the purpose of blueberry buttermilk muffins, you can substitute raspberries for a raspberry version, combine the two, or use mixed berries.
- **Coarse sugar:** this is optional but makes for a very pretty muffin. If you want the topping but not the extra sugar, sub in slivered almonds or rolled oats.

Nutrition

Calories:185kcal | Carbohydrates: 40g | Protein: 3g | Fat: 1g | Saturated Fat: 1g | Polyunsaturated Fat: 0.2g | Monounsaturated Fat: 0.3g | Trans Fat: 0.02g | Cholesterol: 2mg | Sodium: 241mg | Potassium: 69mg | Fiber: 1g | Sugar: 20g | Vitamin A: 43IU | Vitamin C: 2mg | Calcium: 78mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/blueberry-buttermilk-muffins/>

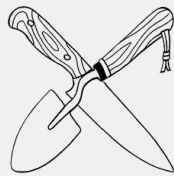




Thank you

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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