



Olive
Grove Club
Exclusive



SUMMER MEAL PLAN: WEEK 12



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.

The author disclaims any responsibility for adverse reactions, accidents, or damages that may occur as a result of following the recipes or guidance contained herein. By using this meal plan, you acknowledge and agree that you do so at your own risk. The content is provided “as is,” without warranties of any kind, express or implied. This meal plan is offered for personal, non-commercial use. Unauthorized distribution, reproduction, or modification of this material is prohibited. If you disagree with any of these conditions, delete the ebook and refrain from using it.

Summer Meal Plan: Week 12

Monday



Chicken Margherita

Tuesday



Summer Risotto

Wednesday



Greek Chicken Salad

Thursday



Grilled Veg with 2 Sauces

Friday



**Baked Trout with Pomegranate
Molasses sauce**

Salad/App



Maroulosalata

Baking



Corn Bacon Focaccia

Dessert



Triple Berry Bars

URBAN FARM & KITCHEN

Grilled Chicken Margherita (Chicken Caprese)

This Grilled Chicken Margherita is a fresh and easy summer dinner made with juicy grilled chicken breasts, fresh mozzarella, cherry tomatoes and basil. It comes together with minimal effort and in under 45 minutes.

Prep Time	Cook Time	Marinating Time
15 mins	15 mins	15 mins

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



★★★★★
5 from 1 vote

Ingredients

For the Chicken

- 1½ lb Chicken breasts (boneless, skinless) - 3-4 breasts
- 1 tbsp Extra virgin olive oil
- 1 tsp Dried thyme
- 1 tsp Dried oregano
- 1½ tsp Kosher salt
- ½ tsp Black pepper
- 1 Ball of fresh Mozzarella (sliced about ¼-inch thick) - You need enough slices to cover the chicken

For the Topping

- 1 cup Cherry tomatoes (halved)
- ¼ cup Fresh basil (torn or chopped)
- 1 Garlic clove (minced)
- 2 tbsp Extra virgin olive oil
- 1 tbsp Balsamic vinegar
- Kosher salt and pepper to taste

Instructions

1. **Pound and Season the Chicken.** Place a chicken breast on a cutting board and cover it with a sheet of plastic wrap or parchment paper. With a mallet, pound until you even out the thickness. You are looking for a thickness of about ¾-inch. Season the pounded chicken breasts with olive oil, thyme, oregano, salt and pepper. Let the chicken marinate for 15-30 minutes in the fridge.
2. **Prepare the Topping.** In a small bowl, combine the sliced cherry tomatoes, fresh basil, grated garlic, balsamic vinegar and remaining olive oil. Season with a pinch of salt and pepper. Toss, taste and adjust to your liking.
3. **Grill.** Grill the seasoned chicken breasts on an outdoor gas or charcoal grill on medium-high heat, until cooked through. This should take about 5-6 minutes per side, but a meat thermometer helps ensure you're not overcooking the chicken. The chicken is ready when it reaches an internal temperature of 165°F (74°C).
4. **Add Cheese.** Turn off the grill and place the slices of cheese on top of the chicken breasts. Let the residual heat from the chicken and oven slightly soften the cheese.
5. **Dress.** Transfer the chicken breasts to individual plates or a serving platter and garnish with the cherry tomato and basil topping over the melted mozzarella.

Notes

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

Key Ingredient Notes:

- **Chicken breasts:** I am using **skinless boneless chicken breasts** here. The downside to using chicken breast is that it can get dry quickly, so if you prefer, you can use skinless boneless chicken thighs.
- **Fresh Mozzarella Cheese:** I like to use a ball of fresh mozzarella packed in liquid. The cheese is soft and will melt nicely on the chicken.

- **Fresh Basil:** The flavor profile for margherita/caprese includes basil, so I really wouldn't substitute it. But if you must, parsley will work in a pinch but won't be as delicious.
- **Balsamic Vinegar:** Adds acidity and sweetness to the tomato topping. Use an aged balsamic if you have it, but if you don't, any balsamic will do. You could also use red wine vinegar or fresh lemon juice in a pinch.

Tips for Success:

- **Pound the chicken evenly.** This helps the chicken cook at the same rate and prevents thinner sections from drying out.
- **Pre-oil the grill grates.** The chicken is already oiled, but cleaning your grill grates and spraying them with nonstick spray will help the chicken release.
- **Use a thermometer.** Chicken breast can dry out quickly on the grill, and the cooking time will vary from grill to grill. Cook until the thickest part reaches 165°F (74°C).

Nutrition

Calories: 301kcal | Carbohydrates: 3g | Protein: 37g | Fat: 15g | Saturated Fat: 2g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 9g | Trans Fat: 0.02g | Cholesterol: 109mg | Sodium: 1367mg | Potassium: 731mg | Fiber: 1g | Sugar: 2g | Vitamin A: 332IU | Vitamin C: 11mg | Calcium: 32mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/grilled-chicken-margherita-chicken-caprese/>



Summer Risotto with Corn and Zucchini

This creamy Summer Risotto is packed with fresh corn, zucchini, Parmesan, lemon, and herbs. It's a comforting risotto that still feels bright and fresh, making it perfect for using up peak-season summer produce. This recipe is ideal for a weekend dinner or special occasion.

Prep Time
20 mins

Cook Time
1 hr

Total Time
1 hr 20 mins

Course: Main Course Cuisine: Italian, Seasonal Diet: Vegetarian Servings: 6 People
Author: Luay Ghafari Cost: \$25



☆☆☆☆☆
No ratings yet

Ingredients

- 7 cup Vegetable broth
- ¼ cup Olive oil (divided)
- 2 cups Fresh corn kernels - Cut from about 3 ears
- 3 cups Zucchini (quartered and sliced) - from about 2 medium zucchini
- ½ cup Shallots (finely minced) - about 2 shallots
- 3 Garlic cloves (minced)
- 3 Fresh thyme sprigs
- 2 cups Arborio Rice
- ½ cup Dry white wine
- ¾ cup Parmesan Cheese (Grated) - Use Parmigiano Reggiano
- 1 tbsp Lemon zest - From 1 lemon
- 1½ tbsp Lemon juice
- 3 tbsp Butter
- ½ tsp Kosher salt - you may need more or less depending on how salty your broth is
- ¼ tsp Black pepper
- Fresh basil for garnish

Instructions

1. **Simmer Broth.** Add the vegetable broth to a large pot and set it over medium-high heat. Once hot, reduce the heat to low. Keep the broth warm while you prepare the risotto.
2. **Sauté Zucchini.** Heat 1 tablespoon of olive oil in a large saucepan over medium heat. Once hot, add the zucchini along with a small pinch of salt and cook for about 3 minutes per side, or until nicely browned. Transfer the zucchini to a plate and set aside.
3. **Sauté Corn.** Add another tablespoon of olive oil to the same pan, followed by the corn and a small pinch of salt. Cook for about 7 minutes, stirring occasionally, until the corn has picked up some color and is lightly charred. Transfer it to the plate with the zucchini.
4. **Sauté Aromatics.** Add the remaining olive oil to the pan along with the shallots, minced garlic cloves, fresh thyme, and a pinch of salt. Cook for about 5 minutes, stirring frequently, until the shallots are tender and fragrant.
5. **Toast Rice.** Add the Arborio rice and stir well so that every grain is coated in the oil. Cook for 3-4 minutes, stirring regularly.
6. **Deglaze.** Pour in the white wine and add another pinch of salt. Use your spoon to scrape up any browned bits from the bottom of the pan. Cook for 2-3 minutes, or until the wine has mostly evaporated.
7. **Add Broth Slowly.** Reduce the heat to medium-low. Add the warm vegetable broth one ladleful at a time, stirring frequently and allowing the rice to absorb most of the liquid before adding the next ladle. Continue this process until the rice is creamy and al dente, about 30-35 minutes.
8. **Assemble.** When the rice is cooked, return the sautéed zucchini and corn to the pan. Add the Parmesan, lemon zest, lemon juice, and butter. Continue cooking and stirring for another 3-4 minutes, until the vegetables are warmed through, the cheese and butter have melted, and the risotto is creamy. Taste and adjust the salt and pepper level, if needed.
9. **Warm Through and Serve.** Continue cooking and stirring for another 3-4 minutes, until the vegetables are warmed through, the cheese and butter have melted, and the risotto is creamy. Serve immediately with freshly ground black

pepper, additional Parmesan cheese, and plenty of fresh basil. You can also drizzle a little extra virgin olive oil at the end too.

Notes

KeyIngredient Notes:

- **Vegetable Stock:** I wrote this recipe to be fully vegetarian, so a good-quality homemade or store-bought broth will work well. But I do prefer using chicken broth or chicken stock if you're not too worried about keeping the recipe vegetarian.
- **Fresh Sweet Corn:** Corn season is short and very sweet, so I love to use it as much as I can. Fresh corn cut straight from the cob is ideal during summer, but frozen corn can be substituted when needed.
- **Zucchini:** Zucchini is in season around the same time as corn, so they naturally work well together in my opinion. Summer squash (like yellow squash or Costata Romanesco) can be substituted or used alongside the zucchini.
- **Shallots:** My preference has always been to use shallots instead of onion in my risotto recipes. That's how I learned it years ago, and still do it the same way. But if you only have onions, you can use those. A medium onion should do the trick.
- **Arborio Rice:** The classic short-grain rice that gives risotto its creamy texture. Carnaroli is another excellent risotto rice if you can find it. But Arborio is so readily available now, both in stores and online, I recommend you use it. You will be making risottos more often once you discover how easy it is.
- **White Wine:** The wine has a dual purpose. It deglazes the pan and releases any brown bits, but also helps add a delicate flavor layer. I will often use dry vermouth as a substitution here if I have it in the fridge. Feel free to omit it entirely if you want to.
- **Parmesan Cheese:** Makes the finished risotto rich, savory, and creamy. Make sure you grate **Parmigiano Reggiano** yourself; it's much nicer and will meld into the rice better this way. Don't use the shelf-stable fake Parmesan. Pecorino Romano can work as a sharper substitute.

Tips for Success:

- **Mind the salt.** The saltiness of the broth you choose will determine how much extra salt you need to add. So at the beginning, only add a small pinch of salt to the vegetables as they sauté. The salt is there to help the vegetables soften. Once the risotto is cooked and you have added the cheese, you can check the salt level and adjust it then.

Nutrition

Calories: 517kcal | Carbohydrates: 72g | Protein: 12g | Fat: 19g | Saturated Fat: 7g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 9g | Trans Fat: 0.2g | Cholesterol: 24mg | Sodium: 1649mg | Potassium: 448mg | Fiber: 4g | Sugar: 9g | Vitamin A: 1073IU | Vitamin C: 19mg | Calcium: 176mg | Iron: 4mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/summer-risotto-with-corn-and-zucchini/>



Greek Chicken Salad (with Butter Beans, Feta and Fresh herbs)

This hearty and delicious Greek Chicken Salad includes roasted chicken, creamy butter beans, fresh vegetables and herbs, and feta cheese in a tangy dressing. I guarantee that you'll be adding it to your recipe rotation! Best of all, it comes together in under 30 minutes.

Prep Time	Total Time
30 mins	30 mins

Course: Appetizer, Main Course, Salad

Cuisine: Greek

Servings: 6 Servings

Author: Luay Ghafari

Cost: \$10



★★★★★

5 from 2 votes

Ingredients

Roasted Chicken

- 2 Chicken breasts - Skinless and boneless
- 1 tbsp Olive oil
- 1 tsp Dried oregano
- ½ tsp Kosher salt
- ¼ tsp Black pepper

Salad Dressing

- 4 tbsp Extra virgin olive oil
- 2 tbsp Lemon juice
- 1 tsp Lemon zest
- 1 tsp Dried oregano
- 1 tsp Kosher salt
- ½ tsp Black pepper

Salad Ingredients

- 1 can Butter Beans (drained and rinsed) - 14oz (400ml) can
- 1 pint Cherry tomatoes (sliced in half)
- 3 Persian cucumbers (Diced)
- ½ Red onion (thinly sliced) - Use less or more depending on preference
- ¼ cup Pitted kalamata olives (roughly chopped)
- 1 cup Greek feta cheese (crumbled)
- 2 tbsp Fresh Dill (chopped)
- 2 tbsp Fresh Parsley (chopped)
- 2 tbsp Fresh Mint (chopped)
- Garnish with extra herbs

Instructions

1. **Roast the chicken.** Preheat your oven to 400F/205C. Line a small baking sheet with parchment paper. Season **2 Chicken breasts** with **1 tbsp Olive oil, 1 tsp Dried oregano, ½ tsp Kosher salt** and **¼ tsp Black pepper**. Roast for 20-30 minutes or until the chicken is golden and cooked through to an internal temperature of 170F. Let the chicken cool slightly before mixing the salad.
2. **Make dressing.** While the chicken roasts, prepare the dressing by whisking **4 tbsp Extra virgin olive oil, 2 tbsp Lemon juice, 1 tsp Lemon zest, 1 tsp Dried oregano, 1 tsp Kosher salt** and **½ tsp Black pepper** in a small mixing bowl. Set aside.
3. **Prepare the salad.** In a large mixing bowl, add **1 can Butter Beans (drained and rinsed), 1 pint Cherry tomatoes (sliced in half), 3 Persian cucumbers (Diced), ½ Red onion (thinly sliced), ¼ cup Pitted kalamata olives (roughly chopped), 1 cup Greek feta cheese (crumbled), 2 tbsp Fresh Dill (chopped), 2 tbsp Fresh Parsley (chopped), 2 tbsp Fresh Mint (chopped)** and the cooked chicken (cut in cubes). Try to keep the size of all the ingredients consistent.
4. **Toss and adjust seasoning.** Add the dressing to the salad bowl, toss to coat, taste and adjust the seasoning. Serve right away at room temperature or cool in the fridge before serving. Garnish with fresh dill fronds.

Notes

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

Ingredient Notes:

- **Chicken:** I am using **boneless, skinless chicken breasts** in this recipe. But you can use chicken thighs. I recommend using deboned, skinless chicken as it'll cook faster. You can also skip the chicken cooking step altogether and use store-bought roast chicken, rotisserie chicken or even thick-cut chicken slices from the deli.
- **Beans:** I love taking a well-known salad (in this case, a classic Greek Salad) and upping the heartiness and protein with beans. Butter beans (also known as lima beans) are perfect. They are large and creamy. You can also use white navy beans or white kidney beans. Chickpeas work too.

Nutrition

Calories: 351kcal | Carbohydrates: 23g | Protein: 26g | Fat: 18g | Saturated Fat: 5g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 9g | Trans Fat: 0.01g | Cholesterol: 70mg | Sodium: 1346mg | Potassium: 870mg | Fiber: 5g | Sugar: 3g | Vitamin A: 577IU | Vitamin C: 23mg | Calcium: 211mg | Iron: 4mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/greek-chicken-salad/>



Grilled Vegetables with Two Dipping Sauces

Summer grilling season isn't complete without a big pile of Grilled Vegetables and delicious dipping sauces to go along with them. Asparagus, sweet peppers, zucchini, eggplant and cipollini onions get a little smoky char on the grill, then they're served with not one, but two easy sauces: a bright sweet and sour parsley sauce and a cool, creamy dill sauce.



No ratings yet

Prep Time

10 mins

Cook Time

15 mins

Total Time

25 mins

Course: Main Course, Side Dish Cuisine: Seasonal Diet: Vegetarian Servings: 6 People

Author: Luay Ghafari Cost: \$20

Ingredients

For the Vegetables

- 1 Asparagus bunch - tough ends trimmed
- 2 Sweet peppers
- 1 Eggplant
- 1 Zucchini
- 10 Cipollini onions
- 1-2 tbsp Olive oil
- ½ tsp Kosher salt
- ¼ tsp Black pepper

For the Sweet and Sour Herb Sauce

- 2 tbsp Olive oil
- 2 tbsp Red wine vinegar
- 1 tbsp Honey
- ¼ Fresh parsley (finely chopped)
- Salt and pepper to taste

Dreamy Dill Lime Sauce

- 3 tbsp Mayonnaise
- 3 tbsp Sour cream
- 2 Garlic cloves (minced)
- 1 tsp Lime zest
- 1 tbsp Lime juice
- 2 tbsp Fresh dill (chopped)
- Salt and pepper to taste

Instructions

1. **Make the Sauces.** In two separate small bowls, combine the ingredients for each sauce and mix well. Taste and adjust the salt, pepper, acidity or sweetness to your preference. Set aside while you prepare the vegetables.
2. **Prep the Vegetables.** Trim the woody ends from the asparagus. Slice the zucchini and eggplant into ½-inch rounds. Prepare the sweet peppers for grilling and thread the peeled cipollini onions onto skewers so they don't fall through the grill grates. Brush the prepared vegetables lightly with olive oil on both sides and season with kosher salt and freshly ground black pepper.
3. **Grill.** Heat a gas grill to medium-high. Clean the grill grates well and lightly oil them to help prevent sticking. Arrange the vegetables on the hot grill. Cook until tender and lightly charred, turning as needed. Keep in mind that the vegetables won't all cook at exactly the same rate, so remove each one as it becomes tender.
4. **Serve.** Transfer the grilled vegetables to a large serving platter and serve warm or at room temperature with the sweet and sour sauce and creamy dill sauce on the side.

Notes

Key Ingredient Notes:

- **Red Wine Vinegar:** Used in the sweet and sour herb sauce. Adds acidity and tang. White wine or sherry vinegar can also work.
- **Honey:** Also used in the sweet and sour herb sauce. Balances the vinegar with sweetness. Maple syrup can be used instead.
- **Sour Cream:** Used in the creamy dill lime sauce. Adds tanginess. Plain Greek yogurt can be substituted.
- **Lime:** I am using both the lime zest and lime juice in the creamy dill lime sauce. You can, of course, use lemons if you prefer.
- **Fresh Dill:** The star of the creamy dill lime sauce. Fresh dill is preferred here, but dried dill can work in a pinch. If you don't have dill, you could also use parsley.

Tips for Success:

- **Don't cut the vegetables too thin.** Thick slices are easier to handle on the grill and are less likely to become overly soft or fall through the grates.
- **Oil the vegetables lightly.** You want enough oil to coat their surfaces and discourage sticking, but they shouldn't be dripping with it.
- **Start with a properly heated grill.** A hot, clean grill helps create better browning and grill marks.
- **Don't constantly move the vegetables.** Give them some time against the hot grates to develop those gorgeous grill marks before turning.
- **Pay attention to individual cooking times.** Asparagus can cook in just a few minutes, while peppers, eggplant and zucchini generally need longer. Don't be afraid to add and remove vegetables from the grill at different times.

Nutrition

Calories: 203kcal | Carbohydrates: 20g | Protein: 4g | Fat: 13g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Cholesterol: 4mg | Sodium: 343mg | Potassium: 589mg | Fiber: 6g | Sugar: 12g | Vitamin A: 1950IU | Vitamin C: 68mg | Calcium: 54mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/grilled-vegetables-with-two-dipping-sauces/>



Baked Trout with Pomegranate Molasses Herb Sauce

MyBaked Trout with Pomegranate Molasses Herb Sauceis tangy, savory,and packedwith Mediterranean flavor. This recipe comes together in under 30 minutes, making it perfect for busy weeknights while still being special enough for entertaining or a dinner party.

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

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



★★★★★
5 from 1 vote

Ingredients

For the Trout

- 1½ lbs Trout - about 2 large fillets
- 1½ tsp Kosher salt
- ¼ tsp Black pepper
- 1 tsp Smoked paprika
- 1 Lemon (cut into thin slices)

For the Pomegranate Molasses Herb Sauce

- 3 tbsp Extra virgin olive oil
- 2 tbsp Lemon juice
- 3 Garlic cloves
- 2 tbsp Capers
- 2 tbsp Pomegranate molasses
- ½ cup Fresh parsley
- 2 tsp Grainy or Dijon mustard
- 1 tsp Sumac
- Salt and pepper to taste

Garnish

- Lemon wedges and fresh parsley

Instructions

1. **Preheat the Oven.** Preheat your oven to 400°F (200°C).
2. **Season Fish.** Place the fish fillets skin-side down on a parchment paper-lined baking sheet or large baking dish. Season the flesh with kosher salt, black pepper, and paprika. Arrange the fresh lemon slices over the top of the trout.
3. **Make the Herb Sauce.** Add the extra virgin olive oil, fresh lemon juice, fresh garlic, capers, pomegranate molasses, parsley, mustard, sumac, salt, and black pepper to a food processor. Pulse until combined but still slightly chunky. Taste and adjust the seasoning as needed.
4. **Bake.** Bake for 12–15 minutes, depending on the thickness of your fillets and your preferred doneness. The trout is ready when it flakes easily with a fork or reaches an internal temperature of 145°F in the thickest part.
5. **Garnish and Serve.** Transfer the trout to a serving platter and spoon the herb sauce over the fish or serve it alongside for everyone to add as they like. Serve with lemon wedges and fresh parsley.

Notes

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

Key Ingredient Notes:

- **Trout Fillets:** Skin-on trout works best. Steelhead trout or even salmon can be substituted. I buy my skin-on trout fillets from Costco in packs of 3. I do not recommend buying a whole fish and filleting it yourself. Buy fillets or ask your fishmonger to cut fillets from a whole trout for you.

- **Capers:** Add a salty, briny punch to the sauce. I always have them in my fridge and this recipe is a great way to use them up. Chopped green olives can be used instead.
- **Fresh Parsley:** Gives the sauce freshness and vibrant color. Cilantro can be substituted for a different flavor profile. Fresh dill would also work.
- **Pomegranate Molasses:** Provides sweet, tangy depth. Pomegranate molasses is available at most grocery stores now, but you'll definitely find it at your nearest Middle Eastern grocer. You can also buy it online.
- **Grainy or Dijon mustard:** Balances the sauce really well when you take into consideration the other flavors present. But if you don't have it, just omit it. Don't substitute yellow mustard, as the flavor will be overpowering.
- **Sumac:** Adds citrusy brightness. It really goes well with other Middle Eastern flavors in this recipe, like the pomegranate molasses. But if you can't find it, don't worry too much about it and add an extra squeeze of lemon juice to your sauce.

Nutrition

Calories: 379kcal | Carbohydrates: 8g | Protein: 36g | Fat: 23g | Saturated Fat: 3g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 13g | Cholesterol: 99mg | Sodium: 1250mg | Potassium: 727mg | Fiber: 1g | Sugar: 4g | Vitamin A: 989IU | Vitamin C: 29mg | Calcium: 100mg | Iron: 4mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/baked-trout-with-pomegranate-molasses-herb-sauce/>



Maroulosalata (Classic Greek Lettuce Salad)

Maroulosalata is a classic Greek lettuce salad that is refreshing, tangy and makes for a perfect side dish with heavier mains. It's incredibly easy to make and comes together in under 10 minutes! It's adaptable and can be modified slightly to suit your preferences.

Prep Time	Total Time
10 mins	10 mins

Course: Appetizer, Side Dish

Cuisine: Greek

Diet: Vegetarian

Servings: 4 people

Author: Luay Ghafari

Cost: \$5



★★★★★

5 from 3 votes

Ingredients

Dressing Ingredients:

- 1/2 cup Greek feta cheese - Crumbled
- 3 tbsp Extra virgin olive oil
- 2 tbsp Fresh lemon juice
- 1/2 tsp Kosher salt - Careful not to add too much, as the feta is also salty. Start with a little add more later if you need to.
- 1/4 tsp Black pepper

Rest of the Ingredients:

- 2 Romaine hearts - Chopped roughly
- 5-6 Green onions - Finely chopped
- 1/4 cup Fresh dill - Finely chopped
- 1/4 cup Fresh mint - Finely chopped

Instructions

- Make dressing.** To a large bowl, add the crumbled feta cheese, extra virgin olive oil, lemon juice, a pinch of salt, and fresh cracked black pepper. Using a fork, smash the crumbled feta lightly mixing it with the oil and lemon juice.
- Add greens.** To the same salad bowl, add your chopped romaine, spring onions, dill, and mint.
- Mix.** Using your hands or tongs, mix everything together. Taste and adjust the seasoning. Garnish with some extra dill fronds and mint leaves.

Notes

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

Ingredient Notes:

- Lettuce:** I like to use romaine hearts or "hearts of romaine" (the ones sold in packs of 2 or 3 in the grocery store). The hearts have more crunch to them and fewer of the soft outer green leaves you find in a standard romaine head of lettuce. But it doesn't matter, you can use a head of romaine too.
- Creamy Feta Cheese:** Greek feta is the way to go here! It's soft, tangy, salty and gives the salad a perfect punch. Other types of feta could work here. Bulgarian feta is also soft and tangy, but I find it too sour.
- Fresh lemon juice!** Squeeze that lemon yourself! Don't use the bottled stuff! If you don't have lemons, you can use white wine vinegar, apple cider vinegar or red wine vinegar.

Pair it with a Greek main dish: Greek lemon chicken and potatoes, Greek lamb chops or vegetarian Greek spinach pie. There's a list of pairing and meal plan ideas above in this post!

Nutrition

Calories: 162kcal | Carbohydrates: 5g | Protein: 4g | Fat: 15g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 9g | Cholesterol: 17mg | Sodium: 660mg | Potassium: 238mg | Fiber: 2g | Sugar: 1g | Vitamin A: 5496IU | Vitamin C: 11mg | Calcium: 136mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/maroulosalata-classic-greek-lettuce-salad/>



Corn Jalapeno Bacon Cheddar Focaccia (Same Day Recipe)

Ithink I unlockedthe holy grailoffocaccia! This **Corn Jalapeño BaconCheddar Focaccia**is everything you want in a homemade bread: soft, cheesy, a little spicy, and full of flavor. Sweet corn adds texture, jalapeños bring gentle heat, and crispy bacon ties it all together.

Prep Time	Cook Time	Rise Time	Total Time
30 mins	20 mins	4 hrs	4 hrs 50 mins

Course: Appetizer, Breakfast, Brunch, Side Dish

Cuisine: Italian, Seasonal

Servings: 12 Slices

Author: Luay Ghafari

Cost: \$15



☆☆☆☆☆

No ratings yet

Equipment

- 9x13 Baking pan or large rimmed baking sheet - [Affiliate Link](#)
- Kitchen Scale - [Affiliate Link](#)

Ingredients

For the Base Dough

- 3¾ cups All purpose flour - 500 grams
- 2 tsp Kosher salt - 10 grams
- 2 tsp Instant yeast - 7 grams
- 2 tbsp Extra virgin olive oil - 28 grams
- 1¾ cups Lukewarm water - 415 grams

Filling Mix

- 2 Corn on the cob
- 4 Bacon strips (cut into pieces)
- 5 Green onions (chopped)
- 1 Jalapeno (minced)

For Greasing the Pan

- 1 tsp Butter
- 2 tbsp Extra virgin olive oil

Remaining Toppings

- 2 tbsp Extra virgin olive oil
- 1 cup Shredded aged cheddar

Instructions

1. **Mix the Focaccia Dough.** In a large bowl, combine **3¾ cups All purpose flour, 2 tsp Kosher salt, 2 tsp Instant yeast, 2 tbsp Extra virgin olive oil** and **1¾ cups Lukewarm water**. Mix using a fork, wooden spoon or Danish whisk until well combined and a shaggy dough forms. The flour should be fully hydrated. Cover with a tea towel or plastic wrap and set aside for 30 minutes.
2. **Stretch and Fold.** Wet your hands and perform a stretch and fold. Grab the dough from one side, gently pull up and fold it over. Rotate the bowl 90 degrees and repeat. Repeat 2 more times. As you do this, try to scrape down any dough stuck to the sides of the bowl. Cover and let rest for 30 minutes.
3. **Repeat.** Repeat the stretch and fold process. At this point, the dough should be much smoother. Rest for another 30 minutes.
4. **Prepare the Filling.** While the dough rests, grill **2 Corn on the cob** until charred and cooked through, turning regularly, about 9-10 minutes. Fry **4 Bacon strips (cut into pieces)** until cooked, but not too crispy, about 6-8 minutes. To a bowl, add the cooked corn kernels, bacon, **5 Green onions (chopped)** and **1 Jalapeno (minced)**.
5. **Add Filling and Stretch & Fold Dough.** Add **half the filling mixture (reserve the other half for later)** to the dough. Wet your hands and perform a stretch and fold. Grab the dough from one side, gently pull up, and fold it over, making sure the filling gets incorporated as you fold. Rotate the bowl 90 degrees and repeat 3 more times. Cover and let rest for

30 minutes. Repeat. **You should have now completed 4 sets of stretch and fold (2 without the filling and 2 with the filling).**

6. **Transfer to Pan & Proof.** Grease a baking tray with **1 tsp Butter** and **2 tbsp Extra virgin olive oil**. Transfer the dough to the prepared pan, fold it gently like a letter, then flip it so the seam is on the bottom. Cover with a clean kitchen towel and rest for 1.5 to 2 hours to proof in a warm place. The dough should stretch on its own.
7. Preheat the oven to 425°F/215°C.
8. **Garnish.** If the dough hasn't spread fully, lightly oil your hands and stretch it gently into the corners of the baking pan. Drizzle **2 tbsp Extra virgin olive oil** and using your fingers, dimple the dough pressing all the way down. Garnish the dough with the remaining filling mixture and **1 cup Shredded aged cheddar**. Go over the focaccia one more time with your fingers, pressing the ingredients in.
9. **Bake.** Bake in the preheated oven for 20-25 minutes, or until golden brown.

Notes

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

Use a kitchen scale. I have provided US customary measurements, but for accuracy, I recommend that you weigh out your dough ingredients.

Key Ingredient Notes:

- **Flour:** I am using **all-purpose** flour. It's easy, it's readily available, and everyone has it. Bread flour gives a chewier texture, but both work great. If you want to use some whole wheat flour in this recipe, sub out a quarter to a half of the white flour for whole wheat, just like how I do it in my Whole Wheat No Knead Focaccia recipe.
- **Yeast:** I like to use **Instant yeast** in most of my Baking Recipes, but active dry yeast will work just fine too. Just make sure to bloom it in the water for a few minutes before adding the flour.
- **Corn:** I am grilling corn cobs myself here, but you can totally use frozen fire roasted corn, or even canned corn.
- **Jalapenos:** Diced jalapenos add a little heat. You can remove the seeds and ribs of the pepper to cut back on some of the heat. Or you can simply omit the jalapenos if you are not a fan of spice.
- **Cheese:** I love using **aged cheddar** in my focaccia recipes. But feel free to use whatever you like. Mozzarella, Monterey Jack, or mild cheddar would work too.
- **Bacon:** Try to use **thick cut bacon** if you can. Cut it into small bite sized pieces before cooking it off. You can of course use any bacon you like, including turkey bacon. Or keep the recipe vegetarian by not using bacon at all.

Nutrition

Calories: 276kcal | Carbohydrates: 34g | Protein: 8g | Fat: 12g | Saturated Fat: 3g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 6g | Trans Fat: 0.01g | Cholesterol: 10mg | Sodium: 498mg | Potassium: 125mg | Fiber: 2g | Sugar: 1g | Vitamin A: 183IU | Vitamin C: 2mg | Calcium: 80mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/corn-jalapeno-bacon-cheddar-focaccia-same-day-recipe/>



Triple Berry Bars with Oatmeal Shortcrust

These easy and jammy Triple Berry Bars are made with a buttery oatmeal shortcrust, a juicy filling of blueberries, raspberries and strawberries, and a crisp oat topping. They're sweet, tart and perfect for summer baking, but can totally be made year-round. Perfect for breakfast, snack, brunch or a sweet treat.



☆☆☆☆☆
No ratings yet

Course: Breakfast, Dessert, Snack Cuisine: American, Seasonal Diet: Vegetarian
Servings: 9 Bars Author: Luay Ghafari Cost: \$25

Equipment

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

Ingredients

For the Base

- 1¾ cup All-purpose flour - 218 grams
- ½ cup Sugar - 100 grams
- ¼ cup Oats - 30 grams
- 1 tsp Lemon zest
- ½ tsp Kosher salt
- ¼ tsp Baking soda
- 10 tbsp Butter (cold and cubed) - 141 grams
- 1-2 tbsp Cold water

For the Berry Mixture

- 1 cup Blueberries - 150 grams
- 1 cup Raspberries - 125 grams
- 1 cup Strawberries (roughly chopped) - 150 grams
- ¼ cup Sugar - 50 grams
- 1 tsp Lemon zest
- 2 tbsp Corn starch - 16 grams

For the Topping

- ¼ cup All-purpose flour - 30 grams
- ¼ cup Oats - 30 grams
- 2 tbsp Sugar - 25 grams
- ¼ tsp Kosher salt
- 4 tbsp Butter - 56 grams

Instructions

1. **Preheat Oven and Prep Baking Pan.** Preheat the oven to 350°F / 175°C. Line an 8-inch or 9-inch square baking pan with parchment paper or aluminum foil.
2. **Assemble Shortcrust.** To a food processor, add the all-purpose flour, sugar, oats, lemon zest, salt, baking soda and cubed butter.
3. **Process.** Pulse the mixture until crumbs form. The mixture shouldn't be too dry, and should come together when pressed with your fingers. If the mix is too dry, add 1-2 tablespoon of water and pulse again. Note: You could make the crust in a large mixing bowl and use a pastry cutter.
4. **Transfer, Press and Par-Bake.** Transfer the short crust dough to the prepared pan. Using your fingertips, a spatula or the bottom of a measuring cup, press down evenly, making sure the mixture goes all the way to the edges and is as even as possible. Bake the crust for 15 minutes in the preheated oven.

5. **Make Berry Mixture.** While the crust par-bakes, combine the berries, sugar, lemon zest and cornstarch in a medium bowl.
6. **Make Topping.** In a small bowl, combine the flour, oats, sugar, salt and butter. Using your fingers, press and squeeze the butter with the other ingredients to create marble-sized crumbs. There shouldn't be any loose pockets of flour remaining.
7. **Add Fruit and Topping.** Remove the crust from the oven. Scatter the triple berry filling mixture and then the topping. Try to be as even as possible, but don't worry about getting perfect coverage with the topping.
8. **Bake Until Bubbling.** Return the pan to the oven and bake for 35-40 minutes, until the topping is golden brown and the fruit bubbles. That bubbling is important because the filling needs to get hot enough for the cornstarch to properly thicken the fruit juices.
9. **Rest and Slice.** Once baked, remove from the oven and place on a wire rack to cool for at least 45-60 minutes. Then carefully remove the slab and cut into squares on a cutting board. You can sprinkle powdered sugar before serving if you wish.

Notes

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

Key Ingredient Notes:

- **Oats:** Used in the crust and topping. They give the shortcrust and topping a hearty texture and subtle nutty flavor. Rolled or quick oats will work, but I prefer rolled oats myself.
- **Sugar:** So I totally think **white sugar** works best here. The white sugar won't overpower the fruit like brown sugar would. But if you really want to use brown sugar, you can.
- **Butter:** Keep the butter **cold and cut it into cubes** before using in both the base and the topping. Cold butter helps create a tender shortcrust and those delicious crumbly clusters on top. I recommend using unsalted here, since there is salt added to the recipe, but if you only have salted butter, go ahead and use it; just omit the salt from the rest of the recipe.
- **Berries:** I am using a **combination of fresh blueberries, fresh raspberries and fresh strawberries** here. But you can mix it up, use another berry like blackberries, or just keep the recipe simple with one single berry. I recommend cutting your strawberries up so they are a similar size to the rest of the smaller berries.
- **Cornstarch:** This is what thickens all those delicious berry juices into a jammy filling as the bars bake. Don't omit!

Tips for Success:

- **Use a metal baking dish.** For best results, I highly recommend using a square metal pan here, with straight edges to give you the best-looking finished bars.
- **Keep the butter cold.** Cold butter is important for both the shortcrust and topping. It helps give the base its short, crumbly texture and creates distinct buttery clusters in the topping rather than one solid layer.
- **Don't overprocess the crust.** Pulse just until you have moist crumbs that hold together when pressed. You aren't trying to create a smooth ball of dough.
- **Look for bubbling fruit, not just a brown topping.** The cornstarch needs sufficient heat to thicken the berry juices properly. You want to see the filling bubbling before removing the pan from the oven for that jammy consistency.
- **Give the bars time to cool.** The filling continues to set as it cools. Cutting too early can leave you with delicious but messy squares. Use a large, sharp knife and wipe the blade between cuts if you want especially tidy bars.

Nutrition

Calories: 377kcal | Carbohydrates: 50g | Protein: 4g | Fat: 18g | Saturated Fat: 11g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Trans Fat: 1g | Cholesterol: 47mg | Sodium: 366mg | Potassium: 110mg | Fiber: 3g | Sugar: 22g | Vitamin A: 560IU | Vitamin C: 15mg | Calcium: 20mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/triple-berry-bars-with-oatmeal-shortcrust/>

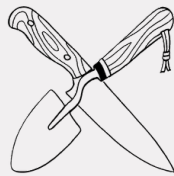




Thank you

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 –



urbanfarmandkitchen.com

luay@urbanfarmandkitchen.com

 [@urbanfarmandkitchen](https://www.instagram.com/urbanfarmandkitchen)