



SUMMER MEAL PLAN: WEEK 13



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 13

Monday



Italian Meatballs

Tuesday



Corn Zucchini Pasta

Wednesday



**Upside Down Chicken and
Rice**

Thursday



Greek Lentil Salad

Friday



Grilled Shrimp Skewers

Salad/App



Peach Panzanella

Baking



Focaccia Barese

Dessert



Blueberry Peach Crisp

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Tender Italian Meatballs Recipe (without Breadcrumbs)

These Tender Italian Meatballs are gluten-free, packed with flavor, and baked right in a skillet of bubbling marinara sauce. If you're looking for a juicy, flavorful meatball recipe that doesn't rely on breadcrumbs and eggs, you're in for a treat.

Prep Time	Cook Time	Total Time
10 mins	25 mins	35 mins



Course: Main Course

Cuisine: Italian

Servings: 4 servings

Author: Luay Ghafari

Cost: \$20

★★★★★

5 from 3 votes

Ingredients

- 1½ lbs Ground meat - I use beef/veal, but see notes for more options
- 1 Onion (grated)
- ¼ cup Parmesan (grated)
- 2 tbsp Fresh parsley (finely chopped)
- 1 tsp Dried oregano
- 1 tsp Chili flakes
- 1 tsp Garlic powder
- ¾ tsp Kosher salt - You can always add more after frying a small sample and adjusting the seasoning to your liking
- ¼ tsp Black pepper
- 10 Basil leaves
- 1½ cups Marinara Sauce
- Garnish with grated parmesan and more fresh basil
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Instructions

1. **Assemble.** In a large bowl, combine **1½ lbs Ground meat, 1 Onion (grated), ¼ cup Parmesan (grated), 2 tbsp Fresh parsley (finely chopped), 1 tsp Dried oregano, 1 tsp Chili flakes, 1 tsp Garlic powder, ¾ tsp Kosher salt,** and **¼ tsp Black pepper**
2. **Make Meatball Mixture.** Mix thoroughly until everything is well incorporated. I recommend wearing gloves for easier cleanup and a thorough mix. You can now fry a small amount and taste it to check the seasoning. Adjust the seasoning as needed.
3. **Portion and Par-Bake.** Preheat your oven to 375°F (190°C). Portion the mixture into 10-12 large meatballs and arrange them in a single layer in a high-sided baking dish or large skillet (ovenproof). Bake for 10 minutes. This helps the meatballs set and start to brown lightly.
4. **Add Sauce and Basil.** Remove the skillet from the oven, scatter **10 Basil leaves,** and pour **1½ cups Marinara Sauce** around the meatballs.
5. **Finish the Bake.** Return the skillet to the oven and bake for another 15-20 minutes, or until the sauce is bubbly and the meatballs are cooked through (internal temperature should reach 160°F/71°C using an instant-read thermometer).
6. **Garnish and Serve.** **Garnish with grated parmesan and more fresh basil.** Serve hot.

Notes

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

Key Ingredient Notes:

- **Ground Meat:** I am using a mixture of **ground beef and ground veal,** but you can totally use a mix that includes ground pork. Or just use all ground beef, or even ground chicken or ground turkey.
- **Onion:** Adding onion to meatballs is pretty standard, but I do like to grate it as this adds moisture and a subtle sweetness to the mix. It's how you get tender meatballs.
- **Parmesan Cheese:** I recommend that you use Real **Parmigiano Reggiano** for that salty, nutty, and umami flavor. Don't use the boxed stuff, please!
- **Spices:** I am using **chili flakes, dried oregano and garlic powder** for that bold Italian-style flavor. Feel free to use more/less of what you like/don't like. And keep the chili out completely if you plan to serve these to kids. If you have

"Italian Seasoning," you can use that too.

- **Tomato Sauce:** Use a homemade marinara sauce or jarred marinara sauce from the grocery store. Don't use plain canned tomatoes. The flavor will be very muted and dull. Use a ready-to-eat sauce, a delicious sauce you would enjoy on its own.

Nutrition

Calories: 302kcal | Carbohydrates: 23g | Protein: 34g | Fat: 9g | Saturated Fat: 2g | Polyunsaturated Fat: 5g | Monounsaturated Fat: 2g | Trans Fat: 0.1g | Cholesterol: 4mg | Sodium: 1854mg | Potassium: 679mg | Fiber: 10g | Sugar: 6g | Vitamin A: 825IU | Vitamin C: 11mg | Calcium: 108mg | Iron: 10mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/tender-italian-meatballs-recipe-without-breadcrumbs/>



Creamy Corn and Zucchini Pasta

This Creamy Corn and Zucchini Pasta is basically summer in a bowl. Sweet fresh corn and tender zucchini get tossed with pasta in a silky Parmesan cream sauce, with lemon and fresh herbs. It's also ready in 30 minutes, making it an excellent weeknight dinner.

Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

Course: Main Course
Author: Luay Ghafari

Cuisine: Mediterranean, Seasonal
Cost: \$20

Diet: Vegetarian

Servings: 4 People



★★★★★
5 from 1 vote

Ingredients

- 2 tbsp Butter
- 2 tbsp Olive oil
- 2 Medium zucchini (diced)
- 1 Shallot (finely diced)
- 3 Garlic cloves (minced)
- 4 Ears of corn (kernels removed) - about 4 cups, divided
- ½ cup Heavy cream
- ½ cup Parmesan cheese
- 1 tbsp Lemon zest - from 1 lemon
- Salt and pepper to taste
- 1 lb Short pasta - For example, orecchiette, rigatoni, mezzi rigatoni
- Garnish: optional chili flakes, torn basil leaves, freshly cracked black pepper, drizzle of olive oil and more Parmesan

Instructions

1. **Build the Base.** Heat the butter and olive oil in a large skillet or braiser over medium-high heat. Add the diced zucchini with a pinch of salt and cook for about 5 minutes, until lightly browned. Try not to stir it constantly; you want the zucchini to pick up some color. Add the shallot and cook for another 2 minutes, until softened. Stir in the garlic and cook for about 30 seconds, just until fragrant.
2. **Add Some of the Corn.** Add about three-quarters of the fresh corn kernels to the skillet. Cook for 3-4 minutes, stirring occasionally, until the corn is tender.
3. **Blend the Sauce.** Transfer about half of the cooked corn and zucchini mixture to a blender. Add the heavy cream and blend until smooth and creamy.
4. **Finish the Sauce.** Pour the blended mixture back into the skillet and add the remaining fresh corn kernels. Bring to a gentle simmer for 3-4 minutes to thicken and cook the remaining corn. Turn off the heat. Stir in the Parmesan and lemon zest. Season with salt and freshly cracked black pepper to taste.
5. **Cook the Pasta.** Meanwhile, boil the pasta in a large pot of salted water until al dente. Check package instructions for timing. Before draining, reserve at least 1 cup of the starchy pasta cooking water.
6. **Assemble.** Add the drained pasta directly to the skillet and toss until completely coated. Add more pasta water, a little at a time, until the sauce is silky, glossy and clings nicely to the pasta.
7. **Garnish and Serve.** Finish with a drizzle of olive oil, torn fresh basil, chopped chives, extra Parmesan and freshly cracked black pepper. Add a pinch of red pepper flakes if you like a little heat.

Notes

Key Ingredient Notes:

- **Fresh Zucchini:** As the name of the recipe suggests, this is a zucchini pasta recipe. I generally use what I have coming out of my garden, which is usually green zucchini, but yellow squash can be substituted.
- **Shallots:** My preference has always been to use shallots instead of onion as it is more delicate. But if you only have onions, you can use those. A medium onion should do the trick.

- **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.
- **Heavy cream:** Gives the blended corn and zucchini sauce its creamy texture. Half-and-half can work for a lighter sauce, though it won't be quite as rich.
- **Parmesan Cheese:** The real stuff only. Make sure you grate **Parmigiano Reggiano** yourself; it's much nicer and will meld into the sauce better this way. Don't use the shelf-stable fake Parmesan. Pecorino Romano can work as a sharper substitute.
- **Short Pasta: Orecchiette** is my top choice because those little cups capture the corn and creamy sauce. Mezzi rigatoni, radiatore or casarecce are also excellent options.

Tips for Success:

- **Get some color on the zucchini.** Don't crowd the zucchini or stir it constantly. Giving it a few minutes of contact with the hot skillet develops more flavor instead of simply steaming it. If you use a large zucchini, I recommend removing the inner seed cavity and discarding it (it's not very enjoyable to eat).
- **Don't blend everything.** The contrast in textures is what makes this pasta interesting. Blending some of the vegetables creates that luxurious sauce, while keeping some of the corn and zucchini intact gives you little bursts of sweetness and texture in every bite.
- **Save more pasta water than you think you'll need.** Starchy pasta water is key to getting a glossy sauce that actually clings to the pasta, rather than a thick cream sauce sitting at the bottom of the skillet.

Nutrition

Calories: 786kcal | Carbohydrates: 108g | Protein: 25g | Fat: 30g | Saturated Fat: 14g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 11g | Trans Fat: 0.2g | Cholesterol: 57mg | Sodium: 283mg | Potassium: 825mg | Fiber: 7g | Sugar: 13g | Vitamin A: 1075IU | Vitamin C: 27mg | Calcium: 219mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/creamy-corn-and-zucchini-pasta/>



Palestinian Maqluba (Upside-Down Rice and Chicken)

Maqluba ormakloubeh is a MiddleEastern upside down chicken and rice dish that's served in various permutations across the Levant. It's often referred to as the national dish of Palestine and it's something I grew up eating. With 7-spice, cinnamon, cardamom, and bay leaves, it's highly aromatic and makes a great dinner-in-one meal.



4.72 from 14 votes

Prep Time 1 hr	Cook Time 45 mins	Total Time 1 hr 45 mins
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Course: Main Course Cuisine: Levantine, Middle Eastern Servings: 8 people
 Author: Luay Ghafari Cost: \$25

Equipment

- Large pot with tight lid Preferably non-stick

Ingredients

For the Rice

- 3 cups Basmati rice
- 1 tsp 7-Spice (Baharat) - To be added after the rice is finished soaking

For the Baked Vegetables

- 2 cups Cauliflower florets - About half a cauliflower
- 1 Eggplant - Sliced into 1/2" (1cm) rings
- 2 Potatoes - Peeled, sliced into 1/2" (1cm) rings
- 2 tbsp Olive oil
- 1/2 tsp 7-Spice (Baharat)
- 1 tsp Kosher salt
- 1/4 tsp Black pepper

For the Chicken

- 1 1/2 lbs Chicken thighs - Skinless, boneless
- 1 tsp Kosher salt
- 1/2 tsp Black pepper
- 1/2 tsp 7-Spice (Baharat)
- 1 tbsp Olive oil

For Aromatics

- 1 Onion - Diced
- 4 Garlic cloves - Minced

For Assembly and Garnish

- 2 tbsp Olive oil
- 2 Tomatoes - sliced into 1/2" (1cm) rings
- 4 cups Chicken broth - Boxes or canned work fine. You can also dilute a bouillon cube in water. Might need more, see note
- 2 Bay leaves
- 2 Cinnamon sticks
- 4-6 Cardamom pods
- 1 tsp Kosher salt
- Chopped parsley and roasted almonds for garnish

Instructions

1. **Soak the rice.** Rinse the rice under cold water in a sieve until the water runs clear. Transfer the rice to a bowl and cover with water (cover with at least an inch of water). Set aside to soak for at least 30 minutes, but preferably 2 hours.

2. **Bake the vegetables.** Preheat your oven to 400F. On a large rimmed baking sheet, place cauliflower florets, eggplant slices and potato slices. Brush with extra virgin olive oil and season with 1 teaspoon 7-spice, salt and pepper. Bake for 15-20 minutes. The vegetables don't have to be cooked all the way through but should have some browning.
3. **Prepare the chicken.** Season chicken thighs with salt, pepper and 7-Spice. In a large frying pan, add 1 tablespoon of olive oil. Fry the chicken on medium-high heat for 5-7 minutes, on each side. You're looking for some color to form on the chicken. Transfer the chicken thighs to a plate.
4. **Fry aromatics.** To the same pan, add 1 tablespoon of olive oil (if needed) and fry the onions and garlic with a pinch of salt on medium heat for 2-3 minutes. Set aside.
5. **Layer.** Drain the rice and mix in 1 teaspoon of 7-spice. To a large non-stick pot, add 2 tablespoons of olive oil. Begin layering with sliced tomatoes, followed by a handful of seasoned rice and then a single layer of vegetables (onions, garlic, potatoes, cauliflower, eggplant). Scatter a handful or two of rice. Layer the chicken thighs, more vegetables and more rice, alternating as you layer. It doesn't have to be perfect.
6. **Pack down.** Pack everything down lightly with your hands and using a chopstick or a wooden spoon handle, poke 4 or 5 holes into the rice so that the liquid can penetrate.
7. **Add the liquid and cook.** Carefully add 4 cups chicken stock to the pot. The liquid should just barely cover the rice. Add bay leaves, cinnamon sticks and cardamom pods and an additional teaspoon of salt. Some of the chicken or vegetables may float. That's ok. Cover the pot, bring to a boil, and turn down the heat to low. Cook for 30-40 minutes. If your pot lid doesn't hold steam in, you can use a sheet of aluminum foil to help seal the lid.
8. **Rest and serve.** Take a peek under the lid. The rice should be cooked. return the lid and let the maqluba rest for 10 minutes. Remove the lid and pull out the bay leaves, cinnamon sticks and cardamom pods. They should be at the top. Place a large inverted rimmed platter over the pot. Confidently flip the pot and plate over. Do this as quickly and safely as you can, like you're flipping a cake. Carefully pull the pot up revealing the maqluba. It might not be pretty, but it will be delicious. Garnish with fresh parsley and toasted almonds. Serve with salad and yogurt.

Notes

See the recipe post above for step-by-step photos. It'll really help you visualize the steps.

7-Spice blend is a Levantine and Middle Eastern cooking staple. You can make your own 7-Spice blend or buy it from a grocery store or online.

Ingredient Notes and Substitutions:

- **Basmati rice:** while basmati is best (long grain, not short) parboiled rice works too.
- **Vegetables:** mix and match the vegetables to best suit your needs. Summer squash and bell peppers are great too.
- **Chicken:** breast meat or bone-in chicken can also be used. This can be made with lamb or beef cubes, but they require pre-boiling to tenderize. If going this route, the boiling liquid can replace the chicken stock.
- **Almonds:** omit altogether if preferred, or use something like cashews or toasted pine nuts.

A note on the liquid. As you pour the liquid into the pot, some of the vegetables and meat may begin to float. You want to be careful not to add too much liquid or your finished dish will be mushy. If you need more than the 4 cups of liquid, add only enough to cover everything.

Nutrition

Calories: 519kcal | Carbohydrates: 74g | Protein: 25g | Fat: 13g | Saturated Fat: 2g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 8g | Trans Fat: 0.01g | Cholesterol: 83mg | Sodium: 1329mg | Potassium: 854mg | Fiber: 6g | Sugar: 5g | Vitamin A: 298IU | Vitamin C: 30mg | Calcium: 71mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/maqluba-upside-down-rice-and-chicken/>

Greek-Inspired Lentil Salad

This fresh, zesty **Greek-Inspired LentilSalad** is everything I want for an easy lunch or a colorful side: tender lentils, juicy cherry tomatoes, crisp Persian cucumbers, briny Kalamata olives, creamy feta, and a bright lemon-oregano dressing.

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

Course: Salad, Side Dish

Cuisine: Greek, Mediterranean

Diet: Vegetarian

Servings: 6 Servings

Author: Luay Ghafari

Cost: \$10



★★★★★

5 from 1 vote

Ingredients

For Cooking the Lentils

- 1 cup Brown Lentils
- 3 cups Water

Dressing Ingredients

- ¼ cup Extra virgin olive oil
- 3 tbsp Lemon juice
- 1 tbsp Dried oregano
- 1 tsp Kosher salt
- ¼ tsp Black pepper

Fresh Ingredients

- 2 cups Cherry tomatoes (halved)
- 3 Persian cucumbers (chopped)
- 1 Small red onion (finely chopped)
- ½ cup Greek feta (crumbled)
- ¼ cup Kalamata olives (pitted and chopped)
- 2 tbsp Fresh dill (chopped)
- 1 tbsp Fresh mint (chopped)

Instructions

1. **Boil and Drain Lentils.** Rinse and pick over **1 cup Brown Lentils**, then boil in **3 cups Water** until tender but not mushy, about 20-25 minutes. Drain in a fine mesh sieve, run under cold water and let the lentil drain completely.
2. **Make Dressing.** In a large serving bowl, whisk together **¼ cup Extra virgin olive oil**, **3 tbsp Lemon juice**, **1 tbsp Dried oregano**, **1 tsp Kosher salt**, and **¼ tsp Black pepper** until emulsified.
3. **Assemble.** Add the cooked and drained lentils, **2 cups Cherry tomatoes (halved)**, **3 Persian cucumbers (chopped)**, **1 Small red onion (finely chopped)**, **½ cup Greek feta (crumbled)**, **¼ cup Kalamata olives (pitted and chopped)**, **2 tbsp Fresh dill (chopped)** and **1 tbsp Fresh mint (chopped)** to the bowl.
4. **Toss and Adjust the Seasoning.** Toss to coat evenly, taste, and adjust with more lemon, salt, and pepper as needed. Garnish with fresh dill and serve.

Notes

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

Key Ingredient Information:

- **Lentils:** Green or brown hold their shape best; black beluga also works. Don't use red lentils, as they turn to mush when cooked.
- **Tomatoes:** Classic Greek Salad ingredient. I am using **cherry tomatoes** here. They are sweet and easy to work with. You can totally use larger tomatoes, but I would recommend removing some of the seed cavities before chopping them into

chunks for the salad.

- **Feta cheese:** **Greek Feta Cheese** is the only way to go here! But if you want to keep this recipe vegan, use a plant-based feta substitute.
- **Olives:** Greek-Inspired salads call for classic **Greek Kalamata olives**. But this recipe will also work with green or black olives. Use what you have on hand.
- **Onion:** I am using a small **red onion**. If raw onion is too sharp for you, soak the chopped onion in cold water to mellow it out. Or use scallions or green onions.

Nutrition

Calories: 259kcal | Carbohydrates: 26g | Protein: 11g | Fat: 13g | Saturated Fat: 3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 8g | Cholesterol: 11mg | Sodium: 730mg | Potassium: 516mg | Fiber: 11g | Sugar: 3g | Vitamin A: 420IU | Vitamin C: 18mg | Calcium: 117mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/greek-inspired-lentil-salad/>



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

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

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

Course: Appetizer, Main Course

Cuisine: Mediterranean

Servings: 3 Servings

Author: Luay Ghafari

Cost: \$20



★★★★★

5 from 1 vote

Ingredients

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

Instructions

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

Notes

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

Key Ingredient Notes:

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

Nutrition

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

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

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



Peach Panzanella Salad

This Peach Panzanella Salad pays homage to the classic while leaning into everything I love about summer produce. Ripe heirloom tomatoes and sweet peaches are tossed with chunky pieces of bread, fresh basil and thinly sliced shallot, then dressed simply with extra virgin olive oil and sherry vinegar.

Prep Time	Total Time
15 mins	15 mins

Course: Appetizer, Salad Cuisine: Italian, Mediterranean Diet: Vegan, Vegetarian
Servings: 6 Servings Author: Luay Ghafari Cost: \$10



☆☆☆☆☆
No ratings yet

Ingredients

- 5 Medium tomatoes (cut into wedges)
- 1 tsp Kosher salt
- 4 Peaches (cut into wedges)
- 2 Thick slices of bread, cut into 1" cubes - about 3 cups worth of bread cubes
- 1 Shallot (thinly sliced)
- ½ cup Basil leaves (torn or roughly chopped)

Dressing

- 3 tbsp Extra virgin olive oil
- 1½ tbsp Sherry vinegar
- 1 Garlic clove (minced)
- Kosher salt and fresh cracked pepper to taste

Instructions

1. In a bowl, combine sliced tomatoes and 1 tsp kosher salt. Set aside for 15 minutes. This will draw out the water and make the tomatoes more flavorful. Discard liquid.
2. To the same bowl, add sliced peaches, bread, torn basil, and sliced shallots or onions. Combine.
3. In a mason jar or small bowl, combine dressing ingredients and mix well. Start with just ½ tsp of kosher salt and a few grinds of black pepper.
4. Add dressing to salad and toss.
5. Taste and adjust seasoning to your liking.

Notes

This salad can be prepared a day ahead, however, keep the dressing on the side and add it just before serving. I highly recommend using sherry vinegar as its sharp pungency offsets the sweetness of the peaches quite well. Not quite peach season? You can substitute nectarines or apricots for the peaches.

Nutrition

Calories: 231kcal | Carbohydrates: 33g | Protein: 6g | Fat: 9g | Saturated Fat: 1g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 5g | Trans Fat: 0.01g | Sodium: 1748mg | Potassium: 442mg | Fiber: 4g | Sugar: 14g | Vitamin A: 1286IU | Vitamin C: 19mg | Calcium: 69mg | Iron: 2mg

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

<https://urbanfarmandkitchen.com/peach-panzanella-salad-olive-grove-club-exclusive/>



How to Make Focaccia Barese (No-Knead Recipe)

Wait, why is there a whole boiled potato in this focaccia recipe? This is what makes Focaccia Barese (or Focaccia from Bari) so interesting. The dough is made with a whole mashed yellow potato and a combination of both white and semolina flour, which gives you crusty edges and a tender, airy crumb.



★★★★★
5 from 1 vote

Prep Time 15 mins	Cook Time 20 mins	Resting Time 20 hrs	Total Time 20 hrs 35 mins
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Course: Appetizer, Breakfast, Brunch, Side Dish Cuisine: Italian Diet: Vegetarian

Servings: 12 Slices Author: Luay Ghafari Cost: \$10

Equipment

- Round metal or cast iron baking dish 12-14 inches in diameter

Ingredients

Base Ingredients

- 1 Yellow Potato (boiled, cooled and peeled) - about 200 grams
- 1½ cup Room temperature water - 350 grams
- 2¼ cups All purpose flour - 295 grams
- 1 cup Semolina flour - 130 grams
- 2 tsp Instant yeast - 7 grams
- 1½ tsp Kosher salt - 6 grams
- 1-2 tbsp Extra virgin olive oil - For oiling the top of the dough

For the Baking Pan

- 1 tsp Butter
- 2 tbsp Extra virgin olive oil - to be used to grease the pan

Toppings (use more or less to taste)

- 2 tbsp Extra virgin olive oil - to oil the top of the focaccia
- 1 cup Tomatoes - whole canned tomatoes, halved ripe tomatoes or cherry tomatoes
- ½ cup Green pitted olives
- 1 tsp Dried oregano
- 1 tsp Flaky sea salt

Instructions

1. **Mix the liquid.** In a large bowl, combine **1 Yellow Potato (boiled, cooled and peeled)** and **1½ cup Room temperature water**. Mash until the potato is fully dispersed into the water.
2. **Add the Dry Ingredients.** Add the **2¼ cups All purpose flour**, **1 cup Semolina flour**, **2 tsp Instant yeast**, and **1½ tsp Kosher salt** to the bowl.
3. **Mix.** Mix everything together using a fork, wooden spoon, or dough mixer until combined.
4. **Dough Rise.** Drizzle with **1-2 tbsp Extra virgin olive oil**, cover the bowl with plastic wrap, and refrigerate for 18 hours.
5. **Deflate and Shape.** The next day, your focaccia dough should be bubbly and risen. Transfer the dough into a well-buttered (**1 tsp Butter**) and oiled (**2 tbsp Extra virgin olive oil**) round baking dish or cast iron pan. Carefully fold the dough over itself like a letter, turn 90 degrees, and repeat. Flip it so the seam is on the bottom. Use oiled hands if it sticks.
6. **Rest.** Cover with a tea towel and let it rest for 1.5 hours in a warm place. Let the dough spread naturally, then gently tease it to fill the baking dish evenly.
7. You can now preheat your oven to 450°F (230°C).
8. **Dimple and Dress.** Drizzle with **2 tbsp Extra virgin olive oil**, dimple all over with your fingers, and top with **1 cup Tomatoes**, **½ cup Green pitted olives**, **1 tsp Dried oregano**, and **1 tsp Flaky sea salt**.
9. **Bake.** Bake in a preheated oven for 20-25 minutes until golden brown. Let it cool for about 30 minutes before slicing.

Notes

Refer to the post above for step-by-step recipe photos, tips and make sure to watch the video too if you need more guidance.

I recommend weighing out the base ingredients.

Key Ingredient Notes:

- **All-Purpose Flour.** You can use bread flour for a chewier texture. If you want to, you could switch some of the white flour out and replace it with whole wheat. Don't switch out more than a quarter of the flour quantity.
- **Semolina Flour.** Semolina is traditional, but I know most people don't necessarily keep it stocked. So if you don't have it, and you're not going to the store anytime soon, replace it with white or whole wheat flour instead.
- **Potato:** Traditionally, a **boiled and mashed potato** is incorporated into the dough. It adds softness. Use a yellow-fleshed Yukon gold type potato.
- **Yeast:** I like to use **Instant yeast** when making no knead bread, but dry active yeast will work just fine too. Just make sure to bloom it in the potato water for a few minutes before adding the flour.

Nutrition

Calories: 221kcal | Carbohydrates: 33g | Protein: 6g | Fat: 8g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Trans Fat: 0.01g | Cholesterol: 1mg | Sodium: 386mg | Potassium: 179mg | Fiber: 3g | Sugar: 1g | Vitamin A: 139IU | Vitamin C: 5mg | Calcium: 17mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

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



Blueberry Peach Crisp

This Blueberry Peach Crisp is one of my favorite summer desserts. It combines sweet blueberries with in-season fresh peaches and a buttery crisp topping. It comes together rather quickly and then bubbles away in the oven. I love serving it with whipped cream or vanilla bean ice cream.



★★★★★
5 from 3 votes

Prep Time
15 mins

Cook Time
30 mins

Total Time
45 mins

Course: Dessert Cuisine: American Diet: Vegetarian Servings: 6 people
Author: Luay Ghafari Cost: \$20

Equipment

- 10x12 or similar baking dish

Ingredients

Topping

- ½ cup Rolled oats
- ½ cup All purpose flour
- ⅓ cup Brown sugar
- ½ cup Butter - Cold, cubed
- ½ tsp Cinnamon
- ¼ tsp Kosher salt

Fruit Mixture

- 5 Ripe peaches - Cut into chunks
- 1½ cups Fresh blueberries
- ⅓ cup White sugar
- ¼ cup All purpose flour
- 1 tbsp Lemon zest - From a lemon
- 1 tbsp Lemon juice - From half a lemon
- ¼ tsp Kosher salt

Instructions

1. **Prepare the topping.** To a bowl, add the oats, flour, brown sugar, cubed butter, cinnamon and salt.
2. **Combine.** With your hands, press the ingredients together until you have large crumbs of topping. Don't overmix, but make sure that all loose flour is incorporated into the chunks. Refrigerate the topping until needed. This will cool the butter and improve the texture.
3. **Prepare baking dish.** Preheat your oven to 400F/200C. To a large baking dish or cast-iron skillet, add the cubed peaches, blueberries, sugar, flour, lemon zest, lemon juice and salt.
4. **Mix.** In the same baking vessel, mix everything up until the fruit is well coated with the flour and sugar.
5. **Add the topping.** Remove the topping mixture from the fridge. It should be harder and easier to work with. Break it apart into chunks and cover the top of the fruit. You don't have to cover all the fruit, just evenly disperse the topping.
6. **Bake.** Bake in a preheated oven for 35-45 minutes, or until the fruit is bubbling and the topping is golden brown.

Notes

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

Ingredient notes

For the topping:

- **Rolled Oats:** I am using whole rolled oats in this recipe because they will give the topping much more bite and crunch. You can certainly use quick oats here if that's all you have.

- **Flour:** All-purpose flour is my go-to, but I have made this recipe before with a gluten-free flour substitute and it turned out perfectly. So feel free to substitute with a one-to-one gluten-free flour option. Almond flour can work too.
- **Sugar:** Brown sugar is key for that golden topping. You can use white sugar in a pinch, but would not recommend that.
- **Flavoring:** Cinnamon is traditional and recommended.
- **Fat:** Butter is the key ingredient to make the topping. The recipe calls for 1 stick (1/2 cup, but you can use 1/3 of a cup to cut down on the fat).

For the Fruit:

- **Peaches:** Fresh, ripe, and juicy peaches are key to this recipe. Make it during summer peach season. You can use nectarines or even apricots here too.
- **Blueberries:** fresh blueberries are in season around the same time as peaches, so pairing them in this recipe just makes sense!
- **Acid:** Lemon juice balances out the sweet flavor of the fruit. The lemon zest adds a punch too. Feel free to use limes here.
- **Sugar:** For the fruit filling, white sugar is ideal. Don't use brown sugar here as the flavor of brown sugar might overpower the fruit.
- **Thickener:** I am using all-purpose flour as the thickener. You can also use cornstarch.

Other additions to the fruit mixture: vanilla extract, or maple syrup.

Nutrition

Calories: 381kcal | Carbohydrates: 57g | Protein: 4g | Fat: 16g | Saturated Fat: 10g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 4g | Trans Fat: 1g | Cholesterol: 41mg | Sodium: 846mg | Potassium: 248mg | Fiber: 4g | Sugar: 26g | Vitamin A: 901IU | Vitamin C: 11mg | Calcium: 31mg | Iron: 2mg

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<https://urbanfarmandkitchen.com/blueberry-peach-crisp/>

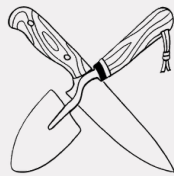




Thank you

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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