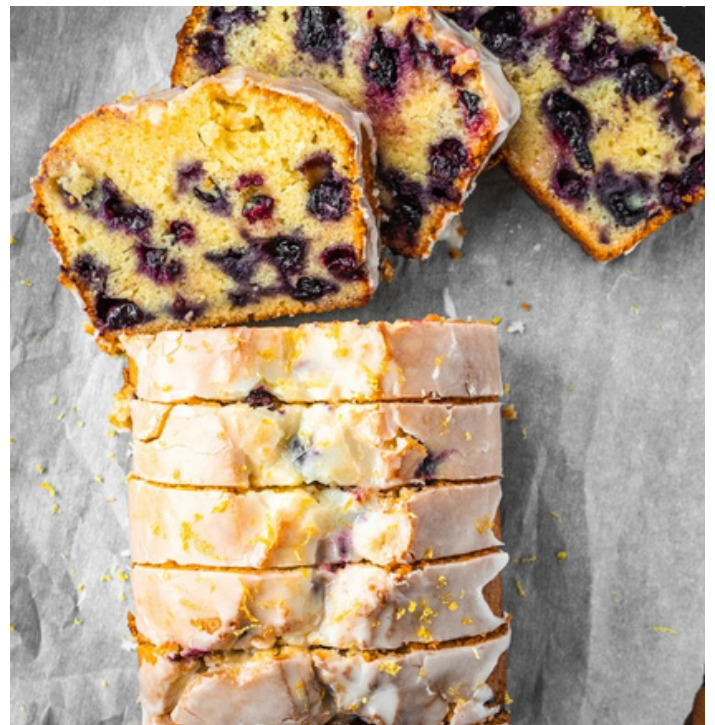




FALL MEAL PLAN: WEEK 2



How to Use This Meal Plan

Recipe quantities and instructions are included in this meal plan. You will also find other relevant information, like substitutions and tips for success. The recipes below can also be used as shopping lists.

For complete information, including step-by-step photos and videos, I encourage you to check out the recipe post on urbanfarmandkitchen.com.

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.

Fall Meal Plan: Week 2

Monday



Greek Meatballs

Tuesday



Pasta alla Norma

Wednesday



Pulled Lamb

Thursday



Greek Potato Salad

Friday



Spanish Garlic Shrimp

Salad/App



Roasted Eggplant Dip

Baking



Soft Pretzels

Dessert



Blueberry Lemon Loaf

URBAN FARM & KITCHEN

Greek Meatballs Recipe (Easy Keftedes with Sides)

If you're craving bold Mediterranean flavors and an easy dish that works for weeknights or entertaining, you're going to love this Greek Meatballs (Keftedes) recipe. These juicy, tender meatballs are packed with herbs, garlic, and a hint of spice. This recipe comes together in under 40 minutes!

Prep Time	Cook Time	Total Time
15 mins	25 mins	40 mins

Course: Appetizer, Main Course Cuisine: Greek Servings: 4 people Author: Luay Ghafari
Cost: \$15



★★★★★
5 from 1 vote

Ingredients

- 1½ lbs Ground beef - Lean
- 1 Large onion (grated)
- 4 Garlic cloves (minced)
- ½ cup Breadcrumbs
- 1 Egg
- 1½ tbsp Dried oregano
- 2 tbsp Fresh parsley (finely chopped)
- 1½ tsp Kosher salt
- ¼ tsp Black pepper
- 1 tsp Chili flakes - Optional
- Fresh dill, mint and lemon wedges for garnish

Perfect Sauces

- Tzatziki
- Mint Yogurt Sauce
- Tarator (Tahini Sauce)

Salads

- Jerusalem Salad
- Greek Lettuce Salad (Maroulosalata)
- Lebanese Fattoush

Rice and Starch

- Mediterranean Yellow Rice
- Roasted Garlic Potatoes

Instructions

1. **Prep Ingredients.** Add all the ingredients to a large mixing bowl: **1½ lbs Ground beef, 1 Large onion (grated), 4 Garlic cloves (minced), ½ cup Breadcrumbs, 1 Egg, 1½ tbsp Dried oregano, 2 tbsp Fresh parsley (finely chopped), 1½ tsp Kosher salt, ¼ tsp Black pepper,** and optional **1 tsp Chili flakes.**
2. **Mix well.** Mix everything together thoroughly by hand until well combined. To check seasoning, fry a small piece of the mixture and adjust salt and pepper if needed.
3. **Make Meatballs.** Form the meatballs by hand, using an ice cream scoop or spoon to keep them uniform in size. Roll them in your hand and place them on a parchment paper-lined rimmed baking sheet. This recipe will make 12 large, 18 medium or 24 small bite-sized meatballs. So portion the mixture accordingly.
4. **Bake.** Arrange the meatballs on a baking sheet and bake at 375°F (190°C) for 18–24 minutes. The cooking time will depend on the size of your meatballs. Always check that the internal temperature reaches a safe 160°F (71°C). They should be nice and golden brown.
5. **Serve.** Serve warm and garnish with fresh mint, fresh dill and a squeeze of fresh lemon juice.

Notes

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

Key Ingredient Notes:

- **Ground Meat:** The base for these flavorful meatballs is ground beef. I recommend using **lean ground beef**. Don't use extra lean or else the meatballs will be dry. You can substitute ground lamb if you have access to it. You can even use ground chicken or ground turkey.
- **Breadcrumbs:** The breadcrumbs bind the juices and help give the meatballs some structure. I like to use unseasoned breadcrumbs, but you can use seasoned ones. I would avoid panko bread crumbs.
- **Onion:** I am using a medium to large yellow onion, but if you only have red onion, it'll work too. Grating the onion is key here.

The nutritional information provided is approximate and only for the meatballs.

Nutrition

Calories: 524kcal | Carbohydrates: 15g | Protein: 33g | Fat: 36g | Saturated Fat: 14g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 15g | Trans Fat: 2g | Cholesterol: 162mg | Sodium: 1257mg | Potassium: 598mg | Fiber: 2g | Sugar: 2g | Vitamin A: 409IU | Vitamin C: 6mg | Calcium: 108mg | Iron: 5mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/greek-meatballs-keftedes/>



Pasta alla Norma

Pasta alla Norma is a Sicilian classic and one of my favorite ways to celebrate peak summer produce. When I first tried it, it had a very familiar and comforting flavor profile. After all, Sicily's cuisine has been shaped over centuries by the many cultures that have passed through the island, and you can taste that rich Mediterranean history in its food.

Prep Time

15 mins

Cook Time

20 mins

Total Time

35 mins

Course: Main Course

Author: Luay Ghafari

Cuisine: Italian

Diet: Vegetarian

Servings: 4 Servings

Cost: \$15



No ratings yet

Ingredients

- ¼ Light olive oil
- 1 Large eggplant (cut into 1-inch cubes)
- ½ tsp Kosher salt
- 2 Garlic cloves (minced)
- ¼ tsp Chili flakes - use more or less, to taste
- 1 tsp Dried oregano
- 2 cups Canned diced tomatoes
- ½ cup Basil leaves (chopped into strips)
- 12 oz Rigatoni or penne - or preferred short pasta
- Garnish with grated ricotta salata or pecorino Romano

Instructions

1. Add oil to a large sauté pan or Dutch oven and warm on medium heat. Carefully place cubed eggplant in oil, lightly season with ½ tsp of salt, and shallow fry until golden on all sides, about 5–7 minutes. Using a slotted spoon, transfer cooked eggplant to a plate lined with paper towels and set aside. You may need to do this process in batches to avoid crowding the pan.
2. Once all the eggplant has been fried, use the same pan to prepare the sauce. If the pan is dry, add a tablespoon of olive oil. Bring the pan up to medium-low heat and sauté the garlic and chili flakes for 1–2 minutes, stirring constantly to avoid scorching.
3. Add the tomatoes and oregano. Cook the sauce down to your desired consistency. Season to taste.
4. Cook your pasta in salted hot water, reserving some of the cooking liquid.
5. Transfer the cooked pasta to the sauce pot, along with the fried eggplant and basil leaves. Stir well to combine. Use a splash of pasta cooking water to help loosen the sauce up if it is too thick.
6. Serve with grated ricotta salata or pecorino Romano.

Notes

Tips for Success:

- **Give the eggplant room.** Don't overcrowd your pan. Frying in batches allows the eggplant to become beautifully golden rather than steaming.
- **Let the eggplant brown.** Resist the urge to constantly move it around. Giving the pieces a little uninterrupted contact with the hot pan helps develop a golden exterior while keeping the inside creamy.
- **Save that pasta water.** Starchy pasta cooking water is your secret weapon. A small splash helps loosen the sauce and encourages it to cling to the pasta rather than pooling at the bottom of the bowl.

Nutrition

Calories: 370kcal | Carbohydrates: 76g | Protein: 13g | Fat: 2g | Saturated Fat: 0.3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 0.2g | Sodium: 472mg | Potassium: 701mg | Fiber: 8g | Sugar: 9g | Vitamin A: 371IU | Vitamin C: 15mg | Calcium: 82mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/pasta-alla-norma-olive-grove-club-exclusive/>



Pulled Lamb (Middle Eastern Slow Cooked Lamb)

This Middle Eastern slow-cooked lamb is a showstopper! This is an excellent recipe to make for a special occasion for a weekend dinner. The slow-roasting will take time, but trust me it is so worth it! Serve the Pulled Lamb with vermicelli rice, fresh chopped salad and Greek yogurt.

Prep Time

15 mins

Cook Time

5 hrs

Total Time

4 hrs 15 mins

Course: Main Course

Author: Luay Ghafari

Cuisine: Levantine, Mediterranean, Middle Eastern

Cost: \$30

Servings: 6 people



4.97 from 27 votes

Equipment

- Dutch oven, Braiser or roasting dish with tall sides

Ingredients

Aromatics

- 2 Red onions - Peeled and quartered
- 2 Whole garlic bulbs - Cut in half horizontally or broken into garlic cloves
- 5 Sprigs of rosemary
- 10 Sprigs of thyme
- 3-5 Bay leaves

Spice Rub

- 1 ½ tbsp Kosher salt - If using table salt, cut the amount by half
- 2 tsp Baharat (7-Spice blend) - You can use equal parts ground cumin, coriander and cinnamon
- 2 tsp Garlic powder - Use salt free garlic powder, not garlic seasoning
- 1 tsp Fresh cracked black pepper
- ½ tsp Ground cardamom - Optional but recommended

Lamb

- 4-5 lbs Boneless lamb shoulder or leg - see note
- 2-3 tbsp Olive oil
- 1 cup Chicken stock - 250ml
- ½ cup White wine - 125ml, optional (replace with more stock)

Instructions

- Prepare the roasting pan.** To a roasting pan or braising dish, add the quartered onions, garlic, rosemary, thyme and bay leaves.
- Season the lamb.** In a small bowl, combine salt, 7-spice, garlic powder, black pepper and cardamom. Rub the entire surface of the lamb with the dry mix, making sure to get in any crevices (If your lamb came wrapped in mesh, remove the mesh and open it like a book to season all over). Roll it back up and secure it with twine or the mesh it came with. Place the lamb on the aromatics with the fat side up. Drizzle a little olive oil all over the lamb and the aromatics.
- Sear.** Preheat your oven to 500F/260C. Place the pot or roasting pan in the oven for 20 minutes. This will help brown the aromatics and add more depth of flavor.
- Slow Roast.** Lower your oven to 300F/150C. Add the chicken broth and optional white wine to the roasting dish, cover with foil or lid, and place it back in the oven to slow roast for 4-5 hours undisturbed.
- Broil.** After 4-5 hours, the meat should be quite tender. If not, slow roast for another hour. Remove the lid or foil, baste the meat with some of the lamb juices and crank up the oven to broil on high for 10-15 minutes. You want the top of the lamb to brown slightly. Don't burn it!
- Rest and Serve.** Let the lamb rest for 10-20 minutes before you transfer it to a serving platter. Serve your roast lamb with your favorite sides. Feel free to squeeze a little fresh lemon juice over the roast.

Notes

Cut of lamb: I recommend using a deboned shoulder of lamb or leg of lamb but feel free to use bone-in cuts if that's what you have access to. Remember that the leg of lamb will be dryer than the shoulder.

I recommend using a roasting dish with tall sides or a **Dutch oven** or **braiser** with its own lid.

Is the lamb a little dry? Don't throw away the cooking liquid. You can decant the roasting juices if you like and let the fat rise to the top and spoon it away. The roasting juices can be added to the pulled lamb to add moisture and flavor.

Serve with Mint Yogurt Sauce, Mint Chimichurri, Cilantro Chimichurri, Jerusalem salad, and Vermicelli rice. See the blog post above for more serving ideas.

The leftover slow-cooked meat can be stored in an airtight container in the fridge for up to 3 days, but I recommend you eat it within 1 day.

Nutrition

Calories: 342kcal | Carbohydrates: 6g | Protein: 40g | Fat: 15g | Saturated Fat: 4g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 8g | Cholesterol: 123mg | Sodium: 967mg | Potassium: 669mg | Fiber: 1g | Sugar: 2g | Vitamin A: 5IU | Vitamin C: 3mg | Calcium: 38mg | Iron: 4mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/pulled-lamb-middle-eastern-slow-cooked-lamb/>



Greek-Inspired Potato Salad (with Lemon Herb Dressing)

This comforting Greek-Inspired Potato Salad has it all: salty, creamy, crunchy, herby and tangy flavor notes. It comes together in under 30 minutes and is a much lighter take on classic potato salad, which can be heavy and way too creamy.



★★★★★
5 from 1 vote

Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

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

Ingredients

- 2 lbs Potatoes (cut into large chunks)

Salad Dressing

- ¼ cup Extra virgin olive oil
- 2 tbsp Lemon juice
- 1 tbsp Red wine vinegar
- 1 tbsp Dill (chopped) - Plus extra for garnish
- 1 tbsp Parsley (chopped) - Plus extra for garnish
- 1 tsp Dried oregano
- ½ tsp Salt
- ¼ tsp Black pepper

Other Salad Ingredients

- 1 Small red onion (finely chopped)
- ¼ cup Kalamata olives (roughly chopped)
- ¼ cup Greek feta cheese (crumbled)
- 2 tbsp Capers

Instructions

1. **Boil Potatoes.** Add **2 lbs Potatoes (cut into large chunks)** to a pot. Cover with water. Season with a big pinch of salt. Boil the potatoes on medium-high heat until just tender. The time will depend on the type of potato and the size of your chunks. Check on them after 10 minutes and keep an eye on the pot. You don't want to over-boil your potatoes. They should still hold their shape.
2. **Strain.** Strain the potatoes in a sieve and let them steam a bit to dry off.
3. **Make Dressing.** While the potatoes cool, make the dressing directly in your large serving bowl. Combine **¼ cup Extra virgin olive oil, 2 tbsp Lemon juice, 1 tbsp Red wine vinegar, 1 tbsp Dill (chopped), 1 tbsp Parsley (chopped), 1 tsp Dried oregano, ½ tsp Salt** and **¼ tsp Black pepper**.
4. **Assemble.** Add the slightly cooled potatoes, **1 Small red onion (finely chopped), ¼ cup Kalamata olives (roughly chopped), ¼ cup Greek feta cheese (crumbled)** and **2 tbsp Capers** into the bowl with the dressing.
5. **Toss and Adjust.** Toss gently to combine, taste and adjust seasoning (more salt, pepper or vinegar if needed). Chill in the fridge for at least 1 hour before serving for the best flavor. But if you don't have time to chill it, serve it at room temperature. Garnish with a little extra dill and/or parsley.

Notes

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

Key Ingredient Notes:

- **Potatoes:** I like to use Yukon Gold, red-skinned, or any waxy potato. New potatoes are also great and easy to work with. I personally keep the peel on for that added fiber, but you can feel free to peel your potatoes.
- **Olives:** When choosing olives for my Greek and Greek-inspired recipes, I always reach for Kalamata Olives. You can use pitted olives. Or use whole olives and remove the pits yourself.

- **Onion:** Red onion adds crunch, punch and flavor. You can mellow out the onion's sharpness by soaking the sliced onion pieces in cool water for 15 minutes. If you prefer, you can use white onion, sweet onion or green onion.
- **Feta Cheese:** Adds creamy saltiness that contrasts beautifully with the other ingredients. Use authentic Greek feta if you can, but any feta will do.
- **Capers:** They add a tangy burst of brine. I love them in this salad. But you can omit them if you don't like them or don't have them on hand.
- **Fresh Herbs:** The classic combo of fresh dill and fresh parsley works well here. Use as much or as little as you like.

Nutrition

Calories: 231kcal | Carbohydrates: 29g | Protein: 4g | Fat: 11g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 8g | Cholesterol: 6mg | Sodium: 534mg | Potassium: 685mg | Fiber: 4g | Sugar: 2g | Vitamin A: 123IU | Vitamin C: 34mg | Calcium: 64mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/greek-inspired-potato-salad-with-lemon-herb-dressing/>



Gambas al Ajillo (Spanish Garlic Shrimp)

Gambas al Ajillo is a classic Spanish dish that comes together with a handful of ingredients and very little time. My version gets an extra layer of smoky flavor from smoked paprika and a splash of sherry vinegar at the end.

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

Course: Appetizer, Side Dish, Snack

Cuisine: Spanish

Servings: 4 people

Author: Luay Ghafari

Cost: \$20



☆☆☆☆☆

No ratings yet

Ingredients

- 1½ lbs Large shrimp (peeled and deveined)
- ½ tsp Smoked paprika
- ¾ tsp Kosher salt
- ¼ tsp Black pepper
- ½ cup Olive oil
- 5-7 Garlic cloves (thinly sliced)
- 1-2 Red chilis (thinly sliced)
- 1 tbsp Sherry vinegar
- 2 tbsp Fresh parsley (chopped)

Instructions

1. **Season the Shrimp.** Pat the shrimp dry if needed, then season them with kosher salt, black pepper and smoked paprika. Toss well so the shrimp are evenly coated and set aside.
2. **Prepare the Garlic Oil.** Add the olive oil, thinly sliced garlic and sliced chili pepper to a large skillet. Turn the heat to medium-high and allow the oil to heat gradually.
3. **Sizzle the Shrimp.** As soon as the garlic and chili begin sizzling in the hot oil, carefully add the seasoned shrimp. Cook until the shrimp turn opaque and curl into a loose C shape. Depending on their size, you may need to flip them to cook evenly on both sides. Larger shrimp will need to be flipped, whereas smaller shrimp probably won't if they are submerged in oil.
4. **Finish and Garnish.** Remove the skillet from the heat and let it cool for about 2 minutes. Add the sherry vinegar and chopped parsley and gently toss everything together. Serve the Gambas al Ajillo immediately, preferably right from the skillet, with plenty of crusty bread for dipping into that smoky, spicy garlic oil.

Notes

Key Ingredient Notes:

- **Large Shrimp:** I prefer to use raw, peeled and deveined shrimp. Large tiger shrimp are my go-to. Fresh or properly thawed frozen shrimp will both work. Don't use pre-cooked shrimp here, as you'll just end up overcooking the shrimp. **Olive Oil:**
- So at first glance, the recipe may seem to call for a lot of oil. In fact, in Spain they will use even more olive oil than I call for here. Half a cup of olive oil should do the trick and leave you with a lovely scented oil you can dip bread into. Don't use the most expensive extra virgin olive oil here. Use something fairly priced and not too strong in flavor. Avoid using a "light" olive oil, as that just means it's been diluted with vegetable oil.
- **Garlic: Thinly sliced fresh garlic** infuses the olive oil as it cooks. The slices will soften and even crisp up as you sizzle the shrimp. I have tested this recipe with minced garlic, and it just ends up burning so I would avoid mincing. I wouldn't recommend substituting garlic powder here, either.
- **Fresh Red Chili Peppers:** Add as much or as little as you like, depending on your preferred heat level. Dried chili or red pepper flakes can be substituted, but they are much more prone to burning in the hot oil. I would suggest adding dried chili as a finishing garnish instead.
- **Sherry Vinegar:** Sherry vinegar is quintessentially Spanish. It adds an acidity that balances the rich olive oil. Red wine vinegar or fresh lemon juice can work as a substitute. I still think you should try to find sherry vinegar.

Nutrition

Calories: 272kcal | Carbohydrates: 2g | Protein: 35g | Fat: 14g | Saturated Fat: 2g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 10g | Trans Fat: 0.01g | Cholesterol: 274mg | Sodium: 786mg | Potassium: 482mg | Fiber: 0.2g | Sugar: 0.1g | Vitamin A: 292IU | Vitamin C: 4mg | Calcium: 120mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/gambas-al-ajillo-spanish-garlic-sizzled-shrimp/>



Mutabal (Authentic Middle Eastern Roasted Eggplant Dip)

A Middle Eastern staple, this delicious, unctuous and smoky eggplant dip is a must-try. Serve it with pita with vegetables. A perfect summer appetizer when eggplants are in season.



★★★★★
5 from 11 votes

Prep Time	Cook Time	Resting Time	Total Time
15 mins	10 mins	15 mins	40 mins

Course: Appetizer, Side Dish, Snack Cuisine: Middle Eastern Diet: Vegan, Vegetarian
Servings: 4 people Author: Luay Ghafari Cost: \$5

Ingredients

- 1 Eggplant, Large - or 2 medium
- 1-2 Garlic Cloves - Finley minced
- 3 tbsp Tahini
- 2 tbsp Lemon juice
- 1 tsp Cumin - Optional
- Salt and Pepper to Taste

Garnish with

- Extra Virgin Olive Oil
- Pomegranate seeds
- Fresh herbs - Mint and/or parsley
- Aleppo Pepper Flakes
- Sumac
- Cumin

Instructions

Roasting the eggplant

- Option 1** - Poke the eggplants with a fork or knife a few times to allow for steam to release during the charring process. Place the eggplants directly on the gas burner set to medium heat. Roast, turning frequently, until the eggplants begin to collapse and are charred. Transfer the eggplants to a glass or metal bowl and cover with plastic wrap. This will help the eggplants steam, allowing the skins to release. Set aside for 15-30 minutes then remove and discard the charred skin, leaving behind the soft flesh of the eggplant.
- Option 2** - Cut the eggplant vertically down the middle and rub the cut parts with a sprinkle of kosher salt and olive oil. Roast cut side down on a parchment-lined baking sheet for 20-30 minutes at 400°F (200°C). Eggplant will be ready when the skin collapses and the flesh is soft. Cool for 15-30 minutes. Scrape the flesh away from the skin.

Preparing the mutabal

- Place the eggplant flesh into a fine-mesh sieve set over a bowl. Allow eggplant flesh to drain for 30-60 minutes. Discard liquid.
- Add eggplant flesh to a bowl and mash with a fork. Add garlic, tahini, lemon juice, and cumin if using. Add salt and pepper to taste. Add more garlic or lemon juice if you desire.
- Plate the eggplant dip in a shallow bowl or a rimmed plate and top with all or some of the garnish options listed. Olive oil is a must. Serve with pita, crackers, and/or crudité.

Notes

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

Mutabal will keep in the refrigerator for up to 3 days. It is best enjoyed fresh. If you must, you can make it ahead by one day and store it in an airtight container until you need to serve it.

A few tips:

- Select firm, blemish-free eggplants. Larger eggplants tend to have larger seed cavities, resulting in a finished product that is mealy and seedy. Choose medium-sized Italian eggplants.
- Tahini, also known as sesame paste, is a staple food from the Middle East and North Africa. If that jar of tahini has been sitting in your pantry for over 6 months, consider discarding it. There are very few ingredients in this dish so it is important for them to all be fresh.
- Stir the tahini really well (or shake the jar vigorously) to re-incorporate the solids and the oil. As it sits, tahini will separate.

Enjoy it on its own or as part of an appetizer platter alongside creamy hummus, labneh balls, za'atar manakish (flatbread), cheese fatayer (hand pies), blistered shishito peppers, tomato, and herb tart or heirloom tomato galette.

Serve it at room temperature. Check out my Palestinian Recipes post for more authentic Palestinian recipe ideas.

Mutabal can be enjoyed with:

- Lebanese pita bread
- Pita chips
- Tabbon Flatbread cut into wedges
- Tortilla chips
- Crudit   (vegetables)
- Lebanese Pickles

Nutrition

Calories: 100kcal | Carbohydrates: 10g | Protein: 3g | Fat: 6g | Saturated Fat: 1g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 2g | Sodium: 7mg | Potassium: 334mg | Fiber: 4g | Sugar: 4g | Vitamin A: 41IU | Vitamin C: 6mg | Calcium: 33mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/mutabal-roasted-eggplant-dip/>



Homemade Soft Pretzels (Plain, Salt and Cheddar)

I'm finally sharing my recipe for the best Homemade Soft Pretzels which I can guarantee you will bookmark, print and make over and over again! The dough is incredibly easy to make and roll into the classic pretzel shape. Dress with your favorite toppings, bake and brush with melted butter.



Prep Time	Cook Time	Rise Time	Total Time
20 mins	15 mins	1 hr	1 hr 35 mins

Course: Breakfast, Brunch, Snack Cuisine: American Diet: Vegetarian Servings: 6 Pretzels
 Author: Luay Ghafari Cost: \$5

★★★★★
 5 from 2 votes

Equipment

- Stand Mixer

Ingredients

Pretzel Dough

- 4¼ cups All-purpose flour (600 grams)
- 2¼ tsp Instant yeast (7 grams or 1 packet)
- 1 tbsp Sugar (12 grams)
- 1 tsp Kosher salt (10 grams)
- 1 cup Warm water (235 grams)
- ¾ cup Milk (185 grams)

Baking Soda Bath

- 2 tbsp Baking soda
- 4 cups Hot water

Toppings and Finishing

- Coarse salt - As much or as little as you prefer
- Grated cheddar cheese - As much or as little as you prefer
- ¼ cup Melted butter - Use more or less depending on preference

Instructions

1. **Prepare the Dough.** In the bowl of a stand mixer, add **4¼ cups All-purpose flour, 2¼ tsp Instant yeast, 1 tbsp Sugar, 1 tsp Kosher salt, 1 cup Warm water,** and **¾ cup Milk.** Using the dough hook attachment, knead on low speed until the dough comes together and is soft to the touch, about 8 minutes. NOTE: If you can, I would encourage you to weigh your ingredients using a kitchen scale.
2. **Let it rise.** Lightly oil the dough ball with olive oil or nonstick spray, let it rise in a warm place, covered with a towel or plastic wrap, in the same stand mixer bowl for 1 hour or until doubled in size.
3. **Divide the dough.** Preheat your oven to 475F (240C). Using a bench scraper or knife, divide the dough into 6 roughly equal pieces. To make the rolling easier, divide the dough into long pieces. Don't flour your work surface. The tackiness will help with the rolling process.
4. **Shape the Pretzels.** Roll each piece into a 25 to 30-inch long rope and form an inverted U shape. Take both ends of the rope and place one over the other. Take both ends and repeat the movement so you end up with a twisted rope. Grab both ends and bring them upwards. Roll the ends under the top of the pretzel to secure them.
5. **Prepare the Baking Soda Bath.** In a shallow bowl, combine **4 cups Hot water** with **2 tbsp Baking soda.** Mix well to dissolve. Dip each pretzel into the baking soda solution and then place it onto a parchment paper lined baking sheet. This should be a quick dip, don't let the pretzels sit in the solution too long.
6. **Add Toppings.** Sprinkle the pretzels with coarse salt, grated cheddar cheese or your toppings of choice.
7. **Bake.** Bake in the preheated oven for 12-14 minutes, until the pretzels are a deep golden brown.
8. **Finish with butter.** Brush the baked pretzels with melted butter, making sure to evenly coat. Enjoy right away or let them cool slightly.

Notes

Refer to the post above for step-by-step recipe photos. And make sure to also watch the video!

Ingredient Notes:

- **Flour:** My go-to flour is all-purpose flour. It's accessible and everyone has it. If you have bread flour, you can use but it will give the pretzels a chewier texture. If you want to use whole wheat flour, I would recommend substituting only $\frac{1}{4}$ or $\frac{1}{2}$ of the flour.
- **Liquid:** My recipe uses a combination of water and milk (whole or 2%). But to keep this recipe vegan, you can use water only.
- **Instant yeast:** Helps the dough rise efficiently. Active dry yeast can also be used but requires blooming in water first. You'll find that most of my baking recipes use instant yeast because it's just easier to work with. Why not make our lives a little easier?
- **Baking Soda.** This is a key ingredient. It's what will give the pretzels that distinctive deep brown crust.
- **Toppings.** My favorite toppings for soft pretzels are plain coarse sea salt (or specialty pretzel salt) and aged sharp cheddar. The aged cheddar melts and adds this lacey, crispy crust around the pretzels. So good!

Other Tips:

- Use a kitchen scale when measuring out the pretzel dough ingredients.
- If the dough resists stretching, let it rest for 5 minutes to relax the gluten.

Nutrition

Calories: 505kcal | Carbohydrates: 70g | Protein: 18g | Fat: 17g | Saturated Fat: 9g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 4g | Trans Fat: 0.3g | Cholesterol: 43mg | Sodium: 1957mg | Potassium: 194mg | Fiber: 3g | Sugar: 4g | Vitamin A: 476IU | Vitamin C: 0.01mg | Calcium: 189mg | Iron: 1mg

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Lemon Blueberry Loaf Recipe with Lemon Icing

ThisLemon BlueberryLoaf Recipeis bright, buttery, incrediblymoistthanksto Greek yogurt, and packed with juicy blueberries in every slice. Finished with a simple lemon icing, it strikes the perfect balance between sweet and tangy.

Prep Time	Cook Time	Total Time
20 mins	1 hr 10 mins	1 hr 30 mins

Course: Breakfast, Dessert, Snack

Cuisine: American, Seasonal

Diet: Vegetarian

Servings: 9 Slices

Author: Luay Ghafari

Cost: \$20



★★★★★

5 from 3 votes

Equipment

- 8.5x4.5inch loaf pan

Ingredients

For the Loaf

- 1¼ cup Sugar - 300 grams
- 2 tbsp Lemon zest
- ½ cup Unsalted butter (softened) - 115 grams
- 1 tbsp Vanilla extract
- 3 Large eggs - 150 grams
- ⅔ cup Greek yogurt - 165 grams
- 1½ cups All purpose flour - 185 grams
- ½ tsp Baking powder
- ¼ tsp Kosher salt
- 1½ cup Blueberries - 175 grams

For the Icing

- 1 cup Icing sugar (sifted) - 115 grams
- 2 tbsp Lemon juice

Instructions

1. **Preheat Oven and Prepare Pan.** Preheat your oven to 350°F. Line an 8½ x 4½-inch loaf pan with parchment paper.
2. **Make Lemon Sugar.** In a large mixing bowl, rub the sugar and lemon zest together with your fingertips until the sugar becomes fragrant and lightly yellow.
3. **Add Butter.** Add the softened butter and cream with a hand mixer until light and smooth.
4. **Add Eggs and Vanilla.** Beat in the vanilla extract, then add the eggs one at a time, mixing well after each addition.
5. **Add Greek Yogurt.** Gently gold the Greek yogurt into the cake batter using a spatula.
6. **Add Dry Ingredients.** In a separate bowl, whisk together the all-purpose flour, baking powder and salt. Fold the dry ingredients into the wet ingredients just until no dry streaks remain.
7. **Add Blueberries.** Toss the blueberries with a tablespoon of flour before gently folding them into the batter.
8. **Transfer.** Pour batter into the prepared loaf pan and smooth the top with an offset spatula.
9. **Optional Butter.** Piping an optional line of softened butter down the middle of the loaf helps it expand and give you that classic loaf top.
10. **Bake.** Bake for 20 minutes at 350°F. Reduce the oven temperature to 325°F and continue baking for another 50–55 minutes, or until the loaf is golden brown and an instant-read thermometer inserted into the center reads about 205°F. Remove from oven to cool for at least 1 hour on a wire rack.
11. **Make Icing.** Meanwhile, whisk together the powdered sugar and fresh lemon juice until smooth.
12. **Glaze.** Once the loaf has cooled completely, drizzle the lemon icing over the top before slicing and serving.

Notes

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

Key Ingredient Notes:

- **Blueberries:** Fresh blueberries are ideal, though frozen blueberries can also be used without thawing.
- **Sugar:** You will need both granulated sugar and powdered sugar for this recipe. The powdered sugar is for the simple lemon glaze.
- **Lemons:** You will need both lemon zest (for the loaf batter) and lemon juice (for the icing). You can also make this recipe with lime.
- **Butter:** Softened **unsalted butter** creates a rich, tender crumb. I recommend using unsalted, but if you only have salted butter, you can use it and omit the additional salt in the recipe.
- **Greek Yogurt:** Many pound cake and loaf recipes use sour cream, but I actually prefer using **Greek Yogurt**. It adds moisture (but not too much moisture) and a subtle tang while keeping the loaf soft for days.

Tips for Success:

- **Rub the lemon zest into the sugar before mixing.** This simple step releases the citrus oils and gives the loaf much more lemon flavor.
- Toss the blueberries with a little flour before folding them into the batter to help keep them suspended throughout the loaf.
- **Fold the batter gently once the flour is added.** Overmixing develops gluten and can make the loaf dense instead of tender.
- Let the loaf cool completely before adding the icing so it stays on top instead of melting into the cake or falling over the edges.

Nutrition

Calories: 375kcal | Carbohydrates: 62g | Protein: 6g | Fat: 12g | Saturated Fat: 7g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Trans Fat: 0.4g | Cholesterol: 82mg | Sodium: 117mg | Potassium: 94mg | Fiber: 1g | Sugar: 44g | Vitamin A: 409IU | Vitamin C: 5mg | Calcium: 48mg | Iron: 1mg

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Thank you

I hope you enjoy these recipes. If you make them and love them, please go back to the recipe post and leave a review. It's such a help to others who may want to try the recipes.

– Luay –



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