



FALL MEAL PLAN: WEEK 5



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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Fall Meal Plan: Week 5

Monday



Chicken Orzo Soup

Tuesday



Chicken Mushroom Risotto

Wednesday



Pomegranate Short Ribs

Thursday



Roasted Red Pepper Soup

Friday



Mediterranean Salmon

Salad/App



Cucumber Chickpea Salad

Baking



Onion Gruyere Focaccia

Dessert



Pistachio Lemon Bars

URBAN FARM & KITCHEN

Lemon Chicken Orzo Soup (One-Pot, Greek-Inspired)

My one-pot Greek Lemon Chicken Orzo Soup is cozy but bright, hearty but not heavy, and packed with fresh herbs that make the whole kitchen smell incredible. Ready in under 50 minutes. A Mediterranean twist on classic chicken noodle soup.



★★★★★
5 from 2 votes

Prep Time
10 mins

Cook Time
40 mins

Total Time
50 mins

Course: Appetizer, Soup Cuisine: Greek, Mediterranean Servings: 4 Servings
Author: Luay Ghafari Cost: \$15

Ingredients

- 2 tbsp Olive oil
- 1 Onion (finely diced)
- 2 Carrots (diced)
- 2 Celery stalks (diced)
- ½ tsp Kosher salt - Start low, you can add more later
- ¼ tsp Black pepper
- 3-4 Garlic cloves (minced)
- 1 lb Boneless, skinless chicken breasts or thighs
- 6 cup Low-sodium chicken stock
- 1 Bay leaf
- ½ cup Orzo

To Finish and Serve

- 3 tbsp Lemon Juice - Use more or less
- Garnish with chopped parsley, dill, and grated parmesan
- Lemon wedges on the side

Instructions

1. **Build the Base.** Heat **2 tbsp Olive oil** in a large pot or Dutch oven over medium heat. Add **1 Onion (finely diced)**, **2 Carrots (diced)**, **2 Celery stalks (diced)**, **½ tsp Kosher salt**, and **¼ tsp Black pepper**. Cook for 5–7 minutes, until softened and fragrant. Stir in **3-4 Garlic cloves (minced)** and cook for 30 seconds.
2. **Simmer the Chicken.** Add **1 lb Boneless, skinless chicken breasts or thighs**, **6 cup Low-sodium chicken stock**, and **1 Bay leaf**. Bring everything to a gentle boil, then reduce to a simmer. Cook for 20–25 minutes, until the chicken is tender and fully cooked through.
3. **Shred the Chicken.** Remove the chicken from the pot and shred it into bite-sized pieces using two forks. Return the shredded chicken back to the pot.
4. **Add the Orzo.** Stir in **½ cup Orzo** and simmer for 8–10 minutes, until just al dente. Keep an eye on it. Orzo cooks quickly and can over-soften if left too long.
5. **Finish with Lemon.** Off the heat, stir in **3 tbsp Lemon Juice**. Taste and adjust seasoning with more salt, pepper, or lemon juice as needed. This soup should be bright and lemon-forward. You can even grate some lemon zest over the soup.
6. **Serve and Garnish.** Ladle into bowls. **Garnish with chopped parsley, dill, and grated parmesan.** Serve **Lemon wedges on the side.**

Notes

Refer to the blog post above for step-by-step recipe photos if you need them, helpful tips and menu ideas.

Key Ingredient Notes:

- **Aromatics:** I am using the holy trinity of aromatics in this recipe (**onion, carrots, and celery**). I would encourage you to use all three, but let's say you don't have celery or carrots; it's not a big deal. The onion is non-negotiable!
- **Orzo Pasta:** A small pasta that makes the soup hearty; you can substitute it with small pasta shapes or rice.

- **Boneless, Skinless Chicken:** I personally prefer to use leaner **Chicken Breasts**, but you can totally use chicken thighs. It's up to you. Thighs are juicier, but breasts are leaner and shred beautifully. You could use bone-in and skin-in chicken, too, but you'll have more work to do when it's time to shred it.
- **Chicken Stock:** You're not boiling the chicken long enough to extract much flavor, so using a **boxed or canned chicken broth** helps add more flavor to the soup. I would choose a **low-sodium** option so that you can customize the salt level to your preference.
- **Fresh Herbs:** A combination of **fresh parsley** and **fresh dill** gives this soup a vibrancy that's unmistakably Eastern Mediterranean.
- **Parmesan Cheese:** Use real **Parmigiano Reggiano**. Grate it or shave it with a peeler at the very end for serving.

Other Key Tips:

- **Add lemon at the end.** Heat dulls acidity. Stirring in lemon juice off the heat keeps the flavor vibrant.

Enjoy it on its own for lunch, as a starter with one of my Mediterranean Main Dishes, with some lovely Homemade Same-Day Focaccia or crusty bread. It even works as a main with one of my Mediterranean Salad Recipes for a complete meal.

Nutrition

Calories: 347kcal | Carbohydrates: 25g | Protein: 34g | Fat: 12g | Saturated Fat: 2g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 7g | Trans Fat: 0.01g | Cholesterol: 73mg | Sodium: 699mg | Potassium: 930mg | Fiber: 2g | Sugar: 4g | Vitamin A: 5141IU | Vitamin C: 10mg | Calcium: 46mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/lemon-chicken-orzo-soup-greek-inspired-recipe/>



Chicken and Mushroom Risotto

This Chicken and Mushroom Risotto is creamy, savory, and incredibly satisfying. Tender, seasoned chicken thighs are served over creamy Arborio rice with mushrooms, shallots, fresh thyme, Parmesan cheese, and plenty of butter. Make this for a weeknight dinner or special occasion.

Prep Time

10 mins

Cook Time

1 hr

Total Time

1 hr 10 mins

Course: Main Course

Author: Luay Ghafari

Cuisine: Italian, Mediterranean

Servings: 6 Servings

Cost: \$20



No ratings yet

Ingredients

- 6 ½ cups Chicken broth
- ½ tsp Paprika
- ½ tsp Italian seasoning - Or use a combination of dried oregano, thyme and rosemary
- ½ tsp Garlic powder
- ½ tsp Kosher salt
- ¼ tsp Black pepper
- 1 ½ pounds Boneless skinless chicken thighs
- 3 tbsp Olive oil (divided)
- 5 tbsp Butter (divided)
- 8 ounces Cremini mushrooms (sliced)
- ½ cup Shallots (finely minced)
- 3 cloves Garlic (minced)
- 4 Fresh thyme sprigs
- 2 Cups Arborio rice
- ½ Cup White wine
- ¾ Cup Parmesan cheese (grated)
- Fresh chives or parsley for garnish
-

Instructions

1. **Prepare the Chicken and Broth.** Preheat your oven to 400°F. Add the chicken broth to a large pot and bring it up to temperature over medium-high heat. Once hot, reduce the heat to low and keep the broth warm while you prepare the risotto. Combine the paprika, Italian seasoning, garlic powder, kosher salt, and black pepper. Pat the chicken thighs dry with paper towels, then season them on both sides with the spice mixture.
2. **Cook the Chicken.** Heat 2 tablespoons of olive oil in a large saucepan or large skillet over medium heat. Add the chicken thighs and cook for about 3 minutes per side, until nicely browned. Transfer the chicken to a small sheet pan or baking dish and bake for 10-15 minutes, or until cooked through. Once baked, loosely tent the chicken with aluminum foil and set it aside while you finish the risotto.
3. **Sauté Aromatics.** While the chicken cooks in the oven, add the remaining tablespoon of olive oil and 2 tablespoons of butter to the same pan. Once the butter melts, add the sliced mushrooms and minced shallots. Cook for 5-7 minutes, until the mushrooms are golden brown and the shallots have softened. Add the minced garlic, thyme sprigs, and a pinch of salt. Cook for another 1-2 minutes, stirring constantly, until fragrant.
4. **Toast the Rice.** Add the Arborio rice and stir well so every grain is coated in the fat and aromatics. Toast the rice for 3-4 minutes.
5. **Deglaze.** Pour in the white wine and add another pinch of salt. Scrape the bottom of the pan to release any brown bits left behind from the chicken and mushrooms. Cook for 2-3 minutes, or until the wine has mostly cooked away.
6. **Cook Slowly.** Reduce the heat to medium-low. Add the warm chicken broth to the rice one ladleful at a time, stirring regularly. Allow each addition of broth to be mostly absorbed before adding the next. Continue this process until you've used the broth and the rice is creamy but still al dente, about 30-35 minutes. You may not need all of the broth. Remove the thyme stems and discard.

7. **Finish.** Stir in the grated Parmesan and remaining butter. Taste and adjust the seasoning with additional salt and black pepper as needed. Continue stirring for another 1-2 minutes, until the cheese and butter have melted and the risotto is creamy.
8. **Serve.** Slice the cooked chicken thighs and arrange them over the risotto. Finish with freshly ground black pepper and chopped fresh chives (or parsley), then serve immediately.

Notes

KeyIngredient Notes:

- **Chicken Broth:** The broth is gradually absorbed by the Arborio rice, giving the risotto plenty of savory flavor. Vegetable broth can be substituted, though chicken broth gives you a richer result. I used a low-sodium boxed chicken broth, which allows me to control the salt level.
- **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.
- **White Wine:** The wine has a dual purpose. It deglazes the pan and releases any browned bits while also adding another layer of flavor. 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:

- **Keep your broth warm.** Adding cold broth repeatedly lowers the temperature of the rice and interrupts the cooking process. Keep the broth over low heat so every ladleful goes into the pan warm.
- **Brown the mushrooms instead of steaming them.** Give the mushrooms enough time in the pan to develop some color. That browning builds flavor and makes a noticeable difference in the finished risotto.
- **Don't skip toasting the rice.** Cooking the Arborio rice in the butter, oil, and aromatics before adding liquid is an important part of building flavor.
- **Add the broth gradually.** Don't pour all the broth into the pan at once. Adding it one ladleful at a time gives the rice time to absorb the liquid and release its starches, creating that characteristic creamy risotto texture without having to add cream.

Nutrition

Calories: 626kcal | Carbohydrates: 61g | Protein: 34g | Fat: 25g | Saturated Fat: 10g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 10g | Trans Fat: 0.4g | Cholesterol: 146mg | Sodium: 1618mg | Potassium: 653g | Fiber: 3g | Sugar: 4g | Vitamin A: 507IU | Vitamin C: 2mg | Calcium: 195mg | Iron: 5mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/chicken-and-mushroom-risotto/>



Pomegranate Short Ribs (Slow Braised)

This Pomegranate Short Ribs recipe is a showstopper! It's a Middle Eastern twist on a classic dish with tangy pomegranate molasses and earthy spices. Perfect for a weekend meal, dinner party or special occasion. The best part? Most of the heavy lifting is done in the oven.

Prep Time
20 mins

Cook Time
3 hrs

Total Time
3 hrs 20 mins

Course: ~~Main Course~~

Cost: \$50

Cuisine: Middle Eastern

Servings: 4 people

Author: Luay Ghafari



★★★★★
5 from 3 votes

Equipment

- Heavy oven-safe pot with tight fitting lid

Ingredients

- 2 ½ lbs Beef short ribs (cut into 2 inch cubes)
- 2 tsp Kosher salt
- ½ tsp Black pepper
- 1 tsp Vegetable oil - or light olive oil
- 1 Celery stalk (finely chopped)
- 1 Carrot (finely chopped)
- 1 Onion (finely chopped) - Yellow or white
- 3-5 Garlic cloves (minced)
- 2 tsp Baharat spice blend - Substitute with ¾ teaspoon cumin, ¾ teaspoon coriander, ½ teaspoon cinnamon
- 1 cup Red wine
- 2½ cups Beef broth
- 3 tbsp Pomegranate molasses - use 4 tbsp if you like a more sour flavor profile
- 5 Thyme sprigs
- 2 Rosemary sprigs
- 2 Sage sprigs
- 2 Bay leaves
- Garnish with pomegranate seeds and chives
-

Instructions

1. **Season and Sear the Beef.** Season **2 ½ lbs Beef short ribs (cut into 2 inch cubes)** generously with **2 tsp Kosher salt** and **½ tsp Black pepper**. Heat a large, heavy oven-safe pot (like a Dutch oven) over medium-high heat and drizzle in **1 tsp Vegetable oil**. Once hot, sear the ribs on all sides until golden brown, about 2 minutes per side. Do this in batches to avoid overcrowding. Once browned, transfer ribs to a plate and set aside.
2. **Preheat Oven and Sauté Aromatics.** Preheat your oven to 350°F (about 175 °C). Add **1 Celery stalk (finely chopped), 1 Carrot (finely chopped), 1 Onion (finely chopped), 3-5 Garlic cloves (minced),** and **2 tsp Baharat spice blend**. Sauté gently for a few minutes until the vegetables soften and the spices become fragrant. Don't let them brown.
3. **Deglaze.** Pour in **1 cup Red wine**. Use a wooden spoon to scrape the brown bits from the bottom of the pot. Those bits (fond) are flavor gold.
4. **Assemble the Braise.** To the pot, add **2½ cups Beef broth, 3 tbsp Pomegranate molasses, 5 Thyme sprigs, 2 Rosemary sprigs, 2 Sage sprigs,** and **2 Bay leaves**. Nestle the seared short ribs back into the liquid.
5. **Braise.** Cover the pot with a tight-fitting lid and transfer to the preheated oven. Slow-braise for 2½ to 3 hours, until the meat is fall-apart tender. Check about halfway through. If the level of liquid has dropped too much and you feel like the pot is drying up, add a splash of beef broth.
6. **Serve.** Serve your pomegranate molasses short ribs over creamy mashed potatoes (or polenta), spooning over some of the braising juices (or reduce them into gravy). **Garnish with pomegranate seeds and chives.**

Notes

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

Key Ingredient Notes:

- **Beef:** Recently, I started using **boneless short ribs** as they are easier to work with, and you don't have to deal with the cartilage you get from using bone-in short ribs. But both options will work in this recipe. For a more affordable option, stewing beef cubes can be used. Chuck roast can also be used.
- **Red Wine:** Adds **acidity and depth**; helps tenderize the meat and infuse flavor. If you don't want to use wine, feel free to leave it out and just use more broth.
- **Broth:** This is a beef recipe, so I am using **beef broth**. You can also use chicken or vegetable stock if that's what you have on hand.
- **Pomegranate Molasses:** Gives that sweet-tart Middle Eastern flair and balances the richness from the beef. You can find it at all Middle Eastern grocers, but you can also find it in the International aisle of your supermarket.
- **Baharat Spice Blend:** You can purchase the spice blend from any Middle Eastern grocery store, or you can **substitute with roughly equal parts ground cumin, ground coriander and cinnamon**. That'll get you the closest to the authentic flavor profile.

Serve them over creamy Garlic Confit Mashed Potatoes, Vermicelli Rice, polenta, or shred them and make wraps.

Nutrition

Calories: 575kcal | Carbohydrates: 12g | Protein: 56g | Fat: 30g | Saturated Fat: 13g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 13g | Trans Fat: 0.01g | Cholesterol: 167mg | Sodium: 2213mg | Potassium: 1226mg | Fiber: 1g | Sugar: 7g | Vitamin A: 2617IU | Vitamin C: 6mg | Calcium: 58mg | Iron: 7mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/pomegranate-short-ribs-slow-braised/>



Roasted Red Pepper Tomato Soup Recipe

Cozyvibes, but make it latesummer? This**RoastedRedPepper Tomato Soup** is the perfect recipe to bridge late summer to early fall. It's creamy, sweet, savory and perfectly balanced. And it's ready in under 45 minutes.

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

Course: Appetizer, Side Dish, Soup

Cuisine: Mediterranean, Seasonal Diet: Vegetarian

Servings: 2 Servings Author: Luay Ghafari Cost: \$10



★★★★★

5 from 2 votes

Ingredients

For the Roasting Tray

- 2 pints Cherry tomatoes
- 1 Large red bell pepper (cut into large chunks)
- 1 Onion (peeled and quartered) - white or yellow
- 3-5 Garlic cloves
- 1 tbs Thyme leaves - stripped from the stem
- 3 tbs Extra virgin olive oil
- 1 tsp Kosher salt
- ¼ tsp Black pepper

Other Soup Ingredients

- 1 cup Chicken or vegetable broth
- ¼ cup Basil leaves

Garnish

- Croutons, heavy cream, olive oil, or basil leaves

Instructions

- Preheat and Prep.** Preheat your oven to 425°F (220°C). Line a rimmed baking tray or sheet pan with parchment. On the tray, add **2 pints Cherry tomatoes, 1 Large red bell pepper (cut into large chunks), 1 Onion (peeled and quartered) , 3-5 Garlic cloves,** and **1 tbs Thyme leaves.** Drizzle generously **3 tbs Extra virgin olive oil,** then season with **1 tsp Kosher salt** and **¼ tsp Black pepper.** Toss a bit so everything is coated.
- Roast Until Charred.** Place the baking sheet in the oven on the middle rack and roast for 25-35 minutes, checking at about 25 minutes. You want the edges of the peppers and onions to show good char and the tomatoes to blister and soften. The flavours deepen significantly once there's that smoky, roasted edge.
- Add to Blender.** Carefully transfer the roasted veggies (and all the juices) into a blender. Add **1 cup Chicken or vegetable broth** and **¼ cup Basil leaves.**
- Blend.** Blend until the mixture is silky smooth. If it's too thick, you can add a little more stock to reach your desired consistency.
- Warm and Adjust.** Pour the blended soup into a pot over medium-low heat. Warm through gently, stirring occasionally. At this point, taste and adjust seasoning: maybe more salt, a crack of black pepper, or even a pinch of sugar if the tomatoes are very acidic.
- Serve & Garnish.** Once warmed and well-seasoned, ladle into bowls. Garnish with **Croutons, heavy cream, olive oil, or basil leaves.**

Notes

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

Key Ingredient Notes:

- **Bell Pepper:** Since we are making a tomato soup here, I would recommend using **red bell peppers or red shepherd peppers**. Red peppers are a must (yellow peppers are okay too). Don't use green peppers here or else the soup will take on a muddy color.
- **Fresh Tomatoes:** **Cherry tomatoes** work well. They are juicy, sweet and delicious. But you can also chop up larger tomatoes, Roma tomatoes, San Marzano tomatoes, heirloom tomatoes or grape tomatoes.
- **Fresh Herbs:** I am using **fresh thyme** and **fresh basil** in this recipe. The thyme roasts along with the tomatoes and peppers, whereas the basil is blended into the soup later.
- **Stock or Broth:** Blending the tomatoes, peppers and onion will yield a pretty thick consistency so you need some liquid to thin it out for soup. I like using **chicken broth**, but you can use vegetable broth or vegetable stock and keep it entirely vegan or vegetarian.

Serve it with crusty bread (like my No Knead Whole Wheat Bread), Cheesy Jalapeno Cheddar Focaccia or simply as a starter with one of my Main Dish Recipes.

Nutrition

Calories: 284kcal | Carbohydrates: 21g | Protein: 5g | Fat: 2g | Saturated Fat: 3g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 15g | Cholesterol: 2mg | Sodium: 1922mg | Potassium: 791mg | Fiber: 4g | Sugar: 11g | Vitamin A: 3348IU | Vitamin C: 142mg | Calcium: 76mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/roasted-red-pepper-tomato-soup-recipe/>



Baked Mediterranean Salmon (with Paprika, Garlic and Lemon)

Sometimes you need to get dinner on the table, and this Baked Mediterranean Salmon recipe does that! It's seasoned with lemon, paprika, grainy mustard, and oregano. The whole thing is ready in under 30 minutes. And you can even bake some vegetables with the fish for a complete sheet pan style meal.

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins
Course: Main Course		
Cuisine: Mediterranean		
Servings: 4 Servings		
Author: Luay Ghafari		
Cost: \$25		



★★★★★
5 from 1 vote

Ingredients

Marinade

- 2 tbsp Olive oil
- 2 tbsp Lemon juice
- 1 tbsp Lemon zest - From 1 lemon
- 1 tbsp Grainy mustard
- 1 tsp Smoked paprika
- 1 tsp Dried oregano
- 2-3 Garlic cloves (minced)

Salmon

- 2½ lbs Salmon fillet - Whole or portioned
- 1 tsp Kosher salt
- ¼ tsp Black pepper

Side Vegetables

- ½ lb Green beans - Add more or less if you prefer
- ½ pint Cherry tomatoes - Add more or less if you prefer

Garnish

- Fresh dill
- Lemon wedges

Instructions

1. **Preheat the oven and Make the Marinade.** Preheat your oven to 350 °F (175 °C). In a small bowl, whisk together **2 tbsp Olive oil, 2 tbsp Lemon juice, 1 tbsp Lemon zest, 1 tbsp Grainy mustard, 1 tsp Smoked paprika, 1 tsp Dried oregano** and **2-3 Garlic cloves (minced)** to make the marinade.
2. **Season the Salmon.** Place **2½ lbs Salmon fillet** (skin-side down if your fillet has skin) on a parchment-paper-lined baking sheet. Season with **1 tsp Kosher salt** and **¼ tsp Black pepper**.
3. **Add the Marinade and side Vegetables.** Spread the marinade evenly over the top of the fish. Add **½ lb Green beans** and **½ pint Cherry tomatoes** around the salmon. Drizzle them lightly with some of the marinade.
4. **Bake and Serve.** Bake in the preheated oven for about 15–19 minutes, or until the salmon reaches your desired doneness. Note: Smaller/thinner fillets may need less cooking time; thicker fillets a bit more — check for flakiness or use a meat thermometer if you have one. Garnish with **Fresh dill** and serve with **Lemon wedges**.

Notes

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

Key Ingredient Notes:

- **Salmon:** Use your fillet of choice, skin-on or off (can substitute with trout or other firm fish). Fresh would be great, but most salmon available at the grocery store these days is thawed anyway, so there's no shame in buying frozen fillets and

thawing them yourself at home. I personally prefer making this recipe using a **whole salmon side** or **half a side** (depending on how many people I am cooking for). But you can totally use portioned salmon fillets.

- **Smoked Paprika:** I love both the flavor and color smoked paprika gives this marinade. Use hot or mild, the choice is yours.
- **Grainy Mustard:** I love grainy mustard with salmon. It adds a tangy punch and texture. Smooth Dijon also works. But you can also just omit it.
- **Dried Oregano:** Classic Mediterranean herb vibe (or substitute with dried thyme or Italian seasoning).

Side Vegetables: Salmon cooks really quickly, so if you want to cook vegetables on the tray with it, choose ones that will cook in about 15 minutes. **Cherry tomatoes** and **green beans** are my go-to. Sometimes I will also add **asparagus**. Avoid potatoes, cauliflower, or other vegetables that take longer to cook.

Nutrition

Calories: 502kcal | Carbohydrates: 8g | Protein: 58g | Fat: 25g | Saturated Fat: 4g | Polyunsaturated Fat: 8g | Monounsaturated Fat: 11g | Cholesterol: 156mg | Sodium: 904mg | Potassium: 1677mg | Fiber: 3g | Sugar: 4g | Vitamin A: 1053IU | Vitamin C: 26mg | Calcium: 79mg | Iron: 4mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/baked-mediterranean-salmon-with-paprika-garlic-and-lemon/>



Cucumber Chickpea Feta Salad

This Cucumber Chickpea Feta Salad is an easy, no-fuss, flavor-packed side dish or salad that comes together in under 20 minutes. It's crunchy, creamy, tangy, and herbaceous. The perfect side dish for summer barbecues, potlucks, or just a light lunch.

Prep Time
20 mins

Total Time
20 mins

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



★★★★★
5 from 5 votes

Ingredients

Dressing Ingredients

- 3 tbsp Extra virgin olive oil
- 2 tbsp Red wine vinegar
- 1 tbsp Grainy mustard
- ½ tsp Kosher salt
- ¼ tsp Black pepper

Salad Ingredients

- 1 can Chickpeas (drained) - 19 ounce (540ml) can
- 4 Persian cucumbers (diced)
- ½ cup Greek feta cheese (crumbled)
- ½ Red onion (finely chopped) - Use more or less to taste
- 2 tbsp Fresh parsley (chopped)
- 2 tbsp Fresh dill (chopped)

Instructions

1. **Make Dressing.** In your serving bowl, whisk together **3 tbsp Extra virgin olive oil, 2 tbsp Red wine vinegar, 1 tbsp Grainy mustard, ½ tsp Kosher salt,** and **¼ tsp Black pepper** to make the dressing.
2. **Assemble.** Add **1 can Chickpeas (drained), 4 Persian cucumbers (diced), ½ cup Greek feta cheese (crumbled), ½ Red onion (finely chopped), 2 tbsp Fresh parsley (chopped),** and **2 tbsp Fresh dill (chopped)** directly into the bowl with the dressing.
3. **Mix.** Gently mix everything until well combined. Taste and adjust seasoning as needed. Serve immediately or chill for a bit to let the flavors meld.

Notes

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

Ingredient Notes:

- **Cucumbers:** I recommend using **Persian cucumbers** here. If you only have a large English cucumber, I recommend peeling it and removing some of the seed cavity to avoid having a watery salad.
- **Feta:** Creamy **Greek feta cheese** is the way to go here. But you could also use goat cheese. Or don't use cheese at all and keep the recipe vegan (or use a vegan feta substitute).
- **Fresh Herbs:** **Fresh dill** and **fresh parsley** give the salad a bright, herbaceous touch. But if you don't have them, don't go out of your way to buy. Use what you have on hand. Chives, green onions, fresh mint, fresh basil or even cilantro would work well too.
- **Grainy mustard:** Adds depth and a little texture to the dressing. You can totally use regular Dijon mustard if that's what you have.

Change it up. Customize with extras like **leafy greens, juicy tomatoes, grape tomatoes, bell peppers, avocado, or kalamata olives.** You can also add protein to it, like chicken, steak or shrimp.

Nutrition

Calories: 382kcal | Carbohydrates: 41g | Protein: 15g | Fat: 18g | Saturated Fat: 4g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 9g | Cholesterol: 17mg | Sodium: 704mg | Potassium: 527mg | Fiber: 11g | Sugar: 8g | Vitamin A: 361IU | Vitamin C: 7mg | Calcium: 177mg | Iron: 4mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/cucumber-chickpea-feta-salad/>



Caramelized Onion Gruyere Focaccia (French Onion Soup Style)

A fun spin on the classic focaccia, this French Onion Soup-inspired focaccia is an excellent appetizer or addition to a grazing board. This no-knead dough requires overnight proofing, which makes it tastier and easier to digest. The base recipe needs just 5 ingredients that you probably have in your pantry right now!



★★★★★

5 from 2 votes

Prep Time	Cook Time	Proofing Time	Total Time
15 mins	25 mins	18 hrs	18 hrs 40 mins

Course: Appetizer, Breakfast, Brunch, Side Dish, Snack

Cuisine: French, Italian

Diet: Vegetarian

Servings: 12 Slices

Author: Luay Ghafari

Cost: \$10

Equipment

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

Ingredients

For the Dough

- 4 cups All-purpose flour - 520 grams - Bread flour can be used
- 2 tsp Kosher salt - 10 grams
- 2 tsp Instant yeast - 7 grams
- 2 tbsp Extra virgin olive oil - 28 grams
- 2 cups Lukewarm water - 473 grams
- Extra olive oil for drizzling

Caramelized Onions

- 3 tbsp Butter
- 4-5 White or yellow onions (thinly sliced)
- ¼ tsp Salt
- ¼ tsp Black pepper
- 1 tbsp Balsamic Vinegar

For Baking and Dressing

- 1 tbsp Butter - For greasing the pan
- ¼ cup Extra virgin olive oil
- 1 cup Gruyere cheese (cubed) - 150 grams
- 2 tsp Fresh thyme - From 3-4 sprigs

Instructions

1. **Mix.** To a large bowl, add **4 cups All-purpose flour, 2 tsp Kosher salt, 2 tsp Instant yeast, 2 tbsp Extra virgin olive oil** and **2 cups Lukewarm water**. Mix with a wooden spoon until all the flour is hydrated. The mix should be shaggy but not sloppy.
2. **Rise.** Drizzle some olive oil over the top of the dough, cover the bowl with plastic wrap or a tight-fitting cover and refrigerate overnight for at least 18 hours.
3. **Deflate.** 2 hours before you want to bake the focaccia, take the bowl out of the fridge and uncover it. Using your hands deflate the dough slightly and transfer the dough to a buttered and oiled baking tray (9x13) or sheet pan.
4. **Shape.** Shape it loosely by grabbing each end and folding it over like you would a letter. Flip the dough over so the seams are on the bottom. Cover the tray with a tea towel and set aside for 1.5-2 hours.
5. **Make Caramelized Onion.** Set a non stick pan on medium heat and add **3 tbsp Butter**. Once the butter has melted, add **4-5 White or yellow onions (thinly sliced), ¼ tsp Salt** and **¼ tsp Black pepper**. Keep stirring until the onions have softened (but not browned), about 4-6 minutes. Turn the heat down to low and continue to caramelize the onions for 30-40 minutes, or until the onions are soft and lightly browned. Add **1 tbsp Balsamic Vinegar**, stir, and set aside to cool.

6. **Dimple.** Preheat your oven to 425F/220C. The dough should now have spread covering the surface of the baking tray. If not, you can help it stretch to the edges by carefully easing it to the corners. Drizzle more olive oil over the dough and start dimpling with your fingers, covering the entire surface. This creates valleys and mountains in the dough and you should also see air bubbles forming.
7. **Dress.** Nestle your caramelized onions, **1 cup Gruyere cheese (cubed)** and **2 tsp Fresh thyme** in the dough. Press the ingredients down.
8. **Bake.** Bake in the preheated oven for 20-25 minutes, until golden brown.

Notes

Seetheblog post above for detailed step-by-step recipe photos.

Ingredient notes:

- **Flour:** This recipe uses 100% white all-purpose flour (unbleached preferred). However, feel free to sub in some whole wheat flour (up to 25% of the total flour amount).
- **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 water for a few minutes before making the dough.
- **Olive Oil:** It wouldn't be a focaccia without olive oil. This recipe uses quite a bit of oil. You can reduce the amount slightly but keep in mind a traditional focaccia is supposed to be slightly oily. Good quality olive oil is a must.
- **Cheese:** As this is a French onion soup inspired flavor profile, Gruyere cheese works best. I like it because it melts really well and has a nice flavor to it. It also caramelizes nicely in the oven. If you don't have gruyere you can use a sharp white cheddar instead.
- **Onions:** When making caramelized onions, use white or yellow onions. Don't use red onions. The process takes time to make good quality caramelized onions, so take your time. It'll make all the difference.

Some important tips:

- **Don't Hurry the process.** Allow the dough to rise in the fridge for at least 18 hours and you'll need 2-4 hours for the second rise. The timing will depend on the temperature in your kitchen and how active the dough is. That being said, plan ahead!

Short on time? Make the dough in a stand mixer with a dough hook and knead on medium speed for 6-8 minutes. Let the dough rise for 1 hour and then proceed with the preparation and baking steps (starting at step 3).

Nutrition

Calories: 305kcal | Carbohydrates: 36g | Protein: 9g | Fat: 14g | Saturated Fat: 5g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 7g | Trans Fat: 0.1g | Cholesterol: 20mg | Sodium: 591mg | Potassium: 130mg | Fiber: 2g | Sugar: 2g | Vitamin A: 204IU | Vitamin C: 3mg | Calcium: 130mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/caramelized-onion-gruyere-focaccia/>



Pistachio Lemon Bars (with Nutty Crumb Topping)

These **PistachioLemonBars** are a delicious and elevated twist on a classic recipe. Zesty, nutty, sweet (but not too sweet), and just the right amount of crumbly. With a **honey-sweetened lemon curd** and a **buttery pistachio crust**, this dessert hits that perfect balance between bright and rich.

Prep Time	Cook Time	Total Time
15 mins	55 mins	1 hr 10 mins

Course: Dessert, Snack

Cuisine: American

Diet: Vegetarian

Servings: 9 Bars

Author: Luay Ghafari

Cost: \$20



☆☆☆☆☆

No ratings yet

Ingredients

Lemon Filling

- ½ cup Lemon juice - 118 grams (from about 3 lemons)
- 6 tbsp Honey - 126 grams
- 1 tbsp Lemon zest (finely grated) - 6 grams (from about 1-2 lemons)
- 2 Large eggs
- 3 Egg yolks
- Pinch of salt
- ¼ cup Unsalted butter (cubed) - 56 grams

Crust

- 1⅓ cups All purpose flour - 208 grams
- ½ cup Unsalted pistachios (roughly chopped) - 72 grams
- 6 tbsp Granulated sugar - 75 grams
- 2 tbsp Powdered sugar - 15 grams
- ½ tsp salt
- ¼ tsp Baking soda
- 10 tbsp Cold unsalted butter (cubed) - 141 grams

Instructions

1. **Preheat Oven and Prepare Pan.** Preheat your oven to 350°F / 175°C and line an 8-inch square baking pan with parchment paper.
2. **Make Curd Base.** In a saucepan set over medium heat, combine **½ cup Lemon juice, 6 tbsp Honey, 1 tbsp Lemon zest (finely grated), 2 Large eggs, 3 Egg yolks,** and a **Pinch of salt**. Whisk well until combined.
3. **Cook the Curd.** Cook, while stirring gently but constantly, until the mixture begins to bubble. Allow it to bubble for 15 seconds before removing from the heat. It should be thick enough to coat the back of a spoon.
4. **Stir in Butter and Strain.** Stir in **¼ cup Unsalted butter (cubed)** until melted and fully combined. Strain the lemon curd through a fine mesh sieve and into a bowl to remove any solids. Set the bowl aside.
5. **Make the Crust.** Add **1⅓ cups All purpose flour, ½ cup Unsalted pistachios (roughly chopped), 6 tbsp Granulated sugar, 2 tbsp Powdered sugar, ½ tsp salt** and **¼ tsp Baking soda** to a food processor. Pulse a few times to chop the pistachios a little and mix the dry ingredients.
6. **Add Butter.** Add in **10 tbsp Cold unsalted butter (cubed)** and pulse a few more times until it comes together in a crumbly dough. It will be dry but should clump together if you press it in your hands.
7. **Form Base and Par Bake.** Press 2/3 of the crust dough into the bottom of the lined pan in an even layer with a rubber spatula or the flat bottom of a glass. Bake for 15 minutes in the preheated oven on the middle rack.
8. **Add Curd and Topping.** Remove from the oven and spread the lemon curd evenly over the hot crust using an offset spatula. Crumble the remaining dough on top.
9. **Final Bake.** Bake again for 20-25 minutes or until golden brown.
10. **Cool and Slice.** Let the baked bars cool completely on a wire rack, then chill in the fridge for at least 2 hours before removing from the pan and slicing with a sharp knife. Dust with powdered sugar just before serving, if you like!

Notes

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

Key Ingredient Notes:

- **Lemons:** There are lemon bars after all! **Freshly squeezed is best!** You will also need the zest. If you wanted to change it up, you can totally try using lime juice. It'll just be a lime curd, and you'll end up with Lime Bars, which will be equally delicious.
- **Honey:** Adds natural sweetness and complements the lemon beautifully. Maple syrup could work in a pinch.
- **Eggs:** You will need 2 large eggs and 3 yolks for this recipe.
- **All-Purpose Flour:** This recipe calls for **all-purpose flour** for the crust. You could use a one-to-one gluten-free replacement here.
- **Unsalted Pistachios:** The key here is to use unsalted nuts. If you were to use salted, the lemon bars may end up being a touch on the salty side. Pistachios can be expensive, so feel free to use almonds or even pecans instead.

Nutrition

Calories: 390kcal | Carbohydrates: 42g | Protein: 6g | Fat: 24g | Saturated Fat: 13g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 7g | Trans Fat: 1g | Cholesterol: 148mg | Sodium: 318mg | Potassium: 144mg | Fiber: 1g | Sugar: 21g | Vitamin A: 715IU | Vitamin C: 7mg | Calcium: 31mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/pistachio-lemon-bars-with-nutty-crumb-topping/>





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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