



FALL MEAL PLAN: WEEK 10



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 10

Monday



Portugese Chicken

Tuesday



Rice and Bean Pilaf

Wednesday



Beef Chickpea Stew

Thursday



Apple Freekeh Kale Salad

Friday



Tuna Arugula Salad

Salad/App



Braised Cabbage

Baking



Whole Wheat Focaccia

Dessert

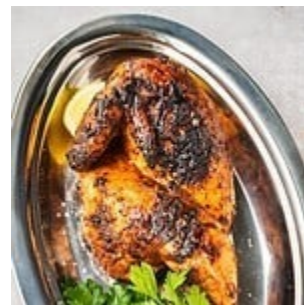


Tahini Brownies

URBAN FARM & KITCHEN

Portuguese Shop Style Piri Piri Chicken

This Portuguese shop style piri piri chicken has the smoky, garlicky, lemony flavor I love in a good grilled whole Portuguese chicken. A simple dry rub seasons the bird, then a bright olive oil marinade adds citrus and chili. I like to cut the chicken into halves before grilling: they're easier to handle, and they cook evenly over indirect heat before a quick finish over the flames.



No ratings yet

Prep Time	Cook Time	Seasoning Time	Total Time
20 mins	45 mins	1 hr	2 hrs 5 mins

Course: Main Course Cuisine: Portugese Servings: 2 Servings Author: Luay Ghafari
Cost: \$20

Equipment

- Outdoor grill - Or use an oven, see notes

Ingredients

- 1 Whole chicken, cut into halves

Dry Rub

- 1 tsp Garlic powder
- 1 tsp Smoked paprika
- 1 tsp Ground coriander
- 1 tbsp Kosher salt
- ½ tsp Black pepper

Sauce/Brush on

- 3 tbsp Olive oil
- 1 tbsp Lemon juice
- 1 tsp Lemon zest
- 2-3 Garlic cloves (minced or grated)
- 1 tsp Smoked paprika
- 1 tsp Dry coriander - use ground or crush some whole coriander seeds in a mortar if you can
- ½ tsp Chili flakes - Use more or less to taste

Garnish/Serve With

- Fresh parsley and lemon wedges

Instructions

- 1. Make the dry rub.** Stir together the garlic powder, smoked paprika, ground coriander, salt, and black pepper.
- 2. Make the sauce.** Mix the olive oil, lemon juice, lemon zest, paprika, ground coriander, chili flakes, and fresh garlic. Divide the sauce into 2 small bowls (one will be used to brush on the chicken while it grills; the other will be used as a serving sauce). Refrigerate the sauce for now.
- 3. Season.** Rub the dry seasoning all over both halves. Cover and refrigerate for at least 1 hour, or overnight for deeper seasoning.
- 4. Grill.** Heat the grill and set it up with two heat zones: one side for indirect heat (where the flame is set to the lowest) and one for direct heat (where the flame is higher). Spray or brush cooking oil on the grates. Place the chicken halves skin-side up over indirect heat. Close the lid and grill, turning as needed for even cooking. When the chicken is nearly cooked through, move it over direct heat to brown and color the skin. Turn as needed so it colors without burning. Check that the thickest part of each half reaches 74°C (165°F), without the thermometer touching bone.
- 5. Brush.** Towards the end of the cooking, brush the chicken with the marinade.
- 6. Serve.** Let the chicken rest before serving. Serve with lemon wedges, parsley and the reserved, unused sauce.

Notes

Use an oven instead: To roast instead of grilling, heat the oven to 200°C (400°F). Place the seasoned chicken halves in a roasting pan and cook until they reach 74°C (165°F) in the thickest part of the bird, basting with the reserved marinade near the end. You may need to use your broiler for a few minutes to get some char on the skin.

Nutrition

Calories: 1029kcal | Carbohydrates: 5g | Protein: 72g | Fat: 79g | Saturated Fat: 19g | Polyunsaturated Fat: 15g | Monounsaturated Fat: 39g | Trans Fat: 0.4g | Cholesterol: 286mg | Sodium: 4348mg | Potassium: 841mg | Fiber: 2g | Sugar: 1g | Vitamin A: 1668IU | Vitamin C: 12mg | Calcium: 73mg | Iron: 5mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/portuguese-shop-style-piri-piri-chicken-olive-g/>



Middle Eastern Vegetable Rice Pilaf

Bored of plain white rice? Level up your rice game with this Middle Eastern Vegetable Rice Pilaf recipe that combines basmati with vegetables, beans and warm spices. I think of this recipe as a sort of "loaded rice" that packs extra flavor, fiber and a serving of vegetables. It's a base and a side all in one.



★★★★★
5 from 2 votes

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

Ingredients

- 1 cup Basmati rice
- 2 tbsp Olive oil
- 1 Medium onion (finely diced)
- 1 tsp Ground coriander
- ½ tsp Garlic powder
- ½ tsp Turmeric powder
- ¼-½ tsp Salt - Use more salt if using low-sodium broth, use less salt if using regular broth
- ¼ tsp Black pepper
- 1½ cups Chicken broth
- 1 cup Mixed frozen vegetables
- 1 cup Canned black beans (drained)
- Fresh parsley for garnish

Instructions

1. **Wash and Drain Rice.** Wash and drain **1 cup Basmati rice** thoroughly until the water runs mostly clear. This helps ensure fluffy, separate grains.
2. **Sauté Aromatics.** In a large pot, heat **2 tbsp Olive oil** over medium heat. Add **1 Medium onion (finely diced), 1 tsp Ground coriander, ½ tsp Garlic powder, ½ tsp Turmeric powder, ¼-½ tsp Salt, and ¼ tsp Black pepper.** Sauté until the onion is softened and fragrant, about 3-5 minutes. Avoid browning.
3. **Add Rice, Vegetables and Stock.** Stir in the rinsed rice, **1½ cups Chicken broth, 1 cup Mixed frozen vegetables, and 1 cup Canned black beans (drained).** Bring everything to a boil.
4. **Steam.** Once boiling, reduce the heat to the lowest setting. Cover the pot tightly and let the rice steam for 20-25 minutes without lifting the lid.
5. **Rest and Serve.** Turn off the heat and let the pilaf rest, covered, for 10 minutes. Fluff gently with a fork, add **Fresh parsley for garnish** and serve warm.

Notes

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

Key Ingredient Notes:

- **Rice:** Use long-grain Basmati rice. The key is to rinse it really well under cold water until the water runs clear. You can use a different type of rice, like Jasmine rice or brown rice, but you will need to make adjustments to the amount of liquid per package instructions.

- **Liquid:** Even though you can use water to cook the rice, this is your opportunity to infuse more flavor into the final dish. I am using **chicken broth or chicken stock**, which adds savory depth. You can swap it with vegetable broth

version.

Frozen green peas and carrots: Feel free to use any bagged mixed vegetables you like. I just happen to always have this frozen veggie mix on hand in my freezer, so making this recipe doesn't require a trip to the store. But frozen green beans, corn, red bell pepper or green peppers would all work nicely. Or you can chop your own fresh veggies.

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- **Beans:** You can use red kidney beans. I would avoid canned navy or white beans, as they will definitely turn soft as the rice cooks.
- **Dry spices:** You don't have to add extra spices if you don't want to, but I do like to include **ground coriander, turmeric, and garlic powder**. They add warmth and depth of flavor.

Nutrition

Calories: 319kcal | Carbohydrates: 54g | Protein: 8g | Fat: 8g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Cholesterol: 2mg | Sodium: 808mg | Potassium: 355mg | Fiber: 6g | Sugar: 2g | Vitamin A: 2315IU | Vitamin C: 8mg | Calcium: 54mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/middle-eastern-vegetable-rice-pilaf/>



One-Pot Beef and Chickpea Stew

My One-Pot Beef and Chickpea Stew is warm, comforting and really filling. Chuck roast turns tender in a savory broth with onion, garlic, vegetables, and baharat, while chickpeas make each bowl extra hearty. Perfect for a weekend or special occasion.

Prep Time 20 mins	Cook Time 3 hrs	Total Time 3 hrs 20 mins
Course: Main Course		
Author: Luay Ghafari	Cuisine: Mediterranean, Middle Eastern	Servings: 4 Servings
	Cost: \$30	



☆☆☆☆☆
No ratings yet

Equipment

- Dutch oven or heavy bottom pot with lid

Ingredients

- 1.5 lbs Chuck roast (cut into 2-inch pieces) - See note for beef cut alternatives
- 1 tsp Kosher salt
- ½ tsp Black pepper
- 2 tbsp Olive oil
- 1 Onion (diced)
- 1 Carrot (roughly chopped)
- 1 Celery Stalk (roughly chopped)
- 4 Garlic cloves (minced)
- 1½ tsp Baharat (7-Spice) - See note
- 2 tbsp Tomato paste
- 2 cups Beef Broth - You may need more
- 2 tsp Worcestershire sauce
- 2 Bay leaves
- ¼ cup Parsley stems (bundled with twine)
- 1 can Chickpeas (drained and rinsed) - Use a 19oz can
- Fresh parsley for garnish
-

Instructions

- Season and Sear the Beef.** Season the beef with salt and pepper. Heat the olive oil in a heavy-bottomed pot or Dutch oven over medium-high heat. Brown the beef on all sides in batches, then transfer it to a plate.
- Cook the Vegetables and Spices.** Add the yellow onion, carrot, celery, and garlic to the pot. Cook for 3–4 minutes, stirring, until the onion is translucent. Add the baharat and tomato paste and cook for another 2–3 minutes.
- Simmer the Stew.** Return the beef to the pot. Add the beef broth, Worcestershire sauce, bay leaves, and parsley stem bundle. Bring to a boil, then reduce the heat to low, cover, and simmer until the beef is fork-tender, about 2–3 hours. Keep it at a gentle simmer; if the pot looks dry, add a little more broth or water.
- Add the Chickpeas.** Stir in the drained chickpeas and cook for about 10 minutes, until warmed through. Taste and adjust the seasoning.
- Garnish and Serve.** Remove the parsley stem bundle. Sprinkle with chopped fresh parsley and serve hot.

Notes

Key Ingredient Notes:

- Beef:** I like to use a **whole chuck roast** and cut into cubes myself. I prefer chuck because it's well-marbled and becomes tender during a long simmer. Beef stew meat can also work, but in my experience will be drier.
- Spice Mix:** You will need the quintessential spice blend used in Middle Eastern cuisine, **Baharat** (also known as 7-Spice Blend or Lebanese 7-Spice). You can purchase the spice blend from any Middle Eastern grocery store, or you can **substitute with equal parts ground cumin, ground coriander and cinnamon**. That'll get you the closest to the authentic flavor profile.

- **Beef broth:** I prefer to use a low-sodium broth, as it gives me more control over the salt level in the recipe.
- **Worcestershire Sauce:** Wait, Worcestershire sauce in a Middle Eastern recipe? Yes, hear me out! It adds savory depth and seasons the stew further. I highly recommend using it if you can.
- **Bay leaves and parsley stems:** Infuse the broth as it simmers; bundle the stems with twine so they're easy to remove.

Tips for Success:

- **Brown the beef in batches.** Crowding the pot can keep the beef from browning well. Give the pieces room, and let the pot heat back up between batches if needed.
- **Trim excess fat if you prefer a lighter broth.** A little marbling helps the beef stay rich and tender, but large pieces of exterior fat can make the stew greasy.
- **Let the beef get truly tender before adding the chickpeas.** The beef may need the full 2–3 hours; check with a fork rather than relying only on the clock.
- **Keep the simmer gentle.** A low, steady simmer gives the beef time to soften without boiling the liquid away too quickly.

Nutrition

Calories: 571kcal | Carbohydrates: 35g | Protein: 44g | Fat: 3g | Saturated Fat: 10g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 16g | Trans Fat: 1g | Cholesterol: 117mg | Sodium: 158mg | Potassium: 1148mg | Fiber: 9g | Sugar: 8g | Vitamin A: 3045IU | Vitamin C: 12mg | Calcium: 114mg | Iron: 7mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/beef-and-chickpea-stew/>



Apple Freekeh Kale Salad

This apple, freekeh and kale salad brings together crisp apples, chewy freekeh, toasted walnuts, feta and dried cranberries, all tossed in a tangy apple cider vinaigrette. It's hearty enough for lunch and makes a lovely side for a fall dinner.



No ratings yet

Prep Time

15 mins

Cook Time

20 mins

Total Time

35 mins

Course: Salad, Side Dish Cuisine: Mediterranean, Seasonal Diet: Vegetarian

Servings: 6 Servings Author: Luay Ghafari

Ingredients

For the salad

- 1 cup Cracked freekeh
- 4 cups Kale (chopped) - From about 1 bunch
- 2 Apples (diced) - Such as Honeycrisp or Pink Lady
- ½ cup Feta (crumbled)
- ½ cup Toasted walnuts (roughly chopped)
- ⅓ cup Dried cranberries
- ¼ cup Red onion (thinly sliced)
- ¼ cup Fresh parsley (chopped)

For the apple cider vinaigrette

- ¼ cup Extra virgin olive oil
- 3 tbsp Apple cider vinegar
- 1 tbsp Dijon mustard
- 2 tsp Pomegranate molasses
- ½ tsp Kosher salt
- ¼ tsp Black pepper

Instructions

1. **Cook the Freekeh.** Cook according to the package directions until tender but pleasantly chewy. Drain off any excess liquid and cool slightly.
2. **Make the Vinaigrette.** Whisk together olive oil, vinegar, Dijon, pomegranate molasses, salt and pepper.
3. **Massage the Kale.** Place the kale in a large bowl, add about 1 tablespoon of vinaigrette and massage for 1–2 minutes until slightly softened.
4. **Assemble.** Add the freekeh, apples, feta, walnuts, cranberries, red onion and parsley. Add the remaining vinaigrette and toss.

Notes

Key Ingredient Notes:

- **Freekeh:** Cracked freekeh cooks into a tender, chewy base. Cooking times vary, so follow the package directions. Freekeh contains wheat and is not gluten-free. So choose an alternative if you have a gluten sensitivity.
- **Pomegranate Molasses:** If you don't have it, feel free to use honey or maple syrup instead.

Tips for Success:

- **Let the freekeh cool before tossing.** Warm freekeh can soften the kale and feta. Spread it out in a shallow dish to help it cool more quickly.
- **Taste the freekeh before draining.** It should be tender with a little chew. Cooking times vary by brand and whether the freekeh is cracked or whole.
- **Slice the apples just before serving.** This helps keep them crisp and fresh-looking. Tossing them with a little vinaigrette can also slow browning.

- **Toast the walnuts for more flavor.** A few minutes in a dry skillet over medium heat is enough; stir often and take them off the heat as soon as they smell fragrant.
- **Dress to taste.** Start with 3/4 of the amount in the recipe, then add a little more vinaigrette if you prefer a more dressed salad.

Nutrition

Calories: 330kcal | Carbohydrates: 35g | Protein: 9g | Fat: 19g | Saturated Fat: 4g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 8g | Cholesterol: 11mg | Sodium: 471mg | Potassium: 201mg | Fiber: 6g | Sugar: 13g | Vitamin A: 1699IU | Vitamin C: 20mg | Calcium: 132mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/apple-freekeh-kale-salad-olive-grove-club-exclusive/>



Tuna and White Bean Salad (with Caper Vinaigrette)

This Tuna and White Bean Salad with Caper Vinaigrette is one of those recipes I turn to again and again when I need something quick, nourishing, and full of bold flavor. It's got pantry-friendly vibes with a fresh, zippy twist. Perfect for a quick lunch, picnics, or as a light dinner with some crusty bread on the side.

Prep Time
15 mins

Total Time
15 mins

Course: Salad, Side Dish, Snack Cuisine: Mediterranean Servings: 4 Servings
Author: Luay Ghafari Cost: \$10



★★★★★
5 from 1 vote

Ingredients

Caper Vinaigrette

- 3 tbsp Extra virgin olive oil
- 2 tbsp Lemon juice
- 1 tbsp Capers (chopped)
- 2 tsp Dijon mustard
- 1 Small garlic clove (grated)
- ½ tsp Kosher salt
- ¼ tsp Black pepper

Salad Ingredients

- 2 cans Tuna (drained) - Packed in olive oil or water
- 1 can White beans (drained and rinsed) - Navy or Cannellini - Use a 14 oz or 398ml can
- ½ Small red onion (finely diced)
- 1 Celery stalk (diced)
- 2 tbsp Parsley (chopped) - Use more if you like
- 2 cups Arugula or mixed greens

Instructions

1. **Make the Vinaigrette.** In a small bowl, whisk together **3 tbsp Extra virgin olive oil, 2 tbsp Lemon juice, 1 tbsp Capers (chopped), 2 tsp Dijon mustard, 1 Small garlic clove (grated), ½ tsp Kosher salt, and ¼ tsp Black pepper** until emulsified.
2. **Assemble the Base.** In a large mixing bowl, combine **2 cans Tuna (drained), 1 can White beans (drained and rinsed), ½ Small red onion (finely diced), 1 Celery stalk (diced), and 2 tbsp Parsley (chopped).**
3. **Dress the Salad.** Pour the vinaigrette over the tuna mixture and gently fold to combine. Try to keep some of the tuna in larger flakes for texture.
4. **Add the Greens.** Just before serving, gently fold in **2 cups Arugula or mixed greens.** Taste and adjust seasoning if needed. Serve immediately or chill briefly before serving.

Notes

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

Key Ingredient Notes:

- **Tuna: Canned in olive oil is ideal**, but water-packed works too. Use a good quality tuna if you can find it (sometimes you'll find it sold in jars rather than cans, and you'll be able to see whole chunks sitting in oil).
- **Canned beans:** I like **cannellini, white navy beans or white kidney beans** for their creamy texture. Chickpeas can be substituted.
- **Capers:** I always have capers in brine on hand and use them in many of my Greek and Mediterranean recipes. You can sub with a few green olives.

- **Dijon Mustard:** Adds a subtle sharpness to the dressing, but most importantly, it helps emulsify the acid and oil. You end up with a creamy dressing instead of one that splits.
- **Arugula or Mixed Greens:** You don't need to add the greens, but I like to use them to bulk up the salad a bit and stretch it for a crowd. The greens add a fresh, peppery bite at the end.
- **Fresh Herbs:** I am using **fresh parsley** in this recipe, but you can use fresh basil too.

Nutrition

Calories: 269kcal | Carbohydrates: 18g | Protein: 23g | Fat: 12g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 8g | Trans Fat: 0.003g | Cholesterol: 31mg | Sodium: 714mg | Potassium: 583mg | Fiber: 5g | Sugar: 1g | Vitamin A: 464IU | Vitamin C: 8mg | Calcium: 97mg | Iron: 4mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/tuna-and-white-bean-salad-with-caper-vinaigrette/>



Braised Cabbage with White Beans

My Braised Cabbage with White Beans recipe is a simple, hearty and bright one-pot side dish that pairs with so many mains and other sides. This vegetarian side dish is high-fiber and proof that a handful of pantry staples can come together to create something truly satisfying. And best of all, it's easy to make and ready in under 45 minutes.



★★★★★
5 from 1 vote

Prep Time	Cook Time	Total Time
10 mins	30 mins	40 mins

Course: Side Dish Cuisine: Mediterranean, Seasonal Diet: Vegetarian Servings: 4 Servings

Author: Luay Ghafari Cost: \$10

Ingredients

- 2 tbsp Extra virgin olive oil
- 1 Medium onion (thinly sliced)
- 4 Garlic cloves (thinly sliced)
- 1 Medium green cabbage (cored and cut into thick ribbons) - About 2lbs
- 1 tsp Kosher salt
- ½ tsp Black pepper
- ½ tsp Chili flakes - Optional
- 1 tsp Ground cumin
- 1 tbsp Tomato paste
- 1 cup Vegetable broth
- 1 can White beans (drained and rinsed) - Use a 15 ounce can
- 1 tbsp Lemon zest - From 1 lemon
- 3 tbsp Lemon juice - From 1 lemon
- ½ cup Fresh parsley (roughly chopped)
-

Optional Garnishes

- Extra virgin olive oil
- Greek yogurt
- Crumbled feta
- Fresh parsley

Instructions

1. **Build the Base.** Heat **2 tbsp Extra virgin olive oil** in a large Dutch oven or deep skillet over medium heat. Add **1 Medium onion (thinly sliced)** and cook for 3 to 5 minutes until softened and lightly golden. Stir in **4 Garlic cloves (thinly sliced)** and cook for another minute until fragrant.
2. **Add the Cabbage.** Add **1 Medium green cabbage (cored and cut into thick ribbons)**, **1 tsp Kosher salt**, **½ tsp Black pepper**, optional **½ tsp Chili flakes**, and **1 tsp Ground cumin**. Toss everything together and cook for 8 to 10 minutes, stirring occasionally, until the cabbage begins to soften and develop some caramelized edges.
3. **Braise.** Stir in **1 tbsp Tomato paste** and cook for 1 minute. Pour in **1 cup Vegetable broth**, cover, and braise for 20 to 25 minutes on low heat, stirring once or twice, until the cabbage is tender but still holds its shape.
4. **Add Beans.** Add **1 can White beans (drained and rinsed)**, **1 tbsp Lemon zest**, and **3 tbsp Lemon juice**. Cook uncovered for another 5 to 8 minutes, allowing the broth to reduce slightly while the beans warm through. Taste and adjust with additional salt or lemon juice if needed.
5. **Finish.** Remove from the heat and fold in **½ cup Fresh parsley (roughly chopped)**. Transfer to a serving platter or shallow bowl. Finish with a drizzle of **Extra virgin olive oil**, dollops of **Greek yogurt** if using, **Crumbled feta**, and a sprinkle of extra **Fresh parsley**.

Notes

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

Key Ingredient Notes:

- **Green Cabbage:** The star of the recipe. Savoy cabbage can also be used for a slightly more delicate texture. I wouldn't use red cabbage here. It will not look appetizing once cooked.
- **Ground Cumin:** Adds warmth and earthiness. I like adding ground cumin to braises. It just amplifies the coziness of the dish. You can substitute with ground coriander if that's what you have. Or just leave it out entirely.
- **Broth:** I'm using **vegetable broth** in this recipe to keep it vegetarian, but you can use chicken broth if that's what you prefer or have on hand.
- **White Beans: Cannellini, Great Northern, or navy beans** all work well. You can even use bigger butter beans.
- **Lemon:** You will need both the zest and juice of a lemon for this recipe. You could replace the lemon with a splash of apple cider vinegar.
- **Fresh Parsley:** Adds freshness and color. Cilantro (coriander) would work well here too, but parsley is my preference.

Tips for Success:

- **Don't rush the initial sauté.** Allowing the onions and cabbage to develop some color builds layers of flavor before braising.
- Keep the cabbage in fairly thick ribbons so it becomes tender without falling apart.
- **Taste before serving.** Depending on the sweetness of your cabbage, you may want an extra squeeze of lemon juice to brighten the dish.

Nutrition

Calories: 236kcal | Carbohydrates: 36g | Protein: 10g | Fat: 8g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Sodium: 1194mg | Potassium: 899mg | Fiber: 11g | Sugar: 10g | Vitamin A: 1123IU | Vitamin C: 103mg | Calcium: 179mg | Iron: 5mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/braised-cabbage-with-white-beans/>



No Knead Whole Wheat Focaccia Recipe

This No Knead Whole Wheat focaccia recipe is a spin on my standard focaccia recipe. It uses a combination of whole wheat flour and all-purpose. This recipe does take some time to prepare (mostly hands-off) but the final baked focaccia will be worth the wait. The base recipe needs just 6 ingredients that you probably have in your pantry right now!



5 from 2 votes

Prep Time	Cook Time	Rise time	Total Time
15 mins	25 mins	18 hrs	18 hrs 40 mins

Course: Appetizer, Breakfast, Brunch, Side Dish, Snack Cuisine: Italian Diet: Vegan, Vegetarian
 Servings: 12 Servings Author: Luay Ghafari Cost: \$10

Equipment

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

Ingredients

For the Dough

- 2 cups All-purpose flour - 260 grams - Bread flour can also be used
- 2 cups Whole wheat flour - 260 grams
- 2 tsp Kosher salt - 10 grams
- 2 tsp Instant yeast - 7 grams
- 2 tbsp Extra virgin olive oil - 28 grams (Plus extra for drizzling)
- 2 cups Lukewarm water - 473 grams

For Baking and Garnish

- 1 tbsp Butter - For greasing the pan
- ¼ cup Extra virgin olive oil, divided - for greasing the tray and for oiling the dough
- 2-4 tbsp Fresh rosemary
- Flaky salt

Instructions

1. **Mix.** To a large bowl, add **2 cups All-purpose flour, 2 cups Whole wheat 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 at least 18 hours.
3. **Deflate and shape.** At least 2 hours before you want to bake the focaccia, take the bowl out of the fridge and uncover it. Using your hands or a dough scraper deflate the dough slightly and transfer the dough to a generously buttered and oiled baking tray (9x13) or sheet pan. 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 towel and set aside for 1.5-2 hours.
4. **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.
5. **Dress.** Add a big pinch or two of flaky salt and the rosemary. Press in. Optional: At this point you can also add any other toppings you like.
6. **Bake.** Bake in the preheated oven for 20-25 minutes, until golden brown. Every oven is different, so your focaccia may need more time. Let the focaccia cool for 30 minutes before cutting into it.

Notes

See the blog post above for a detailed step-by-step with photos.

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!
- **This recipe uses Instant yeast.** But if you only have active dry yeast, you can bloom it in lukewarm water for 5 minutes before adding it to the dry ingredients.

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).

Check out my other Focaccia recipes:

- Tomato Focaccia
- Jalapeno Cheddar Focaccia
- Za'atar Olive Focaccia
- Fig and Cheddar Focaccia
- French Onion Focaccia

Nutrition

Calories: 220kcal | Carbohydrates: 31g | Protein: 6g | Fat: 9g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Trans Fat: 0.04g | Cholesterol: 3mg | Sodium: 399mg | Potassium: 117mg | Fiber: 3g | Sugar: 0.1g | Vitamin A: 41IU | Vitamin C: 0.1mg | Calcium: 13mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

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



Tahini Brownies (with Nutty Tahini Swirl)

These Tahini Brownies take a classic American dessert and give it a Middle Eastern spin that's both surprising and irresistible. They come together with minimal effort and standard pantry ingredients.

Prep Time

20 mins

Cook Time

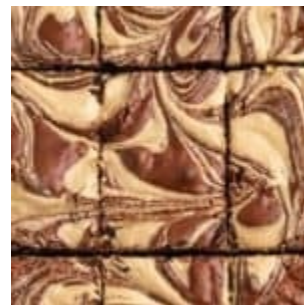
28 mins

Total Time

48 mins

Course: Dessert Cuisine: American, Middle Eastern Servings: 9 Squares

Author: Luay Ghafari Cost: \$10



5 from 2 votes

Ingredients

For the Brownies

- 1 cup Semi-sweet chocolate chips (divided) - 170 grams
- ¼ cup Light olive oil - 50 grams
- ¼ cup Tahini - 64 grams
- 1 cup White sugar - 200 grams
- ½ cup Light brown sugar - 106 grams
- 3 Large eggs
- 2 tsp Vanilla extract
- ¾ cup All purpose flour - 94 grams
- 6 tbsp Dutch process cocoa powder - 30 grams
- 1 tsp Kosher salt

For the Tahini Swirl

- ¼ cup Tahini - 64 grams
- 3 tbsp Powdered sugar - 23 grams

Instructions

1. **Preheat.** Preheat your oven to 350°F (175°C) and line a 9-inch square pan with parchment paper.
2. **Melt the chocolate.** In a heatproof bowl, combine ½ cup of chocolate chips with olive oil. Microwave at 50% power, stirring every 30 seconds until melted. Let cool slightly.
3. **Mix Wet Ingredients.** In a large bowl, add tahini, white sugar, brown sugar, eggs, and vanilla. Whisk for about 60 seconds until slightly thickened.
4. **Add in Melted Chocolate Mixture.** Add the cooled, melted chocolate to the tahini mixture and stir until smooth.
5. **Add the Dry Ingredients.** Into the wet ingredients, fold in the flour, cocoa powder, salt, and remaining chocolate chips with a rubber spatula until just combined.
6. **Pour into Pan.** Spread the brownie batter evenly into your prepared baking pan.
7. **Make the Tahini Swirl.** Make the swirl by mixing tahini and powdered sugar into a thick paste. Drop dollops on top of the brownie batter. Gently swirl with a knife.
8. **Bake.** Bake on the middle rack for 28–30 minutes, until a toothpick inserted near the center comes out with a few moist crumbs. Let the brownies cool completely in the pan and on a wire rack (at least 2 hours) before slicing and serving.

Notes

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

Key Ingredient Notes:

- **Semi-sweet Chocolate Chips:** Provides the chocolate backbone; use good quality for best melt and flavor.
- **Olive oil:** I am using **light olive oil** here instead of butter, which is usually more traditional. The olive oil gives the brownies a slightly lighter texture, but it also just makes sense to use olive oil in these Tahini Brownies as we play up the Middle Eastern flavors.

- **Tahini:** This Middle Eastern paste made from sesame seeds is a pantry staple for me. You can get it at most grocery stores or online. It has a nutty flavor profile, which works really well with the decadent chocolate brownie base. Make sure to **stir your tahini well before using it**, as it can separate if it sits too long between uses.
- **Sugar:** My recipe calls for 3 different types of sugar. **White, Light Brown, and Powdered**. The white and brown sugar are used in the brownie base, and the powdered sugar is used to sweeten the tahini when preparing the swirl.
- **Unsweetened Cocoa Powder:** I am using **Dutch process cocoa** but if you don't have that, standard cocoa powder will be just fine. Just make sure it is unsweetened.

Nutrition

Calories: 445kcal | Carbohydrates: 57g | Protein: 7g | Fat: 23g | Saturated Fat: 7g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 10g | Trans Fat: 0.02g | Cholesterol: 56mg | Sodium: 1309mg | Potassium: 274g | Fiber: 4g | Sugar: 19g | Vitamin A: 98IU | Vitamin C: 1mg | Calcium: 56mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/tahini-brownies-sweet-nutty-and-fudgy/>





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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