



FALL MEAL PLAN: WEEK 7



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 7

Monday



Turkey Meatball Soup with Feta and Orzo

Tuesday



Pasta al Forno

Wednesday



Harissa Honey Chicken

Thursday



Carrot Harissa Soup

Friday



Mediterranean Salmon Salad

Salad/App



Tabbouleh

Baking



Cheddar Biscuits

Dessert



Lemon Poppy Seed Muffins

URBAN FARM & KITCHEN

Turkey Meatball Soup (with Feta and Orzo)

This Greek-Inspired Turkey Meatball Soup is cozy, hearty and fresh all at the same time. Tender turkey and feta meatballs simmer with orzo, vegetables and spinach in a bright, lemony chicken broth, with plenty of fresh dill and parsley stirred in right at the end. Best of all, it's ready in under 60 minutes.



★★★★★
5 from 1 vote

Prep Time 25 mins	Cook Time 30 mins	Total Time 55 mins
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Course: Appetizer, Side Dish, Soup

Cuisine: Mediterranean

Servings: 6 Servings

Author: Luay Ghafari Cost: \$25

Ingredients

For the Turkey & Feta Meatballs

- 1 lb Ground turkey
- 1/3 cup Plain breadcrumbs - You may need more, see note
- 1 Large egg
- 1/2 cup Crumbled feta
- 2 Garlic cloves (grated)
- 2 tbsp Fresh parsley (finely chopped)
- 1 tbsp Fresh dill (finely chopped)
- 1 tsp Dried oregano
- 1/2 tsp Kosher salt
- 1/4 tsp Black pepper

For the Soup

- 2 tbsp Extra virgin olive oil
- 1 Medium yellow onion (finely diced)
- 1 Carrot (diced)
- 2 Celery stalks (diced)
- 3 Garlic cloves (minced)
- 1/2 tsp Dried oregano
- 5-6 cups Chicken broth - Start with 5 and add more later to reach brothy consistency, if needed
- 1/2 cup Orzo
- 4 cups Baby spinach
- 3 tbsp Fresh lemon juice
- 1/4 cup Fresh dill (chopped)
- 1/4 cup Fresh parsley (chopped)
- Kosher salt and black pepper, to taste

For Serving

- Crumbled feta, fresh dill, lemon wedges, extra virgin olive oil and/or freshly cracked black pepper

Instructions

1. **Make the Meatballs.** Add the ground turkey, breadcrumbs, egg, feta, garlic, parsley, dill, oregano, salt and pepper to a medium bowl. Mix gently until everything is just combined. Form the mixture into small meatballs, using about a tablespoon of mixture for each one. If the turkey mixture feels especially wet and is difficult to shape, add a little more breadcrumb until the meatballs hold together. Avoid adding too much or the meatballs can become dense.
2. **Brown the Meatballs.** Heat the extra virgin olive oil in a Dutch oven or large pot over medium-high heat. Add the meatballs, working in batches if necessary, and brown them for 4-5 minutes, turning occasionally. You aren't trying to cook them all the way through at this stage. Browning builds flavor and helps the meatballs hold their shape in the soup. Transfer the browned meatballs to a plate.
3. **Sauté the Vegetables.** Reduce the heat to medium. Add the diced onion, carrots and celery to the pot and cook for 5-6 minutes, until they begin to soften. Stir in the minced garlic cloves and dried oregano and cook for another 30 seconds.

4. **Simmer Broth.** Pour in the chicken broth, heat on high until the broth starts to boil, then reduce to medium heat.
5. **Add Meatballs and Orzo.** Return the browned turkey meatballs to the pot and add the dry orzo. Simmer for 8-10 minutes, or until the orzo is al dente and the turkey meatballs are completely cooked through.
6. **Finish with Spinach, Lemon and Herbs.** Stir in the baby spinach and cook just until wilted. Turn off the heat and stir in the fresh lemon juice, dill and parsley. Taste the broth and adjust the seasoning with salt, freshly cracked black pepper and additional lemon juice as needed. If the soup is thicker than you like, add a little more chicken broth until you reach your preferred consistency.
7. **Serve.** Ladle the Greek-inspired turkey meatball orzo soup into bowls and finish each serving with crumbled feta, fresh dill, freshly cracked black pepper and a drizzle of extra virgin olive oil. Serve with lemon wedges on the side.

Notes

KeyIngredient Notes:

- **Ground Turkey:** The base of these tender meatballs. Ground chicken can also work well here. Or even another ground protein like ground beef or lamb.
- **Plain breadcrumbs:** Help bind the meatballs and absorb excess moisture. Depending on how wet your ground turkey is, you may need a little extra. I always find that ground turkey will have different moisture levels depending on where you buy it, so I always need to adjust the breadcrumb amount.
- **Chicken broth:** I like using a low sodium boxed chicken broth in this recipe. The low-sodium allows me to control the salt level myself.
- **Orzo Pasta:** A small pasta that makes the soup hearty; you can substitute it with and small pasta shape.

Tips for Success:

- **Don't overwork the meatballs.** Ground turkey is quite lean, so mixing it aggressively can produce firm, rubbery meatballs. Combine the ingredients gently and stop as soon as everything is evenly incorporated. Using lightly wet hands makes it easy to roll the meatballs.
- **Adjust the breadcrumbs based on your turkey.** Different packages of ground turkey can have noticeably different moisture levels. Start with the recommended amount. If the mixture is too wet to roll into balls, add a little more breadcrumb until it becomes manageable.
- **Keep the meatballs small.** One-tablespoon meatballs cook quickly and are much easier to eat in a soup than large meatballs. Keeping them similar in size also helps them cook evenly.
- **Brown for flavor, not doneness.** The meatballs finish cooking in the broth, so you only need to develop some color on the outside during the browning stage. This adds another layer of savory flavor without drying them out.

Nutrition

Calories: 277kcal | Carbohydrates: 21g | Protein: 25g | Fat: 11g | Saturated Fat: 3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Trans Fat: 0.02g | Cholesterol: 84mg | Sodium: 1282mg | Potassium: 550mg | Fiber: 2g | Sugar: 3g | Vitamin A: 4184IU | Vitamin C: 18mg | Calcium: 140mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/greek-inspired-turkey-meatball-soup-with-feta-and-orzo/>



Beef Pasta al Forno (Baked Rigatoni)

Pasta al Forno is my kind of comfort food: rigatoni coated in a hearty beef and tomato sauce, with mozzarella tucked throughout and a layer of melted cheese on top. It serves 6 hungry people, making it a good choice for a family dinner or a table full of friends.

Prep Time

25 mins

Cook Time

1 hr 5 mins

Total Time

1 hr 30 mins

Course: ~~Main Course~~

Cost: \$25

Cuisine: American, Italian

Servings: 6 Servings

Author: Luay Ghafari



No ratings yet

Ingredients

- 1 tbsp Extra virgin olive oil
- 1½ lbs Ground beef - Use lean ground beef
- 1 Medium onion (diced)
- 6 Garlic cloves (minced)
- 1 tbsp Fresh parsley (finely chopped)
- 1 tsp Dried basil leaves
- 1 tsp Dried oregano
- 1 tsp Kosher salt
- ½ tsp Black pepper
- ½ tsp Red pepper flakes - Use less or more, to taste
- ¼ tsp Paprika
- ½ cup Dry white wine
- 1 Large can of plum tomatoes - Use a large 28 oz (795 gram) can
- 1 Can of tomato sauce - Use a 15 oz (425 gram) can
- 1 lb Rigatoni pasta
- 12 oz Mozzarella cheese (shredded)
- ¾ cup Pecorino Romano cheese (grated)
- Fresh basil for garnish
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Instructions

1. **Preheat the Oven.** Preheat the oven to 375°F (190°C).
2. **Brown the Meat.** Add the extra virgin olive oil, ground beef, onion and minced garlic cloves to a large pan over medium-high heat. Break the beef into small pieces with a wooden spoon and cook until browned and the onion has softened. Drain off the excess fat.
3. **Season.** Add the dried basil, oregano, salt, black pepper, red pepper flakes and paprika. Stir constantly for about a minute, until fragrant.
4. **Deglaze.** Pour in the white wine, scraping up any browned bits from the bottom of the pan. Cook until the wine has mostly evaporated.
5. **Add Tomatoes.** Add the plum tomatoes, tomato sauce and parsley. Bring to a gentle simmer. Break up the whole tomatoes with the back of a spoon and let the sauce simmer for 10-15 minutes while you cook the pasta.
6. **Cook Pasta.** Bring a large pot of generously salted water to a boil. Cook the rigatoni for 2 to 3 minutes less than the package directions for al dente, then drain. It will continue cooking in the oven.
7. **Layer.** Spread a little meat sauce over the bottom of a 9-by-13-inch baking dish or similar ovenproof dish. In a large bowl, combine the pasta with about 5 cups of sauce and half the mozzarella. Transfer it to the dish, then top with the remaining sauce. Sprinkle over the mozzarella and Pecorino Romano.
8. **Bake.** Bake for about 30 minutes, until the sauce is bubbling and the cheese has melted. Let the pasta rest for 10 to 15 minutes before serving. Garnish with fresh basil.

Notes

Key Ingredient Notes:

- **Ground Meat:** Traditional pasta al forno uses ground pork, beef, and/or Italian sausage. I wanted to make my recipe more accessible to those who don't eat pork, so I am only using ground beef here. If you don't eat beef, ground chicken or ground turkey would work too.
- **Spices:** A combination of **dried basil and dried oregano** works really well here. But you can substitute with Italian seasoning. I also like using red pepper flakes and paprika for some warmth and heat, but you can adjust to your taste.
- **Wine:** The recipe calls for a dry white wine. It deglazes the pan (loosens the browned bits) and adds flavor. You can use half a cup of broth instead. Or if you have red wine, that will work too.
- **Canned Tomatoes:** To make this recipe accessible and easy to make, canned tomatoes are the way to go. You will need both **Canned Plum Tomatoes** (they will break down and leave nice chunks of tomato in the sauce) as well as **Canned Tomato Sauce** (to give the sauce body). Jarred tomato passata is a good option too.
- **Pasta:** **Rigatoni** is traditional, and I like to use it. Its ridges and hollow centers catch the meat sauce. Penne or ziti are good alternatives.
- **Cheese:** The combination of **Mozzarella** cheese and **Pecorino Romano** cheese is traditional. Use a dry mozzarella (the kind that can be cubed or shredded). Don't use the fresh kind that is sold in brine or water. Parmesan cheese can be used instead of Pecorino.

Tips for Success:

- **Avoid mushy pasta.** Taking the pasta out of the water 2 to 3 minutes early gives it room to finish cooking in the sauce without turning soft.
- **Use enough sauce.** The pasta absorbs liquid in the oven, so coat it well and save some sauce for the top. If the sauce has become very thick while simmering, loosen it with a small splash of water before assembling.
- **Taste the sauce before assembling.** Pecorino adds salt at the end, but the beef and tomatoes should still taste well seasoned on their own.

Nutrition

Calories: 896kcal | Carbohydrates: 77g | Protein: 50g | Fat: 43g | Saturated Fat: 18g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 15g | Trans Fat: 1g | Cholesterol: 130mg | Sodium: 1724mg | Potassium: 1220mg | Fiber: 7g | Sugar: 13g | Vitamin A: 1140IU | Vitamin C: 20mg | Calcium: 640mg | Iron: 6mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/pasta-al-forno-baked-rigatoni-with-ground-beef/>



Harissa Honey Chicken (Butterflied Whole Chicken)

This HarissaHoney Chicken Recipe is a showstopper! The perfect balance of sweet, savory, spicy and salty. This recipe uses a whole chicken which you will need to spatchcock (butterfly). Don't worry, I outline the process for you below with pictures too!

Prep Time

15 mins

Cook Time

1 hr

Total Time

1 hr 15 mins

Course: Main Course

Cost: \$20

Servings: 4 people

Cuisine: North African

Author: Luay Ghafari



5 from 1 vote

Equipment

- Meat thermometer

Ingredients

Harissa Marinade

- ¼ cup Harissa paste
- 2-3 Garlic cloves - Finely minced
- 1 tbsp Extra virgin olive oil
- 1 tbsp Fresh thyme leaves - Leaves stripped from 10-15 sprigs of thyme

Hot Honey

- 2 tbsp Honey
- 1 tbsp Harissa paste
- 1 tsp Fresh thyme leaves - Leaves stripped from 3-5 sprigs of thyme

Chicken

- 1 Whole chicken - Medium size, about 4-5 lbs
- 1 tbsp Extra virgin olive oil
- 1 tbsp Kosher salt
- 1 tsp Black pepper
- 1 Red onion - Peeled and cut into wedges, for roasting pan
- 10-15 Thyme sprigs - For roasting pan

Instructions

1. **Make the Marinade.** In a small bowl, add all the **Harissa Marinade** ingredients (Harissa paste, minced garlic, olive oil and thyme) and whisk to combine.
2. **Make the Hot Honey.** In a small bowl, add the **Hot Honey** ingredients (honey, Harissa paste, and fresh thyme leaves) and whisk to combine. Set aside.
3. **Butterfly (Spatchcock) Whole Chicken.** Place the chicken back side up. Using sharp kitchen shears, cut along the backbone from bottom to top. Spread the chicken like an open book. For the chicken to lay flat, you will also need to cut the back of the breast bone. Turn the bird around so that the legs are facing away from you. With the kitchen shears, crack the back of the breast but don't cut all the way through. Flip the chicken over and press down on the breast. The chicken should now be lying flat.
4. **Season the Chicken.** Liberally season the chicken with olive oil, salt, and pepper on all sides, and in the nooks and crannies. Place the chicken on a parchment paper lined sheet pan, baking dish, or large skillet.
5. **Brush the Marinade.** Brush the prepared marinade all over the chicken and on the back. You can also carefully separate the breast skin from the meat and using your hands, push some of the marinade under the breast skin. Tuck a few sprigs of thyme and onion slices under the chicken. Optional: Place the marinated chicken in the fridge for at least 1 hour so that the flavor can penetrate the meat.
6. **Roast.** Preheat your oven to 350F/175C. Roast uncovered for 50-70 minutes or until the chicken is cooked and a meat thermometer reads 170F in the thickest part of the breast meat and thigh meat.

7. **Glaze.** Glaze the cooked chicken with the hot honey mixture.
8. **Carve.** Let the chicken rest for 10 minutes before cutting into portions.

Notes

Referto the post above for step-by-step recipe photos. Highly recommended especially if you have never butterflied a whole chicken before.

Ingredient Notes:

- **Whole Chicken:** This recipe is written and tested with a whole chicken that is butterflied (spatchcocked). It's how I like to roast whole chicken as it gives me more control over the cooking process and more crispy skin. But feel free to ask your butcher to break down the bird for you, or use bone-in and skin on chicken thighs or chicken breasts. This recipe is very adaptable so use your favorite cut.
- **Harissa Paste:** Harissa is a chili paste from North Africa. It's an excellent base for stews and marinades because it contains chili peppers, red peppers, fresh lemon juice, olive oil, and spices like cumin, coriander and caraway. I like to make my own Harissa paste because I prefer it to be a little more smooth for marinating recipes. Jarred Harissa is available in Middle Eastern, North African and international markets. These day, you might also find it in well stocked grocery stores. Mina Harissa is a popular brand but I find it too chunky.
- **Honey:** The finishing hot honey glaze adds the perfect final touch to this delicious recipe. If you have a bottle or jar of prepared hot honey, you can use that instead of making your own.
- **Thyme:** I recommend using fresh thyme sprigs only. But if you must use dry, use half the amount specified as dried thyme can be quite powerful.

Serve this roast chicken with saffron rice, vermicelli rice, or Batata Harra (spicy Lebanese potatoes). You can even serve it with my garlic mashed potatoes.

Nutrition

Calories: 540kcal | Carbohydrates: 17g | Protein: 37g | Fat: 36g | Saturated Fat: 9g | Polyunsaturated Fat: 7g | Monounsaturated Fat: 17g | Trans Fat: 0.2g | Cholesterol: 143mg | Sodium: 2740mg | Potassium: 518mg | Fiber: 2g | Sugar: 13g | Vitamin A: 634IU | Vitamin C: 17mg | Calcium: 56mg | Iron: 3mg

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and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/harissa-honey-chicken-recipe/>



Roasted Carrot Soup with Harissa and Yogurt

My Roasted Carrot Soup with Harissa and Yogurt is cozy, filling, savory and perfect for cold weather. Roasting carrots brings out their sweetness, and a spoonful of harissa gives this soup a little heat. I finish it with lemon juice, then add yogurt, herbs and toasted pumpkin seeds to each bowl.



☆☆☆☆☆
No ratings yet

Prep Time	Cook Time	Total Time
15 mins	45 mins	1 hr

Course: Appetizer, Side Dish, Soup

Cuisine: Mediterranean, North African Diet: Vegetarian

Servings: 4 Servings Author: Luay Ghafari Cost: \$10

Ingredients

- 1½ lbs Carrots (peeled and roughly chopped)
- 1 Medium yellow onion (cut into wedges)
- 4 Garlic cloves (unpeeled)
- 3 tbsp Extra virgin olive oil (divided)
- 1 tsp Kosher salt
- ½ tsp Black pepper
- 1 tsp Ground cumin
- 1 tsp Ground coriander
- 1-2 tbsp Harissa paste - Use less for milder soup
- 4 cups Vegetable or chicken broth
- 1 tbsp Honey
- 1 tbsp Fresh lemon juice - plus more to taste
- For serving: Greek yogurt, harissa, extra virgin olive oil, chopped cilantro, toasted pumpkin seeds, lemon wedges

Instructions

1. **Roast the Vegetables.** Heat the oven to 425°F. Spread the carrots, onion and unpeeled garlic on a sheet pan or baking sheet, lined with parchment paper if you prefer. Toss with 2 tablespoons of olive oil, salt, black pepper, cumin and coriander. Roast for 25–30 minutes, until the carrots are tender and browned at the edges. Peel the garlic cloves.
2. **Cook the Harissa.** Heat the remaining tablespoon of olive oil in a large pot over medium heat. Add the harissa paste and stir for about 30 seconds, until fragrant.
3. **Simmer.** Add all the roasted vegetables and 4 cups of broth. Bring to a simmer and cook for about 10 minutes, until the carrots are soft and falling apart.
4. **Blend and Finish.** Use an immersion blender to purée the soup until smooth. You can also blend it in batches in a countertop blender, following the manufacturer's instructions for hot liquids. Stir in the honey and lemon juice. If the soup is thicker than you like, add more broth a little at a time. Taste and adjust the salt, lemon or harissa.
5. **Serve.** Ladle into bowls and top with Greek yogurt, a little extra harissa and olive oil, cilantro and toasted pumpkin seeds. Serve with lemon wedges if you want a little more lemon juice.

Notes

Key Ingredient Notes:

- **Carrots:** You can totally use bulk carrots sold in bags. You don't need to buy bunched carrots with the tops on for this. Roasting deepens their flavour and gives the soup its body.
- **Ground Spices:** I love using ground cumin and coriander with carrots. I think they add warmth without overpowering the carrots.
- **Harissa Paste:** Harissa is a **North African chili paste** that is spicy, tangy, and savory. I like to make my own Harissa Paste, but jarred Harissa is available in Middle Eastern, North African, and international markets. These days, you might also find it in a well-stocked grocery store (Whole Foods, Trader Joe's).
- **Broth:** I will generally use either low-sodium **vegetable broth or chicken broth**, depending on what I have in my pantry. Use vegetable broth to keep the soup vegetarian. Have a little extra ready in case you want to loosen it after blending.

The low-sodium option allows me to control the overall salt level myself. You can also make your own chicken broth.

- **Greek Yogurt:** I am always looking at ways to add contrast in my soups. I think a dollop of yogurt just adds a cool, tangy finish, which helps cool things down if the harissa was on the spicy side. Use a plain dairy-free yogurt if needed.

Tips for Success:

- **Give the carrots room on the pan.** Spread them in one layer so they roast and brown. If they're crowded, use two pans.
- **Check the garlic as it roasts.** I tested this recipe with peeled and unpeeled garlic. The peeled garlic browns too quickly. This is why I prefer to roast the garlic with the peel on and then remove the charred peel before proceeding with the soup.
- **Start with one tablespoon of harissa** if you're unsure about the heat. You can stir more into the finished soup or add a little to individual bowls.

Nutrition

Calories: 213kcal | Carbohydrates: 29g | Protein: 2g | Fat: 11g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 8g | Sodium: 1983mg | Potassium: 633mg | Fiber: 6g | Sugar: 16g | Vitamin A: 28950IU | Vitamin C: 15mg | Calcium: 78mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/roasted-carrot-soup-with-harissa-and-yogurt/>



Mediterranean Salmon Salad (with Herbs & Crispy Capers)

I'm all about taking a humble salad and making it heartier and more filling and this Mediterranean Salmon Salad does exactly that! It's packed with fresh vegetables, a vibrant lemon dressing, and topped with crispy capers. It's light but satisfying, full of fresh flavor, and perfect for lunch or a quick dinner.



★★★★★
5 from 1 vote

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

Course: Salad Cuisine: Mediterranean Servings: 2 Servings Author: Luay Ghafari

Ingredients

Salmon

- ¾ lbs Salmon filet
- 1 tbsp Lemon juice
- 1 tsp Olive oil
- ½ tsp Kosher salt
- ¼ tsp Black pepper

Crispy Capers

- 2 tbsp Olive oil
- 3 tbsp Capers (drained and patted dry)

Lemon Dijon Dressing

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

Salad Ingredients

- 4 cups Mixed greens
- 1 Persian cucumber (diced)
- 1 cup Cherry tomatoes (halved)
- ½ Small red onion (thinly sliced)
- ¼ cup Olives (whole or chopped)
- 2 tbsp Fresh dill (chopped) - or fresh parsley

Instructions

1. **Cook the Salmon.** Preheat your oven to 400°F (200°C). Season ¾ lbs Salmon filet with 1 tsp Olive oil, 1 tbsp Lemon juice, ½ tsp Kosher salt, and ¼ tsp Black pepper. Roast for about 10–12 minutes, or until just cooked through. Set aside to cool slightly, then flake into large chunks.
2. **Crisp the Capers.** Heat 2 tbsp Olive oil in a small skillet over medium heat. Add 3 tbsp Capers (drained and patted dry) and fry for 2–3 minutes until they're golden and crunchy. Transfer to a paper-towel-lined plate to drain.
3. **Make the Dressing.** In a small bowl, whisk together 3 tbsp Extra virgin olive oil, 2 tbsp Lemon juice, 2 tsp Dijon mustard, 1 Small garlic clove (grated), ½ tsp Kosher salt, and ¼ tsp Black pepper until emulsified.
4. **Assemble the Salad.** In a large serving bowl or large serving platter, combine 4 cups Mixed greens, 1 Persian cucumber (diced), 1 cup Cherry tomatoes (halved), ½ Small red onion (thinly sliced), ¼ cup Olives (whole or chopped), and 2 tbsp Fresh dill (chopped). Drizzle with the lemon herb dressing and toss to coat. Taste and adjust seasoning as needed.
5. **Dress and Serve.** Top the dressed salad with flaked salmon and those irresistible crispy capers. Garnish with more fresh dill if you like. Serve right away.

Notes

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

Key Ingredient Notes:

- **Salmon filet:** Skin-on or skinless both work. Choose center-cut pieces for even cooking. Obviously, fresh would be great, but most salmon available at the grocery store these days is thawed, so there's no shame in buying frozen fillets and thawing them yourself at home. Could you use canned salmon in this recipe? Sure, in a pinch. But I personally wouldn't.
- **Fresh Herbs:** A salad like this really needs some added freshness from **fresh dill**. You can substitute with fresh parsley if that's what you have on hand.
- **Olives:** I like the addition of olives in this salad, as they reinforce the Mediterranean flavor profile. You can use **green olives, kalamata olives, or a combination**. It's totally up to you!
- **Capers:** I always have capers in brine on hand and use them in many of my Greek and Mediterranean recipes.
- **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.

Serve it on its own, or with my Same Day Focaccia, Roasted Garlic Potatoes or Greek Spinach Rice for a complete meal.

Nutrition

Calories: 645kcal | Carbohydrates: 12g | Protein: 37g | Fat: 5g | Saturated Fat: 7g | Polyunsaturated Fat: 9g | Monounsaturated Fat: 33g | Cholesterol: 94mg | Sodium: 2501mg | Potassium: 1264mg | Fiber: 2g | Sugar: 4g | Vitamin A: 1490IU | Vitamin C: 48mg | Calcium: 70mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/mediterranean-salmon-salad-with-crispy-capers/>



Lebanese Tabbouleh Salad

Whether you spell it tabbouleh or tabouli, this Lebanese tabbouleh is a refreshing, herby salad. Made with a base of fresh parsley, mint, and bulgur, it's also more filling than many salad recipes.

Prep Time

30 mins

Total Time

30 mins

Course: Salad, Side Dish Cuisine: Levantine, Mediterranean, Middle Eastern
Diet: Vegan, Vegetarian Servings: 6 people Author: Luay Ghafari Cost: \$8



★★★★★
5 from 7 votes

Ingredients

- ¼ cup Bulgur wheat - Fine or extra fine
- ¼ cup Extra virgin olive oil
- 3 tbsp Lemon juice
- 2 cups Parsley - Finely minced (about 2 bunches, thick stems discarded)
- ¼ cup Mint - Finely minced (about ½ bunch, stems discarded)
- 2 Tomatoes - Finely diced
- 4 Green onions - Finely diced
- Kosher salt and fresh cracked pepper to taste
- Romaine heart leaves for serving

Instructions

1. **Soak.** In a small bowl or measuring cup add the bulgur wheat and enough boiling water to cover it by an inch. Set aside for 30 minutes for the bulgur wheat to soak and plump.
2. **Prep and toss.** In a large bowl, combine olive oil, lemon juice, minced parsley, mint, diced tomatoes, scallions, a big pinch of salt and a few grinds of black pepper. Toss lightly to combine.
3. **Drain.** Taste the bulgur. It should be soft. If not, repeat the soaking in boiling water step (or simply boil it in water on the stove in a small pot until tender - see the note below). Using a small colander, drain the bulgur wheat, squeeze as much water out as you can, and add it to the rest of the salad.
4. **Mix and Serve.** Toss, taste, and adjust the seasoning. Serve the tabbouleh immediately, or, ideally, allow it to rest in the refrigerator for 1 hour so the flavors can blend. Serve with romaine lettuce leaves.

Notes

See the recipe post above for step-by-step photos.

Important: Cooking the bulgur wheat can be tricky because there are different grades available meaning some will plump up by soaking in hot water while others may need to be boiled in a pot on the stove. When in doubt, follow the cooking directions on the package to be safe.

A note on some of the key ingredients:

- **Bulgur:** standard bulgur can be used for this recipe, cooked according to package instructions ideally. For a gluten-free substitution, use cooked and cooled quinoa. You can also try couscous.
- **Flat-leaf parsley:** curly parsley can be used in a pinch, but I don't really recommend it. Flat leaf is best for texture and flavor.
- **Scallions:** also called green onions or spring onions are ideal, but you can also use finely minced red or white onions.

Serve alongside Za'atar Chicken, Pulled Lamb, Chicken Shish Tawook, or Meat-Stuffed Pita Arayes for a delicious dinner.

Try some of my other Middle Eastern salads: Jerusalem Salad, Tahini Salad and Authentic Fattoush.

Nutrition

Calories: 120_{kcal} | Carbohydrates: 9g | Protein: 2g | Fat: 9g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 7g
| Sodium: 1179_{mg} | Potassium: 273_{mg} | Fiber: 3g | Sugar: 2g | Vitamin A: 2187IU | Vitamin C: 37mg | Calcium: 45mg | Iron: 2mg

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Cheddar Biscuits

These homemade Cheddar Biscuits are so incredibly delicious and easy to make. They are a wonderful quick breakfast, can be part of an elaborate weekend brunch spread or simply enjoyed as a snack. They can seem daunting to make, but honestly, once you get comfortable with the process, you'll be making these cheesy biscuits on the regular and adding your own spin on them!



5 from 2 votes

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

Course: Breakfast, Brunch, Side Dish, Snack Cuisine: American Diet: Vegetarian
 Servings: 8 Biscuits Author: Luay Ghafari Cost: \$5

Equipment

- Pastry Cutter - Optional

Ingredients

- 2 cups All purpose flour
- 4 tsp Baking powder
- ½ tsp Baking soda
- ½ tsp Kosher salt
- 4 tbsp Butter - Cold and cut into small cubes
- 1 cup Grated aged cheddar cheese - Plus extra for garnish
- 1 tbsp Fresh chives - Chopped
- 1 cup Buttermilk - Or use milk with a splash of yogurt/sour cream

Instructions

1. **Mix dry ingredients.** In a large mixing bowl, combine the flour, baking powder, baking soda and salt. Mix well.
2. **Cut in the butter.** Add the cubed cold butter to the flour mixture. Using a pastry cutter, cut in the butter until you have a coarse consistency the size of peas. You can also use your fingers to pinch the butter cubes with the dry ingredients.
3. **Add Cheese and chives.** Add the grated cheese and chopped chives to the bowl, mixing to incorporate.
4. **Add buttermilk.** Pour the buttermilk into the dry ingredients. Using a fork, mix well until you have a shaggy and wet dough.
5. **Transfer.** Generously flour your work surface and scrape the biscuit dough onto it.
6. **Shape.** Using floured hands, shape the dough into a rectangle, about 15x8 inches in size. Flip the top third of the dough rectangle over itself like you are folding a piece of paper into thirds. Fold the bottom third over. This is what creates the layers in a biscuit. Repeat this process one more time by flattening the small rectangle back into a larger rectangle and folding the same way.
7. **Flatten.** Flatten the dough into a rectangle that is approximately 1 inch thick and 12x6 inches in size.
8. **Cut.** Cut the dough rectangle into 8 individual biscuits. When cutting, make sure to use a sharp knife or bench scraper and cut down confidently. The cut edges need to be sharp. If you use a dull knife or go too slow, you'll end up pinching the edges.
9. **Dress and cool.** Transfer the cut biscuits to a parchment paper-lined baking sheet. Garnish with extra cheese. At this point, preheat your oven to 425F/220C. Place the prepared baking tray in the fridge to cool while the oven preheats. The biscuits should be cold and hardened slightly before baking.
10. **Bake.** Place the tray in the middle rack of the preheated oven and bake for 15-18 minutes until golden brown. Keep an eye on the biscuits, turn down the heat if you feel that they are browning too quickly. Let them cool for at least 10 minutes before enjoying.

Notes

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

Ingredient notes:

- **Butter:** Butter is critical in a good biscuit. As the biscuits hit the hot oven, the butter melts creating steam which helps give the biscuits those gorgeous flaky layers. Keep the butter as cold as possible to achieve a good lift. You can use salted butter or unsalted. Just make sure to add less salt to the dry ingredients if you use salted butter.
- **Dairy:** This recipe calls for buttermilk, but you can make it with regular milk that's been spiked with a little sour cream or yogurt.
- **Cheese:** I like the flavor of aged cheddar in this recipe, but feel free to use mild cheddar cheese, parmesan cheese, or hard mozzarella cheese.

Nutrition

Calories: 241kcal | Carbohydrates: 26g | Protein: 8g | Fat: 12g | Saturated Fat: 7g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Trans Fat: 0.2g | Cholesterol: 32mg | Sodium: 595mg | Potassium: 88mg | Fiber: 1g | Sugar: 2g | Vitamin A: 382IU | Vitamin C: 0.2mg | Calcium: 259mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/cheddar-biscuits/>



Lemon Poppy Seed Muffins (Bakery Style)

Bright, zesty, tender, and finished with a tangy lemon glaze, these Lemon Poppy Seed Muffins just hit the spot. I love a big muffin top, and this recipe gives you just that! Perfect for breakfast, an afternoon snack or even a light dessert.



Prep Time	Cook Time	Chilling Time	Total Time
20 mins	23 mins	30 mins	1 hr 13 mins

Course: Breakfast, Dessert, Snack Cuisine: American, Seasonal Diet: Vegetarian

Servings: 12 Muffins Author: Luay Ghafari Cost: \$15



No ratings yet

Equipment

- Muffin tin - [Affiliate link](#)

Ingredients

- 1 cup Sugar - 200 grams
- 4 tbsp Lemon zest - 17 grams (from about 3 lemons)
- 2¾ cups All purpose flour - 343 grams
- 2½ tsp Baking powder
- ½ tsp Baking soda
- ½ tsp Kosher salt
- 2 tbsp Poppy seeds
- 2 Large eggs - 100 grams
- ½ cup Unsalted melted butter - 113 grams
- ½ cup Sour cream - 120 grams
- ¾ cup Milk - 170 grams
- 1 tbsp Lemon juice - 15 grams
- 1 tsp Vanilla extract
- ¼ tsp Almond extract

Lemon Glaze

- 1 cup Powdered sugar, sifted - 120 grams
- 2 tbsp Lemon juice - 30 grams

Instructions

- Make the Scented Sugar.** Combine the sugar and fresh lemon zest in a large bowl. Use your fingers to rub the zest into the sugar until fragrant.
- Dry Ingredients.** Add the flour, baking powder, baking soda, salt, and poppy seeds. Whisk well to combine.
- Beat the Eggs.** In a second bowl, beat the eggs with a whisk until frothy and bubbly.
- Mix the Wet Ingredients.** Add the melted butter, sour cream, milk, fresh lemon juice, vanilla extract, and almond extract to the eggs. Whisk until smooth.
- Make Batter.** Pour the wet ingredients into the flour mixture. Fold gently until the dry ingredients are just incorporated. Don't overmix.
- Rest and Preheat Oven.** Cover the bowl and refrigerate the muffin batter for 15-30 minutes. Preheat the oven to 400F / 205C.
- Scoop.** Line a 12-cup muffin pan with paper muffin liners or muffin cups. Scoop the batter into the prepared muffin pan, filling each liner to the top. Try not to stir or deflate the batter too much.
- Bake.** Bake for 10 minutes at 400F / 205C, then reduce the oven temperature to 350F / 175C and bake for another 13 minutes, or until the tops spring back when gently pressed.
- Cool.** Cool the muffins in the pan for 5-10 minutes, then transfer them to a wire rack.

10. **Glaze.** Mix the powdered sugar and lemon juice to make a quick lemon glaze. Spoon over the cooled muffins. Let the glaze set before storing.

Notes

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

Key Ingredient Notes:

- **Lemons:** You will need whole lemons for this recipe, as you will be using the **lemon zest** and **lemon juice**.
- **Leaveners:** This recipe calls for both **baking powder** and **baking soda**.
- **Poppy Seeds:** Wouldn't be a lemon poppy seed recipe without poppy seeds. They can be a bit challenging to find depending on where you live, but you should be able to find them in your local grocery store's baking aisle or online.
- **Unsalted butter:** I'm using **melted unsalted butter** here. If you only have access to salted butter, that's fine, just leave out the salt in the dry ingredients.
- **Sour Cream:** The sour cream adds richness and it will also react with the baking soda to give the muffins a nice lift and fluffy texture. You could easily swap it out for Greek yogurt. This helps keep the muffins moist.

Tips for success:

- **Rub the lemon zest into the sugar.** This simple step releases the lemon oils and gives the muffins a stronger citrus flavor.
- **Don't overmix the batter.** Fold just until the flour disappears. Overmixing can make muffins dense or tough.
- **Chill the batter.** That short rest helps hydrate the flour and gives the muffins a better rise.
- **Start with a higher temperature, then reduce the heat.** A hotter initial bake helps encourage tall muffin tops.
- **Fill the liners to the top.** This gives you those generous bakery-style domes. Who doesn't love a muffin top?

Nutrition

Calories: 286kcal | Carbohydrates: 51g | Protein: 5g | Fat: 12g | Saturated Fat: 6g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Trans Fat: 0.3g | Cholesterol: 55mg | Sodium: 364mg | Potassium: 97mg | Fiber: 1g | Sugar: 18g | Vitamin A: 362IU | Vitamin C: 4mg | Calcium: 74mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

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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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