



FALL MEAL PLAN: WEEK 8



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 8

Monday



**Chicken Shawarma
Platter**

Tuesday



Beef Bolognese

Wednesday



**Meat Dumplings in Yogurt
Sauce**

Thursday



Greek Cheese Pie

Friday



Fried Fish with Rice

Salad/App



Butternut Squash Dip

Baking



Focaccia Pizza

Dessert



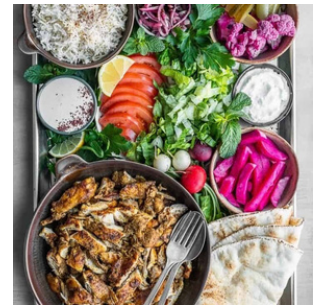
Apple Oatmeal Muffins

URBAN FARM & KITCHEN

Homemade Lebanese Chicken Shawarma Recipe (Wrap or Bowl)

You don't need a vertical spit to make your own homemade Lebanese chicken shawarma wraps and bowls. This recipe is straightforward and uses your oven. It's a perfect weeknight meal and comes together in very little time.

Pair it with vermicelli rice, Lebanese pita bread, Toun (garlic sauce), Tahini Sauce, pickled turnips or shatta (chili paste).



★★★★★
5 from 10 votes

Prep Time

15 mins

Cook Time

30 mins

Total Time

45 mins

Course: Main Course

Cuisine: Levantine, Middle Eastern

Servings: 4 People

Author: Luay Ghafari

Cost: \$20

Ingredients

- 1 ½ lbs Chicken thighs - Skinless, boneless
- 1 tsp Ground cumin
- 1 tsp Ground Coriander
- 1 tsp Garlic powder
- 1 tsp Smoked Paprika
- ½ tsp Turmeric powder
- ½ tsp Cinnamon
- 1½ tsp Kosher salt
- ¼ tsp Black pepper
- 3 tbsp Fresh lemon juice - Juice of one lemon
- 3 tbsp Extra virgin olive oil

Instructions

1. **Mix.** To a large bowl, add the chicken thighs, spices, salt, pepper, lemon juice, and olive oil. Mix well and cover with plastic wrap.
2. **Marinate.** Let your chicken thighs marinate in the fridge for at least 2 hours. You can do overnight too.
3. **Transfer to baking tray.** Preheat your oven to 425F/220C. Transfer your chicken thighs to a parchment paper lined baking tray. Make sure the chicken is not overlapping and is in a single layer.
4. **Bake.** Bake the chicken thighs for 25-30 minutes. They will be ready when they reach an internal temperature of 170F.
5. **Broil.** To get a nice charred crust as you would have in a traditional chicken shawarma, broil the pan on high for 7-10 minutes. Keep an eye on the oven, you don't want to burn the chicken.
6. **Rest and Chop.** Rest the chicken for a few minutes then chop into thin strips and transfer to a bowl. Don't throw away the pan juices, you can drizzle them over the chicken.

Notes

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

Ingredient notes:

- **Chicken:** I like to use boneless, skinless chicken thighs in this recipe. They stay juicy when cooked.
- **Spices:** This classic recipe uses standard pantry spices: Cumin, Coriander, Garlic powder, Paprika, Turmeric and cinnamon. If you have already made my Shawarma Spice Mix, you can use that too.

Possible additions to the marinade: minced garlic cloves, garlic paste, chili flakes, onion powder.

For wraps: Start with a fresh pita and slather on some toun (garlic sauce). Add some chicken, lettuce, tomato slices, pickled turnips, and cucumber pickles. Drizzle with tahini sauce.

For bowls: Start with a bed of Vermicelli rice and top with chicken, fresh shredded lettuce, sliced tomatoes and herbs of your choice. Sumac marinated onions or simple sliced red onions, pickled turnips and pickled cucumbers are also traditional

toppings.

As for a sauce, you can add a dollop of Toum (garlic sauce), homemade hummus, shatta (middle eastern chili paste), and/or tahini sauce. Sprinkle on some sumac and you're all set. Serve with a side of Lebanese pita bread or Greek pita bread.

Nutrition

Calories: 306kcal | Carbohydrates: 2g | Protein: 33g | Fat: 18g | Saturated Fat: 3g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 10g | Trans Fat: 0.03g | Cholesterol: 162mg | Sodium: 154mg | Potassium: 471mg | Fiber: 1g | Sugar: 0.4g | Vitamin A: 295IU | Vitamin C: 5mg | Calcium: 29mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/homemade-lebanese-chicken-shawarma-recipe-wrap-or-bowl/>



Beef Bolognese (My Way)

Easy, delicious, and even better the next day, this Beef Bolognese recipe is my ultimate go-to dinner. Enjoy it with your favorite pasta, or layer it in lasagna Bolognese. This recipe is not traditional or even authentic but rather my own take on the classic.

Prep Time

30 mins

Cook Time

1 hr

Total Time

1 hr 30 mins

Course: Main Course

Cuisine: Italian

Servings: 6 people

Author: Luay Ghafari

Cost: \$20



5 from 2 votes

Equipment

- Dutch oven - Recommended
- Small food processor - Optional, Affiliate Link

Ingredients

- 1 Carrot
- 1 Yellow onion
- 6-8 Garlic cloves
- 2 lbs Ground beef - Use lean or 80/20
- 1 tbsp Olive oil
- 1 tsp Kosher salt
- ½ tsp Black pepper
- 3 tbsp Tomato paste
- ½ tsp Chili flakes - Optional
- 1 cup Red wine
- 1 cup Beef stock
- 2 cups Crushed tomatoes - From one 28oz can
- 2 Bay leaves
- 2 tbsp Sherry or red wine vinegar - See note
- Chopped parsley for garnish
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Instructions

1. **Process.** To a small food processor, add the roughly chopped carrot, onion and garlic cloves. Pulse until you have a very fine consistency. You can also chop by hand.
2. **Brown the meat.** To a large Dutch oven set on high heat, add the olive oil and ground beef. Add 1 teaspoon of salt and ½ tsp of black pepper. Fry the ground beef until it is completely cooked through and any liquid has evaporated. This should take about 8-10 minutes. Use a wooden spoon to scrape up all the browned bits. Continue to fry to get some color on the beef, another 2-4 minutes.
3. **Add aromatics.** Add the chopped carrot, onion, and garlic to the cooked beef. Mix well and continue to fry until fragrant, 5-8 minutes.
4. **Add seasoning.** Add the tomato paste and chili flakes. Mix well to incorporate. Continue to fry for another 4-5 minutes. This helps the tomato paste develop flavor.
5. **Add liquid.** Add the wine, stock, and crushed tomatoes. Mix well. Add the bay leaves. Bring the sauce up to a boil and then reduce the heat to low. Simmer with a lid partially covering the pot for 45 minutes to an hour. Check on the sauce every once in a while making sure it's not scorching the bottom of the pan.
6. **Season.** When the sauce has thickened, turn off the heat. Add the vinegar and chopped parsley. Taste and adjust the seasoning to your liking.

Notes

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

Ingredient notes:

- **Ground Meat:** I am using Lean ground beef for this recipe. Some grocery stores and butchers will also have ground veal, which you can use in combination with ground beef.
- **Wine:** A little red wine adds depth of flavor. The alcohol content will mostly burn off in the cooking process, but if you don't want to use wine, you can simply add more stock in its place.
- **Stock:** This is a beef ragu after all, so use good quality beef stock or broth.
- **Canned Tomatoes:** I recommend buying canned whole tomatoes and then crushing them yourself.
- **Vinegar:** You're going to have to trust me on this! I like adding a little sherry or red wine vinegar to the ragu towards the end of the cooking process to help balance out the flavor.

Looking for other pasta sauce recipes, try my Marinara sauce, Basil Pesto and Sicilian Pesto.

Nutrition

Calories: 463kcal | Carbohydrates: 11g | Protein: 29g | Fat: 33g | Saturated Fat: 12g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 15g | Trans Fat: 2g | Cholesterol: 107mg | Sodium: 171mg | Potassium: 860mg | Fiber: 2g | Sugar: 6g | Vitamin A: 356IU | Vitamin C: 12mg | Calcium: 75mg | Iron: 5mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/beef-bolognese-sauce-recipe/>



Shish Barak (Meat Dumplings in Yogurt Sauce)

A traditional Levantine recipe, Shish Barak is a type of dumpling that looks very similar to tortellini. It's filled with a minced meat filling, beef in this case, cooked in a yogurt sauce, and topped with garlicky adha. This is the ultimate comfort food and well worth the time needed to prepare it.

Prep Time

45 mins

Cook Time

25 mins

Total Time

1 hr 10 mins

Course: Main Course

Author: Luay Ghafari

Cuisine: Levantine, Middle Eastern

Servings: 4 people

Cost: \$10



5 from 3 votes

Ingredients

Meat Filling

- 1 tbsp Olive oil
- ½ White onion - Finely Chopped
- 2 Garlic cloves - peeled and finely minced
- ½ lbs Ground beef - Lean or extra lean
- 2 tbsp Pine nuts
- 1 tsp Baharat (7-Spice) - Sub equal parts of cumin, coriander and cinnamon
- 1 tsp Paprika
- Salt and black pepper to taste
- ¼ cup Parsley - Finely chopped

Dumpling Dough

- 3 cups All purpose flour
- 3 tbsp Vegetable oil
- ¾ cup Water - Use more or less to get a smooth pliable dough
- ½ tsp Salt

Yogurt Sauce

- 4 cups Plain yogurt - 2% plain
- 1 Egg yolk
- 1 tbsp Corn starch
- 1 tsp Salt

Garnish (Adha)

- 3 tbsp Olive oil
- 3-5 Garlic cloves - Finely minced
- 2 tbsp Pine nuts
- ¼ cup Fresh parsley - Finely chopped
- 1 tbsp Aleppo pepper flake - Optional

Instructions

1. **Filling.** In a frying pan set on medium-high heat, add the olive oil, chopped onion and minced garlic. Cook for 2-3 minutes until the onion is translucent. Add the ground beef and cook for 4-6 minutes. Add the pine nuts, 7-spice, paprika, 1/2 tsp of salt and fresh cracked pepper. Continue stirring until fragrant and any remaining liquid is evaporated and the beef is cooked. Remove from the heat and add the chopped parsley and stir to combine. Taste and adjust the seasoning. Set aside to cool.
2. **Mix the Dough.** In a bowl, combine the flour, vegetable oil, water and salt. Mix using a fork or your hands until the dough comes together. It will be shaggy.
3. **Knead the Dough.** Transfer to a floured counter and knead for 4-6 minutes until you have a smooth and pliable dough. Cover the dough ball with a towel and let it rest for 15 minutes.
4. **Roll the Dough.** Roll the dough ball into a thin sheet on your work surface using a rolling pin, until you reach a thickness of about 1/8". Using a glass, cup, or cookie cutter, cut out circles that are about 3" in diameter. Re-roll any scraps and

continue cutting out as many circles as you can.

5. **Add Filling.** Add 1 teaspoon of the meat filling to the middle of the dough circle.
6. **Fold and seal:** Fold over and seal the edges with your fingers so you have a parcel (like a mini empanada or half moon).
7. **Pinch together:** Take each end of the parcel and pinch them together to form a shape similar to a tortellino. Go over the edges again with your fingers to make sure the dumplings are well sealed.
8. **Broil the dumplings.** This step is optional but recommended as it adds another layer of flavor. On a baking tray lined with parchment paper, add the dumplings in a single layer. Spray them with cooking oil or brush them with olive oil. Broil them in the oven for 7-10 minutes, until lightly brown. Careful, don't burn them. At this point, you can continue with the recipe or cool and freeze the dumplings to enjoy another day.
9. **Yogurt Sauce.** In a blender, add the yogurt, egg yolk, cornstarch and salt. Blend until smooth. Transfer the yogurt sauce to a medium pot and warm on medium-low heat. Make sure to keep stirring and bring the sauce to a gentle simmer. This should take 5-8 minutes and the sauce should thicken slightly. If the sauce is too thick for your liking, you can dilute it slightly with some water. Don't be tempted to turn up the heat, it may cause the sauce to split.
10. **Combine.** Add the dumplings to the hot yogurt sauce and cook for 5-8 minutes. Since the dumpling filling is already cooked, you just want to make sure the dough is cooked at this point. The dumplings are ready when the wrapper is soft and the center is warmed through.
11. **Garlic topping (adha).** In a small frying pan, add 3 tbsp olive oil and chopped garlic. Set the pan on medium-high heat and fry until the garlic just starts to brown, 2-3 minutes. Add the pine nuts and continue to fry for another 1 minute. As soon as the pine nuts begin to brown, turn off the heat. Add the chili flakes, if using. Carefully add the chopped parsley (it will splatter), stir everything together and set the frying pan aside.
12. **Garnish and serve.** You can serve the shish barak in a large serving bowl or divide it into smaller bowls. Garnish with the garlic topping.

Notes

Seetheblog post above for step-by-step recipe instructions and photos. I highly recommend you do this before starting to understand all the steps.

A few ingredient notes:

- **Beef:** substitute an equal amount of ground lamb for the beef if preferred, or use a mix of the two. For a vegetarian option, a vegan ground meat alternative can be used.
- **7-spice (baharat):** if you can't get or make it, substitute equal parts cumin, cinnamon, and ground coriander.
- **Yogurt:** lower fat 2% plain or classic yogurt is ideal for this recipe. Thicker yogurt like Greek yogurt can be used, but should be thinned with water. Make sure it's plain, unsweetened yogurt.
- **Parsley:** substitute an equal amount of cilantro for parsley. Cilantro is considered traditional by some, but I prefer parsley.
- **Dumpling dough:** if you want to make this recipe a little easier, you can sub wonton or gyoza wrappers in a pinch rather than making your own homemade dough.

Some potential issues:

- **The yogurt sauce may split.** Be careful and never use high heat to warm the sauce. Low to medium heat and continuously stir to avoid splitting.
- **The dumplings aren't sealing.** You can use a small bit of water to help you seal the dumplings.

Nutrition

Calories: 804kcal | Carbohydrates: 62g | Protein: 40g | Fat: 44g | Saturated Fat: 9g | Polyunsaturated Fat: 11g | Monounsaturated Fat: 20g | Trans Fat: 1g | Cholesterol: 99mg | Sodium: 993mg | Potassium: 670mg | Fiber: 3g | Sugar: 8g | Vitamin A: 832IU | Vitamin C: 12mg | Calcium: 272mg | Iron: 6mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/shish-barak/>

Greek Cheese Pie (Tiropita)

This Greek Cheese Pie has it all! A creamy and savory center, crispy layers of phyllo dough, and a sweet garnish that brings the whole thing together. The pie bakes in under 40 minutes. It's delicious, filling, and very rewarding to make.

Make this recipe for a mezze platter, for a special occasion Greek-themed dinner party, or pair it with one of my many Mediterranean salad and appetizer recipes to make a complete meal.



★★★★★
5 from 1 vote

Prep Time 15 mins	Cook Time 35 mins	Total Time 50 mins
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Course: Appetizer, Breakfast, Brunch, Main Course, Snack Cuisine: Greek Diet: Vegetarian Servings: 8 Servings
Author: Luay Ghafari Cost: \$15

Equipment

- 11-12 inch round pan

Ingredients

- 1 ⅓ cups Fresh ricotta cheese
- 1 cup Greek feta - Crumbled
- 1 cup Parmigiano-Reggiano - Freshly grated
- 2 Eggs
- 2 tsp Dried oregano
- 2 tsp Fresh thyme leaves

Pie

- 7-8 Sheets of phyllo - See note
- ½ cup Salted butter - Melted

Garnish

- 1-2 tbsp Honey
- 1 tbsp Toasted sesame seeds
- 1 tsp Fresh thyme leaves

Instructions

1. **Make the cheese mixture.** In a large bowl, combine the ricotta, feta, parmesan, eggs, oregano, thyme leaves and black pepper. Mix well to combine. At this point, preheat your oven to 400F/205C.
2. **Line your baking dish.** Brush some melted butter onto the bottom of the pan and lay one sheet of phyllo pastry making sure that the sheet overhangs the side.
3. **Butter.** Brush on some more butter all over the phyllo.
4. **Layer and repeat.** Add another layer of phyllo pastry, making sure it also overhangs. Repeat this butter/phyllo process until you have 7 or 8 layers of phyllo in your baking dish with overhanging pastry going all around the pan.
5. **Add the cheese.** Transfer the cheese filling to the phyllo-lined baking dish and level it with an offset spatula or soon.
6. **Cover.** Take the overhanging phyllo and place it over the cheese mixture, making sure to butter between the layers of phyllo as you go around. The cheese mixture should now be completely covered with buttered phyllo. Using a sharp knife, pierce the phyllo so that steam can escape during the baking process.
7. **Bake.** Place your prepared cheese pie in the preheated oven on the middle rack. Bake at 400F/205C for 20 minutes, then drop the oven temperature to 375F/190C and bake for another 15-20 minutes. The pie should be golden brown around the edges.
8. **Rest, garnish and serve.** Let the pie cool for at least 30 minutes then garnish with honey, sesame seeds and more fresh thyme leaves.

Notes

I recommend you check out the post above for step-by-step recipe photos.

Ingredient Notes:

- **Phyllo Pastry:** I would not recommend that you make your own phyllo dough! Buy it ready made from your grocery store! You will find it in the frozen section next to the puff pastry and pie shells.
- **Butter:** Using melted butter between the phyllo sheets is traditional. I recommend using salted butter (as there is no additional salt in this recipe), but unsalted butter is fine too.
- **Cheese:** For this recipe, I am using a combination of **ricotta, feta and parmesan**. You could replace the ricotta with cottage cheese if you want a more protein-packed pie, but it's not something I would do! Grate your own Parmigiano-Reggiano. The packaged stuff isn't great.
- **Herbs:** I am using a combination of dried oregano and fresh thyme. The fresh thyme is used in both the cheese mixture and as a garnish. Feel free to change up the herbs. You can add some fresh dill, fresh mint or fresh parsley.
- **Honey:** There's something magical about the juxtaposition of salty cheese and sweet honey. Trust me and trust the process! You won't be disappointed.
- **Sesame Seeds:** Another classic garnish. Use toasted sesame seeds here, as they will be more flavorful. You can also use black sesame seeds if you have them.

Important notes regarding phyllo sheets:

- Phyllo sheets are incredibly delicate. Handle with care and work quickly. Phyllo dries up pretty quickly so cover with a damp towel while you work. You will not need to use the whole package of phyllo sheets, so wrap up the rest and refrigerate.

Nutrition

Calories: 394kcal | Carbohydrates: 24g | Protein: 15g | Fat: 27g | Saturated Fat: 16g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 8g | Trans Fat: 0.5g | Cholesterol: 77mg | Sodium: 711mg | Potassium: 107mg | Fiber: 1g | Sugar: 3g | Vitamin A: 752IU | Vitamin C: 1mg | Calcium: 347mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/greek-cheese-pie-tiropita/>



Sayadieh (Middle Eastern Fried Fish with Spiced Rice)

Sayadieh is a showstopping Middle Eastern fried fish and spiced rice dish that is delicious, comforting and highly customizable. My version includes a savory tomato sauce that I think brings the whole dish together. Make it for a weeknight dinner or a special occasion.

Prep Time

25 mins

Cook Time

20 mins

Total Time

45 mins

Course: Main Course

Author: Luay Ghafari

Cuisine: Levantine, Mediterranean, Middle Eastern

Cost: \$20

Servings: 4 people



5 from 4 votes

Ingredients

Spiced Rice

- 1 tbsp Olive oil
- ½ White onion - Finely chopped
- 1 Garlic clove - Finely minced
- 1 tsp Ground coriander
- ½ tsp Ground cumin
- ½ tsp Turmeric powder
- ⅛ tsp Saffron - Just a pinch (Optional)
- 1 ⅓ cups Basmati rice
- 2 cups Water
- ½ tsp salt
- 2 tbsp Fresh cilantro - Roughly chopped

Tomato Sauce

- 1 tbsp Olive oil
- ½ White onion - Finely chopped
- 1 Garlic clove - Finely minced
- ½ tsp Chili flakes - Optional
- 1 ½ cups Crushed tomatoes
- Salt and black pepper to taste
- 2 tbsp Fresh cilantro - Roughly chopped

Fish

- 4 Fish filets - See note
- Paprika - Enough to dust the fish filets
- Salt and pepper - Enough to season all sides
- Flour for dredging
- Vegetable oil for frying

Garnish

- Fresh cilantro leaves, fried nuts, lemon wedges

Instructions

Prepare the Spiced Rice

1. **Fry aromatics.** To a small pot, add 1 tablespoon of olive oil, chopped onion, minced garlic and spice mixture. Sauté on medium heat for 1-2 minutes until the onions turn translucent. If the spices start to brown, turn down the heat or add a splash of water to cool the pot down.
2. **Add Rice.** To the same pot, add your washed basmati rice and stir to combine everything, making sure to scrape any bits from the bottom of the pan.
3. **Add water.** Add the water and salt to the pot and bring to a boil. As soon as the rice comes to a boil, turn to the lowest setting and cover. Steam for 15-20 minutes.

4. **Add Cilantro.** When the rice is cooked, add chopped cilantro and fluff it up with a fork, making sure to incorporate the cilantro evenly. Add the cover back on and set aside until needed.

Prepare the Tomato Sauce

1. **Fry aromatics.** To a small pot, add 1 tablespoon of olive oil, chopped onion, minced garlic and optional chili peppers. Fry on medium heat for 1-2 minutes until the onions soften.
2. **Add crushed tomatoes.** Carefully add your crushed tomatoes to the pot, along with ½ cup of water to loosen the sauce up. Season with a pinch of salt and fresh cracked black pepper. Cook the sauce on low heat for 10 minutes.
3. **Add Cilantro.** Add the fresh cilantro to the sauce, stir to combine, taste and adjust the seasoning level. Cover and set aside until needed.

Fry the Fish Filets

1. **Prepare fish.** Lay your fish filets on a tray and pat them dry. Season them with salt, pepper and paprika on all sides.
2. **Flour.** Cover each piece evenly with flour.
3. **Fry.** Set a frying pan or large skillet on medium-high heat and warm up ½ inch of oil. When the oil is hot, fry the fish on both sides until golden brown. Fry the fish in batches and don't overcrowd the pan.
4. **Drain.** Transfer fried fish filets to a paper towel lined tray to absorb excess oil.

Serve

1. Serve your sayadieh on a large plate or on individual plates. Garnish with fresh cilantro leaves, fried almonds and pine nuts (optional). Don't forget the lemon wedges. Lemon juice will make the fish pop! Serve the tomato sauce on the side in a small bowl.

Notes

Refer to the blog post above for step-by-step recipe photos! I highly recommend you go back up and take a look if you haven't already.

A few important ingredient notes:

- **Fish:** I recommend using fresh or frozen white fish filets such as haddock, cod, sea bass, pollock or tilapia. I would definitely avoid using salmon or trout. If you're not a fan of fish, you can definitely use shrimp or calamari instead. Follow the same seasoning and dredging steps.
- **Rice:** Basmati rice all the way! If you don't have basmati, I would recommend you pick up a bag at your local grocery store. In a pinch, you can use jasmine rice or any other long-grain rice. Avoid using short-grain rice, it'll be too sticky. **Spices:**
- You're going to raid your spice cabinet for this recipe! For the rice, turmeric, coriander and Cumin are a must. I like adding saffron too, but you can omit that if you don't have it. You can also add cardamom pods or dried limes to the rice if you wish. I like seasoning the fish with paprika but feel free to change things up here. Old Bay, garlic powder, onion powder... the possibilities are endless.
- **Herbs:** Coriander is what I recommend, but I know many of you are not fans. If you're not a fan, use parsley instead.

Nutrition

Calories: 383kcal | Carbohydrates: 60g | Protein: 17g | Fat: 9g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 6g | Cholesterol: 25mg | Sodium: 455mg | Potassium: 596mg | Fiber: 4g | Sugar: 5g | Vitamin A: 785IU | Vitamin C: 13mg | Calcium: 78mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/sayadieh-middle-eastern-fried-fish-with-spiced-rice/>

Mafghoussa (Labneh with Butternut Squash and Sage)

This Butternut Mafghoussa is my take on a classic Palestinian dish, swapping summer squash, mint, and pine nuts for winter squash, sage, and pumpkin seeds.



★★★★★
5 from 2 votes

Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

Course: Appetizer, Side Dish Cuisine: Palestinian Diet: Vegetarian Servings: 4 people
Author: Luay Ghafari Cost: \$10

Ingredients

Labneh Base

- 1 cup Labneh - 250 grams
- 2-3 Garlic cloves (minced)
- ½ tsp Salt - 3 grams
- 1 tbsp Extra virgin olive oil - 15ml

Roasted Squash

- 2 cups Butternut squash (peeled, cored, and cut into cubes) - 250 grams, from half a small butternut squash
- 1 tbsp Extra virgin olive oil - 15ml
- 1 tsp Za'atar spice blend - 6 grams
- ½ tsp Salt - 3 grams
- ¼ tsp Black pepper - 2 grams
- 8-10 Sage leaves

Fried Sage Garnish

- 1 tbsp Butter or Ghee - 15 ml
- 8-10 Sage leaves

Remaining Garnish

- Pumpkin seeds, sumac, and a generous drizzle of olive oil - Use your heart to measure
- Shatta Chili Paste - Optional but recommended

Instructions

1. **Make the labneh base and preheat the oven.** Preheat your oven to 375°F (190°C). In a medium bowl, whisk together **1 cup Labneh, 2-3 Garlic cloves (minced), ½ tsp Salt,** and **1 tbsp Extra virgin olive oil** to loosen the texture. Note: Labneh will soften as it comes to room temperature.
2. **Roast the squash.** On a parchment-lined baking sheet, toss **2 cups Butternut squash (peeled, cored, and cut into cubes)** with **1 tbsp Extra virgin olive oil, 1 tsp Za'atar spice blend, ½ tsp Salt, ¼ tsp Black pepper,** and **8-10 Sage leaves.** Roast for 20-25 minutes, or until the squash is tender and slightly caramelized.
3. **Mash.** Reserve about half the roasted squash – pick the prettiest pieces for garnish. Add the rest of the roasted squash to the labneh base along with any crispy sage from roasting. Mash with a fork until everything is well combined and a little chunky. Taste and adjust seasoning.
4. **Fry the sage garnish.** In a small frying pan, melt **1 tbsp Butter or Ghee** over medium heat. Add **8-10 Sage leaves** and fry for 1-2 minutes. Carefully transfer to a paper towel-lined plate. They'll crisp up as they cool.
5. **Garnish.** Spoon the mafghoussa onto a serving plate or shallow bowl. Top with reserved roasted squash, crispy fried sage, **Pumpkin seeds, sumac, and a generous drizzle of olive oil.** Spoon over the optional **Shatta Chili Paste.** Serve at room temperature with fresh bread or warm pita.

Notes

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

Key Ingredient Notes:

- **Labneh:** Thick, tangy strained yogurt cheese that forms the creamy base for this dip. If you can't find ready-made labneh, you can make your own labneh by straining yogurt overnight.
- **Butternut Squash:** Fall and winter are the perfect time to prepare this recipe, when local Winter Squash are overflowing in the markets. Honeynut Squash is a good alternative.
- **Za'atar:** This quintessential Palestinian Spice Blend adds herby brightness and depth. It used to be difficult to find za'atar at the grocery store, but it's much easier now. You can also make your own za'atar spice mix
- **Fresh Sage:** used for both roasting and garnishing. Crispy sage leaves add a beautiful touch and texture. They are also super gorgeous.
- **Sumac:** A sprinkle of this tart, lemony spice brightens everything. You can substitute with a squeeze of lemon juice.
- **Shatta:** Optional but highly recommended! This spicy chili paste adds heat and depth. You can buy it ready-made or use my Shatta Recipe and make your own!

Serve on its own with Taboon Flat Bread or Pita Bread, or as part of a spread with other classic dips like Mutabal (roasted eggplant dip).

Nutrition

Calories: 264kcal | Carbohydrates: 46g | Protein: 9g | Fat: 8g | Saturated Fat: 3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Trans Fat: 0.003g | Cholesterol: 3mg | Sodium: 760mg | Potassium: 1399g | Fiber: 8g | Sugar: 10g | Vitamin A: 39874IU | Vitamin C: 79mg | Calcium: 245mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/mafghoussa-labneh-with-butternut-squash-and-sage/>



No Knead Focaccia Pizza

An untraditional spin on pizza, this no knead focaccia pizza recipe uses my foolproof overnight focaccia base and includes some of my favorite pizza toppings. What makes this recipe so great is that you can totally customize it to suit your tastes and preferences with different toppings. Make this for your next pizza night!



5 from 3 votes

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

Course: Appetizer, Brunch, Side Dish, Snack Cuisine: American, Italian Servings: 12 Slices
 Author: Luay Ghafari Cost: \$10

Equipment

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

Ingredients

For the Dough

- 3½ cups All-purpose flour - 455 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
- 1½ cups Lukewarm water - 355 grams
- Extra olive oil for drizzling

For Baking and Dressing

- 1 tbsp Butter - For greasing the pan
- ¼ cup Extra virgin olive oil
- 1 cup Marinara sauce
- 1½ cups Shredded mozzarella
- ¼ cup Grated parmesan
- ½-1 cup Pepperoni slices

Finish

- Basil leaves, hot honey, red pepper flakes, and flakey salt for garnish. - Optional

Instructions

1. **Mix.** To a large bowl, add **3½ cups All-purpose flour, 2 tsp Kosher salt, 2 tsp Instant yeast, 2 tbsp Extra virgin olive oil** and **1½ 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 in a warm place.
5. **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.
6. **Dress.** Add **1 cup Marinara sauce, 1½ cups Shredded mozzarella, ¼ cup Grated parmesan** and **½-1 cup Pepperoni slices**.

7. **Bake.** Bake in the preheated oven for 20-25 minutes, until golden brown. Feel free to sprinkle some sea salt at the end, more parmesan, basil leaves and drizzle with hot honey!

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:** A combination of shredded mozzarella and grated parmesan for that classic pizza flavor.
- **Marinara:** I am using my marinara sauce recipe here, but feel free to use seasoned passata (crushed tomatoes) or your favorite pizza sauce. Just make sure that it's not too runny or else you'll end up with soggy focaccia.
- **Pepperoni:** I mean, why not? Classic for a reason. But really you can use any of your favorite toppings.

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!
- **Butter the pan!** This really helps prevent the dough from sticking.

This recipe is based on my standard no knead focaccia recipe. Make sure to also try my other focaccia recipes:

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

Nutrition

Calories: 287kcal | Carbohydrates: 30g | Protein: 9g | Fat: 14g | Saturated Fat: 5g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 7g | Trans Fat: 0.1g | Cholesterol: 20mg | Sodium: 694mg | Potassium: 147mg | Fiber: 2g | Sugar: 1g | Vitamin A: 230IU | Vitamin C: 1mg | Calcium: 100mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

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



Apple Oatmeal Muffins with Crisp Topping

Ready in under 45 minutes, these Apple Oatmeal Muffins are easy to prepare and delicious. They are great for a quick breakfast, a mid-day snack with a cup of coffee or even as a sweet treat. This is a great fall recipe that can be enjoyed when apple season is in full swing.

Prep Time	Cook Time	Total Time
15 mins	30 mins	45 mins

Course: Breakfast, Dessert, Snack

Author: Luay Ghafari Cost: \$10

Cuisine: American

Diet: Vegetarian

Servings: 12 Muffins



5 from 2 votes

Equipment

- Muffin tin - [Affiliate link](#)

Ingredients

Crisp Topping

- 4 tbsp Cold butter - 2 ounces
- 3 tbsp All purpose flour
- 3 tbsp Oatmeal
- 2 tbsp Brown sugar
- ½ tsp Cinnamon

Muffin Batter

- 2 cups All-purpose flour
- 1 cup Brown sugar
- ½ cup Oats
- 1 tsp Cinnamon
- 1 ½ tsp Baking Powder
- ½ tsp Baking Soda
- ¼ tsp Salt
- 1 cup Whole or 2% milk
- ½ cup Melted butter - 1 stick or 4 ounces
- 2 Eggs
- 2 tbsp Yogurt
- 1 tsp Vanilla extract
- 2 Apples - diced finely
-

Instructions

1. **Make Crisp topping and preheat oven.** In a shallow bowl, combine the butter, flour, oats, brown sugar and cinnamon. Using your fingers, massage the ingredients until you get large crumbs. Preheat your oven to 400F/200C.
2. **Mix the muffin dry ingredients.** In a large bowl, combine the muffin batter dry ingredients: flour, brown sugar, oats, cinnamon, baking powder, baking soda and salt. Mix to combine evenly and make sure there are no brown sugar lumps.
3. **Mix the muffin wet ingredients.** In a measuring cup, combine the milk, melted butter, eggs, yogurt, and vanilla. Whisk to combine.
4. **Make batter.** Add the wet ingredients to the dry ingredients. Using a spatula, mix to combine. The batter will be a little wet.
5. **Add chopped apples.** Add the diced apples to the batter and fold to incorporate. Do not overmix.
6. **Portion the batter.** Spoon batter into a 12-hole muffin tin lined with muffin liners. The mixture should come up almost to the top of the muffin liners.
7. **Add the crisp.** Break apart the crisp chunks and divide them evenly over the muffin batter.

8. **Bake.** Bake the muffins in the preheated oven, on the middle rack for 25-30 minutes until golden brown. Cool the muffins right in the muffin pan.

Notes

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

Ingredient notes:

- **Flour:** For this recipe, all-purpose flour is what you need. But if you want, you can sub out $\frac{1}{4}$ of the white flour with whole wheat flour.
- **Oats:** Whole rolled oats are ideal and will soften in the cooking process. But if you have quick oats, steel-cut oats or instant oats, you can use those too.
- **Sugar:** I am using brown sugar here for the added flavor, which works really well with the other flavor profiles in the recipe. But you can use white sugar or even coconut sugar if you like.
- **Fat:** Butter is used in both the crisp topping and in the muffin base itself. You can use unsalted butter or salted butter. If you use salted butter, you can omit the salt in the dry ingredients.
- **Milk:** I recommend using whole or 2% milk that is spiked with a little yogurt to make it tangy.
- **Fresh Apples:** Any type of apple will work in this recipe. Pink Lady, Granny Smith, Gala apples, etc. I like to leave the skin on for added fiber but you can totally peel them if you prefer.

Nutrition

Calories: 309kcal | Carbohydrates: 46g | Protein: 4g | Fat: 13g | Saturated Fat: 8g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Trans Fat: 0.5g | Cholesterol: 33mg | Sodium: 236mg | Potassium: 138mg | Fiber: 2g | Sugar: 24g | Vitamin A: 404IU | Vitamin C: 1mg | Calcium: 78mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/apple-oatmeal-muffins-with-crisp-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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