



FALL MEAL PLAN: WEEK 9



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 9

Monday



Chicken Kafta

Tuesday



Pasta alla Zozzona

Wednesday



Greek Chicken and Potatoes

Thursday



Greek Spinach Pie

Friday



Harissa Honey Salmon

Salad/App



Chickpea Kale Salad

Baking



Spinach Hand Pies

Dessert



Pistachio Cran Scones

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Chicken Kafta Kebabs

Looking for amouthwateringand easy-to-make recipe? My chicken kafta is a must-try! Packed with aromatic spices and fresh herbs, these grilled chicken kafta patties or kebabs are perfect for a quick weeknight dinner or a weekend barbecue.

Prep Time

20 mins

Cook Time

10 mins

Total Time

30 mins

Course: Main Course

Author: Luay Ghafari

Cuisine: Levantine, Mediterranean, Middle Eastern

Cost: \$10

Servings: 3 people



5 from 5 votes

Ingredients

- 1 lbs Ground chicken
- 1 Medium onion - very finely chopped
- ¼ cup Fresh parsley - Finly chopped
- 1 tbsp Baharat spice mix - or 1 tsp cumin, 1 tsp coriander, 1 tsp cinnamon
- 1 tsp Garlic powder
- 1 tsp Chili Flakes - Optional
- Kosher salt and black pepper - start with ½ tsp salt and ¼ tsp pepper. You may need more.
- Bread crumbs - As needed

Instructions

1. **Mix:** In a large mixing bowl, combine the ground chicken, chopped onion, fresh parsley, spices, garlic powder, chili flakes, salt and pepper. Combine really well. The mixture may be a little sticky and that's ok. At this point, I recommend you fry up a tablespoon of the mixture and taste it. Adjust the seasoning to your liking.
2. **Form:** Wet your hands with a little cold water, it will help you form the kafta without getting the mixture stuck to your hands. Form the kafta mixture into oblong shapes. If you are having difficulty forming the mix into logs, add 2-4 tablespoons of breadcrumbs to the mix.

Don't make them too thick. 1 inch (2cm) thickness is ideal. You can freeform them by hand, or form them directly onto a skewer.
3. **Grill:** Preheat your BBQ or grill pan on medium-high heat. Spray or brush on some neutral oil (don't use olive oil) and grill the kafta for 4-6 minutes on each side until cooked through. The internal temperature should be at least 165F.
4. **Serve:** Serve the grilled kafta with some rice, pita bread, salad of choice, hummus or yogurt.

Notes

Refer to the blog post above for detailed step-by-step photos.

Ingredient Notes:

- **Ground Chicken:** You can certainly use ground turkey, ground beef (Beef Kofta), ground lamb, or a combination. You can also make this recipe vegan by using a vegan minced meat substitute.
- **Baharat:** I know that most folks probably don't have Baharat (Levantine Spice Mix) in their pantries, but don't let that stop you. You can use a combination of equal parts cumin, coriander and cinnamon to achieve a similar flavor profile. If you love to prepare Middle Eastern, Lebanese or Levantine food, I suggest you pick up some Baharat from your local Middle Eastern store.

To check the seasoning level, fry up a small coin-sized portion of the mixture and taste it. Adjust the seasoning as needed.

Serve the grilled kafta with some Lebanese rice, pita bread, Taboon (flatbread), sumac onions and/or salad of choice. A drizzle of lemon tahini sauce is also traditional and so is a sprinkling of sumac. A squeeze of lemon juice is just chef's kiss!

Nutrition

Calories: 241kcal | Carbohydrates: 5g | Protein: 27g | Fat: 13g | Saturated Fat: 4g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 5g | Trans Fat: 0.1g | Cholesterol: 130mg | Sodium: 107mg | Potassium: 883mg | Fiber: 1g | Sugar: 2g | Vitamin A: 620IU | Vitamin C: 9mg | Calcium: 27mg | Iron: 2mg

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and FAQs, scan the QR code or visit:

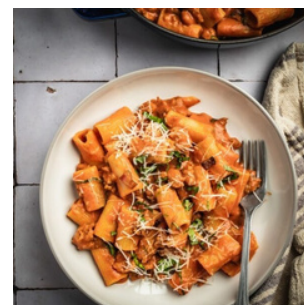
<https://urbanfarmandkitchen.com/chicken-kafta/>



Pasta alla Zozzona

If Carbonara and Amatriciana had a baby, it would be this messy, delicious Pasta alla Zozzona. This recipe combines rich pancetta and sausage with a tomato sauce base and a cheesy mixture that brings it all together. The end result is a creamy, tomatoey sauce that is out of this world.

Prep Time	Cook Time	Total Time
20 mins	20 mins	40 mins
Course: Main Course		
Cuisine: Italian	Servings: 6 servings	Author: Luay Ghafari
Cost: \$10		



★★★★★
5 from 3 votes

Ingredients

- ¾ cup Pancetta (cut into small pieces)
- 1 lb Italian sausage (removed from casing)
- 1 tbsp Olive oil (optional, only if needed)
- 2 cups Tomato sauce or passata
- 1 Basil sprig
- 1 lb Rigatoni pasta
- 2 Egg yolks
- 1 cup Pecorino Romano (grated)
- Salt and black pepper to taste
- Basil and extra cheese for garnish

Instructions

1. **Fry the Pancetta.** Start by heating a large Dutch oven or heavy pot over medium heat. Add ¾ cup **Pancetta (cut into small pieces)** and let it cook slowly, rendering its fat until it becomes golden and crispy. This step builds the first layer of flavor, so take your time. Rushing it could leave you with chewy bits instead of crispy perfection.
2. **Fry the Sausage.** Once the pancetta is crisp, remove it from the pan using a slotted spoon, leaving the rendered pancetta fat behind. If you need more oil to cook the sausage, add a small amount of optional olive oil. Add **1 lb Italian sausage (removed from casing)** and cook on medium-high heat until golden brown (about 8-10 minutes), breaking it up with a wooden spoon as it cooks. This will add even more depth to the sauce.
3. **Add the Tomato Sauce and Simmer.** Pour in **2 cups Tomato sauce or passata**, stirring to combine it with the browned sausage and pancetta drippings. Add **1 Basil sprig**. Let it simmer on medium-low heat for about 15-20 minutes to allow the flavors to meld together. If it thickens too much, add a splash of pasta water later to loosen it up. Taste the sauce and adjust the seasoning but keep in mind that the cheese and egg mixture is coming later which will add some more salt to the dish.
4. **Cook the Pasta and Add it to the Sauce.** While the sauce simmers, cook **1 lb Rigatoni pasta** in well-salted boiling water per package directions. Reserve some pasta water before draining. Transfer pasta directly to the sauce, tossing to coat.
5. **Make the Pecorino Mixture and Add it Off Heat.** In a small bowl, whisk together **2 Egg yolks** and **1 cup Pecorino Romano (grated)**. Slowly add ¼ cup of slightly cooled pasta cooking water, stirring well. Remove the pot from heat and slowly stir in the cheese and egg mixture, letting the residual heat create a silky sauce. Also add the cooked pancetta. Be careful not to overheat, or you'll end up with scrambled eggs instead of a creamy coating.
6. **Serve with Extra Cheese and Fresh Basil.** Plate the pasta and finish with extra Pecorino Romano and a few fresh basil leaves for contrast and freshness.

Notes

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

Ingredient Notes:

- **Pancetta:** If you can't find pancetta, guanciale or thick-cut bacon can be used as substitutes.
- **Sausage:** A lot of the flavor in the finished dish will come from the sausage, so use high-quality Italian sausage. I like using mild fennel flavored sausage. A spicy Italian sausage can also work if you want a little heat. If you can buy the ground sausage meat on its own, do that. You will have to remove the meat from casing if you can only find sausage links.

- **Tomato Sauce:** I use a jarred tomato passata or can of good quality San Marzano or Roma tomatoes. If using a can, I always recommend you get canned whole tomatoes which you can crush or blend yourself.
- **Pecorino Cheese.** This sharp, salty cheese adds depth to the dish. Parmesan can be substituted. I have used both in the past. Use what you have on hand.

Nutrition

Calories: 789kcal | Carbohydrates: 62g | Protein: 32g | Fat: 45g | Saturated Fat: 16g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 20g | Trans Fat: 0.04g | Cholesterol: 159mg | Sodium: 1343mg | Potassium: 682mg | Fiber: 4g | Sugar: 5g | Vitamin A: 520IU | Vitamin C: 7mg | Calcium: 227mg | Iron: 3mg

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and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/pasta-alla-zozzona-sausage-and-tomato-sauce/>



One Pan Greek Lemon Chicken and Potatoes Recipe

Can I just say, this one panGreek lemonchicken and potatoes recipe is mygo-to quick weeknight dinner fix! It takes me 15 minutes to prepare and then roasts away on its own for 45 minutes. It's incredibly satisfying and delicious.

Prep Time

15 mins

Cook Time

45 mins

Total Time

1 hr

Course: Main Course

Cuisine: Greek

Servings: 4 people

Author: Luay Ghafari

Cost: \$20



5 from 4 votes

Ingredients

Marinade Ingredients

- ¼ cup Extra virgin olive oil
- ¼ cup Lemon juice - Juice of 2 lemons
- 4-6 Garlic cloves - Finely minced
- 2 tsp Dried oregano
- 1 tsp Dried thyme
- 1 ½ tsp Kosher salt
- ¼ tsp Black pepper

Rest of the Ingredients

- 3 lbs Chicken thighs
- 4-5 Yukon gold potatoes - Cut into large wedges
- 1 Lemon - Cut into rings
- Garnish with fresh parsley

Instructions

1. **Make the marinade.** To a large bowl, add the olive oil, lemon juice, minced garlic, dried oregano, dried thyme, kosher salt, and black pepper. Mix well to combine.
2. **Marinate the chicken.** Add the chicken thighs to the bowl and toss to coat. Set aside while you prepare the baking sheet.
3. **Arrange the chicken and potatoes.** Preheat your oven to 400F/205C. Line a large-rimmed baking sheet with parchment paper. Transfer the marinated chicken pieces and marinade to the prepared baking sheet. Add the potato wedges. Toss everything together so that the potato wedges are seasoned with the marinade. Arrange the potato wedges and chicken thighs in a single layer. They can touch slightly but don't overlap. Nestle in the sliced lemons and extra garlic if you like.
4. **Roast.** Roast in the preheated oven for 40-50 minutes, or until the chicken thighs and potatoes are cooked through and the chicken is golden brown. To get some more color on your chicken, broil for 5-8 minutes at the very end of the cooking process. Garnish with fresh parsley or fresh oregano.

Notes

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

Ingredient Notes:

- **Chicken:** You can use whichever cut of chicken you have on hand for this recipe. I like using **skin-on and bone-in chicken thighs**, but you can use chicken quarters, chicken breasts or even a whole spatchcocked chicken. You can also use boneless chicken breasts or thighs. The cooking time will of course vary if you use a whole chicken.
- **Potatoes:** My preference is to use **yellow or Yukon Gold potatoes**. However, you can use fingerling potatoes, new potatoes (baby potatoes), or chunks of baking potatoes (Russet potatoes).
- **Dried herbs:** I recommend a combination of dried oregano and dried thyme for that Mediterranean/Greek flavor profile.
- **Garlic:** I am using fresh garlic cloves in this recipe, but granulated garlic powder will work just fine.
- **Lemon:** Fresh lemons and fresh lemon juice are the way to go. I also like to slice one whole lemon and include it in the bake. The lemon slices caramelize and release their juices. They also look lovely on a serving platter.

Pair it with Maroulosalata (Greek lettuce salad), Traditional Greek salad, chopped salad, vermicelli rice, and tzatziki sauce.

Nutrition

Calories: 664kcal | Carbohydrates: 32g | Protein: 69g | Fat: 28g | Saturated Fat: 5g | Polyunsaturated Fat: 5g | Monounsaturated Fat: 15g | Trans Fat: 0.1g | Cholesterol: 323mg | Sodium: 1331mg | Potassium: 1579g | Fiber: 4g | Sugar: 2g | Vitamin A: 96IU | Vitamin C: 40mg | Calcium: 63mg | Iron: 5mg

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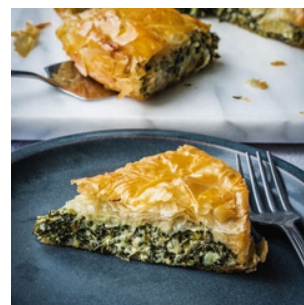
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<https://urbanfarmandkitchen.com/one-pan-greek-lemon-chicken-and-potatoes-recipe/>



Greek Spinach Pie (Spanakopita)

This Greek Spinach Pie, also known as Spanakopita, is a feast for the senses with crispy layers of phyllo and a savory spinach and cheese center. The pie bakes in under 40 minutes and can be enjoyed for breakfast, brunch, as a snack, or a light lunch or dinner.



Prep Time	Cook Time	Total Time
15 mins	35 mins	50 mins

Course: Appetizer, Breakfast, Brunch, Main Course, Snack Cuisine: Greek Diet: Vegetarian

Servings: 8 Servings Author: Luay Ghafari Cost: \$15



5 from 2 votes

Equipment

- 11-12 inch round pan

Ingredients

Spinach Feta Filling

- 2 tbsp Olive oil
- 1 Onion - Finely chopped
- 3 Garlic cloves - Finely chopped
- 10 oz Package of frozen chopped spinach - Defrosted, drained and squeezed
- 1 cup Greek feta - Crumbled
- ½ cup Ricotta - Optional, adds creaminess
- 2 tbsp Fresh parsley - Finely chopped
- 2 tbsp Fresh dill - Finely chopped
- 2 tsp Dried oregano
- Kosher salt and pepper to taste
- 1 Egg - Only add after trying the mixture and adjusting the seasoning

Pie

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

Instructions

1. **Sautee spinach.** Set a large frying pan on medium high heat and add the olive oil. Fry the chopped onions and garlic until translucent, about 2 minutes. Add the defrosted, squeezed and chopped spinach to the pan and sauté until all liquid has evaporated from the pan. Transfer to a bowl to cool for 10 minutes.
2. **Make cheese and spinach filling.** To the same bowl, add the crumbled feta, optional ricotta, chopped parsley, chopped dill and dried oregano. Mix well to combine.
3. **Taste, adjust and then add the egg.** Taste the mixture and adjust the seasoning with salt and pepper. Once you are happy with the flavor of your filling mixture, add one egg to it. Mix well to combine. **At this point, preheat your oven to 400F/205C.**
4. **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.
5. **Butter.** Brush on some more butter all over the phyllo.
6. **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.
7. **Add the spinach mixture.** Transfer the spinach filling to the phyllo-lined baking dish and level it with an offset spatula or soon.
8. **Cover.** Take the overhanging phyllo and place it over the spinach mixture, making sure to butter between the layers of phyllo as you go around. The filling 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.

9. **Bake.** Place your prepared spinach 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. Let the pie cool for at least 30 minutes before serving.

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.
- **Spinach:** I am using frozen spinach here because it's ready to use. You might need to chop it up but otherwise, all you need to do is defrost it, drain it and chop it. You can use fresh spinach if you like. A couple of bunches should do the trick.
- **Cheese:** For this recipe, I am using a combination of **feta and optional ricotta**. You could replace the ricotta with cottage cheese if you want a more protein-packed pie, but it's not something I would do!
- **Herbs:** I am using a combination of dried oregano, fresh dill and fresh parsley. A little fresh mint would also work great here.

Other additions: Lemon juice, lemon zest, chopped green onions or spring onion, chili flakes, or cream cheese.

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: 325kcal | Carbohydrates: 23g | Protein: 9g | Fat: 22g | Saturated Fat: 12g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 7g | Trans Fat: 0.5g | Cholesterol: 76mg | Sodium: 524mg | Potassium: 219mg | Fiber: 2g | Sugar: 1g | Vitamin A: 4780IU | Vitamin C: 5mg | Calcium: 187mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/greek-spinach-pie-spanakopita-with-phyllo-dough/>



Honey Harissa Salmon (with Garlic, Thyme and Lemon)

This Honey Harissa Salmon is the spicy-sweet sheet pan dinner of your dreams. It's smoky, zesty, a little fiery, and perfectly balanced with sweet honey, lemon, and fresh thyme. Bonus: it's wildly easy to throw together and makes your kitchen smell amazing while it bakes. The whole thing is ready in under 30 minutes.

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

Course: Main Course

Cuisine: Mediterranean, North African

Servings: 4 Servings

Author: Luay Ghafari

Cost: \$20



★★★★★

5 from 2 votes

Ingredients

Honey Harissa Marinade

- 3 tbsp Harissa paste
- 2 tbsp Honey
- 2 tbsp Lemon juice
- 1 tbsp Olive oil
- 1 tbsp Grainy mustard
- 2 tbsp Fresh thyme leaves
- 1-2 Garlic cloves (minced)

Salmon Fillets

- 2 lbs Salmon fillets - 4 fillets, skin on or off
- 1 tsp Kosher salt
- ¼ tsp Black pepper

Garnish

- Fresh cilantro
- Lemon wedges

Instructions

1. **Make the Marinade and Preheat the Oven.** Preheat your oven to 350°F (180°C). In a small bowl, whisk together the **3 tbsp Harissa paste, 2 tbsp Honey, 2 tbsp Lemon juice, 1 tbsp Olive oil, 1 tbsp Grainy mustard, 2 tbsp Fresh thyme leaves** and **1-2 Garlic cloves (minced)**.
2. **Prep the Salmon.** Place **2 lbs Salmon fillets** on a parchment-lined rimmed baking sheet. Pat dry with paper towels and season with **1 tsp Kosher salt** and **¼ tsp Black pepper**.
3. **Coat with Marinade.** Spoon the harissa mixture evenly over the fillets, spreading it to cover all sides.
4. **Bake.** Transfer to a preheated oven and bake for 17–22 minutes, or until the salmon flakes easily with a fork and reaches your preferred doneness. Garnish with chopped **Fresh cilantro** and serve with **Lemon wedges**.

Notes

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

Key Ingredient Notes:

- **Salmon Fillets.** 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.
- **Harissa Paste:** Harissa is a **North African chili paste** that is sweet, spicy, and savory. It's an excellent base for stews and marinades because it has chili peppers, red peppers, fresh lemon juice, olive oil, and spices like ground cumin, ground coriander, and caraway. I like to make my own Harissa Paste because I prefer it to be a little smoother for marinating

recipes. But jarred works just as well. 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).

- **Honey:** Balances the spice with natural sweetness. Maple syrup is a fine sub.
- **Fresh Herbs:** I am using fresh thyme here. It's earthy and aromatic. You can swap for dried thyme if needed.
- **Grainy Mustard:** So this is a bit unusual. I love grainy mustard with salmon. It adds a tangy punch and texture. Smooth Dijon also works. But you can also just omit it.

Serve it with my plain white rice, brown rice, cauliflower rice, Middle Eastern Rice Pilaf, Saffron Rice, Vermicelli Rice, or with my Batata Harra (spicy Lebanese potatoes) or Garlic Rosemary Roasted Potatoes. You can even serve it with my garlic mashed potatoes.

Nutrition

Calories: 323kcal | Carbohydrates: 13g | Protein: 34g | Fat: 15g | Saturated Fat: 2g | Polyunsaturated Fat: 5g | Monounsaturated Fat: 6g | Cholesterol: 94mg | Sodium: 995mg | Potassium: 918mg | Fiber: 1g | Sugar: 10g | Vitamin A: 314IU | Vitamin C: 11mg | Calcium: 42mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/honey-harissa-salmon-with-garlic-thyme-and-lemon/>



Kale Chickpea Salad with Lemon Tahini Dressing

This Kale Chickpea Salad is one of those back-pocket recipes that is delicious and adaptable. The creamy lemon, tahini and honey dressing balances out some of the bitterness from the kale. But keep reading, I have a trick to make the kale less bitter! Best of all, it comes together in under 20 minutes.

Prep Time
20 mins

Total Time
20 mins

Course: Salad, Side Dish Cuisine: Seasonal Diet: Vegetarian Servings: 6 Servings
Author: Luay Ghafari Cost: \$10



★★★★★
5 from 1 vote

Ingredients

Salad Dressing

- 3 tbsp Extra virgin olive oil
- 3 tbsp Lemon Juice
- 2 tbsp Tahini
- 1 tbsp Honey - Use more if you like a sweeter dressing
- 1 tsp Kosher salt
- ½ tsp Black pepper

Salad Ingredients

- ½ Kale bunch - about 3 cups after chopping
- 3 Persian cucumbers (diced)
- 1 can Chickpeas (drained and rinsed) - 14oz can (398ml)
- ½ cup Greek feta (crumbled)
- 2 tbsp Mint (finely chopped) - Use more or less to taste
- 2 tbsp Parsley (finely chopped) - Use more or less to taste
- 2 tbsp Dill (finely chopped) - Use more or less to taste
- Dill fronds and mint leaves for garnish

Instructions

1. **Dressing.** Make the creamy tahini dressing directly in your serving bowl. Whisk together **3 tbsp Extra virgin olive oil, 3 tbsp Lemon Juice, 2 tbsp Tahini, 1 tbsp Honey, 1 tsp Kosher salt,** and **½ tsp Black pepper** until creamy and well combined.
2. **Prep the Kale.** Strip **½ Kale bunch** and discard the tough stems. Chop into bite-sized pieces. Rinse it under cold water in a colander, massaging the leaves vigorously as you go. This helps tenderize the kale, but also washes away some of the bitterness. Set aside to drain. You could also use a salad spinner or paper towels to remove excess water.
3. **Assemble the Salad.** To the bowl with the dressing, add **3 Persian cucumbers (diced), 1 can Chickpeas (drained and rinsed), ½ cup Greek feta (crumbled), 2 tbsp Mint (finely chopped), 2 tbsp Parsley (finely chopped),** and **2 tbsp Dill (finely chopped).**
4. **Toss.** Toss everything together until evenly coated. Taste and adjust seasoning if needed. Finish with **Dill fronds and mint leaves for garnish.** Serve cold or at room temperature.

Notes

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

Key Ingredient Notes:

- **Kale:** I love using **Lacinato kale**, also known as dinosaur kale or Tuscan kale. But you can use any other type of kale if you prefer (red curly kale is nice too). This recipe calls for half a bunch, but you can use more or less depending on how much you like kale. You can also substitute the kale with other leafy greens like romaine lettuce, fresh spinach, or arugula.

- **Cucumbers:** I prefer using **Persian cucumbers**. They are crunchy and refreshing, with a small seed cavity and thin skin. You can use an English cucumber if that's what you have access to, but you may want to peel it and remove some of the watery seed cavity before chopping.
- **Feta:** I think Greek feta is the only way to go here! It's creamy, salty and tangy. But if you don't like feta cheese, you can use another creamy cheese like goat cheese instead. Vegan alternatives are available.

Other Tips:

- **Massage the raw kale well.** It makes all the difference in texture. The kale will be less crunchy and more tender.
- **"Beef" it up with your favorite protein!** Add sliced rotisserie chicken, seared shrimp, plant-based protein, or fried tofu to increase the protein per portion. If you have leftover Chicken Shish Tawook or Chicken Shawarma meat, use that!
- **Meal Prep:** This is an excellent meal prep recipe. Simply divide the dressing equally in your containers first. Then layer the ingredients as you like. Before serving, just give the container a shake and you're good to go!

Nutrition

Calories: 254kcal | Carbohydrates: 25g | Protein: 9g | Fat: 14g | Saturated Fat: 3g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 7g | Cholesterol: 11mg | Sodium: 737mg | Potassium: 318mg | Fiber: 6g | Sugar: 7g | Vitamin A: 1265IU | Vitamin C: 16mg | Calcium: 135mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/kale-chickpea-salad-with-lemon-tahini-dressing/>



Spinach Fatayer (Levantine Savory Hand Pies)

Savory authentic spinach fatayer (savory hand pies) are a Levantine staple and popular throughout the Middle East and beyond. These portable pastries are delicious and can be enjoyed any time of day.



5 from 6 votes

Prep Time

20 mins

Cook Time

10 mins

Rise time

1 hr

Total Time

1 hr 30 mins

Course: Appetizer, Breakfast, Brunch, Side Dish, Snack Cuisine: Levantine, Middle Eastern

Servings: 12 Pieces Author: Luay Ghafari Cost: \$10

Ingredients

For the dough

- 3 cups All purpose flour - 420 grams
- 2 ¼ tsp Instant yeast - 7 grams
- 1 tbsp Sugar - 12.5 grams
- 1 tsp Kosher salt - 5 grams
- ½ cup Water, warmed - 120 grams
- ½ cup Milk, warmed - 120 grams
- ¼ cup Olive oil - 53 grams

Spinach Mixture

- 2 tbsp Olive oil - 30 ml
- 1 Medium onion - Finely chopped
- 16 Ounces Fresh spinach - Bagged spinach typically comes in 8 oz bags. You will need 2 bags.
- 1 Lemon - Juiced
- 2 tbsp Sumac
- ½ tsp Baharat spice Blend (Optional) - You can use equal parts cinnamon, cumin and coriander spice
- Salt and black pepper to taste

Garnish

- 1 Egg - Beaten

Instructions

1. **Mix.** In the bowl of a stand mixer, add the flour, yeast, sugar, salt and mix well to combine. Add the warm water, warm milk and olive oil. Run the stand mixer with the dough hook until a ball of dough forms, about 5-7 minutes. If you find the dough is sticking to the sides, add more flour, one tablespoon at a time.
2. **Rise.** Rub the dough ball lightly with oil on all sides and let it rise, covered with a tea towel, in the bowl of the stand mixer for 1 hour in a warm place.
3. **Spinach filling.** While the dough rises, prepare the spinach mixture. To a pan set on medium heat, add 2 tbsp olive oil and the diced onions. Sauté for 2 minutes until translucent. Add the cleaned spinach in batches and wilt it down. Continue cooking until all the liquid has evaporated, 5-8 minutes. Add the spices and lemon juice. Season with salt and pepper to taste. It should be slightly sour. Set aside to cool.
4. **Divide and Shape.** After the bread dough has risen to about double its original size, divide it into 12 pieces (for standard size) or 18 pieces (for minis). Use a kitchen scale here if you want your fatayer to be evenly sized. Shape each piece of dough into a tight ball and rest them on your kitchen counter for 10 minutes, covered, so that the gluten can relax.
5. **Flatten.** Preheat your oven to 400F (205C). Using a rolling pin, flatten the dough balls into a ¼ inch (0.6cm) thick. Place the dough circles in one layer on a parchment paper lined baking sheet. You may need to do this in steps or using multiple baking sheets. NOTE: You'll find that after rolling out the disk, the bottom of it will be sticky whereas the top will be smooth. By flipping it upside down (sticky side up), it will be a lot easier for you to seal the seams in the next step!
6. **Fill and Shape.** Add 1-2 tablespoons of spinach mixture to the center of the dough circle. Pick the dough disk to seal it to the middle and then bring the other side of the disk to the center to form a pyramid or triangular shape. Pinch the seams well so that they don't open while baking (Take a look at the photos above).

7. **Egg wash.** Brush the pastry with a beaten egg.
8. **Bake.** Bake in a preheated oven for 10-12 minutes or until the dough is golden brown. Keep an eye on your oven, you may need to adjust the time and or temperature to avoid burning. Serve warm.

Notes

Refer to the blog post above for more information and step by step photos on how to prepare the fatayer. The photos will help you visualize the shaping.

Spices: the classic spices used here are sumac and Baharat (Levantine 7 spice blend). You can substitute the 7 spice blend for equal parts cinnamon, cumin and coriander.

Other additions: Some people like to add green onion, pine nuts or pomegranate molasses to their spinach mixture. You can also add some crumbled feta cheese for a more Greek-inspired recipe.

If you are struggling with the triangle shape, try making half-moon (empanada style) pockets instead and seal the edge with the tines of a fork.

Nutrition

Calories: 209kcal | Carbohydrates: 29g | Protein: 6g | Fat: 8g | Saturated Fat: 3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Trans Fat: 0.002g | Cholesterol: 15mg | Sodium: 236mg | Potassium: 300mg | Fiber: 2g | Sugar: 2g | Vitamin A: 3581IU | Vitamin C: 11mg | Calcium: 60mg | Iron: 3mg

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Pistachio Cranberry Scones (with Lemon Icing)

This Pistachio Cranberry Scone recipe takes a classic dessert and gives it a Middle Eastern twist with flavors of pistachio, citrus and honey. The scones come together with minimal effort. They are one of my favorite bakes for brunch, the holidays or a slow weekend morning with coffee.

Cook Time	Prep Time	Chill time	Total Time
18 mins	20 mins	30 mins	1 hr 8 mins

Course: Breakfast, Brunch, Dessert, Snack

Cuisine: American, Mediterranean

Diet: Vegetarian

Servings: 9 Scones Author: Luay Ghafari

Cost: \$20



5 from 1 vote

Ingredients

For the Scones

- 1/3 cup Raw pistachios - 45 grams
- 1/4 cup White sugar - 50 grams
- 2 cups All purpose flour - 250 grams
- 4 tsp Baking powder
- 1/2 tsp Kosher salt
- 1 tsp Lemon zest
- 6 tbsp Unsalted butter (frozen & grated) - 85 grams
- 1/3 cup Half & half or Milk - 75 grams
- 3 tbsp Honey - 63 grams
- 1 Large egg
- 1 Egg yolk
- 1/2 tsp Almond extract
- 1/2 tsp Vanilla extract
- 1 cup Cranberries (fresh or frozen) - 100 grams

For the Icing and Garnish

- 1 cup Powdered sugar - 120 grams
- 1 tbsp Lemon juice
- 2 tsp Water or milk - See note
- 1/4 tsp Lemon zest
- 2 tbsp Chopped pistachios - 17 grams

Instructions

1. **Process the Pistachios.** Combine 1/3 cup Raw pistachios and 1/4 cup White sugar in a food processor. Pulse until finely ground with a few small crumbs remaining.
2. **Mix the Dry Ingredients.** In a large bowl, whisk together 2 cups All purpose flour, 4 tsp Baking powder, 1/2 tsp Kosher salt, 1 tsp Lemon zest, and pistachio-sugar mixture.
3. **Add Butter.** Add 6 tbsp Unsalted butter (frozen & grated) and toss to coat it evenly in the flour mixture.
4. **Mix Wet Ingredients.** In a small bowl, whisk together 1/3 cup Half & half or Milk, 3 tbsp Honey, 1 Large egg, 1 Egg yolk, 1/2 tsp Almond extract, and 1/2 tsp Vanilla extract.
5. **Add Wet to Dry.** Pour the wet ingredients into the dry ingredients. Fold gently with a spatula for about 5 strokes. The mixture will look shaggy and not fully combined.
6. **Add Cranberries.** Add 1 cup Cranberries (fresh or frozen) and continue folding (or use your hands) just until the dough comes together. It should hold its shape but not feel sticky.
7. **Shape and Cut Scones.** Transfer dough to a clean work surface (no flour needed if you work on a piece of parchment paper). Pat into a circle about 8 inches wide and 1 1/2 inches thick. Cut into wedges using a sharp knife or bench scraper.
8. **Transfer and Cool.** Place scones on a parchment paper lined baking sheet or cookie sheet and freeze for 30 minutes. This helps them hold their shape and bake up tall.

9. **Pre-Heat Oven.** Preheat the oven to 425°F / 220°C.
10. **Brush and Bake.** Brush tops of scones with a little half & half or milk. Bake for 16–18 minutes, until the tops are set and lightly golden. Cool on the baking sheet for about 10 minutes.
11. **Glaze.** Whisk together the icing ingredients (**1 cup Powdered sugar, 1 tbsp Lemon juice, 2 tsp Water or milk** and **¼ tsp Lemon zest**). Spoon over the warm scones and sprinkle with **2 tbsp Chopped pistachios**. Let the icing dry completely before storing.

Notes

Refer to the post above if you need step by step photos, additional tips or guidance.

Key Ingredient Notes:

- **Raw Pistachio Nuts:** I recommend using **raw shelled pistachios** in this recipe. You will need them for both the base dough and for garnish. If you can only find toasted pistachios, you can use them instead, but make sure they are unsalted.
- **Unsalted Butter:** I really think you should **use unsalted butter** here, but if you only have access to salted butter, skip the added salt in the recipe. The trick to getting flaky scones is to grate the butter while it's really cold/frozen. If you have trouble grating frozen butter, you can grate it straight out of the fridge and then freeze it in a single layer if you can. This way, it won't just soften when you're mixing the dough.
- **Half & Half or Milk:** Adds moisture; heavy cream works for an even richer result. But most of the time, I will use Milk because that's what I have on hand.
- **Cranberries:** Use fresh or frozen; if using frozen, no need to thaw them. If you only have dried cranberries, you can use those too. The scones may be a touch on the dry side but they should still bake up beautifully.

Other Key Tips:

- **Keep everything cold.** Cold butter is essential for flakiness. Freezing and grating it distributes it evenly and keeps the dough from warming up too quickly.
- If you plan to enjoy the scones right away, then you can use water or milk in the icing. If you think you will need to eat them over a couple of days, use water in the icing so that it can be shelf-stable. Store fully cooled leftover scones in an airtight container at room temperature for up to 2 days.

Nutrition

Calories: 272kcal | Carbohydrates: 50g | Protein: 6g | Fat: 12g | Saturated Fat: 6g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 4g | Trans Fat: 0.3g | Cholesterol: 61mg | Sodium: 586mg | Potassium: 134mg | Fiber: 2g | Sugar: 7g | Vitamin A: 336IU | Vitamin C: 3mg | Calcium: 136mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/pistachio-cranberry-scones-with-lemon-icing/>





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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