



FALL MEAL PLAN: WEEK 12





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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Olive Grove Club Exclusive

Fall Meal Plan: Week 12

Monday



Beef Kofta

Tuesday



Med Chickpea Pasta Salad

Wednesday



Lemon Za'atar Chicken

Thursday



Tuscan Bean Soup

Friday



Shrimp and Shishito Skewers

Salad/App



Maple Carrots with Herb Labneh

Baking



Cheese Hand Pies

Dessert



Orange Sugar Cookies

URBAN FARM & KITCHEN

Beef Kofta (Easy Kafta Kebabs)

This beefkofta recipecombines accessible ground beef with aromatic Middle Eastern spices and fresh herbs. It's a perfect recipe for a quick and easy lunch or weeknight dinner.



5 from 3 votes

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

~~Course: Main Course~~
Author: Luay Ghafari

Cuisine: Levantine, Middle Eastern Servings: 3 people
Cost: $15

Ingredients

- 1 Medium onion - Chopped
- ¼ cup Fresh parsley
- 1 lb Ground beef - Use lean or medium lean. Don't use extra lean.
- 1 tbsp Baharat spice mix - or 1 teaspoon cumin, 1 teaspoon coriander, 1 teaspoon cinnamon
- 1 tsp Garlic powder
- 1 tsp Chili flakes - Optional
- Kosher salt and black pepper - start with ½ teaspoon salt and ¼ teaspoon pepper. You may need more.

Instructions

1. **Process.** In a small food processor, pulse the chopped onion and parsley until fine.
2. **Mix.** In a large bowl, combine the ground beef, onion and parsley mixture, spices, salt and pepper. Mix really well. See the note below on how to check the seasoning level.
3. **Form.** Form the meat mixture into oblong shapes. Don't make them too thick. 1 inch (2cm) thickness works well. You can freeform them, or form them onto a skewer.
4. **Grill.** Preheat your BBQ or grill pan on medium-high heat. Spray or brush the hot grill with some neutral oil and cook the beef kebabs for 6-8 minutes on each side until cooked through. The internal temperature should be at least 165F.

Notes

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

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, Lebanese Pita Bread, Taboon (flatbread), and/or salad of choice. A drizzle of Tahini Sauce is also traditional and so is a sprinkling of sumac. A squeeze of lemon juice knocks it out of the park!

You can certainly cook these kofta patties in an oven or even an air fryer. The time will vary, but the key is to cook the patties to an internal temperature of 165F.

Nutrition

Calories: 404kcal | Carbohydrates: 4g | Protein: 27g | Fat: 30g | Saturated Fat: 12g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 13g | Trans Fat: 2g | Cholesterol: 107mg | Sodium: 114mg | Potassium: 487mg | Fiber: 1g | Sugar: 2g | Vitamin A: 198IU | Vitamin C: 3mg | Calcium: 39mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/beef-kofta-spiced-ground-beef-kebabs/



Mediterranean Chickpea Pasta Salad (with Lemon Sumac Dressing)



This **MediterraneanChickpea Pasta Salad** is hearty andfilling,packed with fresh veggies, protein-packed chickpeas, herbs and tender pasta. And that lemon sumac dressing? It's tangy and bold, tying everything together in the best way. Best of all, it comes together in **under 30 minutes**.

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

★★★★★
5 from 2 votes

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

Ingredients

- 12 oz Short pasta - Fusilli, rotini, or orecchiette
- Salt for pasta water

For the Lemon Sumac Dressing

- ¼ cup Extra virgin olive oil
- 2 tbsp Lemon juice
- 2 tsp Dijon mustard
- ½ tsp Dried oregano
- ½ tsp Sumac
- ½ tsp Kosher salt
- ¼ tsp Black pepper

For the Salad

- 1 can Chickpeas (rinsed and drained) - 14 oz can
- 2 Persian cucumbers (chopped)
- 1 cup Cherry tomatoes (halved)
- 5 Green onions (chopped)
- 2 tbsp Fresh parsley (chopped)
- 2 tbsp Fresh mint (chopped)
- Garnish with mint leaves and extra sumac

Instructions

1. **Cook the Pasta.** Bring a large pot of well-salted water to a boil. Add the pasta and cook until just al dente according to package directions. Drain well in a sieve or colander.
2. **Make the Dressing.** In a small bowl or jar, whisk together the extra virgin olive oil, fresh lemon juice, Dijon mustard, oregano, sumac, salt, and freshly ground black pepper. Whisk until the dressing is smooth and emulsified.
3. **Assemble the Salad.** Add the cooled and drained pasta to a large serving bowl. Add the chickpeas, diced crisp cucumber, halved cherry tomatoes, chopped green onions, parsley, and mint.
4. **Dress and Finish.** Pour the dressing over the salad. Toss gently until everything is evenly coated. Taste and adjust with more lemon, salt, or pepper if needed. Serve at room temperature or chilled. Finish with a garnish of mint leaves and a sprinkle of sumac.

Notes

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

Key ingredient notes:

- **Pasta:** I recommend using a **short pasta** like fusilli, rotini, or orecchiette. You can also use whole wheat pasta or gluten-free pasta.
- **Sumac:** Tangy Middle Eastern spice (sub with lemon zest + paprika if needed). But really, try to get your hands on it. It's now much easier to find at local supermarkets or Middle Eastern stores. You can also get it online.

- **Chickpeas:** Canned, rinsed, and drained. No need to make your life harder by cooking up dry chickpeas. You can also substitute with white beans or butter beans.
- **Cucumbers**: I recommend using **Persian cucumbers** here. If you only have a large English cucumber, I recommend peeling it and removing some of the seed cavity to avoid having a watery salad.
- **Tomatoes:** I like the addition of **sliced cherry or grape tomatoes**. Don't use large slicer tomatoes as they will just make the salad wet and messy.
- **Fresh Herbs:** A combination of **fresh parsley** and **fresh mint** give this salad a vibrancy that's unmistakably Eastern Mediterranean.

Nutrition

Calories: 413kcal | Carbohydrates: 64g |Protein: 14g | Fat: 12g | Saturated Fat: 2g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 7g | Sodium: 323mg | Potassium: 455mg |Fiber: 8g | Sugar: 6g | Vitamin A: 446IU | Vitamin C: 13mg | Calcium: 67mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/mediterranean-chickpea-pasta-salad/

Lemon Za'atar Chicken and Potato Bake



MyLemon Za'atar Chicken and Potato Bake isanincredibly flavorful and satisfying dinner recipe perfect for a weeknight or even a special occasion. Chicken marinates in olive oil, lemon, garlic, and za'atar, then roasts with potato wedges and lemon slices in a savory, lemony pan sauce.

Prep Time	Cook Time	Total Time
20 mins	1 hr	1 hr 20 mins

~~Course: Main Course~~
Author: Luay Ghafari
Cuisine: Mediterranean, Middle Eastern
Servings: 4 people
Cost: $25

☆☆☆☆☆
No ratings yet

Equipment

- Sturdy rimmed baking sheet or high-sided baking tray

Ingredients

- 2½ lbs Chicken - Use a whole chicken, cut into 8 pieces, or 8 thighs
- 1 ½ tsp Kosher salt
- ½ tsp Black pepper

For the Marinade

- 3 tbsp olive oil
- 2 tbsp lemon juice
- 3-4 Garlic cloves (minced)
- 2 tsp Za'atar spice blend
- ½ tsp Kosher salt
- ¼ tsp black pepper

For the Roasting Pan

- ¾ cup Chicken broth
- 3 Yukon Gold potatoes (cut into chunky wedges)
- 1 Lemon (cut into rounds)

Instructions

1. **Season the Chicken and Prepare Marinade.** Place the chicken in a large bowl and season it with salt and black pepper. Toss to coat. In a small bowl, whisk together the olive oil, lemon juice, minced garlic, za'atar, salt, and black pepper.
2. **Marinate the Chicken.** Pour the marinade over the chicken and toss to coat. Cover and refrigerate for at least 1 hour, or overnight for deeper flavor.
3. **Arrange the Pan.** Preheat the oven to 400°F. Arrange the chicken skin-side up in a roasting pan. Scrape any remaining marinade into the pan. Add the potato wedges and toss them lightly in the marinade. Arrange the lemon slices around the chicken, then pour in the chicken broth.
4. **Roast.** Bake for 50 to 60 minutes, until the chicken is golden and cooked through and the potatoes are tender. Check the temperature in the thickest part of each chicken piece, avoiding the bone.
5. **Serve.** Garnish with chopped fresh parsley, if desired. Serve the chicken and potatoes with the pan juices, alongside rice or salad.

Notes

Key Ingredient Notes:

- **Chicken:** My preference is to use a **whole chicken cut into 8 pieces**. You can portion it out yourself or ask your butcher to do that for you. Or use bone-in, skin-on chicken thighs. Thighs are a convenient option and stay juicy as they roast. This recipe is basically a hybrid of my very popular Za'atar Chicken Thighs and One Pan Greek Lemon Chicken and Potatoes Recipe recipes.
- **Za'atar:** If you've made some of my recipes before, then you've likely come across za'atar. This is a Middle Eastern spice blend that typically includes herbs, sumac and sesame seeds. Za'atar blends vary quite a bit, so use one you enjoy. You

can make your own za'atar or buy it from a local Middle Eastern grocery store or online.
- **Potatoes:** I am a big fan of Yukon Gold potatoes. Their creamy texture works well in the pan juices. Yellow or red potatoes are good alternatives; cut them into similar-sized wedges. I wouldn't use Russet potatoes as they will turn quite mushy with the long roasting time.

Tips for Success:

- **Choose a roasting pan with high sides.** The broth and chicken juices need room to collect, so use a deep roasting pan or a sturdy rimmed baking sheet.
- **Cut the potatoes evenly.** Similar-sized wedges are more likely to finish cooking at the same time. If the chicken is ready first, transfer it to a plate and return the potatoes to the oven until tender.
- **Give the chicken room.** Arrange the pieces in a single layer with space between them so they roast evenly. A crowded pan can trap steam and slow browning.
- **Use a thermometer.** Cook chicken pieces to an internal temperature of 165°F (74°C), checking each piece in its thickest part without touching the bone. The cooking time can vary depending on the size and cut of the chicken.

Nutrition

Calories: 493kcal | Carbohydrates: 24g | Protein: 28g | Fat: 31g | Saturated Fat: 7g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 16g | Trans Fat: 0.1g | Cholesterol: 103mg | Sodium: 1866mg | Potassium: 823mg | Fiber: 3g | Sugar: 1g | Vitamin A: 214IU | Vitamin C: 31mg | Calcium: 47mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/lemon-zaatar-chicken-and-potato-bake/

One-Pot Tuscan White Bean and Kale Soup

Thisone-pot TuscanWhite Beanand KaleSoupisaclassicforareason. Creamy, hearty, filling and delicious. It comes together in under 30 minutes.



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

Course: Appetizer, Side Dish, Soup Cuisine: Mediterranean Servings: 4 Servings

Author: Luay Ghafari Cost: $10

★★★★★
5 from 2 votes

Ingredients

- 2 tbsp Olive oil
- 1 Onion (finely diced)
- 2 Carrots (diced)
- ½ tsp Kosher salt - Start low, you can add more later
- ¼ tsp Black pepper
- 3-4 Garlic cloves (minced)
- 1 tsp Dried oregano
- ¼ tsp Chili flakes - Optional, use more or less to taste
- 2 cans White beans (drained and rinsed) - Use smaller 14-15 oz cans
- 6 cups Low sodium vegetable or chicken stock
- 1 bunch Kale (chopped) - Tough stems removed and discarded, you should end up with about 6 packed cups of kale

For Finishing (Optional Garnishes)

- Extra virgin olive oil - For drizzling
- Grated or shaved parmesan
- Lemon juice
- Chopped fresh parsley

Instructions

1. **Sauté the Aromatics.** Heat **2 tbsp Olive oil** in a large pot or Dutch oven over medium heat. Add **1 Onion (finely diced)**, **2 Carrots (diced)**, **½ tsp Kosher salt**, and **¼ tsp Black pepper**. Cook until softened and the onions are slightly translucent, about 3-5 minutes. Stir in **3-4 Garlic cloves (minced)**, **1 tsp Dried oregano**, and **¼ tsp Chili flakes** (Optional). Sauté for 1–2 minutes until fragrant.
2. **Simmer the Beans.** Add **2 cans White beans (drained and rinsed)** along with **6 cups Low sodium vegetable or chicken stock**. Bring everything to a gentle simmer and cook for about 10-15 minutes to allow the flavors to develop.
3. **Cream the Soup.** Remove the pot from the heat. Using an immersion blender, partially blend the soup to create a creamy base while still leaving plenty of beans whole for texture.
4. **Add Kale and Adjust Seasoning.** Return the pot to medium-low heat. Stir in **1 bunch Kale (chopped)** and simmer for 5–7 minutes, until the kale is tender. Taste and adjust seasoning as needed.
5. **Serve.** Ladle into bowls and finish with a generous drizzle of **Extra virgin olive oil** and a sprinkle of **Grated or shaved parmesan**. If you like it bright, squeeze in some fresh **Lemon juice** and/or sprinkle fresh **Chopped fresh parsley**

Notes

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

Key Ingredient Notes:

- **Beans**: Canned is convenient, but you can use cooked-from-scratch if you prefer. I like using **canned white kidney beans, great northern beans** or **cannellini beans**.
- **Low-Sodium Vegetable or Chicken Stock:** When I make soup, I prefer to use a **low-sodium stock**. It gives me more control over how much salt I need to add to the soup. You can totally use store-bought stock, broth or bouillon cubes.
- **Dried Herbs:** I like to add some **dried oregano** to this recipe. It adds a Mediterranean touch. If you have Italian seasoning, you can use that too.

- **Fresh Kale:** You can use **curly kale or lacinato kale;** both work well.
- **Parmesan Cheese:** Use real **Parmigiano Reggiano.** Grate it or shave it with a peeler at the very end for serving. Omit or use a plant-based alternative to keep it dairy-free.

Other Key Tips:

- **Taste and adjust the seasoning as you go.** You can always add salt; you can't take it out without diluting the soup. And since every stock or broth brand is different, you should taste and adjust as you go.
- **Don't use the kale stems.** Strip the kale foliage off the tough stems. Compost or freeze the stems for stock.

Nutrition

Calories: 417kcal | Carbohydrates: 54g | Protein: 24g | Fat: 12g | Saturated Fat: 2g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 7g | Cholesterol: 11mg | Sodium: 1019mg | Potassium: 1470mg | Fiber: 12g | Sugar: 9g | Vitamin A: 11896IU | Vitamin C: 68mg | Calcium: 324mg | Iron: 7mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/tuscan-white-bean-and-kale-soup/

Prawn and Shishito Skewers (With Lemon Garlic Oil Dressing)



These Prawn andShishitoSkewersare theperfect answer to summergrilling season. Juicy, spiced prawns paired with blistered shishito peppers and finished with a zesty lemon garlic oil? Yes please. They come together quickly and are guaranteed to impress at your next BBQ or weeknight dinner.

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

Course: Appetizer, Main Course Cuisine: Mediterranean, Seasonal Servings: 3 Servings
Author: Luay Ghafari Cost: $20

★★★★★
5 from 1 vote

Equipment

- Grill pan or outdoor grill

Ingredients

- 1 lb Shishito peppers
- 1 lb Jumbo shrimp or Jumbo prawns - deveined, shell off, tail on
- 1 tsp Smoked paprika
- 1 tsp Garlic powder
- 1 tsp Ground coriander
- ½ tsp Kosher salt
- ¼ tsp Black pepper

Sauce

- 2 tbsp Olive oil
- 2 tbsp Lemon juice
- 2 tbsp Chopped fresh parsley
- 1-2 Garlic cloves (minced)
- ¼ tsp Kosher salt

Instructions

1. **Skewer.** Thread **1 lb Shishito peppers** and **1 lb Jumbo shrimp or Jumbo prawns** onto metal or soaked bamboo skewers, alternating between each.
2. **Dry rub.** In a small bowl, combine **1 tsp Smoked paprika**, **1 tsp Garlic powder**, **1 tsp Ground coriander**, **½ tsp Kosher salt**, and **¼ tsp Black pepper**. Sprinkle generously over both sides of the skewers.
3. **Make the lemon garlic oil.** Mix **2 tbsp Olive oil**, **2 tbsp Lemon juice**, **2 tbsp Chopped fresh parsley**, **1-2 Garlic cloves (minced)**, and **¼ tsp Kosher salt** in a small bowl. Set aside.
4. **Grill.** Lightly oil a grill pan or preheated outdoor grill grates with a neutral oil like vegetable or avocado oil. Place skewers on the hot grill and cook for 3-5 minutes per side on medium-high heat, or until prawns are opaque and peppers are blistered.
5. **Garnish.** Transfer skewers to a plate and immediately drizzle with lemon garlic oil while still hot.

Notes

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

Key Ingredient Notes:

- **Shishito peppers**: Mild, sweet peppers that blister beautifully on the grill because of their thin walls. You can sub with mini bell peppers if needed, or spicy Spanish Padrón peppers if you have access to them. Shishito peppers are now available at most grocery stores year-round.
- **Large Prawns or Large Shrimp**. The key here is large! I am using 10/12s. This works out to 10-12 prawns per lb. Peeled and deveined if you can find them. Make sure not to use pre-cooked prawns or shrimp.
- **Spices**: **Smoked paprika, garlic powder, and ground coriander** for that smoky, savory kick. Feel free to change this up. Adobo powder, cumin, even Lebanese 7-Spice would work.

Nutrition

Calories: 232kcal | Carbohydrates: 11g | Protein: 22g | Fat: 11g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 7g | Trans Fat: 0.01g | Cholesterol: 191mg | Sodium: 1639mg | Potassium: 500mg | Fiber: 3g | Sugar: 4g | Vitamin A: 1385IU | Vitamin C: 129mg | Calcium: 110mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/prawn-and-shishito-skewers-with-lemon-garlic-oil-dressing/

Maple Roasted Carrots with Herb Labneh



These maple roastedcarrots are seasoned with coriander andcumin, then roasted until tender and glazed with maple syrup. I serve them over a creamy herb labneh and finish the platter with mint, pistachios, and pomegranate seeds. They make an easy vegetable side dish for a holiday table or a weeknight dinner.

Prep Time	Cook Time	Total Time
20 mins	35 mins	55 mins

☆☆☆☆☆
No ratings yet

Course: Appetizer, Side Dish Cuisine: Mediterranean, Middle Eastern Diet: Vegetarian
Servings: 6 people Author: Luay Ghafari Cost: $15

Ingredients

For the Roasted Carrots

- 1 lb Carrots (trimmed and halved)
- 2 tbsp Olive oil
- 1 tsp Ground coriander
- ½ tsp Ground cumin
- ½ tsp Kosher salt
- ¼ tsp Black pepper
- 3 tbsp Maple syrup - to be added at a later step

For the Herb Labneh

- ¾ cup Labneh (at room temperature)
- 2 tbsp Fresh dill (chopped)
- 2 tbsp Fresh parsley (chopped)
- Salt and pepper to taste
- 2-3 tbsp Yogurt - to thin the sauce out, if needed

For garnish

- Fresh mint leaves, dill fronds, pistachios and pomegranate seeds

Instructions

1. **Roast the Carrots.** Preheat your oven to 425F. Place the carrots on a baking sheet and season with olive oil, coriander, cumin, salt and pepper. Toss to coat and arrange in a single layer. Roast for 25-30 minutes, until the carrots have softened.
2. **Add the Maple Syrup.** Remove the carrots from the oven, drizzle over the maple syrup, and return to the oven. Roast for another 8-10 minutes, or until the maple syrup reduces and the carrots look glazed. Keep an eye out; the maple syrup may burn if you walk away. Remove from the oven and let the carrots cool for a few minutes.
3. **Make Herb Labneh.** In a food processor, combine the labneh, dill and parsley. Process until smooth. Taste and adjust the seasoning. If the sauce is too thick for your liking, you can add some plain yogurt to thin it out slightly.
4. **Plate.** Spread the herb labneh on a serving platter, layer over the carrots. Garnish with fresh mint leaves, dill fronds, pistachios and pomegranate seeds.

Notes

Tips for Success:

- **Cut the carrots evenly.** Halve larger carrots lengthwise and leave smaller ones whole or halve them as needed so they cook at a similar rate.
- **Use a large baking sheet.** Give the carrots space to roast. If they're crowded, they may steam instead of browning.
- **Watch the maple syrup closely.** Add it near the end of roasting, since it can darken quickly in a hot oven.

Nutrition

Calories: 120kcal | Carbohydrates: 15g | Protein: 4g | Fat: 5g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 4g | Trans Fat: 0.002g | Cholesterol: 2mg | Sodium: 356mg | Potassium: 322mg | Fiber: 2g | Sugar: 11g | Vitamin A: 12755IU | Vitamin C: 6mg | Calcium: 75mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/maple-roasted-carrots-with-herb-labneh-olive-grove-club-exclusive/

Cheese Fatayer (Levantine Savory Hand Pies)

Savory authentic cheese fatayer (hand pies)areaLevantinestaple andpopular throughout the Middle East and beyond. They may look intimidating to prepare, but after you've made them once, you'll be making them over and over again!



Prep Time	Cook Time	Rise time	Total Time
20 mins	10 mins	1 hr	1 hr 30 mins

Course: Appetizer, Breakfast, Brunch, Side Dish, Snack Cuisine: Levantine, Middle Eastern
Servings: 12 Pieces Author: Luay Ghafari Cost: $10

★★★★★
5 from 6 votes

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

Cheese Mixture

- 1 ½ cups Mozzarella - Shredded, 340 grams
- 1 ½ cups Feta - Crumbled, 340 grams
- ¼ cup Parsley, fresh - Finely chopped - use more or less to your taste
- 2 tbsp Mint, fresh - Finely chopped- use more or less to your taste

Garnish

- 1 Egg - Beaten
- 1-2 tbsp Sesame seeds - Black and/or white (untoasted)

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. **Cheese filling.** While the dough rises, prepare the cheese mixture by combining the cheese and herbs in a bowl.
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 cheese mixture to the center of the dough circle. Pich the dough disk (on opposite ends) in a way to form a diamond or boat shape and create a pocket to hold the cheese mixture in place. You will need to really pinch the sides well to ensure they remain closed when baked. (Take a look at the photos above).
7. **Egg wash.** Brush the edge of the dough with a beaten egg and sprinkle some sesame seeds.
8. **Bake.** Bake in a preheated oven for 10-12 minutes or until the dough is golden brown and the cheese is melted. Keep an eye on your oven, you may need to adjust the time and or temperature to avoid burning. Serve warm.

Notes

Referto the blog post above for more information and step-by-step photos on how to prepare the fatayer.

Cheese: This recipe calls for both mozzarella cheese and feta cheese. You can also use grated halloumi or akkawi cheese but keeping it simple is best. Some people also use a bit of cream cheese to give it a creamier texture, but I find that unnecessary.

Parsley and Mint: fresh chopped parsley is traditional, but I like to add chopped mint to the mixture. The mint balances really well with the salty cheese.

Sesame Seeds: I love to add sesame seeds to the side of the hand pies, after applying the egg wash. You can use white or black sesame seeds (or both!). Make sure to use untoasted sesame seeds. You can also use some nigella seeds in place of the black sesame seeds.

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

Nutrition

Calories: 265kcal | Carbohydrates: 27g | Protein: 10g | Fat: 13g | Saturated Fat: 5g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Trans Fat: 0.002g | Cholesterol: 43mg | Sodium: 506mg | Potassium: 82mg | Fiber: 1g | Sugar: 2g | Vitamin A: 210IU | Vitamin C: 0.001mg | Calcium: 189mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/cheese-fatayer-levantine-savory-hand-pies/

Orange Blossom Sugar Cookies

These Orange Blossom SugarCookies aremy take on the traditional sugar cookie, infused with Middle Eastern flair and a citrus flavor profile. They come together with very few ingredients and in under 40 minutes.



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

Course: Dessert, Snack Cuisine: American, Mediterranean, Middle Eastern Diet: Vegetarian
Servings: 18 Cookies Author: Luay Ghafari Cost: $10

★★★★★
4.67 from 3 votes

Ingredients

For the Cookie Dough Base

- ¾ cup Granulated sugar - 150 grams
- 2 tsp Orange zest
- ½ cup Unsalted butter (room temperature) - 113 grams
- 1 Large egg
- 1 tsp Vanilla extract
- ½ tsp Orange blossom water
- 1½ cups All purpose flour - 186 grams
- ½ tsp Baking powder
- ¼ tsp Baking soda
- ½ tsp Salt

For the Topping

- ¼ cup Granulated sugar - 50 grams
- ¼ tsp Orange blossom water

Instructions

1. **Preheat the Oven.** Preheat your oven to 350°F (175°C). Line two baking sheets with parchment paper and set aside.
2. **Prepare Orange Sugar.** In a small bowl, rub **¾ cup Granulated sugar** with **2 tsp Orange zest** using your fingertips. This releases the natural oils and intensifies the citrus flavor.
3. **Beat in the Butter.** Add the orange-scented sugar and **½ cup Unsalted butter (room temperature)** to a large mixing bowl. Beat with an electric mixer on medium speed for 3 minutes until light and fluffy.
4. **Add Wet Ingredients.** Add **1 Large egg**, **1 tsp Vanilla extract** and **½ tsp Orange blossom water**. Mix again for another 60 seconds.
5. **Mix Dry Ingredients.** In a separate bowl, whisk together **1½ cups All purpose flour**, **½ tsp Baking powder**, **¼ tsp Baking soda**, and **½ tsp Salt**.
6. **Add Dry to Wet.** Add the dry ingredients to the wet ingredients and mix on low speed until just combined. Do not overmix.
7. **Prepare Sugar Coating.** In a small bowl, stir together **¼ cup Granulated sugar** and **¼ tsp Orange blossom water**, breaking up any clumps.
8. **Scoop.** Scoop the dough into balls about the size of a golf ball. Roll each ball generously in the orange blossom sugar mixture.
9. **Arrange and Bake.** Place the coated dough balls on the prepared baking sheets, spacing them at least 2 inches apart. Bake for 9–11 minutes, until the edges are set and slightly firm to the touch. Cool on the baking sheet for 5 minutes, then transfer to a wire rack to cool completely.

Notes

Refer to the post above if you need more guidance, recipe step photos or tips.

Key Ingredient Notes:

- **Unsalted Butter**: Room temperature butter creates a tender, fluffy texture. 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.
- **Orange Blossom Water**: Adds a subtle floral aroma; use sparingly as it can be strong. You can find orange blossom water at most grocery stores, but definitely at all Middle Eastern markets or online.
- **Citrus**: As the name suggests, I am using **orange zest** here. But this recipe can totally be made with lemon zest or even lime zest.
- **Leaveners:** You will need both baking soda and baking powder in this recipe.

Key Tips:

- I recommend weighing ingredients for extra precision and for perfect results

Nutrition

Calories: 130kcal | Carbohydrates: 19g | Protein: 1g | Fat: 5g | Saturated Fat: 3g | Polyunsaturated Fat: 0.3g | Monounsaturated Fat: 1g | Trans Fat: 0.2g | Cholesterol: 23mg | Sodium: 96mg | Potassium: 17mg | Fiber: 0.3g | Sugar: 11g | Vitamin A: 172IU | Vitamin C: 0.3mg | Calcium: 12mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/orange-blossom-sugar-cookies/

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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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