



FALL MEAL PLAN: WEEK 13





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 13

Monday



Beef Kofta

Tuesday



Med Chickpea Pasta Salad

Wednesday



Lemon Za'atar Chicken

Thursday



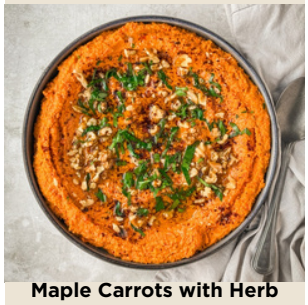
Tuscan Bean Soup

Friday



Shrimp and Shishito Skewers

Salad/App



Maple Carrots with Herb Labneh

Baking



Cheese Hand Pies

Dessert



Orange Sugar Cookies

URBAN FARM & KITCHEN

Greek Chicken Souvlaki Skewers Recipe (with Sides)

My Greek Chicken SouvlakiSkewersare onregularrotation notonly in thesummergrilling season but in the cooler months too. The easy dinner recipe comes together so quickly, perfect for a quick weeknight meal.



Prep Time	Cook Time	Marinating Time	Total Time
15 mins	15 mins	30 mins	1 hr

Course: Main Course Cuisine: Greek Servings: 2 people Author: Luay Ghafari Cost: $10

★★★★★
5 from 2 votes

Equipment

- Grill pan or outdoor grill

Ingredients

Chicken Souvlaki

- 2 tbsp Extra virgin olive oil
- 2 tbsp Lemon juice - Juice of one lemon
- 2-3 Garlic cloves (minced)
- 1 tbsp Dried oregano
- 1 tsp Dried thyme
- 1 tsp Kosher salt
- ½ tsp Black pepper
- 3 Boneless skinless chicken breasts (cut into 1½ inch chunks)

Sides, Salads and Sauces

- Homemade Tzatziki
- Saffron rice
- Chopped salad
- Maroulosalata (Greek Lettuce Salad)
- Pickled onions
- Feta cheese, lemon wedges, Kalamata olives

Instructions

1. **Make the Souvlaki Marinade.** In a medium bowl, whisk together **2 tbsp Extra virgin olive oil**, **2 tbsp Lemon juice**, **2-3 Garlic cloves (minced)**, **1 tbsp Dried oregano**, **1 tsp Dried thyme**, **1 tsp Kosher salt**, and **½ tsp Black pepper**.
2. **Marinate the Chicken.** Add **3 Boneless skinless chicken breasts (cut into 1½ inch chunks)** to the marinade, ensuring each piece is well coated. Cover and let it marinate for at least 30 minutes, though 2 hours will yield the best flavor.
3. **Skewer the Chicken.** Thread the marinated chicken pieces onto skewers.
4. **Grill to perfection.** Preheat your grill to medium-high heat. Lightly oil the grates to prevent sticking. Grill the skewers for about 12-15 minutes, turning occasionally, until the chicken is cooked through and has nice grill marks. The internal temperature should reach 165°F (75°C). Remove from the grill and let the skewers rest for a few minutes before serving.

Notes

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

Ingredient Notes:

- **Chicken.** I like using lean boneless skinless chicken breasts for this recipe. When figuring out how much chicken I need, I will usually use 1 ½ chicken breasts per person. But you know your family and friends better than me, so you may need more or less. You can also use boneless, skinless chicken thighs.
- **Dried Herbs.** I like using a combination of dried oregano (preferably Greek) and dried thyme. You can skip the thyme and use oregano if that's all you have.
- **Acid.** Lemon juice is traditional. The acidity from the lemon juice helps tenderize the chicken.

Nutrition

Calories: 326kcal | Carbohydrates: 2g | Protein: 36g | Fat: 18g | Saturated Fat: 3g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 12g | Trans Fat: 0.02g | Cholesterol: 108mg | Sodium: 1942mg | Potassium: 659mg | Fiber: 0.3g | Sugar: 0.4g | Vitamin A: 71IU | Vitamin C: 9mg | Calcium: 25mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/greek-chicken-souvlaki-skewers-recipe-with-sides/

Creamy Beef Pasta with Tomatoes

Ifyou're lookingfor a grown-up "HamburgerHelper"recipe, my Creamy Beef Pasta with Tomatoes will most certainly hit the spot. The creamy sauce simmers while the pasta cooks, so dinner comes together with familiar ingredients and a satisfying, savory tomato sauce. Real comfort food!



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

~~Course: Main Course~~
Cost: $25

Cuisine: Mediterranean Servings: 4 Servings Author: Luay Ghafari

☆☆☆☆☆
No ratings yet

Ingredients

- 1 tbsp Olive oil
- 1 lb Ground beef
- ½ tsp Salt
- ¼ tsp Black pepper
- 1 Onion (minced)
- 2-3 Garlic cloves (minced)
- 3 tbsp Tomato paste
- 1 tbsp Calabrian chili paste - Optional
- 1 tbsp Worcestershire sauce
- 1 tsp Dried oregano
- 1 ½ cup Beef broth
- 1 Can Cherry tomatoes or Diced tomatoes - about 14 oz can
- 1/3 cup Heavy cream
- 12 oz Pasta - I recommend a short pasta
- ½ cup Parmesan cheese
- 2 tbsp Butter
- 2 tbsp Chives, parsley or basil (finely chopped)
-

Instructions

1. **Brown the Beef.** Set a medium-sized pot over medium-high heat. Add the olive oil, ground beef, salt, and pepper. Cook, breaking up any large pieces with a wooden spoon, until the beef is cooked through and browned in spots. Add the minced onion and garlic. Sauté for about 2 minutes, until fragrant.
2. **Add the Seasonings.** Stir in the tomato paste, Calabrian chili paste, Worcestershire sauce, and oregano. Cook for 2 to 3 minutes, stirring often.
3. **Simmer the Sauce.** Add the beef broth and canned tomatoes. Bring the sauce to a boil, then reduce the heat to low and simmer for 20 to 25 minutes.
4. **Stir in the Cream.** Add the heavy cream and simmer for 5 minutes. Taste and adjust the salt and pepper as needed.
5. **Cook and Toss the Pasta.** While the sauce simmers, cook the pasta according to the package directions in a large pot of salted water. Reserve some of the pasta water, then drain the pasta. Add it to the sauce with the Parmesan and butter. Toss until coated, adding a splash of pasta water to loosen the sauce as needed.
6. **Garnish and Serve.** Finish with chopped chives, parsley or basil and serve right away.

Notes

Key Ingredient Notes:

- **Ground Beef**: I like using a lean or extra-lean ground beef in this recipe, but you can also use ground turkey or ground chicken. Ground lamb also works.
- **Calabrian Chili Paste:** This is where the heat comes from! Calabrian chilies have a wonderful fruity, spicy flavor. Use less if you prefer a milder sauce. Or feel free to use chili flakes or other chili paste.
- **Worcestershire Sauce:** One trick I learned a long time ago is to add Worcestershire sauce to my braised beef dishes. It rounds out the flavor.

- **Canned Tomatoes:** I really like using canned cherry tomatoes in this recipe, but you can use any canned or jarred chunky or diced tomato. You want some texture here, so don't use strained tomatoes or passata.
- **Cream:** I recommend using full-fat **heavy cream.** But if you want to use a lower-fat option, half-and-half would do the trick, but the recipe won't be as rich and creamy.
- **Pasta:** Use your favorite shape. Short pasta like penne, rigatoni, or shells works well. You can even use egg noodles if you prefer.

Tips for Success:

- **Give the beef room to brown.** Spread it across the bottom of the pot and let it sit briefly between stirs. Browning adds savory flavor to the sauce.
- **Cook the tomato paste before adding the liquids.** Stirring it with the beef and aromatics for a couple of minutes helps mellow its raw taste and deepen its flavor.
- **Save pasta water before draining.** Its starch helps loosen and bind the sauce, so add it a splash at a time until the pasta is coated the way you like.

Nutrition

Calories: 835kcal | Carbohydrates: 71g | Protein: 38g | Fat: 44g | Saturated Fat: 20g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 17g | Trans Fat: 2g | Cholesterol: 126mg | Sodium: 1254mg | Potassium: 785mg | Fiber: 4g | Sugar: 6g | Vitamin A: 760IU | Vitamin C: 6mg | Calcium: 233mg | Iron: 4mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/creamy-beef-pasta-with-tomatoes/

Steak Caesar Salad with Tahini Dressing

ThisSteakCaesarSaladwith TahiniDressingis myMiddle Easternspin on a classic salad. Juicy seared steak meets caramelized sweet potatoes and Brussels sprouts, all tossed with a creamy, tangy tahini Caesar dressing. Perfect for lunch, dinner or even brunch.



★★★★★
5 from 1 vote

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

Cuisine: Mediterranean

Course: Brunch, Main Course, Salad Servings: 3 Large Servings
Author: Luay Ghafari Cost: $25

Ingredients

Roasted Vegetables

- 2 cup Sweet potato (cubed) - Cut into 1 inch cubes
- 2 cups Brussels sprouts (halved)
- 2 tbsp Olive oil
- 2 tsp Kosher salt
- ½ tsp Black pepper

For the Steak

- 1 lb New York strip, flank, or skirt steak
- 1 tsp Kosher salt
- ½ tsp Black pepper
- 1 tbsp Vegetable oil

Tahini Caesar Dressing

- ¼ cup Tahini
- 2 tbsp Lemon juice
- 1 Garlic clove (grated)
- ¼ cup Parmesan (grated)
- 1 tsp Dijon mustard
- 1-2 tbsp Water - To loosen the dressing
- Salt and pepper to taste
- 1 Anchovy filet (mashed) - Optional

Salad Base and Garnish

- 4 cups Romaine lettuce (chopped)
- Pumpkin seeds and parmesan shavings
- A sprinkling of Sumac (Optional)

Instructions

1. **Roast the Veggies.** Preheat your oven to 425°F (220°C). On a baking sheet, toss **2 cup Sweet potato (cubed)** and **2 cups Brussels sprouts (halved)** with **2 tbsp Olive oil**, **2 tsp Kosher salt**, and **½ tsp Black pepper**. Roast for 20–25 minutes, flipping halfway, until they're golden and tender.
2. **Prepare the Steak.** Pat your **1 lb New York strip, flank, or skirt steak** dry and season generously with **1 tsp Kosher salt** and **½ tsp Black pepper**. Heat a cast iron skillet over medium-high heat with **1 tbsp Vegetable oil**. Sear the steak 3–4 minutes per side (depending on thickness) until it reaches your preferred doneness. Rest the steak for 10 minutes, then slice against the grain into thick or thin slices, based on your preference.
3. **Make the Tahini Caesar Dressing.** In a bowl, whisk together **¼ cup Tahini**, **2 tbsp Lemon juice**, **1 Garlic clove (grated)**, **¼ cup Parmesan (grated)**, and **1 tsp Dijon mustard**. Add **1-2 tbsp Water** to loosen the dressing to a creamy, pourable consistency. Season with **Salt and pepper to taste**. Add **1 Anchovy filet (mashed)** if you're using it.
4. **Assemble the Salad.** In a large bowl, add **4 cups Romaine lettuce (chopped)**. Top with roasted veggies, then drizzle in the tahini Caesar. Toss gently until everything is coated.

5. **Serve.** Lay the tossed salad on a serving platter. Top with the sliced tender steak, sprinkle with **Pumpkin seeds and parmesan shavings**. Add **A sprinkling of Sumac (Optional)**. Serve immediately.

Notes

Refer tothe post above for step by step recipe photos, tips and advice.

Key Ingredient Notes:

- **Steak:** You can use your favorite cut here. I personally like **New York Strip Steaks**, but skirt steak and flank steak would work well too. These cuts are perfect for quick searing and slicing thin. Flank steak is lean and flavorful, skirt is even beefier but slightly tougher, and NY strip is more tender and classic. Use what you like or have on hand.
- **Tahini:** The creamy base of this dressing with a nutty, earthy flavor. If you're out of tahini, try sunflower seed butter or cashew butter for a similar texture. But really, try to get your hands on Tahini. It's available at most grocery stores.
- **Parmesan Cheese:** It wouldn't be a Caesar without Parmesan. I prefer to use a block of **Parmigiano Reggiano** and grate it fresh myself, but you can use pre-grated Reggiano. You'll also need some shavings to garnish.
- **Anchovy filet (optional)**: For authentic Caesar umami. Anchovy paste is a good option too.

Everyone has their steak sweet spot, so here's a quick guide to help you hit the right internal temperature. Use an **instant-read thermometer** for best results:

- **Rare:** 120–125°F (49–52°C) – Deep red center, very juicy
- **Medium-Rare:** 130–135°F (54–57°C) – Warm red center, tender and juicy (my preference)
- **Medium:** 140–145°F (60–63°C) – Warm pink center, slightly firmer texture
- **Medium-Well:** 150–155°F (65–68°C) – Slightly pink center, drier texture
- **Well-Done:** 160°F+ (71°C+) – Fully cooked through, least juicy

Pro Tip: Always let your hot steak rest for 10 minutes after cooking. This helps redistribute the juices so they don't spill out when you slice.

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

Nutrition

Calories: 703kcal | Carbohydrates: 31g | Protein: 41g | Fat: 48g | Saturated Fat: 14g | Polyunsaturated Fat: 10g | Monounsaturated Fat: 23g | Trans Fat: 0.03g | Cholesterol: 98mg | Sodium: 3407mg | Potassium: 1200mg | Fiber: 7g | Sugar: 6g | Vitamin A: 18583IU | Vitamin C: 59mg | Calcium: 213mg | Iron: 6mg

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and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/steak-caesar-salad-with-tahini-dressing/

Greek-Inspired Potato Salad (with Lemon Herb Dressing)

Thiscomforting Greek-Inspired Potato Saladhasit all:salty, creamy,crunchy, herbyand tangy flavor notes. It comes together in under 30 minutes and is a much lighter take on classic potato salad, which can be heavy and way too creamy.



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

Course: Appetizer, Salad Cuisine: Greek, Mediterranean Diet: Vegetarian
Servings: 6 Servings Author: Luay Ghafari Cost: $10

★★★★★
5 from 1 vote

Ingredients

- 2 lbs Potatoes (cut into large chunks)

Salad Dressing

- ¼ cup Extra virgin olive oil
- 2 tbsp Lemon juice
- 1 tbsp Red wine vinegar
- 1 tbsp Dill (chopped) - Plus extra for garnish
- 1 tbsp Parsley (chopped) - Plus extra for garnish
- 1 tsp Dried oregano
- ½ tsp Salt
- ¼ tsp Black pepper

Other Salad Ingredients

- 1 Small red onion (finely chopped)
- ¼ cup Kalamata olives (roughly chopped)
- ¼ cup Greek feta cheese (crumbled)
- 2 tbsp Capers

Instructions

1. **Boil Potatoes.** Add **2 lbs Potatoes (cut into large chunks)** to a pot. Cover with water. Season with a big pinch of salt. Boil the potatoes on medium-high heat until just tender. The time will depend on the type of potato and the size of your chunks. Check on them after 10 minutes and keep an eye on the pot. You don't want to over-boil your potatoes. They should still hold their shape.
2. **Strain.** Strain the potatoes in a sieve and let them steam a bit to dry off.
3. **Make Dressing.** While the potatoes cool, make the dressing directly in your large serving bowl. Combine **¼ cup Extra virgin olive oil**, **2 tbsp Lemon juice**, **1 tbsp Red wine vinegar**, **1 tbsp Dill (chopped)**, **1 tbsp Parsley (chopped)**, **1 tsp Dried oregano**, **½ tsp Salt** and **¼ tsp Black pepper**.
4. **Assemble.** Add the slightly cooled potatoes, **1 Small red onion (finely chopped)**, **¼ cup Kalamata olives (roughly chopped)**, **¼ cup Greek feta cheese (crumbled)** and **2 tbsp Capers** into the bowl with the dressing.
5. **Toss and Adjust.** Toss gently to combine, taste and adjust seasoning (more salt, pepper or vinegar if needed). Chill in the fridge for at least 1 hour before serving for the best flavor. But if you don't have time to chill it, serve it at room temperature. Garnish with a little extra dill and/or parsley.

Notes

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

Key Ingredient Notes:

- **Potatoes:** I like to use Yukon Gold, red-skinned, or any waxy potato. New potatoes are also great and easy to work with. I personally keep the peel on for that added fiber, but you can feel free to peel your potatoes.
- **Olives:** When choosing olives for my Greek and Greek-inspired recipes, I always reach for Kalamata Olives. You can use pitted olives. Or use whole olives and remove the pits yourself.

- **Onion:** Red onion adds crunch, punch and flavor. You can mellow out the onion's sharpness by soaking the sliced onion pieces in cool water for 15 minutes. If you prefer, you can use white onion, sweet onion or green onion.
- **Feta Cheese:** Adds creamy saltiness that contrasts beautifully with the other ingredients. Use authentic Greek feta if you can, but any feta will do.
- **Capers:** They add a tangy burst of brine. I love them in this salad. But you can omit them if you don't like them or don't have them on hand.
- **Fresh Herbs:** The classic combo of fresh dill and fresh parsley works well here. Use as much or as little as you like.

Nutrition

Calories: 231kcal | Carbohydrates: 29g | Protein: 4g | Fat: 11g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 8g | Cholesterol: 6mg | Sodium: 534mg | Potassium: 685mg | Fiber: 4g | Sugar: 2g | Vitamin A: 123IU | Vitamin C: 34mg | Calcium: 64mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/greek-inspired-potato-salad-with-lemon-herb-dressing/

Greek Salmon Recipe with Tomatoes, Olives and Lemon

ThisGreek Salmonwith Tomatoes,Olives andLemon is an easy, vibrant, deliciousand comforting Mediterranean-inspired dinner recipe that you'll have on repeat. Tender salmon fillets are baked alongside juicy cherry tomatoes, briny Kalamata olives, sweet red onion, and lemon slices. The whole thing is ready in under 30 minutes.



5 from 3 votes

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

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

Cuisine: Greek, Mediterranean Servings: 4 Servings
Cost: $25

Ingredients

For the Salmon

- 1½ lbs Salmon filets - 4 six-ounce pieces
- 2 tbsp Extra virgin olive oil
- 4 Garlic cloves (grated or minced)
- 2 tsp Dried oregano
- 1 tsp Kosher salt
- ½ tsp Black pepper
- ½ tsp Sweet paprika - Smoked paprika can be used
- 1 tbsp Lemon zest - From 1 lemon
- 2 tbsp Lemon juice - From 1 lemon

For the Baking Dish

- 2 cups Cherry tomatoes
- ¾ cup Kalamata olives (pitted)
- ½ Red onion (thinly sliced)
- 1 Lemon (thinly sliced)
- 1 tbsp Extra virgin olive oil

To Finish

- ½ cup Feta cheese (crumbled)
- 2 tbsp Fresh parsley (chopped)
- 3 tbsp Fresh dill (chopped)
- Lemon wedges

Instructions

1. **Preheat the Oven and Season the Salmon.** Preheat your oven to 425°F (220°C). Pat **1½ lbs Salmon filets** dry with paper towels. In a small bowl, combine **2 tbsp Extra virgin olive oil**, **4 Garlic cloves (grated or minced)**, **2 tsp Dried oregano**, **1 tsp Kosher salt**, **½ tsp Black pepper**, **½ tsp Sweet paprika**, **1 tbsp Lemon zest**, and **2 tbsp Lemon juice**. Brush or rub the mixture evenly over both sides of the salmon.
2. **Build the Baking Dish.** Add **2 cups Cherry tomatoes**, **¾ cup Kalamata olives (pitted)**, **½ Red onion (thinly sliced)**, and **1 Lemon (thinly sliced)** to a 9x13-inch baking dish (you can also use a rimmed sheet pan). Drizzle with **1 tbsp Extra virgin olive oil** and toss everything together.
3. **Add Salmon.** Nestle the salmon fillets into the vegetables, arranging everything in an even layer.
4. **Bake.** Bake in the hot oven for 18 to 22 minutes, depending on the thickness of the fillets, until the salmon flakes easily with a fork or reaches an internal temperature of 125–130°F (52–54°C) for medium or 140–145°F (60–63°C) for fully cooked salmon. The tomatoes should begin to burst and release their juices, creating a flavorful sauce in the bottom of the baking dish. For additional color, switch the oven to broil for the final 1 to 2 minutes, watching carefully to prevent burning.
5. **Garnish and Serve.** Remove from the oven and sprinkle with **½ cup Feta cheese (crumbled)**, **2 tbsp Fresh parsley (chopped)**, and **3 tbsp Fresh dill (chopped)**. Serve immediately with **Lemon wedges** and plenty of the roasted

tomatoes, olives, and flavorful pan juices.

Notes

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

Key Ingredient Notes:

- **Salmon Fillets:** Fresh salmon is the star of the recipe. Atlantic or sockeye salmon both work well. Skin-on or skinless both work well. I like to purchase a large filet from Costco or the fishmonger and cut the portions out myself. But you can totally just buy pre-portioned filets.
- **Dried Oregano**: A classic Greek herb that brings authentic Mediterranean flavor. Dried thyme may be substituted.
- **Sweet Paprika:** Provides subtle sweetness and beautiful color. Smoked paprika works for a deeper flavor.
- **Olives**: I personally prefer **Kalamata olives** in this recipe and they are more authentic for a Greek-style recipe. I use whole, pitted olives because they will stay whole and add texture to the dish.
- **Greek Feta Cheese:** Look for block **feta in brine** for the best flavor and texture, but pre-crumbled will do in a pinch. I am a big fan of feta and use it in some of my recipes: Greek Lentil Salad, Grilled Corn Peach Salad, Watermelon Cucumber Feta Salad, Cucumber Radish Feta Salad and Cucumber Chickpea Feta Salad.

Tips for Success:

- Pat the salmon dry before seasoning so the marinade adheres better and the fish roasts instead of steaming.
- Use salmon fillets that are similar in thickness so they cook evenly. Center-cut pieces are ideal.
- **Don't overcook the salmon.** It's best when it's still moist and tender in the center. If using thicker salmon fillets, check the internal temperature with an instant-read thermometer rather than relying solely on baking time.

Nutrition

Calories: 451kcal | Carbohydrates: 9g | Protein: 38g | Fat: 29g | Saturated Fat: 6g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 15g | Cholesterol: 110mg | Sodium: 1567mg | Potassium: 1092mg | Fiber: 2g | Sugar: 3g | Vitamin A: 944IU | Vitamin C: 27mg | Calcium: 166mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/greek-salmon-recipe-with-tomatoes-olives-and-lemon/

Muhummus (Roasted Red Pepper Hummus)



Muhummus bringstogethertwodips I love: creamy hummus and thesweet, tangy flavors of muhammara. Roasted red peppers and pomegranate molasses give the chickpeas a little sweetness and depth, while breadcrumbs help thicken the dip. Finish it with walnuts, herbs, and a generous drizzle of olive oil.

Prep Time	Total Time
15 mins	15 mins

☆☆☆☆☆
No ratings yet

Course: Appetizer, Side Dish, Snack Cuisine: Mediterranean, Middle Eastern
Diet: Vegan, Vegetarian Servings: 6 Servings Author: Luay Ghafari Cost: $10

Equipment

- Food Processor

Ingredients

- 1 Can of chickpeas (drained and rinsed) - 15 oz can
- ¼ cup Tahini
- ¼ cup Extra virgin olive oil
- 2 Garlic cloves
- ½ tsp Cumin
- ½ tsp Salt
- ¼ tsp Black pepper
- ¾ cup Roasted red peppers
- 2 tsp Pomegranate molasses
- ¼ cup Breadcrumbs

Garnish

- 3 tbsp Chopped walnuts
- ½ tsp Aleppo pepper flakes
- ½ tsp Sumac
- 2 tbsp Chopped parsley
- 2 tbsp Extra virgin olive oil

Instructions

1. **Make Hummus Base.** In a food processor, add the drained chickpeas, olive oil, tahini, garlic, cumin, salt and pepper. Process until smooth.
2. **Add the Flavorings.** Add the roasted red peppers and pomegranate molasses. Process until smooth.
3. **Add Breadcrumbs.** Depending on how wet your roasted red peppers were, you will need ¼ to ½ cup of breadcrumbs to thicken the dip. Start with ¼ cup. Process, taste and adjust the seasoning.
4. **Plate.** Spoon the dip onto a serving plate and garnish with chopped walnuts, sumac, Aleppo pepper flakes, fresh parsley and a drizzle of olive oil.

Notes

Tips for Success:

- **Adjust the texture gradually.** The dip will thicken slightly as it sits, so avoid adding all the breadcrumbs at once. I would start with 1/4 cup and then work up as needed.
- **Taste before serving.** Roasted peppers and pomegranate molasses vary in sweetness and acidity. Adjust the salt and seasoning to suit your taste.
- **Make it ahead.** Prepare the dip in advance and add the garnishes just before serving.

Nutrition

Calories: 356kcal | Carbohydrates: 28g | Protein: 10g | Fat: 24g | Saturated Fat: 3g | Polyunsaturated Fat: 7g | Monounsaturated Fat: 13g | Sodium: 576mg | Potassium: 326mg | Fiber: 7g | Sugar: 4g | Vitamin A: 282IU | Vitamin C: 12mg | Calcium: 75mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/muhummus-olive-grove-club-exlusive/

Star Bread with Cheese and Herbs

This savory herbandcheesestarbreadis bothfestive and delicious. It combines stretchy mozzarella, savory feta cheese, herbs and spices. Serve it at your next holiday party, brunch or enjoy it as a snack.



4.70 from 13 votes

Prep Time	Cook Time	Total Time
25 mins	25 mins	50 mins

Course: Appetizer, Breakfast, Snack Cuisine: American Diet: Vegetarian Servings: 8 pieces

Author: Luay Ghafari Cost: $10

Ingredients

- ½ cup Water
- ½ cup Whole milk - 2% works well too
- 1 tbsp Sugar
- 2 ¼ tsp Active dry yeast - Equivalent of 1 packet
- 3 cups All-purpose flour
- 1 tsp Kosher salt
- 1 Egg

Filling

- 1 cup Mozzarella - Shredded
- ½ cup Feta - Crumbled
- 1 tbsp Dried oregano
- 1 tbsp Dried mint - Substitute dried basil, Italian herb mix, or just use more oregano
- 1 tbsp Sesame seeds - Toasted
- 1 tsp Chili flake - Optional, I use a mild Aleppo Chili flake

Finishing touch

- Honey

Instructions

1. **Bloom yeast.** Heat the milk and water slightly in the microwave or on the stovetop. Add the sugar and yeast. Mix well and wait 5-10 minutes for the yeast to activate. **Note:** Be careful, if the liquid is too hot, it could kill the yeast. 110°F is the maximum temperature that yeast can withstand.
2. **Make dough.** In a stand mixer bowl add the flour and salt. Once the yeast is foamy, add to the stand mixer bowl and knead for 8 minutes. You may need to adjust liquid/flour as necessary. Note: If you don't have a stand mixer, you can mix the dough in a bowl and then knead it on your counter for 10 minutes.
3. **Rise.** Once the dough is supple, let it rise in an oiled bowl (or in the stand mixer bowl) covered with a towel for 1 hour or until doubled in size.
4. **Mix.** While the dough rises, make your herby cheese mixture by combining all the filling ingredients in a small bowl.
5. **Divide.** When the dough is ready, divide it into 4 equal parts and form into balls. Use a kitchen scale if you have one.
6. **Roll.** Roll the balls out into flat disks about 12 inches wide. You may have to let the disks rest as you roll to let the gluten relax. Otherwise, disks may not stretch to 12”. If you're feeling fancy, use a large dinner plate to cut out perfect circles.
7. **Assemble.** On a lined baking sheet, place a dough disk, then spread ⅓ of the filling mix evenly. Top with another dough disk, add ⅓ of the filling and repeat until finished.
8. **Form the star shape.** Place a small bowl or cookie cutter on the center of the dough stack as a guide. Cut dough stack into quarters, without cutting under the bowl/cookie cutter. Cut each quarter in half, and then cut each 8th in half again. You should end up with 16 wedges.
9. **Twist.** Grab 2 adjacent wedges and twist them in opposite directions 3 times and then pinch the ends to form a neat point. Repeat 7 times.
10. **Rise.** Cover with a towel and let rise for 30 minutes while your oven preheats to 375°F.

11. **Egg wash.** Brush bread with egg wash and sprinkle with sesame seeds.
12. **Bake.** Bake for 25-30 minutes or until browned on top and bottom and cooked through. Drizzle with optional honey while still warm.

Notes

Ihighlyrecommend that you refer to the blog post above for more detailed photo instructions.

Important ingredient notes:

- **Flour.** This recipe has been tested with all-purpose flour but you can certainly make it with bread flour as well. For a healthier option, replace ¼ of the flour mixture with whole wheat flour.
- **Yeast.** I like to use rapid-rising yeast. If you don't bake often, you might have some inactive or expired yeast. Always check the expiry date and use the freshest possible yeast. Store your yeast in the fridge for optimal freshness.
- **Milk.** If for whatever reason you prefer not to use milk, you can substitute water. However, note that milk adds natural sweetness to the dough and helps it become tender and supple.
- **Cheese.** I like the combination of stretchy mozzarella with tangy feta, but you can definitely switch it up. Ricotta salata can be used instead of feta. An aged cheddar can be used instead of mozzarella. Just be careful not to choose a cheese that is too wet, or you might end up with a soggy bake.
- **Herbs.** The combination of oregano and mint is classic. The flavor profile brings me back to my childhood. But feel free to change it up. The possibilities are endless. Make sure the herbs and spices you use are the freshest they can be.

Nutrition

Calories: 285kcal | Carbohydrates: 42g | Protein: 13g | Fat: 7g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Trans Fat: 0.003g | Cholesterol: 40mg | Sodium: 536mg | Potassium: 195mg | Fiber: 3g | Sugar: 3g | Vitamin A: 671IU | Vitamin C: 0.02mg | Calcium: 215mg | Iron: 4mg

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Brown Butter Apple Cinnamon Rolls



Thesebrown butter apple cinnamonrolls bringtogethersoft, tender dough, warm spices, and little pockets of cooked apple. A tangzhong helps keep the rolls moist, while maple cream cheese frosting and toasted pecans make them feel right at home on a fall brunch table or any morning that calls for a special bake.

Prep Time	Cook Time	Rise Time	Total Time
1 hr 15 mins	1 hr	2 hrs 30 mins	4 hrs 45 mins

Course: Breakfast, Dessert Cuisine: American Diet: Vegetarian Servings: 12 Rolls

Author: Luay Ghafari Cost: $20

☆☆☆☆☆
No ratings yet

Equipment

- Stand Mixer

Ingredients

For the brown butter

- 1 cup Unsalted Butter (cold) - 226 grams

For the tangzhong

- 4 tbsp Bread Flour - 30 grams
- ⅓ cup Water - 75 grams
- ⅓ cup Milk - 75 grams

For the dough

- ½ cup Milk (warm) - 113 grams
- 2 ½ tsp Instant Yeast
- 2 Large Eggs (lightly beaten at room temperature) - 100 grams
- 1 tsp Vanilla Extract
- 4 ¼ cups Bread Flour - 510 grams
- ½ cup Sugar - 100 grams
- 1 1/4 tsp Kosher Salt
- 5 tbsp Brown Butter (brought to room temperature after being chilled) - 75 grams

For the apple filling

- 2 cups Apples (peeled & diced to ¼" cubes) - 270 grams
- 2 tbsp Unsalted Butter - 28 grams
- ¼ cup Light Brown Sugar - 53 grams
- 1 tsp Cinnamon
- ½ tsp Cardamom
- ½ tsp Nutmeg
- ¼ tsp Kosher Salt
- 1 tbsp Corn Starch - 8 grams

For the cinnamon filling

- 5 tbsp Brown Butter (brought to room temperature after being chilled) - 75 grams
- ¼ cup Light Brown Sugar - 53 grams
- 1 tbsp Cinnamon
- ½ cup Toasted Pecans (finely chopped) - 50 grams

For the maple cream cheese frosting

- 4 ounces Cream Cheese (room temperature) - 113 grams
- Remaining Brown Butter - It will be about 20 grams or a little less than 2 tablespoons, chilled then brought to room temperature
- 1 ½ cup Powdered Sugar - 180 grams

- ¼ cup Maple Syrup - 78 grams
- ½ tsp Vanilla Extract
- ½ cup Toasted Pecans (chopped) - 50 grams

Instructions

Brown the Butter and Make the Tangzhong

1. **Brown the Butter.** Melt the butter in a heavy-bottomed saucepan over medium heat, stirring occasionally. When it foams, stir constantly and watch for the milk solids to turn golden brown. Pour the butter into a heat-safe bowl right away so it doesn't keep cooking in the hot pan. Cool, stir to distribute the brown flecks, then cover and refrigerate until firm. If you're making it the same day, chill it in the freezer until solid.
2. **Make the Tangzhong.** Whisk the bread flour, water, and milk together in a small saucepan until smooth. Set it over medium heat and stir continuously until a thick paste forms, about 4–5 minutes. Transfer it to a heat-safe bowl and let it cool to room temperature.

Mix the Dough and Toast the Pecans

1. **Mix the Dough.** Warm the milk to about 110°F. Add it and the cooled tangzhong to the bowl of a stand mixer fitted with a dough hook attachment. Add the yeast, eggs, vanilla, bread flour, sugar, and salt. Mix on low until combined, scraping down the bowl as needed.
2. **Knead and Add the Butter.** Increase the mixer speed to medium-low and knead for 7–10 minutes, until a sticky dough forms. Add 75 grams of softened brown butter, one tablespoon at a time. Continue mixing until it's incorporated and the dough begins to pull away from the bowl, about 5 minutes more**.**
3. **Let the dough rise.** Transfer the dough to an oiled bowl and cover it with a towel or plastic wrap. Let it rise in a warm place for 60–90 minutes, or until nearly doubled in size.
4. **Toast the pecans.** While the dough rises, heat the oven to 350°F. Spread the pecans on a small baking sheet and toast for about 10 minutes, until fragrant. Let them cool completely, then chop them. Divide them in half.

Cook the Apple Filling

1. **Cook the Apple Filling.** Melt the butter in a saucepan over medium heat. Add the apples, brown sugar, cinnamon, cardamom, nutmeg, and salt. Cook, stirring occasionally, until the apples have released some juices and are crisp-tender.
2. **Thicken the Filling.** Mix the cornstarch with one tablespoon of water to make a slurry. Stir it into the apples and cook, stirring constantly, until the juices thicken. Set aside to cool completely.

Roll and Bake

1. **Make the Cinnamon Filling.** Mix the softened brown butter with the brown sugar and cinnamon until it forms a spreadable paste.
2. **Prepare the Pan and Roll Out the Dough**. Grease a 9-by-13-inch baking dish with butter. The dough should now have almost doubled in size. Turn the risen dough onto a lightly floured work surface and roll it into a 12-by-18-inch large rectangle using a rolling pin.
3. **Fill the Dough.** Spread the cinnamon butter mixture evenly over the dough, leaving about a ½-inch border along one long edge. Spread the cooled apple filling over top, then sprinkle with half of the toasted pecans.
4. **Shape the Rolls.** Trim the ends to make a neat rectangle, then cut the dough into 12 equal strips, about 1½ inches wide, with a sharp knife. Roll each strip up individually into a tight roll.
5. **Transfer to Pan and Let the rolls rise again.** Place the rolls in the prepared baking dish. Cover the pan and let the rolls rise until quite puffy, at least 60 minutes. Heat the oven to 350°F while they rise.
6. Bake for 28–29 minutes, or until the rolls are cooked through and their centers register 185–190°F. If the tops brown before the centers are ready, loosely cover the pan with foil.

Frost the Cinnamon Rolls

1. **Make the Brown Butter Maple Icing.** Let the rolls cool in the pan for 10–15 minutes. Beat the cream cheese and remaining softened brown butter until smooth. Add the maple syrup and vanilla extract and beat again. Mix in the powdered sugar, ½ cup at a time, on low speed.
2. **Frost and Serve.** Spread the frosting over the warm rolls and sprinkle with the remaining toasted pecans.

Notes

Key Ingredient Notes:

- **Apples:** Peeled and diced small so they soften evenly in the filling. Choose a firm baking apple like Granny Smith apples.
- **Bread Flour:** Bread flour creates the chewy yet incredibly soft texture that makes these rolls so fluffy. All-purpose flour can work, though the rolls will be slightly less fluffy.
- **Milk**: You will need to use milk in both the tangzhong and the final dough. I recommend using whole milk, but 2% also works.
- **Spices**: We're going for all the cozy fall vibes here. You will need **ground cinnamon, cardamom and nutmeg**. Try to use all three, but if you don't have cardamom or nutmeg, cinnamon on its own will work just fine.
- **Pecans:** Toasted and divided between the filling and topping; walnuts are a good substitute.

Tips for Success:

- **Plan it out.** This recipe has many steps, so you can help yourself by making the brown butter, the apple filling, and the cinnamon filling in advance (even the day before). You can also toast the pecans in advance. This is how I do it, and it helps me tremendously.
- **Let the tangzhong cool.** Adding hot tangzhong directly to the dough can make it too warm. Let it cool to room temperature before mixing.
- **Keep the dough slightly sticky.** Resist adding a lot of extra flour while kneading. A soft, slightly sticky dough helps give the rolls a tender texture.
- **Cool the apple filling completely.** Warm filling can soften the dough and make it harder to shape. Cooking the apples first also gives them a head start toward tenderness in the oven.
- **Let the rolls rise until puffy.** Rise times depend on the temperature of your kitchen, so use the dough's appearance as your guide as well as the clock.

Nutrition

Calories: 542kcal | Carbohydrates: 79g | Protein: 10g | Fat: 29g | Saturated Fat: 14g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 9g | Trans Fat: 1g | Cholesterol: 85mg | Sodium: 346mg | Potassium: 213mg | Fiber: 4g | Sugar: 25g | Vitamin A: 744IU | Vitamin C: 1mg | Calcium: 78mg | Iron: 1mg

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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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