



WINTER MEAL PLAN: WEEK 1





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.

The author disclaims any responsibility for adverse reactions, accidents, or damages that may occur as a result of following the recipes or guidance contained herein. By using this meal plan, you acknowledge and agree that you do so at your own risk. The content is provided “as is,” without warranties of any kind, express or implied. This meal plan is offered for personal, non-commercial use. Unauthorized distribution, reproduction, or modification of this material is prohibited. If you disagree with any of these conditions, delete the ebook and refrain from using it.

Winter Meal Plan: Week 1

Monday



Harissa Chicken

Tuesday



Short Rib Ragu

Wednesday



Meat Stuffed Pitas

Thursday



Chard Feta Phyllo Pie

Friday



Baked Trout

Salad/App



Roasted Broccoli and White Bean Salad

Baking



Za'atar Flatbread

Dessert



Orange Cran Biscotti

URBAN FARM & KITCHEN

Harissa Chicken Skewers (with Sides)



5 from 1 vote

TheseHarissa ChickenSkewersare a delicious and satisfying addition to your weeknight meal rotation. They are incredibly easy to make and don't require too many complicated ingredients. The chicken can be marinated in advance, saving you time.

Pair these skewers with vermicelli rice, sumac onions and chopped salad for an easy dinner.

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

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

Equipment

- Grill pan or outdoor grill

Ingredients

- 1 ½ lbs Boneless chicken breasts - About 2 large breasts, cut into large cubes
- 1 tsp Kosher or sea salt
- ½ tsp Black pepper
- ¼ cup Harissa paste
- 1 Medium onion
- 1 Bell pepper
- Garnish with chopped fresh herbs like parsley and mint, lemon zest and a squeeze of lemon juice

Serve with

- Vermicelli Rice
- Chopped Salad
- Sumac Onions
- Batata Harra (Spicy Potatoes)

Instructions

1. **Season.** Place the cubed chicken breast in a medium bowl. Season with 1 teaspoon of salt and ½ teaspoon of freshly cracked black pepper. Toss to coat evenly.
2. **Marinate.** To the chicken, add the harissa paste and toss to coat well. Cover with plastic wrap and set the bowl in the fridge to marinate for at least 1 hour, but up to overnight.
3. **Skewer.** Skewer the chicken onto wooden or metal skewers, alternating the meat pieces with sliced onion and bell pepper.
4. **Grill.** Place a grill plan on medium-high heat and oil it lightly with avocado oil. Grill the chicken skewers on all sides until cooked through. The cooking time will depend on the thickness of the meat. You can use a meat thermometer to check doneness. The safe minimum internal temperature for chicken breast is 165F (74C). Serve as you like.

Notes

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

Ingredient notes:

- My preference is to use boneless chicken breast for this recipe, but you can also use boneless, skinless chicken thighs if you prefer.
- Harissa chile paste is a North African staple. You can easily purchase a jar from your local Middle Eastern store, online or a well-stocked grocery store. Or you can try to make your own harissa paste. I promise you, it's not that difficult to make.
- I like adding onions and sweet red peppers to my chicken skewers. But feel free to omit, or use other vegetables like zucchini or eggplant.

Pair these skewers with vermicelli rice, sumac onions and chopped salad for a complete meal.

Nutrition

Calories: 654kcal | Carbohydrates: 15g | Protein: 73g | Fat: 32g | Saturated Fat: 9g | Polyunsaturated Fat: 7g | Monounsaturated Fat: 13g | Trans Fat: 0.4g | Cholesterol: 218mg | Sodium: 2420mg | Potassium: 1081mg | Fiber: 3g | Sugar: 9g | Vitamin A: 2378IU | Vitamin C: 86mg | Calcium: 62mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/harissa-chicken-skewers-with-sides/

Short Rib Ragu

Tender and flavourful, slow-cooked short rib ragù is perfect for serving with hearty pasta or polenta. Total comfort food and so delicious. While the recipe takes about three hours from start to finish, most of that isn't active time, and it's well worth it.



Prep Time	Cook Time	Total Time
30 mins	3 hrs	3 hrs 30 mins

Course: Main Course Cuisine: Italian, pasta Servings: 6 people Author: Luay Ghafari
Cost: $30

★★★★★
5 from 15 votes

Ingredients

- 2 lbs Beef short ribs - De-boned, cut into 2" (5cm) cubes
- 2 tbsp Light olive oil - or use vegetable or avocado oil
- Kosher salt
- 1 cup White onion - Finely diced
- ½ cup Celery - Finely diced
- ½ cup Carrot - Finely diced
- 4 Garlic cloves - Finely minced
- 2 tbsp Tomato paste
- 1 cup Red wine
- 1 cup Broth - Beef or chicken
- 1 ¾ cup Crushed tomatoes - 14oz can
- Herb Bundle - Rosemary, thyme, parsley stems
- 2 Bay leaves
- 2 tbsp Sherry or red wine vinegar
- Kosher salt and fresh cracked pepper to taste
- 1 lbs Pasta - Tagliatelle or pappardelle
- Chopped parsley and grated parmigiano reggiano for garnish
-

Instructions

1. Season short ribs with kosher salt on all sides.
2. In a large braiser or Dutch oven on medium-high heat, add 2 tablespoons of light olive oil. You can also use vegetable or avocado oil. Add the short ribs and sear on all sides. Do not crowd your pot. Do this in batches if needed. Transfer seared short ribs to a plate. If the ribs released a lot of grease, remove some from the pot, leaving behind no more than 2 tablespoons of grease.
3. To the same pot, add onion, celery, carrot and garlic. Saute on medium high for 3-4 minutes, until onion softens.
4. Add tomato paste, 1 teaspoon of kosher salt and 1/2 tsp of fresh cracked pepper. Saute for another 2-3 minutes.
5. Deglaze the pot with the red wine, making sure to scrape all the browned bits off the bottom of the pot.
6. Return seared short ribs back to the pot and add broth and crushed tomatoes.
7. Add herb bundle and bay leaves. Bring the pot to a low simmer, cover but leave the lid slightly ajar so that the steam can escape and the sauce can reduce. Cook for 2 to 2 1/2 hours. Check on the pot every now and then and if you notice it drying out too much, add a splash of broth or water. You can also reduce the heat further is possible.
8. The ribs are ready when they are fork tender and fall apart easily. If by 2 1/2 hours the ribs are still not tender, continue simmering for another 30 minutes.
9. Remove bay leaves and herb bundle and discard. If using boneless ribs, shred them right in the pot using a pair of tongs or two forks. If using bone-in ribs, carefully pull the bones and then shred the meat. Note: The cartilage surrounding the bone isn't appetizing to everyone so you may choose to remove and discard that as well.
10. Taste and adjust the seasoning. Add vinegar. If the sauce feels too runny for your taste, continue to simmer for another 15-30 minutes.

11. Serve the ragu with your favorite pasta (cook per package instructions) and garnish with grated Parmigiano Reggiano and chopped parsley.

Notes

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

My preference is to use deboned short ribs, cut English Style in cubes for convenience. However, bone-in short ribs will also work and will give the ragu more flavor.

For a more affordable alternative, stewing beef cubes can be used.

This ragu can be eaten with pasta, with polenta, as a ravioli stuffing, layered in lasagna or even as a side with roasted vegetables. It can even be used to top hummus.

Recommended pastas are thicker, heartier cuts and shapes like pappardelle, tagliatelle, orecchiette, rigatoni and cavatelli.

Nutrition

Calories: 657kcal | Carbohydrates: 69g | Protein: 42g | Fat: 22g | Saturated Fat: 8g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 10g | Cholesterol: 91mg | Sodium: 11054mg | Potassium: 1071mg | Fiber: 5g | Sugar: 7g | Vitamin A: 1115IU | Vitamin C: 12mg | Calcium: 116mg | Iron: 6mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/short-rib-ragu/

Arayes (Authentic Middle Eastern Meat Stuffed Pitas)



Arayes is a popular MiddleEastern dish that consists of stuffedand grilled (or baked)pita bread filled with a mixture of minced meat, typically beef or lamb, along with various seasonings and spices. This **incredibly easy-to-prepare** recipe includes 2 cooking methods to suit your preferences, as well as a dipping sauce.

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

★★★★★
5 from 6 votes

Course: Appetizer, Main Course, Side Dish Cuisine: Levantine, Middle Eastern
Servings: 3 people Author: Luay Ghafari Cost: $10

Equipment

- Cast iron grill pan - Optional

Ingredients

- 1 Medium white onion - Roughly chopped
- ¼ cup Fresh parsley
- 1 ½ lbs Extra lean ground beef - You can use ground lamb or chicken too
- 1 tbsp Baharat (7-Spice) - or 1 teaspoon cumin, 1 teaspoon coriander, 1 teaspoon cinnamon
- 1 tsp Garlic powder - Use more if you like garlic
- 1 tsp Sumac
- Salt and Black pepper - start with 1 teaspoon salt and ¼ teaspoon pepper. You may need more.
- 3-4 Thin pita breads
- Olive oil for brushing

Tahini Dipping Sauce (Optional)

- 2 tbsp Tahini
- 2 tbsp Lemon juice
- Cold water to thin the sauce - as much as you need to reach desired consistency
- Salt and pepper to taste

Instructions

1. **Process:** In a small food processor, pulse the chopped onion and parsley until fine.
2. **Mix:** In a large mixing bowl, combine the ground beef, onion and parsley mixture, sumac, 7-spice, garlic powder, salt and black pepper. Mix really well. I encourage you fry up a small tablespoon of the mixture and taste for seasoning. Adjust if necessary.
3. **Prepare Pita:** Cut your pita breads in half and very carefully open them up. You can use your fingers to open them up or a butter knife. Make sure the pocket remains intact.
4. **Scoop:** Using an ice cream scoop, scoop about 2 portions of the ground beef mixture into each pita pocket.
5. **Spread:** Using a butter knife, spread the meat filling evenly and all the way around.

Cooking Method 1: Grill Pan

1. **Grill:** Lightly oil the stuffed pita halves and grill them on both sides in a grill pan or cast iron skillet set on medium-high heat until the meat is cooked through and you have nice grill marks on the bread, about 4-5 minutes on each side.

Cooking Method 2: Oven or air Fryer

1. **Bake:** Preheat your oven to 375F/190C. Lightly oil the stuffed pita halves and place them on a parchment paper-lined baking sheet. Bake until cooked through, about 12-15 minutes.

Make the Tahini Sauce (Optional)

1. In a small bowl, combine the tahini and lemon juice and whisk. This will form a paste. Add cold water 1 tablespoon at a time until you reach the desired dipping sauce consistency. Don't make it too runny. Season with salt and pepper.

Notes

Refertothe post above for step-by-step recipe photos.

Ingredient notes:

- **Ground Meat:** I recommend that you use Extra Lean ground beef (90/10) as it will have the least amount of fat. Too much fat in your arayes kafta mixture will cause the bread to get soggy.
- **Pita Bread:** Traditionally arayes are made with a **thin Lebanese-style pita**. This type of pita is sold in bundles at most grocery stores. I recommend you use the freshest pita possible, as it will be much easier to open them up. Stale pita will crack and you'll end up having issues spreading the kofta mixture. I don't recommend using thick Greek-style pita, but if you want to, see my Expert Tips section above in the blog post for more insights.

If baking, use an optional wire rack: Though not necessary, you can bake the arayes on a wire rack to help juices drip away from the pita and reduce the chance of soggy bread.

These meat-stuffed pitas can be served as either an appetizer or in a larger portion as a main course.

Serve your Arayes with fresh salad (like my Jerusalem Chopped Salad), Batata Harra (spicy potatoes) and Vermicelli rice.

Make Ahead: This recipe in its entirety is not ideal for making ahead, but you can certainly make the meat mixture ahead of time and store it in the fridge for up to 1 day or in the freezer for 6 months.

Nutrition

Calories: 546kcal | Carbohydrates: 38g | Protein: 56g | Fat: 17g | Saturated Fat: 6g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 7g | Trans Fat: 1g | Cholesterol: 141mg | Sodium: 458mg | Potassium: 1001mg | Fiber: 3g | Sugar: 2g | Vitamin A: 429IU | Vitamin C: 14mg | Calcium: 99mg | Iron: 7mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/arayes-authentic-levantine-meat-stuffed-pitas/

Swiss Chard, Leek and Feta Phyllo Pie

MySwiss Chard FetaPhyllo Pie wraps tender greens, creamy ricotta, salty feta, dill, za'atar, and sumac in crisp, buttery layers of phyllo. A little honey over the top adds a lovely sweet finish. Serve it warm for lunch, brunch, or as part of a mezze-style spread.



☆☆☆☆☆
No ratings yet

Prep Time	Cook Time	Total Time
25 mins	50 mins	1 hr 15 mins

Course: Appetizer, Breakfast, Brunch, Side Dish, Snack
Cuisine: Greek, Mediterranean, Middle Eastern Diet: Vegetarian Servings: 6 Servings
Author: Luay Ghafari Cost: $20

Ingredients

- 1 tbsp Olive oil
- 1 Bunch of Swiss chard - Stems and leaves chopped
- 1 Leek - White part finely chopped
- 2-3 Garlic cloves - Minced
- ½ tsp Kosher salt
- ¼ tsp Black pepper
- 1 Cup Ricotta
- 1 Cup Feta - Cumbled
- 1 Egg
- 2 tbsp Fresh dill - Chopped
- 1 tbsp Za'atar
- 1 tbsp Sumac
- ¼ cup Melted butter
- 8-10 Phyllo sheets
- Sesame seeds and honey for garnish

Instructions

1. **Cook the Vegetables.** Warm the olive oil in a frying pan over medium heat. Add the chopped leek, chard stems, garlic, salt, and pepper. Sauté for 4–5 minutes, until softened. Add the chard leaves and cook until wilted and the pan is mostly dry. Transfer the vegetables to a bowl and let them cool.
2. **Make the Filling.** Add the ricotta, feta, egg, dill, za'atar, and sumac to the cooled vegetables. Mix until combined. Preheat the oven to 400°F (205°C).
3. **Layer the Phyllo.** Brush a quarter-sheet pan (about 9 x 13 inches) or a round baking pan with melted butter. Lay a sheet of phyllo in the pan, letting the edges overhang, and brush it lightly with butter. Repeat with the remaining sheets, rotating them as needed to cover the pan and leave overhang all around. Spoon the filling into the phyllo-lined pan and spread it evenly.
4. **Fold the Pie.** Fold the overhanging phyllo over the filling, brushing each layer with butter as you go. The filling should be covered by several layers. Brush the top with the remaining butter. Use a sharp knife to score the top into portions, cutting through the top layers without cutting all the way through the bottom. Sprinkle with sesame seeds.
5. **Bake.** Bake on the middle rack at 400°F (205°C) for 20 minutes. Reduce the oven temperature to 375°F (190°C) and bake for another 15–20 minutes, until golden brown and crisp.
6. **Cut and Serve.** Let the pie rest for a few minutes, then cut along the scored lines. Drizzle with honey, if you like, and serve warm.

Notes

Key Ingredient Notes:

- **Phyllo Pastry (also called filo pastry):** You will find it in the frozen section next to the puff pastry and pie shells.
- **Swiss Chard:** Use both the stems and leaves, chopping the stems finely so they soften evenly. Kale or spinach can work in its place.

- **Leek:** Leeks are in season in the fall, around the same time as Swiss chard so they are a perfect pair. Feel free to use onions or shallots in place of the leeks.
- **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.
- **Sumac**: This tangy Middle Eastern spice is one of my favorites. It adds a lemony, citrusy flavor. Buy some from your local Middle Eastern market.
- **Cheese:** For this recipe, I am using a combination of **feta and ricotta**. You could replace the ricotta cheese with cottage cheese if you want a more protein-packed pie, but it's not something I would do! **Use Greek Feta** (it is creamy and delicious). Bulgarian-style feta will also work. Just avoid any firm or hard types of feta in this recipe.

Tips for Success:

- **Dry the filling well.** Cook the chard until the pan is mostly dry, and let the vegetables cool before mixing them with the cheeses. Excess moisture can soften the phyllo.
- **Handle with care.** Phyllo sheets are incredibly delicate. Handle them with care and work quickly. Phyllo dries up quickly too, so cover it with a damp kitchen towel while you work. You will not need to use the whole package of phyllo sheets, so wrap up the rest and refrigerate. Use within a few days.
- **Brush each layer lightly**. A thin, even coating of butter between sheets helps the pastry bake up crisp without becoming greasy.
- **Score before baking.** Scoring the top makes the pie easier to portion after baking. Avoid cutting through the bottom phyllo layers, which can let filling moisture reach the base.

Nutrition

Calories: 490kcal | Carbohydrates: 48g | Protein: 16g | Fat: 26g | Saturated Fat: 13g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 9g | Trans Fat: 0.3g | Cholesterol: 91mg | Sodium: 1211mg | Potassium: 451mg | Fiber: 3g | Sugar: 2g | Vitamin A: 5472IU | Vitamin C: 25mg | Calcium: 286mg | Iron: 5mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/swiss-chard-feta-phyllo-pie/

Baked Trout with Pomegranate Molasses Herb Sauce

MyBaked Trout with Pomegranate Molasses Herb Sauceis tangy, savory,and packedwith Mediterranean flavor. This recipe comes together in under 30 minutes, making it perfect for busy weeknights while still being special enough for entertaining or a dinner party.



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

Course: Main Course Cuisine: Mediterranean Servings: 4 people Author: Luay Ghafari
Cost: $25

★★★★★
5 from 1 vote

Ingredients

For the Trout

- 1½ lbs Trout - about 2 large fillets
- 1½ tsp Kosher salt
- ¼ tsp Black pepper
- 1 tsp Smoked paprika
- 1 Lemon (cut into thin slices)

For the Pomegranate Molasses Herb Sauce

- 3 tbsp Extra virgin olive oil
- 2 tbsp Lemon juice
- 3 Garlic cloves
- 2 tbsp Capers
- 2 tbsp Pomegranate molasses
- ½ cup Fresh parsley
- 2 tsp Grainy or Dijon mustard
- 1 tsp Sumac
- Salt and pepper to taste

Garnish

- Lemon wedges and fresh parsley

Instructions

1. **Preheat the Oven.** Preheat your oven to 400°F (200°C).
2. **Season Fish.** Place the fish fillets skin-side down on a parchment paper-lined baking sheet or large baking dish. Season the flesh with kosher salt, black pepper, and paprika. Arrange the fresh lemon slices over the top of the trout.
3. **Make the Herb Sauce**. Add the extra virgin olive oil, fresh lemon juice, fresh garlic, capers, pomegranate molasses, parsley, mustard, sumac, salt, and black pepper to a food processor. Pulse until combined but still slightly chunky. Taste and adjust the seasoning as needed.
4. **Bake.** Bake for 12–15 minutes, depending on the thickness of your fillets and your preferred doneness. The trout is ready when it flakes easily with a fork or reaches an internal temperature of 145°F in the thickest part.
5. **Garnish and Serve.** Transfer the trout to a serving platter and spoon the herb sauce over the fish or serve it alongside for everyone to add as they like. Serve with lemon wedges and fresh parsley.

Notes

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

Key Ingredient Notes:

- **Trout Fillets**: Skin-on trout works best. Steelhead trout or even salmon can be substituted. I buy my skin-on trout fillets from Costco in packs of 3. I do not recommend buying a whole fish and filleting it yourself. Buy fillets or ask your fishmonger to cut fillets from a whole trout for you.

- **Capers**: Add a salty, briny punch to the sauce. I always have them in my fridge and this recipe is a great way to use them up. Chopped green olives can be used instead.
- **Fresh Parsley**: Gives the sauce freshness and vibrant color. Cilantro can be substituted for a different flavor profile. Fresh dill would also work.
- **Pomegranate Molasses**: Provides sweet, tangy depth. Pomegranate molasses is available at most grocery stores now, but you'll definitely find it at your nearest Middle Eastern grocer. You can also buy it online.
- **Grainy or Dijon mustard**: Balances the sauce really well when you take into consideration the other flavors present. But if you don't have it, just omit it. Don't substitute yellow mustard, as the flavor will be overpowering.
- **Sumac**: Adds citrusy brightness. It really goes well with other Middle Eastern flavors in this recipe, like the pomegranate molasses. But if you can't find it, don't worry too much about it and add an extra squeeze of lemon juice to your sauce.

Nutrition

Calories: 379kcal | Carbohydrates: 8g | Protein: 36g | Fat: 22g | Saturated Fat: 3g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 13g | Cholesterol: 99mg | Sodium: 1250mg | Potassium: 727mg | Fiber: 1g | Sugar: 4g | Vitamin A: 989IU | Vitamin C: 29mg | Calcium: 100mg | Iron: 4mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/baked-trout-with-pomegranate-molasses-herb-sauce/

Roasted Broccoli and White Bean Salad (with Lemon Sumac Dressing)



ThisRoasted Broccoli and White Bean Salad has plenty of contrast:crisp-edgedbroccoli, creamy cannellini beans, salty Parmesan, and toasted almonds. A lemony sumac dressing brings everything together, and the salad is satisfying enough for lunch or easy to serve as a side.

Prep Time	Cook Time	Total Time
20 mins	25 mins	45 mins

☆☆☆☆☆
No ratings yet

Course: Salad, Side Dish Cuisine: Mediterranean, Seasonal Diet: Vegetarian
Servings: 6 Servings Author: Luay Ghafari Cost: $15

Ingredients

For the Salad

- 2 Large heads of broccoli (cut into florets) - About 6 cups
- 1 Red onion (sliced into wedges)
- 3 tbsp Extra virgin olive oil
- 1 tsp Kosher salt
- ½ tsp Black pepper
- 2 cans Cannellini beans (drained and rinsed) - Use 14–15 oz cans
- ½ cup Parmesan (shaved or grated)
- ½ cup Fresh parsley (chopped)
- ⅓ cup Toasted sliced almonds

For the Lemon-Sumac Vinaigrette

- ¼ cup Extra virgin olive oil
- 3 tbsp Fresh lemon juice
- 1 tsp Finely grated lemon zest
- 1 Garlic clove (grated)
- 1 tsp Dijon mustard
- 1 tsp Sumac - Plus extra for garnish
- ½ tsp Kosher salt
- ¼ tsp Black pepper

Instructions

1. **Roast the Vegetables.** Heat the oven to 425°F. Toss the broccoli florets and red onion with olive oil, salt, and pepper. Spread them in a single layer on a baking sheet and roast for 20 to 25 minutes, until the broccoli is browned at the edges but still has some bite.
2. **Make the Vinaigrette.** Whisk the olive oil, lemon juice, lemon zest, grated garlic, Dijon mustard, sumac, salt, and pepper until combined.
3. **Dress the Beans.** Add the drained cannellini beans to a large bowl and toss them with about half the vinaigrette. Let them sit for 5 to 10 minutes so they can take on some of the dressing.
4. **Assemble the Salad.** Add the warm broccoli and onion and the chopped parsley to the beans. Toss with the remaining vinaigrette. Finish with Parmesan, toasted almonds, and a little extra sumac.

Notes

Key Ingredient Notes:

- **Broccoli:** Cut the florets into similar-sized pieces so they cook evenly. You can also make this recipe using broccolini, cauliflower, or even Brussels sprouts.
- **Onion:** I really think **red onions** work best here. They add sweetness as they roast, but also a beautiful color to the salad. Yellow onion or shallots can work, too.

- **White Beans:** Great Northern, white kidney, navy beans or Cannellini beans all work well here. You could even use chickpeas or butter beans. Canned beans make my version especially quick and convenient.
- **Sumac**: This tangy Middle Eastern spice is one of my favorites. It adds a lemony, citrusy flavor. Buy some from your local Middle Eastern market or online.

Tips for Success:

- **Give the broccoli room to roast.** Spread it out in a single layer so it browns instead of steaming. Use two baking sheets if the pan feels crowded.
- **Keep some texture in the broccoli.** Start checking around the 20-minute mark. The florets should be browned at the edges but not completely soft.
- **Drain the beans well.** Excess liquid can dilute the vinaigrette. Pat them dry if they seem especially wet.
- **Save the crunchy toppings for the end.** Add the almonds just before serving so they keep their crunch.

Nutrition

Calories: 351kcal | Carbohydrates: 32g | Protein: 15g | Fat: 21g | Saturated Fat: 4g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 14g | Trans Fat: 0.002g | Cholesterol: 6mg | Sodium: 1362mg | Potassium: 390mg | Fiber: 11g | Sugar: 3g | Vitamin A: 1036IU | Vitamin C: 90mg | Calcium: 256mg | Iron: 5mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/roasted-broccoli-and-white-bean-salad-with-lemon-sumac-dressing/

Manakish (Za'atar Flatbread)

Aflatbreadby manynames! Manakish(alsospelled Manakeesh) is a Levantine flatbread topped with a mixture of za'atar and good quality olive oil and then baked in the oven. A Middle Eastern cuisine staple, it is fragrant and incredibly delicious.



Prep Time	Cook Time	Rise time	Total Time
15 mins	10 mins	1 hr	1 hr 25 mins

Course: Appetizer, Breakfast, Side Dish, Snack Cuisine: Levantine, Middle Eastern
Servings: 6 Flatbreads Author: Luay Ghafari Cost: $5

★★★★★
5 from 5 votes

Ingredients

For the Dough

- 2 ¼ cups All purpose flour - 315 grams
- ¾ cups Whole wheat flour - 105 grams
- 1 tbsp Instant yeast - 9 grams
- 1 tbsp White 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 Topping

- ½-¾ cup Za'atar spice blend
- ½ cup Olive oil - 106 grams

Instructions

1. **Mix**. In the bowl of a stand mixer, add the dough dry ingredients and mix well to combine. Add the warm water, warm milk and oil. Run the stand mixer until a ball of dough forms, about 5-7 minutes. If the dough is too dry and feels crumbly, add water 1 tablespoon at a time until you have a soft and supple dough ball. You can also mix the dough in a large bowl and knead manually on the countertop.
2. **Rise**. Rub the dough ball lightly with oil on all sides and let it rise, covered with a towel or plastic wrap, in the bowl of the stand mixer for up to 1 hour in a warm place.
3. **Divide and shape**. After the bread dough has risen to about double its original size, divide it into 6 equal pieces (use a kitchen scale to get perfect portions). 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.
4. **Flatten**. Using a rolling pin, flatten the dough balls into a ⅛-¼ inch (0.3-0.6cm) thick, about 6-8 inches (15-20cm) in diameter.
5. **Dress.** Preheat your oven to 425F (220C). Transfer the flat flatbread discs to a parchment paper-lined baking sheet. Mix the zaatar spice blend with olive oil in a small bowl and apply a thin layer to each flatbread. You may need to do this in stages depending on how big your oven is. Poke the manakish with a fork a few times to prevent it from puffing.
6. **Bake**. Bake in the preheated oven for 9-13 minutes, or until the edges are lightly golden brown and the zaatar topping is bubbling lightly. Don't over-bake. We want these flatbreads to be soft and pliable. Note: If you peek into the oven mid-bake and you see a big bubble forming, quickly open the oven door, poke it with a fork or knife and close the door back up.

Notes

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

A few important ingredient notes:

- **Oil:** Olive oil is my go-to choice here but you can use avocado or vegetable oil instead for the dough. But make sure to use good quality extra virgin olive oil for the spice blend mixture.

- **Za'atar Blend**: A wonderful and important Middle Eastern spice blend that includes Syrian oregano and sesame seeds. Make your own zaatar or purchase a pre-made blend from your local Middle Eastern store or online.

If you're looking to save some time, you can make the dough 1 day ahead of time and let it rise in the fridge overnight. This longer, slower rise is actually beneficial in many ways and the result will be a much easier-to-digest bread for those with gluten sensitives. Just use half the amount of yeast if you plan to let the dough rise in the fridge overnight.

Nutrition

Calories: 534kcal | Carbohydrates: 62g | Protein: 10g | Fat: 30g | Saturated Fat: 5g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 20g | Cholesterol: 2mg | Sodium: 474mg | Potassium: 302mg | Fiber: 10g | Sugar: 2g | Vitamin A: 783IU | Vitamin C: 10mg | Calcium: 411mg | Iron: 27mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/manakish-zaatar-flatbread/

Cranberry Orange Biscotti



These Cranberry Orange Biscottiaretwice-baked until crisp, with orange and dried cranberries, then dipped in luscious white chocolate. They are quite easy to make ahead for a cookie tin, Christmas gifting or to serve alongside espresso or tea.

Prep Time	Cook Time	Chilling Time	Total Time
25 mins	55 mins	50 mins	2 hrs 10 mins

Course: Breakfast, Dessert, Snack Cuisine: Italian, Mediterranean Diet: Vegetarian
Servings: 16 Servings Author: Luay Ghafari Cost: $15

☆☆☆☆☆
No ratings yet

Ingredients

- 1 tbsp Orange zest
- ¾ cup Granulated sugar - 150 grams
- ½ cup Unsalted butter (room temperature) - 113 grams
- 2 Large eggs (room temperature) - 100 grams
- 2 tbsp Orange juice - 30 grams
- ½ tsp Almond extract
- 2 ⅓ cup All purpose flour - 296 grams
- 2 tsp Baking powder
- ½ tsp Kosher salt
- ¾ cup Dried cranberries - 120 grams
- Egg wash (1 large egg + 1 tablespoon water + pinch of salt) - Optional

For the Topping

- 6 oz White chocolate - 170 grams

Instructions

1. **Prep the Sugar.** Rub the orange zest into the white sugar with your fingertips until fragrant.
2. **Beat the Butter and Sugar.** Add the orange sugar and unsalted butter to a large mixing bowl. Beat with a hand mixer on medium speed for 3 to 5 minutes, until well combined.
3. **Add Wet Ingredients.** Mix in the eggs, orange juice and almond extract until the eggs are fully incorporated.
4. **Add Dry Ingredients.** Add the flour, baking powder and salt. Stir just until combined, then mix in the dried cranberries. Avoid overmixing. Cover the bowl and refrigerate the dough for 20 minutes.
5. **Preheat Oven.** Heat the oven to 325°F (165°C) and line a large baking sheet with parchment paper.
6. **Divide.** Turn the dough onto a lightly floured surface and knead it a few times, just until it holds together. Divide it in half. Shape each half into a rectangle about 3 inches wide and 1 inch thick, then place both loaves on the prepared baking sheet with room between them.
7. **Egg Wash and First Bake.** If using egg wash, brush it over the loaves just before baking. Bake for about 35 minutes, until the tops feel firm. Some cracking is normal.
8. **Slice.** Let the loaves cool for about 25 minutes. Lightly spritz them with water and let them sit for 5 minutes. Use a serrated knife to cut them into slices about ½ to ¾ inch thick. You want clean cuts here.
9. **Second Bake.** Arrange the slices cut-side down on the baking sheet, about 1 inch apart. Bake for another 20 minutes, flipping the biscotti halfway through.
10. **Cool.** Let the biscotti cool completely on the baking sheet.
11. **Decorate.** Melt the white chocolate in a double boiler or in the microwave at 50% power, stirring often. Dip half of each cooled biscotti into the chocolate. Let the chocolate set completely before storing.

Notes

Key Ingredient Notes:

- **Dried Cranberries:** Nothing screams Christmas quite like cranberries. I love the dried cranberry/orange flavor profile. It just works so well here. You could also use dried cherries or dried currants.
- **Orange:** You will need both **orange zest** (which you will rub into the sugar to release the aroma) and **orange juice** (which is added to the dough).
- **Almond Extract:** Complements the orange and cranberry; vanilla extract can be used for a softer flavor.

Tips for Success:

- **Rub the orange zest into the sugar before mixing it with the butter.** This helps spread the citrus flavor through the dough. I like to take my time here.
- **Let the loaves cool before slicing.** A sharp serrated knife and a gentle sawing motion help avoid crushing the biscotti.
- **Keep the slices close to the same thickness so they bake evenly.** Place them cut-side down and flip halfway through the second bake.

Nutrition

Calories: 238kcal | Carbohydrates: 35g | Protein: 3g | Fat: 10g | Saturated Fat: 6g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Trans Fat: 0.2g | Cholesterol: 38mg | Sodium: 145mg | Potassium: 68mg | Fiber: 1g | Sugar: 20g | Vitamin A: 216IU | Vitamin C: 2mg | Calcium: 60mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/cranberry-orange-biscotti/

URBAN
FARM & KITCHEN
EST. 2019

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 -



urbanfarmandkitchen.com
luay@urbanfarmandkitchen.com
@urbanfarmandkitchen