

MEDITERRANEAN CUISINE

FATOUCH

الطبخ العربي

فتورش

PREP TIME: 15 min.

COOK TIME: 0 min.

SERVING: 4

INGREDIENTS:

7 leaves	Romaine Lettuce	1 Bunch	Parsley
1 med	Tomato, Diced	¼ cup	Vinegar
2 med	Cucumber, Chopped	3 sprigs	Mint, Chopped
3 sprigs	Chives, Chopped	¼ tbsp	Garlic, Crushed
¼ cup	Lemon Juice	½ tsp	Salt
¼ cup	Olive Oil	2 pita	Bread <i>cut into squares</i>

PREPARE:

Thoroughly rinse the lettuce, tomatoes and cucumber then place them in a bowl and chop them. Meanwhile, chop the parsley, mint very fine, and chives. Put the chopped vegetables in a large bowl with the pita bread, salt, lemon juice, and olive oil. Toss sits, then taste and adjust seasoning. Serve on a leaf of Romaine lettuce.

PER SERVING

143 calories, 13.8 g Fat, 0 mg Cholesterol, 21 mg Sodium, 3.8 fiber, and 6.2 Protein.

MEDITERRANEAN CUISINE

THYME PIE

الطبخ العربي

متقدمة بالزعتر

PREP TIME: 5 min.

COOK TIME: 10 min.

SERVING: 6

INGREDIENTS:

2 sprigs	Green Onion	2 piece	Bread
3 sprigs	Thyme, chopped	¼ tbsp	Olive Oil
1 sprigs	Chives, chopped	2 cups	Feta Cheese

PREPARE:

Thoroughly rinse the herbs (green onion, thyme and the chive), then place them in a bowl and chop them very fine. Meanwhile, mix the feta cheese with olive oil and add the chopped herbs to it. Toss sits, then taste and adjust seasoning. Serve on a leaf of Romaine lettuce.

PER SERVING

130 calories, 13.8 g Fat, 141 mg Cholesterol, 71 mg Sodium, 13.0 Carb, and 130.3 Potassium

MEDITERRANEAN CUISINE

الطبخ العربي  
عصير الليمون بالمرمية

LEMONADE WITH SAGE & MINT

عصير الليمون بالمرمية

PREP TIME: 10 min.

COOK TIME: 5 min.

SERVING: 5

INGREDIENTS:

10 oz	Iced water	1 cup	Lemon Juice
1 med	Apple, diced	2 cubes	Ice
2 piece	Lemon, diced	1 tsp	Brown sugar
3 sprigs	Sage leaves	3 tsp	Honey

PREPARE:

Blend the lemon juice and brown sugar together until completely pulverized. (Approximately  $\frac{1}{2}$  of a lemon will be needed to create 2 tablespoons of the juice). Add ice cold water and fresh sage, then taste and adjust sweetness. Add the fruits as you desire.

**SAGE:** For a variety of conditions including mouth inflammation, gingivitis and sore throats, add 3 grams of sage leaf to 150 ml of boiling water, strain after 10 minutes and then let cool. The resulting tea can then be used as a mouthwash or gargle a few times a day. As an internal supplement 5 ml of fluid extract can be diluted in a glass of water and taken three times a day.

**ROSEMARY:** Rosemary also has calming effects by working against fatigue, sadness, anxiety, calming muscle soreness, digestive pains and also indigestion caused by stress.

MEDITERRANEAN CUISINE

الطبخ العربي  
أرضي شوكى بالأعشاب

ARTICHOKE WITH HERBS

PREP TIME: 15 min.

COOK TIME: 5 min.

SERVING: 6

INGREDIENTS:

4	Eggs	4 sprigs	Parsley, chopped
1 med	Tomato, diced	½ tsp	Black pepper
2 piece	Green Onion, chopped	3 sprigs	Cilantro, chopped
3 sprigs	Chives, chopped	¼ tbsp	Garlic, crushed
¼ cup	Lemon Juice	½ tsp	Salt
¼ cup	Olive Oil	8 pieces	Artichoke, cooked
1 sprig	Basil, chopped	1 sprig	Dill, chopped

PREPARE:

Thoroughly rinse the artichoke(s) well and place in the bowl, add lemon juice and olive oil. Cover it for 10 minutes. Meanwhile, chop all herbs (Parsley, Cilantro, Chive, and dill) add them to a chopped tomatoes, Green onion and Garlic. Beat eggs in large bowl to blend and season with salt and pepper. Add egg mixture to the chopped herbs. Fill each artichoke with the mixture and bake.

PER SERVING

79 Calories, 4.0g Fat, 80.5 mg Cholesterol, 4.7% Iron, 15.8% Calcium, 14% Vitamin, and 9.6 Protein.

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1 med	Tomato, diced	$\frac{1}{2}$ tsp	Black pepper
2 piece	Green Onion, chopped	3 sprigs	Cilantro, chopped
3 sprigs	Chives, chopped	$\frac{1}{4}$ tbsp	Garlic, crushed
$\frac{1}{4}$ cup	Lemon Juice	$\frac{1}{2}$ tsp	Salt
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1 sprig	Basil, chopped	1 sprig	Dill, chopped

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