





Olive & Tahini Plate

1 serving

5 minutes

Ingredients

- 2 tbsps Tahini
- 2 tbsps Water
- 1/8 tsp Sea Salt
- 1/2 Tomato (cut into wedges)
- 1/4 Cucumber (sliced)
- 1/3 cup Black Olives

Directions

- 1 In a small bowl, whisk together the tahini, water and sea salt.
- 2 Arrange the tomatoes, cucumbers and black olives around the tahini, and enjoy!

Nutrition

Amount per serving	
Calories	251
Fat	21g
Saturated	3g
Polyunsaturated	7g
Monounsaturated	10g
Carbs	14g
Fiber	4g
Protein	7g
Vitamin A	1077IU
Vitamin C	11mg
Calcium	185mg
Vitamin D	0IU
Vitamin K	13µg
Riboflavin	0.2mg
Vitamin B6	0.1mg
Folate	51µg
Vitamin B12	0µg
Magnesium	45mg
Zinc	2mg



Olive Tapenade with Crackers

8 servings

10 minutes

Ingredients

- 1 cup Black Olives (pitted)
- 2 tbsps Capers
- 1/4 cup Parsley
- 1/8 Lemon (juiced)
- 2 tbsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 400 grams Whole Grain Crackers

Directions

- 1 Combine the olives, capers, parsley, lemon juice, olive oil and sea salt in a food processor and blend until desired consistency is reached. Adjust salt and lemon juice to taste.
- 2 Top crackers with the olive tapenade and enjoy!

Nutrition

Amount per serving	
Calories	292
Fat	15g
Saturated	3g
Polyunsaturated	6g
Monounsaturated	6g
Carbs	35g
Fiber	2g
Protein	4g
Vitamin A	221IU
Vitamin C	3mg
Calcium	25mg
Vitamin D	0IU
Vitamin K	52µg
Riboflavin	0.1mg
Vitamin B6	0.1mg
Folate	55µg
Vitamin B12	0µg
Magnesium	17mg
Zinc	1mg



Basil Pesto Hummus

6 servings

10 minutes

Ingredients

- 2 cups Chickpeas (cooked)
- 1/2 cup Basil Leaves (roughly chopped)
- 1 Lemon (juiced)
- 1/2 cup Water
- 1 tsp Sea Salt

Nutrition

Amount per serving	
Calories	92
Fat	1g
Saturated	0g
Polyunsaturated	1g
Monounsaturated	0g
Carbs	16g
Fiber	4g
Protein	5g
Vitamin A	202IU
Vitamin C	4mg
Calcium	35mg
Vitamin D	0IU
Vitamin K	17µg
Riboflavin	0mg
Vitamin B6	0.1mg
Folate	98µg
Vitamin B12	0µg
Magnesium	29mg
Zinc	1mg

Directions

1

Add all ingredients together in a food processor or high-speed blender. Blend until a creamy consistency forms, scraping the sides down as needed. Enjoy!



Black Eyed Peas Masabacha

4 servings

15 minutes

Ingredients

- 1/2 cup Black Eyed Peas (cooked, drained and rinsed)
- 2 Tomato (medium, diced)
- 2 Garlic (cloves, minced, divided)
- 1 cup Tahini
- 1 cup Water
- 1 Lemon (juiced)
- 1/2 tsp Sea Salt
- 1/4 cup Parsley (stems removed, finely chopped)

Nutrition

Amount per serving	
Calories	401
Fat	33g
Saturated	5g
Polyunsaturated	14g
Monounsaturated	12g
Carbs	21g
Fiber	8g
Protein	13g
Vitamin A	1193IU
Vitamin C	19mg
Calcium	279mg
Vitamin D	0IU
Vitamin K	63µg
Riboflavin	0.3mg
Vitamin B6	0.2mg
Folate	115µg
Vitamin B12	0µg
Magnesium	81mg
Zinc	3mg

Directions

- 1 Heat a pan or skillet over medium heat. Add the cooked black eyed peas and sear for 1 minute. Add tomatoes and half of the garlic. Stir occasionally and cook for 3 to 5 minutes or until the tomatoes are soft.
- 2 Add the tahini, water, lemon juice, salt, and the remaining garlic to a blender and blend until smooth.
- 3 Transfer the tahini to a serving plate. Top with the black eyed peas masabacha. Garnish with parsley and enjoy with your choice of dippers (see notes for suggestions).



Lamb Kafta Burgers

4 servings

25 minutes

Ingredients

453 grams Ground Lamb
 1/2 Yellow Onion (finely chopped)
 1/4 cup Parsley (finely chopped)
 2 Garlic (clove, minced)
 1 1/2 tsps Cumin
 1 1/2 tsps Coriander
 1 tsp Sea Salt
 1/2 tsp Black Pepper
 1/4 tsp Cinnamon
 1/4 tsp Ground Cloves
 1 head Romaine Hearts (leaves separated)

Directions

- 1 Preheat the grill to medium heat.
- 2 In a mixing bowl combine the lamb, onion, and all of the herbs and spices. Mix until well combined.
- 3 Shape the meat into tightly-packed patties, 4 to 5-inches in diameter.
- 4 Grill the burger patties for 6 to 8 minutes per side or until cooked through.
- 5 To serve, use a few leaves of lettuce as a bun. Enjoy!

Nutrition

Amount per serving	
Calories	336
Fat	27g
Saturated	12g
Polyunsaturated	2g
Monounsaturated	11g
Carbs	4g
Fiber	1g
Protein	19g
Vitamin A	943IU
Vitamin C	6mg
Calcium	50mg
Vitamin D	2IU
Vitamin K	74µg
Riboflavin	0.3mg
Vitamin B6	0.2mg
Folate	36µg

Vitamin B12	2.6µg
Magnesium	33mg
Zinc	4mg



Goat Cheese Zucchini Rolls

1 serving
10 minutes

Ingredients

1/4 cup Goat Cheese (crumbled)
1 Zucchini (trimmed, sliced length-wise)

Nutrition

Amount per serving	
Calories	103
Fat	7g
Saturated	4g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	7g
Fiber	2g
Protein	6g
Vitamin A	392IU
Vitamin C	35mg
Calcium	51mg
Vitamin D	0IU
Vitamin K	8µg
Riboflavin	0.2mg
Vitamin B6	0.3mg
Folate	47µg
Vitamin B12	0µg
Magnesium	35mg
Zinc	1mg

Directions

- 1 Spread a thin layer of goat cheese on each slice of zucchini.
- 2 Gently roll them into small wraps and enjoy!



Pan Fried Zucchini

2 servings

10 minutes

Ingredients

- 1 tbsp Coconut Oil
- 2 Zucchini (medium, sliced into rounds)
- 1/4 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving	
Calories	94
Fat	7g
Saturated	6g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	6g
Fiber	2g
Protein	2g
Vitamin A	392IU
Vitamin C	35mg
Calcium	31mg
Vitamin D	0IU
Vitamin K	8µg
Riboflavin	0.2mg
Vitamin B6	0.3mg
Folate	47µg
Vitamin B12	0µg
Magnesium	35mg
Zinc	1mg

Directions

- 1 Heat oil in a skillet over medium-high heat.
- 2 Add the zucchini slices and cook for about 3-5 minutes each side, or until brown.
- 3 Season with salt and enjoy!



Zucchini Fritters

6 servings

20 minutes

Ingredients

- 1 Yellow Potato (medium, peeled and grated)
- 2 Zucchini (small, grated)
- 1 Yellow Onion (medium, finely sliced)
- 2 Egg
- 1/4 cup Oat Flour
- 2 tbsps Ground Flax Seed
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Coconut Oil

Nutrition

Amount per serving	
Calories	142
Fat	7g
Saturated	4g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	14g
Fiber	3g
Protein	5g
Vitamin A	221IU
Vitamin C	19mg
Calcium	37mg
Vitamin D	14IU
Vitamin K	4µg
Riboflavin	0.1mg
Vitamin B6	0.2mg
Folate	29µg
Vitamin B12	0.2µg
Magnesium	22mg
Zinc	1mg

Directions

- 1 Combine all ingredients, except the coconut oil, into a large bowl and mix well.
- 2 Heat half of the coconut oil in a large pan over medium heat. Scoop enough of the zucchini mixture to create 3- to 4-inch wide fritters in the pan. Cook for 2 to 3 minutes per side and transfer to a plate lined with paper towel.
- 3 Taste the first batch and adjust seasoning accordingly. If the fritters are falling apart, add an extra tablespoon of oat flour at a time. Continue until the mixture is used up and add more coconut oil to the pan between batches if needed.
- 4 Let cool slightly before serving and enjoy!