

# Middle Eastern Mediterranean

## Quinoa Salad with Golden Raisins and Pistachios

I used to make this recipe with cous cous and it definitely incorporates middle eastern moroccan flavors, but because I cook gluten free, quinoa is a great substitute and is high in protein as well. I have seen gluten free cous cous lately, but haven't tried it yet. Jovial is the brand, if you want to give it a go.

### Ingredients:

- 1 tablespoon olive oil, 1 tablespoon butter
- 1 small shallot, chopped
- 1 cup quinoa
- 2 cups water
- ¼ tsp cumin
- ¼ tsp coriander
- ¼ tsp cinnamon
- ⅓ cup golden raisins
- ⅓ cup parsley, chopped
- ⅓ cup roasted pistachios, chopped
- 2 tablespoons lemon juice
- 1 tablespoons EVOO

### Directions:

In a sauce pan, add olive oil and butter and cook until butter begins to bubble.  
Add in shallots and stir until softened.  
Add in Quinoa and stir quickly to toast the grain.  
Add 2 cups of water to the pan.  
Cover and cook on simmer until water has evaporated (about 15 minutes).  
Once cooked, let sit for about 10 minutes to steam in the pot.  
Move to a baking sheet and spread out evenly. Let cool.  
To a large bowl, add quinoa, golden raisins, parsley and pistachios.  
Combine the lemon juice and olive oil and whisk to incorporate.  
Pour into your quinoa salad and fold into the quinoa.  
Enjoy!!!

## Grilled Kofta Kebabs

### Ingredients:

- 1 lb. ground lamb or beef (or a mix of both)
- 1 small shallot of onion, grated or minced
- 2 cloves garlic, minced
- ½ cup chopped parsley
- ½ tsp ground cinnamon
- 1 tsp cumin
- ½ tsp allspice
- ½ tsp coriander
- 1 tsp sea salt
- ½ tsp ground black pepper
- 12 skewers (soaked if wooden)

### Directions:

Mix all ingredients in a bowl until well combined.

Using damp hands, firmly shape the kofta into 3 oz. oblong balls and skewer them for ease of cooking.

Grill over medium-high heat 3 - 4 minutes per side, until cooked through (if you don't have a grill, you can cook in a frying pan).

Serve with babaganoush and Quinoa Salad

## Lemon Garlic Sauce (Toum)

### Ingredients:

½ cup garlic cloves

¼ cup aquafaba (the liquid from the chickpea can)

¼ cup lemon juice

1 tsp sea salt

¾ cups avocado oil

### Directions:

Add garlic, aquafaba, lemon juice and salt to a blender or food processor, blend until smooth

Continue blending on low, slowly drizzling in the oil until smooth and fully emulsified.

Taste and add more salt if needed.

## Grilled Stone Fruit with Honey and Toasted Almonds

### Ingredients:

4 - 5 cups ripe stone fruit (peaches, nectarines, plums or pluots)

Coconut oil

½ cup labneh (if you can't find labneh, use greek yogurt)

Honey to drizzle

⅓ cup toasted almonds

Ground cardamon (to sprinkle)

Fresh Mint

### Directions:

Cut stone fruit in half.

Brush with melted coconut oil

Grill fruit halves, cut side down, for 2 - 3 minutes or until caramelized.

Place a spoonful of labneh in the center.

Drizzle with honey and sprinkle with toasted almonds and a dash of cardamom.

Garnish with mint