

## Mediterranean Menu

### Roasted Eggplant and Feta Dip

- 1 medium eggplant, (about 1 pound)
- 2 tablespoons lemon juice
- 1/4 cup extra-virgin olive oil
- 1/2 cup crumbled feta cheese, preferably Greek
- 1/2 cup finely chopped red onion
- 1 small red bell pepper, finely chopped
- 1 small chile pepper, such as jalapeño, seeded and minced (optional)
- 2 tablespoons chopped fresh basil
- 1 tablespoon finely chopped flat-leaf parsley
- 1/4 teaspoon cayenne pepper, or to taste
- 1/4 teaspoon salt
- Pinch of sugar, (optional)

### Preparation

1. Position oven rack about 6 inches from the heat source; preheat broiler.
2. Line a baking pan with foil. Place eggplant in the pan and poke a few holes all over it to vent steam. Broil the eggplant, turning with tongs every 5 minutes, until the skin is charred and a knife inserted into the dense flesh near the stem goes in easily, 14 to 18 minutes. Transfer to a cutting board until cool enough to handle.
3. Put lemon juice in a medium bowl. Cut the eggplant in half lengthwise and scrape the flesh into the bowl, tossing with the lemon juice to help prevent discoloring. Add oil and stir with a fork until the oil is absorbed. (It should be a little chunky.) Stir in feta, onion, bell pepper, chile pepper (if using), basil, parsley, cayenne and salt. Taste and add sugar if needed.

### Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 2 days.

### Nutrition

**Per serving:** 75 calories; 6 g fat (2 g sat, 4 g mono); 6 mg cholesterol; 4 g carbohydrates; 2 g protein; 2 g fiber; 129 mg sodium; 121 mg potassium.

## Lima Bean Spread with Cumin

### Ingredients

- 1 10-ounce package frozen lima beans
- 4 cloves garlic, crushed and peeled
- 1/4 teaspoon crushed red pepper
- 2 tablespoons extra-virgin olive oil
- 4 teaspoons lemon juice, juice
- 1 teaspoon ground cumin
- 1/2 teaspoon salt, or to taste
- Freshly ground pepper, to taste
- 1 tablespoon chopped fresh mint
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon chopped fresh dill

### Preparation

1. Bring a large saucepan of lightly salted water to a boil. Add lima beans, garlic and crushed red pepper; cook until the beans are tender, about 10 minutes. Remove from heat and let cool in the liquid.
2. Drain the beans and garlic. Transfer to a food processor. Add oil, lemon juice, cumin, salt and pepper; process until smooth. Scrape into a bowl, stir in mint, cilantro and dill.

## Falafel

### Ingredients:

2 cans garbanzos  
4 cloves garlic, minced  
2 tablespoons peanut butter  
1 green onion, chopped  
1 medium onion, chopped  
1 egg  
1/4 teaspoon cilantro, chopped  
1/4 teaspoon ground cumin  
1/4 teaspoon cayenne pepper  
1 tablespoon soy sauce  
sesame seeds

### Directions:

- Preheat oven 400 degrees Fahrenheit.
- Mash garbanzos with a mortar and pestle.
- Add all the ingredients and mix well with a wooden spoon.
- Shape into balls using a dining spoon.

- Roll around on sesame seeds, if you have a lot of it; if you have limited sesame seeds, just sprinkle it on top of the falafel ball.
- Arrange on a baking sheet and put it in the oven until golden brown, approximately 30 minutes. If falafel is covered in sesame seeds, it may take longer to cook all the way to the center of the falafel, maybe 45 minutes.
- Serve with tabouli, lightly toasted pita bread, hummus and raw spinach for a refreshingly healthy meal, perfect during the hot summer months.

## Tabbouleh

### Ingredients

- 1 cup water
- 1/2 cup bulgur
- 1/4 cup lemon juice
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon minced garlic
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 2 cups finely chopped flat-leaf parsley, (about 2 bunches)
- 1/4 cup chopped fresh mint
- 2 tomatoes, diced
- 1 small cucumber, peeled, seeded and diced
- 4 scallions, thinly sliced

### Preparation

1. Combine water and bulgur in a small saucepan. Bring to a full boil, remove from heat, cover and let stand until the water is absorbed and the bulgur is tender, 25 minutes or according to package directions. If any water remains, drain bulgur in a fine-mesh sieve. Transfer to a large bowl and let cool for 15 minutes.
2. Combine lemon juice, oil, garlic, salt and pepper in a small bowl. Add parsley, mint, tomatoes, cucumber and scallions to the bulgur. Add the dressing and toss. Serve at room temperature or chill for at least 1 hour to serve cold.

## Apricot-Bulgur Pudding Cake with Custard Sauce

### Ingredients

- 1/2 cup chopped dried apricots
- 1/3 cup granulated sugar
- 1 teaspoon finely slivered orange zest
- 1 cup freshly squeezed orange juice
- 1 cup water
- 1/2 cup bulgur
- 2 large eggs, separated
- 2/3 cup low-fat milk
- 2 tablespoons brown sugar

- Custard Sauce, (recipe follows)
- 1/2 cup finely chopped toasted pistachios, preferably salted

## Preparation

1. Combine apricots, sugar, orange zest, orange juice and water in a medium saucepan. Bring to a boil; reduce heat to a simmer and cook, stirring occasionally, until the apricots are very tender, about 10 minutes. Stir in bulgur and increase heat to high. Return to a boil; reduce heat to a low simmer and cook, stirring occasionally, until the bulgur is tender, about 20 minutes. (The mixture will be the consistency of cooked oatmeal.) Remove from the heat and let cool, uncovered, for 10 minutes.
2. Position a rack in the center of the oven; preheat to 350&ordm;F.
3. Whisk egg yolks and milk in a large bowl until well combined. Slowly whisk in the bulgur mixture.
4. Beat egg whites in a medium bowl with a mixer on medium-high speed until stiff peaks form. Fold into the bulgur mixture using a rubber spatula.
5. Transfer the batter to an 8-inch-square baking dish. Push brown sugar through a sieve evenly over the batter. Place the baking dish in a roasting pan and transfer to the oven. Pour very hot tap water into the roasting pan until it comes about halfway up the sides of the baking dish. Bake until the cake is puffed and golden, 30 to 40 minutes.
6. Carefully remove the baking dish from the hot water, transfer to a wire rack and let cool to room temperature before serving. Top each serving with some Custard Sauce and a sprinkling of pistachios.

## Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 3 days. Serve chilled or at room temperature.
- **Note:** A staple grain of Lebanese cooking, bulgur is made by parboiling, drying and coarsely grinding or cracking wheat berries. Don't confuse bulgur with cracked wheat, which is simply that—cracked wheat. Since the parboiling step is skipped, cracked wheat must be cooked for up to an hour whereas bulgur simply needs a quick soak in hot water for most uses. Look for it in the natural-foods section of large supermarkets, near other grains, or online at [kalustyans.com](http://kalustyans.com), [lebaneseproducts.com](http://lebaneseproducts.com).

## Nutrition

**Per serving:** 208 calories; 6 g fat (1 g sat, 3 g mono); 81 mg cholesterol; 33 g carbohydrates; 6 g protein; 3 g fiber; 74 mg sodium; 201 mg potassium.