SWITCH to HEALTHY

CONSUMER'S LEBANON
جمعية المستهلك لبنان





Digital recipe for Lebanese Mediterranean cuisine's





PRIMA
PARTNERSHIP FOR RESEARCH AND INNOVATION IN THE MEDITERRANEAN AREA

Grant Agreement No 2133

Contents

Introduction: 4

1-Mediterranean Food's Significance 5

2- Pillars of the Mediterranean diet: 7

3-Whos Consumer Lebanon Association 8

4- Introduction about SWITCHTOHEALTHY: 8

Why This Digital recipe for Lebanese Mediterranean cuisines? 9

Chapter I: Lebanese Mediterranean Appetizers 11

- Eggplant Dip (Baba Ghanoush) 12
- Foul Mudammas 14
- Lebanese falafel 15
- Lebanese fried kibbeh 16
- Lebanese Bulgur with Tomatoes 17
- Spinach Pies 18
- Dandelion Greens with Olive Oil 19
- Stuffed Grape Leaves with Olive Oil 20

Chapter II: Lebanese Salads 21

- Lebanese Fattoush Salad 22
- Lebanese Tabbouleh 23
- Lebanese Thyme Salad 24
- Arugula (Roca) Salad with Quinoa and Beets 25

Chapter III Lebanese Stews 26

- Okra with Meat 27
- Beans with Meat 28
- Lebanese Molokhia with Meat 29
- Lebanese Peas Stew (Bazella) 30
- Sheikh El-Mahshi (Stuffed Eggplants) 31
- Spinach Stew 32

Chapter IV: Vegetarian Dishes 33

- Mujaddara 34
- Lebanese Eggplant Mousakaa 35
- Loubieh bi Zeit 36

Chapter V: Meat and Fish Dishes 37
- Sayadia Fish 38
- Baked Lebanese Kibbeh 39
- Lebanese Beef Shawarma 40
- Lebanese Rice with Meat Recipe 41
- Lebanese Chicken and Rice (Riz a Djaj) 42
- Stuffed Zucchini (Kousa Mahshi) 43
- Mougrabieh with Chicken (Lebanese Recipe) 44
- Lebanese-Style Baked Kofta 45
- Lebanese Stuffed Cabbage Rolls (Malfoof) 46
- Lebanese Shish Barak 47

Chapter VI: Lebanese Sweets 49
- Maamoul tamer (Date Maamoul) 50
- Maamoul joz (Walnut Maamoul) 51
- Katayef kashta 52
- Moul Mad kashta 53
- Sfouf 54
- Halawat El Jiben 55
- Kounafa bil jiben 56

Thank you 57

Digital recipe for Lebanese Mediterranean cuisine's

Introduction:

The Mediterranean diet is a "system of life," not merely a set of foods, since it incorporates "the traditional customs of healthy living for people in the countries bordering the Mediterranean." It should be mentioned that Mediterranean cuisines vary by location and rely heavily on fruits, vegetables, and other veggies. Fish, whole grains, legumes, and olive oil.

Recent research indicates that the Mediterranean diet is associated with better health and a higher quality of life, including a longer lifespan, a healthier heart, and effective weight management. The United Nations Educational, Scientific, and Cultural Organization (UNESCO) has recognized the "Mediterranean diet," supported by scientific evidence, as a component of the world's cultural legacy and a model for both culture and health as a result of the aforementioned "wealth." “A major player in the field of public health and nutrition, not only in Mediterranean countries, but also globally,” the organization said of this diet. Situated on the eastern shore of the Mediterranean Sea, Lebanon boasts a vast range of climates and soil types that enable the production of a wide variety of crops of vegetables, fruits, nuts, and olives, as olive and fruit orchards constitute about 45% of the agricultural land area. It is also characterized by extensive vineyards, which has made the wine industry one of the thriving industries in Lebanon, and Lebanese wine occupies an advanced position globally.

The dishes blend the elegance of European cuisine with the depth of flavors and scents of Arab cuisine, and the freshness of the ingredients and the variety of colors and scents make Lebanese cuisine seem like a daily celebration of life, much like the people of Lebanon.

Because it uses fewer heavy sauces and intricate cooking techniques and primarily uses nutritious ingredients like fresh vegetables, olive oil, and herbs and spices like mint, parsley, thyme, garlic, nutmeg, and cinnamon, Lebanese food is regarded as healthful.

Nowadays, Lebanese food is regarded as international, and some people say it embodies Middle Eastern and Mediterranean flavors. Lebanese food is leading the way in Mediterranean cuisine's

health benefits when it comes to the diet's beneficial elements. Food that has been prepared for more than a day is not consumed by Lebanese people, who love their food fresh. They are particularly interested in adding herbs like parsley, coriander, and mint to their meals to give it a unique flavor. Watermelon, oranges, figs, dates, and grapes are among the fruits that are provided after meals.

1-Mediterranean Food's Significance

A meeting place for various cultural, civilizational, geographical, and commercial characteristics, the Mediterranean Basin is significant in ways that go beyond food. The significance of this basin is demonstrated by the following points:

- **The food dimension:** The Mediterranean is regarded as an essential region for the Mediterranean food culture's sustainability. A healthy lifestyle is promoted by the variety of foods and cuisines found in this area, which include cereals, fruits, vegetables, seafood, and healthy oils.
- **The cultural dimension:** The Mediterranean is seen as a hub for the interchange of cultural influences and practices among the neighboring peoples. The area has a lengthy history, and it is clear that earlier civilizations have influenced one another.
- **Civilizational Dimension:** The Mediterranean has a rich cultural heritage thanks to the long history of historical civilizations including the Greeks, Romans, Phoenicians, and Arabs. This rich cultural legacy is reflected in monuments, temples, and old cities.
- **Geographic Dimension:** Europe, Asia, and Africa all converge geographically at the Mediterranean Basin, which is a significant meeting place. The environment and everyday life are impacted by the distinct climatic and environmental consequences of this geographic presence.
- **Commercial Aspect:** Throughout history, trade has been centered in the Mediterranean. The Mediterranean became a hub for trade between the East and the West as commercial cities and ports grew prosperous along its coastlines. This commercial influence facilitated the sharing of technology and expertise among many cultures.

Generally speaking, the Mediterranean Basin demonstrates how geography, history, and the natural environment can all combine to create a singular area that blends all facets of life and culture. Because of the numerous physical and cultural advantages it provides, the Mediterranean diet holds a significant position in Lebanon. The following are some advantages of Mediterranean cuisine in Lebanon:

- **Heart health**: Heart-healthy fats, particularly olive oil, are abundant in the Mediterranean diet. Consuming nuts and seafood high in omega-3 acids lowers cholesterol and supports heart health.
- **Dietary Diversity:** A variety of foods, including fruits, vegetables, whole grains, fish, and white meat, are part of the Mediterranean diet. This guarantees the availability of a range of vital nutrients and offers significant dietary diversity.
- **Resistance to chronic diseases:** The body's ability to withstand chronic conditions like diabetes and heart disease is improved by the Mediterranean diet. A diet high in antioxidants and fiber helps prevent chronic diseases and improve overall health.
- **Cultural legacy:** One aspect of Lebanon's cultural legacy is the Mediterranean diet. An essential component of Lebanon's identity is its culinary heritage and customs. Maintaining this legacy helps to improve intergenerational communication and cultural identity.
- **Balance of the Environment:** The Mediterranean diet depends on natural and local ingredients, which contributes to supporting local agriculture and environmental sustainability. These elements encourage the consumption of local foods and reduce the impacts of environmental transportation.
- **Promote longevity:** There are studies that indicate that adherence to the Mediterranean diet can contribute to increasing life expectancy. The benefits of its healthy components may play a role in improving quality of life and longevity.

In general, the Mediterranean diet in Lebanon is considered not just a diet, but an integral part of a healthy and culturally rich lifestyle.

2- Pillars of the Mediterranean diet:

- **Cereals and legumes:** The consumption of cereals and legumes is an essential part of the Mediterranean cuisine. These ingredients are used abundantly in the preparation of foods such as porridge and various types of traditional dishes. Cereals and legumes have high nutritional values of proteins and fiber, which contribute to achieving a nutritional balance.
- **Olive oil:** Olive oil is the main fat in the Mediterranean cuisine. It is used in cooking and frying, and is added to salads and grilled foods. Olive oil has health benefits, as it contains unsaturated fatty acids and antioxidants that contribute to maintaining cardiovascular health.
- **Seasonal vegetables:** The Mediterranean cuisine encourages the consumption of seasonal vegetables mainly. Vegetables are used in most meals to add flavor, vitamins and minerals. They are eaten fresh in salads or cooked in grilled foods.
- **Dairy products (cheese and yogurt):** Dairy products and cheese are important ingredients in Mediterranean cuisine. Cheese is widely used in most recipes, whether cut or melted. Fresh yogurt or yogurt is also preferred for its nutritional benefits.
- **Sheep and goat meat:** Sheep and goat meat are commonly used in Mediterranean cooking, whether grilled or cooked in different ways. These meats are a good source of protein and other nutrients.
- **Fish and seafood:** Consuming fish is an important part of the Mediterranean diet. Fish is characterized by its high nutritional benefits with omega-3 acids and healthy proteins. It is preferable to eat it grilled or cooked with herbs.
- **Nuts:** Nuts are added to foods to add flavor and nutritional value. They are a good source of healthy fats and proteins, and it is encouraged to eat them daily as a snack.
- **Seasonal and dried fruits:** Seasonal fruits are eaten fresh as a snack or as part of desserts. Berries and raisins are also used in some traditional foods.
- **Medicinal and flavoring herbs:** Medicinal herbs and spices are used to add flavour and aroma to foods. These authentic ingredients enhance the cooking experience and add health value.
- **Onions and garlic:** They are essential in most recipes. Onions and garlic are added to give food a unique flavor, and enhance the nutritional and health value of the meal

3-Whos Consumer Lebanon Association

- The association's full name: Consumers- Lebanon Association
- The establishment date: 1998
- News and Notification No. 104/A. D. dated July 20, 2000

The mission of the Consumer Lebanon Association is to inform and protect consumers' rights and obligations. The association is a member of both the Arab Consumer Union and the International Consumer Organization. Since its founding in 2000, the Consumer Lebanon Association has run numerous initiatives to enhance food safety, communications, transportation, and costs. It has also collaborated with educational institutions to enhance the nutrition and health of students. Additionally, it has aided in the implementation of consumer protection laws such as the Food and Consumer Law, the Air Pollution Law, the Smoking Reduction Law, and others, as well as the participation of individuals in technical committees inside ministries. Consumers-Lebanon partner in the SWITCHTOHEALTHY Prima Project Funded by EU.

4- Introduction about SWITCHTOHEALTHY:

The SWITCHtoHEALTHY project began on April 1, 2022, as part of the PRIMA program funded by the European Union under Grant Agreement No. 2133—Section 2021 Agrofood IA. It is coordinated by ENCO srl, an Italian company specializing in innovation management and EU-funded projects.

SWITCHtoHEALTHY includes 18 prestigious public and private organizations from eight countries on both shores of the Mediterranean: Italy, Egypt, Spain, Greece, Lebanon, Morocco, Tunisia, and Turkey.

Spanning 36 months, the project aims to initiate a shift in dietary behaviors by showcasing and promoting the family's role in fostering sustainable change toward increased adherence to the Mediterranean dietary pattern among family members (children, adults, and adolescents). This will be achieved by providing a range of practical educational materials and digital tools to families, complementing dietary and lifestyle recommendations with healthy, easy-to-eat snack products.

In this approach, interactive digital tools (the SWITCHtoHEALTHY App) will be utilized by parents to assist them in preparing weekly healthy meal plans for themselves and their children. Educational materials will support families in adopting healthier habits and educating children and adolescents. Finally, healthy and nutritious plant-based snacks will be introduced into children's meal plans to complement them and replace less healthy options between meals.

SWITCHtoHEALTHY aims to :

- Increase adherence to the Mediterranean Diet (MD) through a systemic family approach, considering the family context and assessing the mutual impact between children/adolescents and parents in healthy eating and lifestyle.
- Develop innovative solutions (plant-based snacks) based on local ingredients, sustainability, and healthy consumption to support agri-food producers (especially SMEs) in finding new job opportunities.
- Create employment opportunities and diversification in the traditional food sector in the Mediterranean region.
- Support food companies in overcoming market adoption barriers and achieving sustainable competitive advantages by designing innovative, consumer-oriented business models.
- Raise awareness of the health benefits derived from high adherence to the MD and increase knowledge of local Mediterranean products, thereby contributing to healthier food choices among families.
- Promote synergy and policy coherence across sectors like agriculture, health, education, environment, and trade, from local to national and international levels, engaging all community stakeholders.

Why This Digital recipe for Lebanese Mediterranean cuisines?

Preparing a digital recipe for Lebanese Mediterranean cousin’s is a significant step within the SWITCHtoHEALTHY project and holds great importance for several reasons:

- **Enhancing General Health:** The guide provides resources and essential information to adopt a healthy and balanced dietary pattern based on the Mediterranean diet. This enables family members to improve their health and prevent chronic diseases such as heart disease, diabetes, and obesity.
- **Promoting Nutritional Awareness:** The guide can direct families and raise awareness of the benefits of the Mediterranean diet and the importance of incorporating its components into daily meals, thereby spreading awareness about the importance of proper and balanced nutrition.

- **Preserving Local Food Culture:** By encouraging the use of local and traditional ingredients in recipes, the guide contributes to preserving Lebanese culinary heritage and enhancing the local food culture.
- **Supporting Sustainability:** The guide highlights the importance of using seasonal and local ingredients, supporting sustainable agricultural practices, and reducing environmental footprints.
- **Enhancing Family Communication:** Providing educational materials and interactive tools for preparing healthy meals encourages positive interaction and communication within the family and motivates children to participate in the cooking process.
- **Strengthening Local Partnerships:** Preparing the guide offers an opportunity to enhance cooperation among stakeholders in Lebanon, including local agricultural companies, NGOs, and local authorities, thereby strengthening local partnerships and promoting sustainable development in the food sector.

In summary, creating a digital recipe for Lebanese Mediterranean cousin's is a vital step toward enhancing health, nutritional awareness, and local food culture in Lebanon, contributing to the overall improvement of individuals' and society's quality of life.

Chapter I:

Lebanese Mediterranean Appetizers









Eggplant Dip (Baba Ghanoush)





Preparation Time: 15 minutes
Cooking Time: 20 minutes

Ingredients:

- 3 large eggplants
- 3 tablespoons tahini
- 2 tablespoons lemon juice
- 3 garlic cloves
- 2 tablespoons olive oil
- Salt to taste

Preparation Steps:

- Wash the eggplants, then roast them in the oven for 20 minutes (10 minutes on each side).
- Remove the eggplants from the oven once they turn dark in color.
- Briefly place them in a bowl of ice water to make peeling easier.
- Peel the eggplants and dry them carefully.
- Mash the eggplants using a vegetable mill or blender.
- Add the lemon juice, finely mashed garlic, and salt.
- Mix the tahini with the mashed eggplant until you have a smooth and uniform mixture.
- Pour the dip into a dish and drizzle with an adequate amount of olive oil on top.
- Garnish with sumac

Nutritional Values (Approximate per 100 grams):

- Calories: 1.9 kcal
- Protein: 2.2 grams
- Fat: 12.1 grams
- Carbohydrates: Approximately 1.6 grams
- Fiber: 11 grams

Hummus with Tahini



Cooking time:10 minutes

Ingredients:

- 1 cup cooked chickpeas (canned chickpeas or cooked traditionally)
- 1/4 cup fresh lemon juice
- 1/4 cup tahini (sesame paste)
- 2 cloves of garlic (optional, adjust quantity to taste)
- Salt to taste
- 1 teaspoon ground cumin (optional, for seasoning)
- 1 teaspoon olive oil (optional, for garnish)
- Chopped parsley for garnish (optional)

Preparation Steps:

- In a food processor, combine the cooked chickpeas, lemon juice, tahini, and garlic (if using), along with a pinch of salt and cumin (if desired).
- Blend the ingredients until smooth and creamy. If the mixture is too thick, you can add a little water or olive oil to thin it out.
- Taste the hummus and adjust the seasoning with salt or lemon juice as needed.
- Transfer the hummus to a serving dish and create a well in the center using the back of a spoon.
- Drizzle olive oil into the well and sprinkle chopped parsley on top as a garnish if desired.
- Serve the hummus with fresh pita bread, Arabic bread, or toasted homemade bread.

Nutritional facts:

- Calories: 7.3 kcal
- Protein: 15 grams

Fat: 8 grams

- Carbohydrates: 6.2 grams
- Fiber: 20.3 grams











Foul Mudammas

Using Dried Fava Beans:

Preparation Time: 8-12 hours (for soaking the beans overnight)

Cooking Time: 1.5 to 2 hours

Using Canned Fava Beans:

Preparation Time: 5-10 minutes

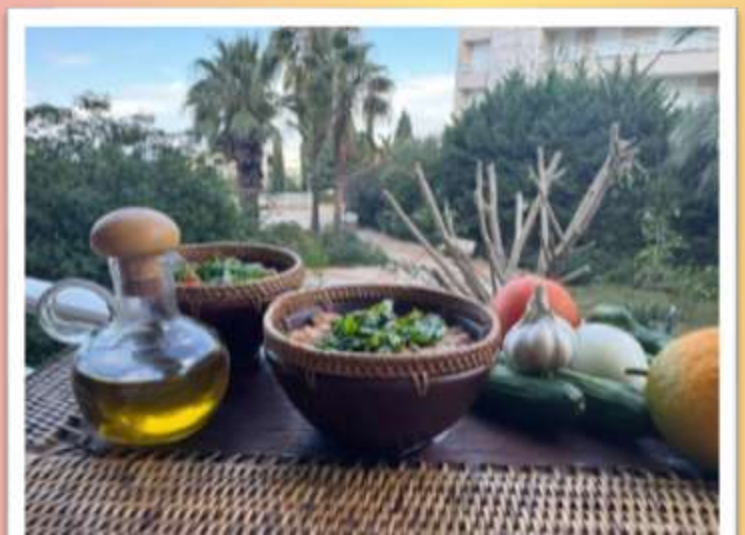
Cooking Time: 15-20 minutes

Ingredients:

- 2 cups dried fava beans (soaked for at least 8 hours) or used canned Fava beans
- 3 cloves of garlic (minced)
- 1/4 cup olive oil
- 2 teaspoons ground cumin
- Salt and black pepper to taste
- Juice of one lemon
- Fresh chopped parsley for garnish

Preparation Steps:

- In a large bowl, mash the garlic well with salt. Add the hot fava beans to the garlic, then crush them a bit to soften the beans. Mix them and add lemon juice to the fava beans.
- Serve the fava beans in a serving dish, sprinkle chopped parsley, and add olive oil, along with fresh vegetables such as parsley, tomatoes, radishes, green onions, and mint, as desired



Nutritional Values (estimated per serving):

lues (Approximate per 100 grams):

- Calories: 5.8 kcal
- Protein: Approximately 10.6 grams
- Fat: Approximately 4.4 grams
- Carbohydrates: 5 grams
- Fiber: 12.5 grams

Lebanese falafel

Preparation Time: 30-45 minutes
Cooking Time: 15-20 minutes

Ingredients:

- 2 cups of cooked and soaked chickpeas (overnight)
- 1 medium onion, chopped
- 3 cloves of garlic, minced
- 1/2 cup of fresh parsley, chopped
- 1 teaspoon of baking soda
- 1 teaspoon of ground cumin
- 1 teaspoon of ground coriander
- 1/2 teaspoon of black pepper
- Salt to taste
- Oil for frying



Preparation Steps:

- In a large bowl, place the soaked, cooked, and drained chickpeas. Grind the chickpeas in a food processor until smooth.
- Add the chopped onion, garlic, parsley, and spices (baking soda, cumin, coriander, black pepper, and salt) to the ground chickpeas.
- Mix the ingredients well until combined.
- Shape the mixture into small balls or patties.
- Heat the oil in a deep-frying pan over medium heat.
- Gently place the falafel balls into the hot oil and fry them until golden on both sides.
- Remove the falafel from the oil and place them on a paper towel to absorb the excess oil.
- Serve the Lebanese falafel hot with Arabic bread, fresh vegetables such as parsley, tomatoes, radishes, green onions, and mint, or with sauces as desired.



Nutritional Value (per falafel patty/100g approximately):

- Calories: 16.7 calories
- Fat: 15 grams
- Carbohydrates: 13.25 grams
- Protein: 26.5 grams
- Fiber:31 grams

Lebanese fried kibbeh





Preparation Time: 45-60 minutes
Cooking Time: 20- 30minutes

Ingredients:

- 1 cup of ground meat (beef or lamb)
- 1 cup of fine bulgur
- 1 medium-sized onion, chopped
- 2 tablespoons of flour or cornstarch
- 1 teaspoon of ground black pepper
- 1 teaspoon of ground cinnamon
- 1 tablespoon of dried marjoram
- Salt to taste
- Oil for frying

For the filling:

- 200 grams of ground meat
- 1 medium-sized onion, chopped
- 2 tablespoons of oil
- 25 grams of pine nuts
- Salt and black pepper to taste

Preparation Steps:

- In a large bowl, wash the bulgur and set it aside to soak for about 30 minutes.
- In another bowl, mix the ground meat with the chopped onion and spices (flour, black pepper, cinnamon, salt, and marjoram) until well combined. Add the ground meat and onion mixture to the soaked bulgur and knead well until a dough forms.
- Shape the dough into small balls, and using your thumb, flatten each ball into discs.

To prepare the filling:

- In a pan over medium heat, add the pine nuts and oil, fry until golden. Add the chopped onion and sauté until softened, then add the ground meat and stir until cooked. Season the filling with salt and pepper to taste. (Chopped walnuts can be added if desired.)
- Shape the filling into small balls.
- Take the flattened discs, place a ball of filling in the center of each, and then close them well, reshaping into balls or an oval shape.
    - Heat oil in a deep frying pan over medium heat.
    - Fry the kibbeh in the hot oil until golden brown.

Nutritional Value (per kibbeh/35 g approximately):

- Calories: 10.1 calories
- Fat: 6.2 grams
- Carbohydrates: 5.4 grams
- Protein: 17.1 grams
- Fiber :13 grams

Lebanese Bulgur with Tomatoes



Preparation Time: 15-20 minutes
Cooking Time: 30minutes

Ingredients:

- 1 cup fine bulgur wheat
- 2 cups water
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 3 fresh tomatoes, chopped
- 1 teaspoon tomato paste
- Salt and black pepper to taste
- 2 tablespoons chopped parsley (for garnish)





Preparation Steps:

- Wash the bulgur wheat thoroughly and drain it well.
- In another bowl, soak the bulgur in hot water and let it sit for 15-20 minutes until it absorbs the water and becomes tender.
- In a large skillet, heat the olive oil over medium heat, then add the chopped onion and garlic, and sauté until golden.
- Add the chopped tomatoes and tomato paste, and mix well.
- Add the soaked and drained bulgur to the mixture in the skillet and stir until well combined.
- Cover the skillet and let the mixture cook over low heat for 10-15 minutes or until the bulgur is fully cooked and has absorbed the tomatoes.
- Before serving, sprinkle chopped parsley over the bulgur with tomatoes as a garnish.

Nutritional Value (per serving/100g approximately):

- **Calories:**7.3 k calories
- **Fat**: 6.4 grams
- **Carbohydrates**: 7.5 grams
- **Protein**: 6 grams
- **Fiber** :15 grams

Spinach Pies



Preparation Time: 30-45 minutes
Cooking Time: 30minutes

Ingredients:

- 10-minute dough or ready-made puff pastry
- 500 grams of fresh spinach, chopped
- 1 medium-sized onion, chopped
- 2 tablespoons of olive oil
- Salt and black pepper to taste
- Juice of half a lemon or 1 tablespoon of ground sumac

Preparation Steps:

- Place the chopped spinach and onion in a bowl, add olive oil, salt, sumac, and lemon juice to taste. Let the mixture sit for 15 minutes to soften, then drain it in a strainer.
- Divide the dough into equal portions and roll out each portion to form a base for the pie.
- Place a portion of the filling in the center of each dough base, then fold the edges to close the pie.
- Place the pies on a baking tray lined with parchment paper, and bake in a preheated oven at 180°C (350°F) for 20-25 minutes or until golden brown.
- Serve the pies hot.





Nutritional Value (per pie/55 g approximately):

- Calories: 8.5 grams
- Fat: 7.8 grams
- Carbohydrates: 5.4 grams
- Protein: 5.3 grams
- Fiber :4.1 grams



Dandelion Greens with Olive Oil

Preparation Time: 10 minutes
Cooking Time: 30minutes



Ingredients:

- 500 grams of fresh dandelion greens
- 2-3 tablespoons of olive oil
- 3 medium-sized onions, sliced
- 2-3 cloves of garlic, crushed (optional)
- Juice of half a lemon (optional)
- Salt and black pepper to taste

Preparation Steps:



- Wash the dandelion greens thoroughly under running water to remove any dirt and impurities.
- In a large pan, heat the olive oil over medium heat.
- Add the sliced onions to the heated oil and sauté until golden. Set aside a portion of the sautéed onions.
- Add the crushed garlic (if using), then the washed and dried dandelion greens to the remaining onions.
- Stir gently until the dandelion absorbs the oil and becomes tender. If using lemon, you can add the lemon juice to the dandelion greens after cooking.
- Transfer the dandelion greens to a plate, garnish with the reserved sautéed onions, and serve hot with Arabic bread or as part of your meal.



- **Nutritional Value (per serving/50 g approximately):**
- **Calories**: 5.8grams
- **Fat:** 6.8 grams
- **Carbohydrate**:1 gram
- **Protein:** 2.4 grams



Stuffed Grape Leaves with Olive Oil



Preparation Time: 15 minutes
Cooking Time: 1 hour

Ingredients:

For the stuffing:

- 500 grams of grape leaves
- 1 cup of short-grain Egyptian rice (250 grams)
- 2 large bunches of parsley, finely chopped
- 10 mint leaves (2 tablespoons, finely chopped)
- 1 onion, finely chopped (or green onion)
- 2 tomatoes
- 3 garlic cloves
- 1/4 cup lemon juice
- 1/2 cup olive oil
- 1 teaspoon black pepper
- 1/2 teaspoon salt



For the broth, you'll need:

The leftover filling mixture combined with:

- 1 cup water (enough to cover the pot)
- Juice of 3 lemons
- 1/4 cup olive oil
- 1 teaspoon salt

Preparation Steps:

- Wash the grape leaves thoroughly, then boil them for 10 minutes.
- In a medium-sized bowl, mix together the rice, tomatoes, parsley, lemon juice, olive oil, and mint.
- Add salt and black pepper, and mix well until all the ingredients are combined.
- Lay out each grape leaf on a flat surface, place a little bit of the filling in the center, then roll it into a tight cylinder.
- Arrange the stuffed grape leaves in layers at the bottom of a medium-sized pot.
- Place a plate on top of the grape leaves to weigh them down and prevent them from unraveling during cooking.
- Strain the leftover filling mixture, then add lemon juice, water, olive oil, and pour it over the grape leaves until they are submerged. Let the grape leaves simmer on low heat for about an hour or until fully cooked (it may take longer). Once cooked, either flip the pot onto a large serving dish or carefully place each roll onto the plate.



Nutritional Value (per serving/100 g approximately):

- **Calories: 5.1 grams**
- **Fat: 8.8 grams**
- **Carbohydrate:5.1 gram**
- **Protein: 6.4 grams**
- **Fiber :23.9 grams**

Chapter II: Lebanese Salads





Lebanese Fattoush Salad



Preparation Time: 25 minutes

Ingredients:

- 1 large onion, thinly sliced
- 1 teaspoon sumac
- 1 teaspoon pomegranate molasses
- 2/1 head of lettuce, thinly sliced
- 1 small bunch of parsley, finely chopped
- 1 bunch of purslane (about 150g)
- 3 medium tomatoes, finely chopped
- 4 small Lebanese cucumbers, chopped
- 1 small bunch of mint (about 50g), finely chopped
- 3 radishes, finely chopped
- Juice of 1 medium-sized lemon, freshly squeezed
- 2 tablespoons of extra virgin olive oil
- 2/1 loaf of Lebanese bread, toasted in the oven and cut into small pieces
- Salt and pepper to taste



Preparation Steps:

- Preheat the oven to 150°C (300°F). Toast the bread in the oven for 4-5 minutes until it becomes crispy.
- Prepare the vegetables as listed in the ingredients, washing them thoroughly.
- In a large bowl, place the sliced onion and add half a teaspoon of sumac, a pinch of salt and a teaspoon of pomegranate molasses. Mix well.
- Add the lettuce, parsley, purslane, tomatoes, cucumbers, mint, and radishes.
- Pour in the lemon juice and the two tablespoons of olive oil, mixing everything together.
- Season with salt to taste, then finally add the toasted bread and sprinkle the remaining sumac over the salad.



Nutritional Values (per 200 grams):

- Calories: 2.6 kcal
- Fat: 3.7 grams
- Fiber: 21.4 grams
- Protein: 3 grams
- Carbohydrates: approximately 2.6 grams

Lebanese Tabbouleh



Preparation Time: 30 minutes

Ingredients:

- 2 bunches of parsley, finely chopped
- 1/4 bunch of mint, finely chopped
- 4 large tomatoes, finely chopped
- 1 medium onion, finely chopped
- 3 tablespoons of fine bulgur, washed
- Juice of 2 lemons
- 2 tablespoons of pomegranate molasses (optional)
- 1/4 cup of olive oil
- Pepper to taste
- Salt to taste

Preparation Steps:

- Finely chop the parsley and mint, then wash them thoroughly.
- Soak the bulgur in lemon juice and set it aside. Rub the chopped onion with pepper and set aside.
- In a large bowl, combine the parsley, mint, tomatoes, onion, and bulgur. Mix the salad ingredients well.
- Add pomegranate molasses and salt, then mix the tabbouleh. Adjust the salt and lemon juice to taste.
- Pour olive oil over the tabbouleh salad and serve immediately.



Nutritional Values (per 200 grams):

- Calories: 2.56 kcal
- Protein: 3.8 grams
- Fat: 5.4 grams
- Carbohydrates: 2.2 grams
- Fiber: 11.4 grams

Lebanese Thyme Salad









Preparation Time: 10 minutes

Ingredients:

- 1 bunch of fresh thyme
- 3 green onions
- 1/2 cup of
- 1/2 cup of white cheese
- Juice of 1 lemon
- Olive oil
- Black pepper

Preparation Steps:

- Place the thyme leaves in a serving dish.
- Add the white cheese on top of the thyme.
- Sprinkle the chopped walnuts and pomegranate seeds (optional) over the cheese.
- Crumble the cheese over the other ingredients.
- Drizzle the salad with lemon juice, olive oil, and black pepper.
- Serve the salad immediately.

Nutritional Values (per 100 grams):

- **Calories**: 120 kcal (approximate)
- **Protein**: 5 grams
- **Fat:** 10 grams
- **Carbohydrates**: 3 grams
- **Fiber**: 2 grams



Arugula (Roca) Salad with Quinoa and Beets





Preparation Time: 30 minutes

Ingredients

- 4 beets
- 1/2 cup quinoa
- 1 large bunch of Roca
- Pomegranate seeds
- Green onions
- Walnuts
- Lemon
- Pomegranate molasses
- Olive oil
- Salt and black pepper



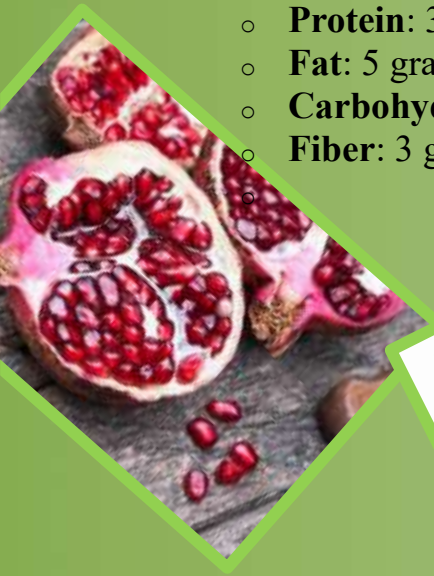


Preparation Steps:

- Boil the beets until fully cooked, then cut them into pieces.
- Finely chop the green onions.
- Chop the walnuts.
- Cook the quinoa the same way as rice, using twice the amount of boiling water.
- Cut the Roca into large pieces.
- In a bowl, place the arugula and distribute the beet pieces, quinoa, pomegranate seeds, walnuts, and green onions on top.
- Mix the pomegranate molasses with lemon juice, salt, black pepper, and olive oil, then drizzle the mixture over the salad.

Nutritional Values (per 100 grams):

- **Calories**: 90 kcal (approximate)
- **Protein**: 3 grams
- **Fat**: 5 grams
- **Carbohydrates**: 9 grams
- **Fiber**: 3 grams





Chapter III
Lebanese Stews













Okra with Meat

Preparation Time: 1 hour
Cooking time:30-40 min

Ingredients:

- 500 grams of okra, cut into small pieces
- 300 grams of beef or lamb, cut into small cubes
- 2 medium onions, finely chopped
- 3 cloves of garlic, minced
- 4 tomatoes, chopped
- 1/2 cup chopped fresh coriander
- 2 tablespoons of tomato paste
- 1/4 cup vegetable oil or olive oil
- 1/2 teaspoon turmeric
- 1/2 teaspoon black pepper
- Salt to taste
- 1/2 cup water (or as needed)

Preparation Steps:



- Prepare the Meat: In a large pot, heat the oil over medium heat. Add the meat and cook until browned and fully cooked.
- Add Onions and Garlic: Add the chopped onions to the meat and sauté until they soften. Then add the minced garlic and cook for a few more minutes.
- Add Tomatoes: Stir in the chopped tomatoes and tomato paste, mixing well.
- Season the Mixture: Add coriander, black pepper, and salt, stirring to combine.
- Cook the Okra: Add the okra to the pot, then pour in the water. Cover the pot and let it simmer on low heat until the okra and meat are tender and the sauce has thickened, about 30-40 minutes.
- Serve: Serve the okra with meat hot, alongside white rice or bread.



Nutritional Values (per 100 grams):

- **Calories**: 6.1kcal
- **Protein**: 7.8 grams
- **Fat**: 6.9 grams
- **Carbohydrates**: 6.1 grams
- **Fiber:** 10.7 grams

Beans with Meat



Preparation Time: 1 hour 30 minutes
Cooking time:30-40 min

Ingredients:

- 500 grams of beans (such as kidney beans or white beans), soaked in water beforehand
- 300 grams of beef or lamb, cut into small cubes
- 2 medium onions, finely chopped
- 3 cloves of garlic, minced
- 4 tomatoes, chopped
- 1/2 cup chopped fresh coriander
- 2 tablespoons tomato paste
- 1/4 cup vegetable oil or olive oil
- 1/2 teaspoon black pepper
- Salt to taste
- 1/2 cup water (or as needed)



Preparation Steps:

Prepare the Meat: In a large pot, heat the oil over medium heat. Add the meat and cook until browned and fully cooked.

- Add Onions and Garlic: Add the chopped onions to the meat and sauté until they soften. Then add the minced garlic and cook for a few more minutes.
- Add Tomatoes: Stir in the chopped tomatoes and tomato paste, mixing well.
- Season the Mixture: Add black pepper, and salt, stirring to combine.
- Cook the Beans: Add the beans to the pot, then pour in the water. Cover the pot and let it simmer on low heat until the beans and meat are tender and the sauce has thickened, about 45-60 minutes.
- Serve: Serve the beans with meat hot, alongside white rice or bread.







Nutritional Values (per 100 grams):

- Calories: 50 kcal (approximate)
- Protein: 8-12 grams
- Fat: 5-8 grams
- Carbohydrates: 15-20 grams
- Fiber: 6-8 grams



Lebanese Molokhia with Meat



Preparation Time: 1 hour 30 minutes
Cooking time:30-40 min

Ingredients:

- 500 grams of fresh molokhia (or dried and frozen), chopped
- 300 grams of beef or lamb, cut into small cubes
- 2 medium onions, finely chopped
- 4 cloves of garlic, minced
- 4 cups beef broth (or water)
- 2 tablespoons ghee or vegetable oil
- 1/2 teaspoon turmeric
- 1/2 teaspoon cumin
- 1/2 teaspoon black pepper
- Salt to taste
- 2 tablespoons lemon juice (optional)
- 1/2 cup chopped fresh coriander (optional)









Preparation Steps:

- **Prepare the Meat:** In a large pot, heat the ghee or oil over medium heat. Add the meat and cook until browned and fully cooked.
- **Add Onions and Garlic:** Add the chopped onions to the meat and sauté until they soften. Then add the minced garlic and cook for a few more minutes.
- **Add Spices:** Stir in the turmeric, cumin, black pepper, and salt, mixing well.
- **Add Broth:** Pour in the beef broth or water and bring to a boil.
- **Cook the Molokhia:** Add the chopped molokhia to the pot and stir well. Reduce the heat and let it simmer gently for 30-40 minutes. If using frozen molokhia, you can add it directly without boiling.
- **Serve:** If desired, add lemon juice and chopped coriander before serving. Serve the molokhia with meat hot, alongside white rice or bread.



Nutritional Values (per 100 grams):

- **Calories:** 5.6 kcal
- **Protein:** 10.8 grams
- **Fat:** 5.4 grams
- **Carbohydrates:** 4.3 grams
- **Fiber:** 7.14 grams

Lebanese Peas Stew (Bazella)



Preparation Time: 15-20 min
Cooking time: 35-45 min

Ingredients:

- 500 grams of green peas
- 300 grams of beef or lamb, cut into small cubes
- 4 medium carrots, cut into small cubes
- 1 medium green peppers, cut into small cubes (optional)
- 1 medium potato, cut into small cubes (optional)
- 2 medium onions, finely chopped
- 4 tomatoes, chopped
- 2 tablespoons tomato paste
- 1/4 cup vegetable oil or olive oil
- 1/2 teaspoon turmeric
- 1/2 teaspoon Powder pepper
- ½ teaspoon Curry powder
- Salt to taste
- 1/2 cup water (or as needed)



Preparation Steps:

- In a pot over medium heat, heat the olive oil and sauté the onions and garlic until softened.
- Add the chopped beef and stir until its color changes.
- Add the chopped carrots, the chopped peppers and the chopped potato and stir for another two minutes.
- Add the mashed tomatoes and tomato paste, then mix well.
- Season with salt, black pepper, and mixed spices. Pour in the hot water and let it boil for 20 minutes.
- Add the green peas and stir. Lower the heat and let the pot simmer for 15-20 minutes until the meat and peas are tender.
- Serve the peas stew hot with fluffy rice.





Nutritional Values (per 100 grams):

- **Calories**: 70-100 kcal
- **Protein**: 3-5 grams
- **Carbohydrates**: 10-15 grams
- **Fat**: 2-5 grams
- **Fiber**: 3-4 grams







Sheikh El-Mahshi (Stuffed Eggplants)

Preparation Time: 60 minutes
Cooking time: 35-45 min

Ingredients:

- 1 kg small eggplants
- 400g coarsely ground beef
- 1 medium onion, finely chopped
- 2 large tomatoes, peeled and sliced
- 2 tbsp tomato paste, dissolved in 3 cups of water
- 1/4 cup pine nuts
- 1/2 tsp cinnamon • 1/4 tsp black pepper
- 1/4 tsp ground nutmeg
- 1 1/2 tsp salt
- 3/4 cup vegetable oil for frying the eggplants
- 2 tbsp vegetable oil for sautéing the onions, pine nuts, and beef

Preparation:

- Heat the vegetable oil in a deep skillet and fry the eggplants over high heat until soft and golden brown. Remove the eggplants and place them on paper towels to absorb the excess oil.
- In a separate pan, sauté the chopped onions in 2 tablespoons of vegetable oil until golden. Add the pine nuts, stir for a few seconds, then add the ground beef, cinnamon, nutmeg, salt, and black pepper. Cook the mixture until the beef turns brown. Set aside.
- Arrange the fried eggplants in a baking dish. Make a lengthwise slit in the center of each eggplant using a knife and stuff them with the beef mixture.
- Place the tomato slices on top of the stuffed eggplants. Pour the dissolved tomato paste over the dish, ensuring the liquid covers the eggplants. Sprinkle a pinch of salt over the dish.
- Bake in a preheated oven at medium heat for about 30 minutes. Ensure the liquid does not completely evaporate.
- Serve the dish hot with vermicelli rice.



Nutritional Values (per 100 grams):

- Calories: 150 kcal
- Protein: 7g
- Fats: 12g
- Carbohydrates: 19g
- Fiber: 3g

Spinach Stew

Preparation Time: 60 minutes



Ingredients:

- 1kg fresh or frozen spinach, washed and chopped
- 50ml olive oil
- 15g pine nuts
- 2 onions, chopped
- 500g coarsely ground beef meat
- 1 lemon
- 1 tsp ground cinnamon
- 1/2 tsp black pepper
- 1 tsp salt
- 300ml boiling water





Preparation:

- Wash and drain the spinach.
- Heat the olive oil in a large pot, fry the pine nuts until golden brown, then remove and set aside.
- Add the chopped onions to the oil and sauté for 10 minutes until golden brown.
- Add the ground beef meat and continue frying with the onions.
- Add cinnamon, black pepper, salt, and boiling water. Let the mixture boil for 5 minutes, then reduce the heat.
- Cover the pot and simmer over low heat for 30 minutes.
- Add the spinach and lemon juice. Cover the pot again and cook the spinach for another 40 minutes.
- Stir in the fried pine nuts and cook for 2 more minutes.
- Serve with rice and garnish with extra pine nuts.





Nutritional Values (per 100 grams):

- Calories: 110 kcal
- Protein: 7.5 g
- Fats: 12g
- Carbohydrates: ~19g
- Fiber: 7g





Chapter IV: Vegetarian Dishes





Mujaddara

Southern Mujaddara is a traditional Lebanese dish mainly consisting of lentils and bulgur.

Preparation Time: 20-30 minutes
Cooking Time: 10-15 minutes









Ingredients:

- 1 medium-sized onion, chopped
- 1 cup of red lentils
- 1/2 cup of bulgur
- 3 tablespoons of olive oil
- Salt to taste

Preparation Steps:

- Rinse the lentils thoroughly under running water.
- Cook the lentils until they are halfway done.
- In a pot, heat the olive oil over medium heat.
- Add the chopped onion to the heated oil and stir until it becomes dark brown.
- Add the bulgur to the mixture and stir well.
- Let the lentils, bulgur, and onions boil, then reduce the heat and let it cook for about 10-15 minutes.

Nutritional Values (per 100 grams):

- Calories: 5.6 kcal
- Protein: 10.8 grams
- Fat: 7.4 grams
- Carbohydrates: 7.9 grams
- Fiber: 19.2 grams



Lebanese Eggplant Mousakaa

Preparation time: 20 min
Cooking time: 45-50 min













Ingredients:

- 2 kilograms of eggplant, sliced
- 2 cups of peeled chickpeas
- 4 onions, sliced into wedges
- 5 cloves of garlic, sliced into rounds
- Oil
- Salt
- Tomato sauce

Preparation Steps:

- After washing and slicing the eggplant, heat the frying oil and fry the eggplant until it turns golden brown.
- In a pot, heat a little vegetable oil and sauté the onions and garlic until softened.
- After boiling and draining the chickpeas, add them to the sautéed onions and garlic. Stir for 5 minutes, then add the tomato sauce, salt, and water as needed.
- Once the sauce thickens, add the fried eggplant on top of the mixture, ensuring that the sauce covers the eggplant.

Nutritional Values (per 100 grams):

- Calories: 8.2 kcal
- Protein: 6.4 grams
- Fat: 8.4 grams
- Carbohydrates: 5.3 grams
- Fiber: 12.5 grams

Loubieh bi Zeit



(Green Beans in Olive Oil) is a traditional Lebanese dish that is both simple and flavorful:

Preparation Time: 20-30 minutes
Cooking Time: 45-60 minutes

Ingredients:

- 500 grams of green beans, washed and cut into medium pieces
-
- 4 tablespoons of olive oil
- 1 medium onion, finely chopped
- 3 cloves of garlic, minced
- 4 tomatoes, peeled and chopped
- Salt to taste
- Black pepper to taste
- 1/2 cup of water (optional)

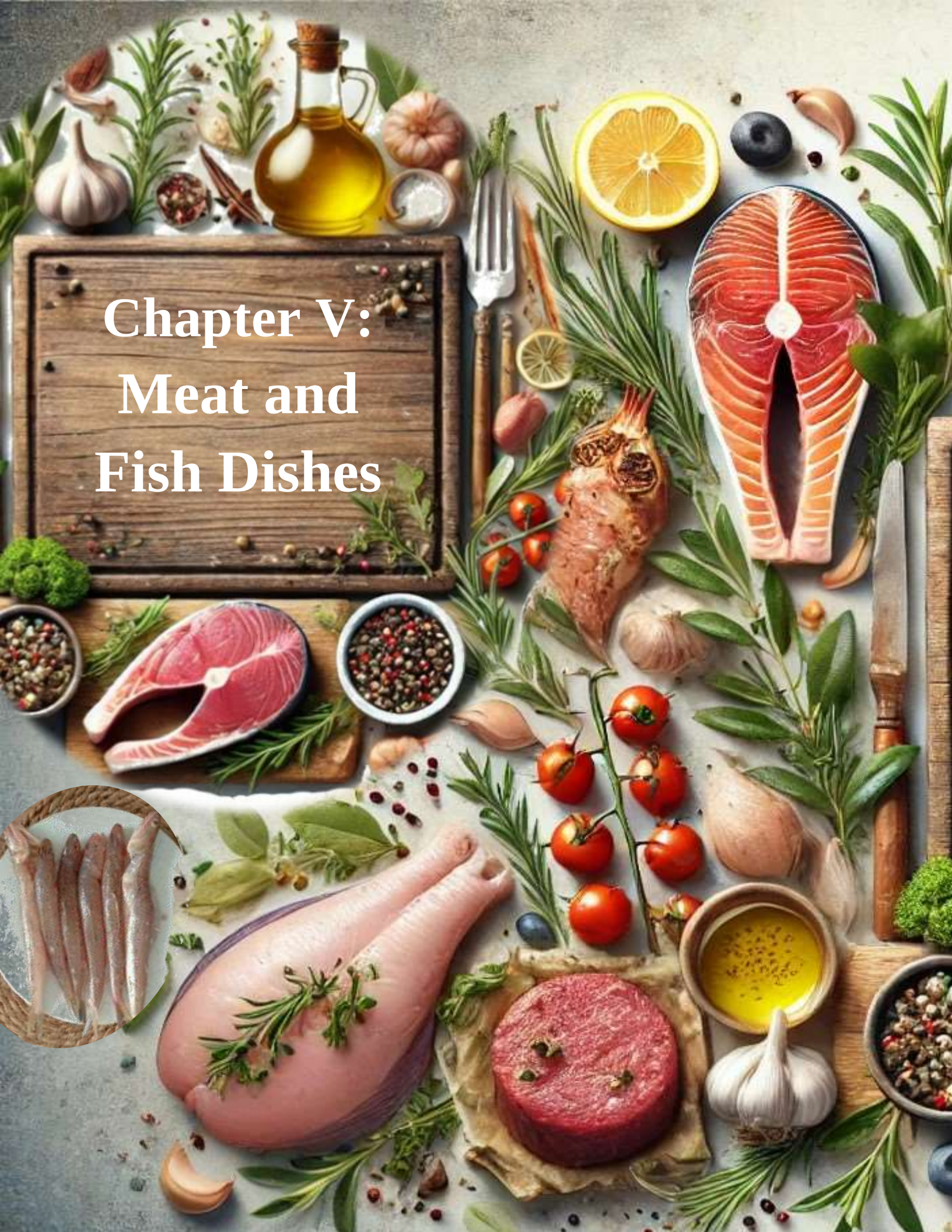
Preparation Steps:

- Prepare the Green Beans: In a large pot, heat the olive oil over medium heat. Add the chopped onion and sauté until it becomes soft and golden.
- Add the Garlic: Stir in the minced garlic and cook with the onion for a few minutes until fragrant.
- Add the Tomatoes: Add the chopped tomatoes to the pot and cook until they start to break down and form a thick sauce.
- Add the Green Beans: Add the green beans to the pot and stir well with the tomato mixture. If the sauce is too thick, you can add half a cup of water.
- Season and Cook: Season with salt and black pepper to taste. Cover the pot and let it simmer on low heat for 30-40 minutes, or until the beans are tender and fully cooked.

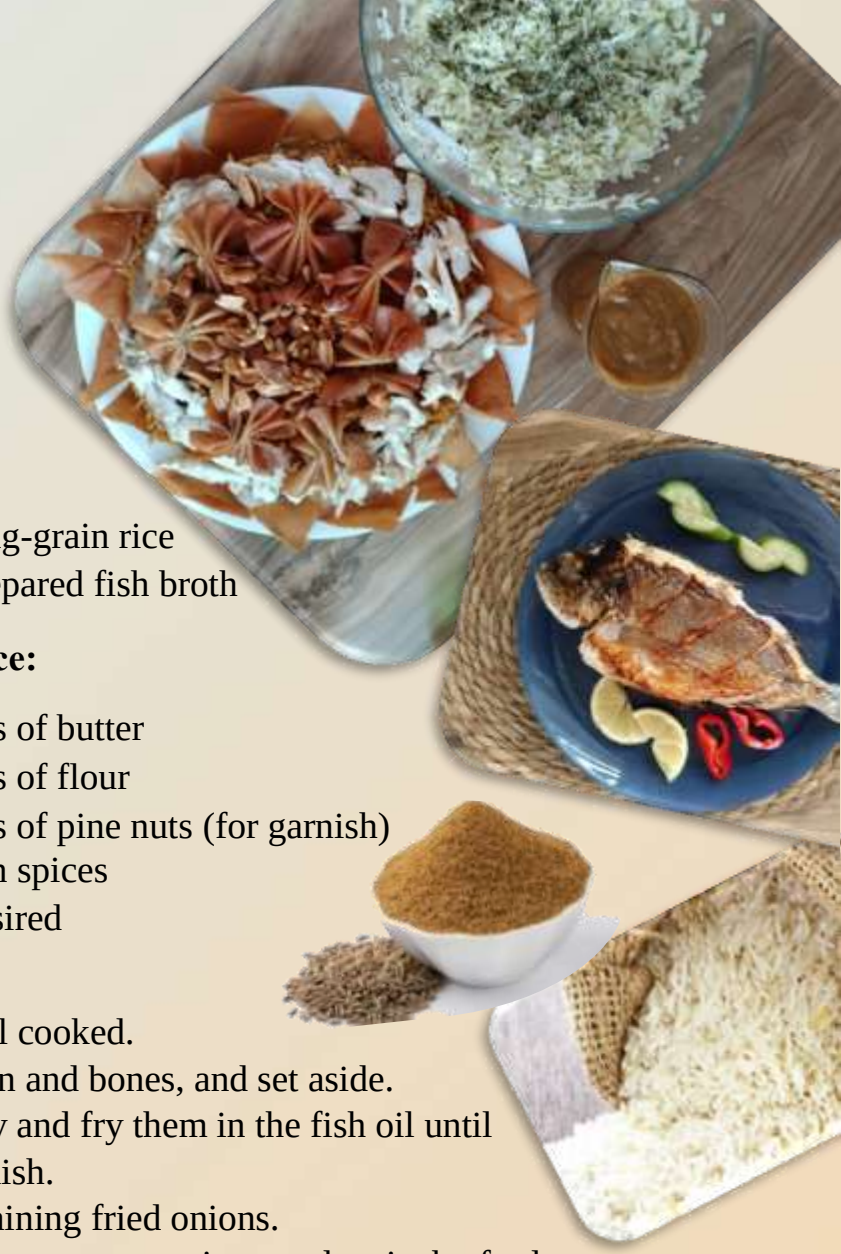
Nutritional Values (per 100 grams):

- Calories: 3.1 kcal
- Protein: 4.2 grams
- Fat: 7.2 grams
- Carbohydrates: 2.6 grams
- Fiber: 6.7 grams




Chapter V:
Meat and
Fish Dishes

Sayadia Fish



Preparation Time: 50-60 minutes
Cooking Time: 25-35 minutes

Ingredients:

- 1 kg of cleaned sea fish, gutted or filleted
- 2 medium-sized onions
- 2 tablespoons of turmeric
- 2 cups of long-grain rice
- 4 cups of prepared fish broth

Fish Broth:

- 2 bay leaves
- 4 medium-sized onions, sliced
- 5 tablespoons of vegetable oil
- 2 tablespoons of cumin & 1 teaspoon of seven spices
- 1 teaspoon of ground cinnamon & Salt, as desired

Brown Sauce:

- 100 grams of butter
- 100 grams of flour
- 150 grams of pine nuts (for garnish)

Preparation Steps:

- Clean the fish thoroughly and fry it in oil until cooked.
- Once cooked, remove the fish, discard the skin and bones, and set aside.

Preparing the Broth:- Slice the onions finely and fry them in the fish oil until golden brown. Set aside some onions for garnish.

- Add the skin and bones of the fish to the remaining fried onions.
- Add cumin, fish seasoning, bay leaves, cinnamon, seven spices, and a pinch of salt.
- Let the mixture boil to absorb the fish flavor, then strain it well and set aside the broth.

Preparing the Rice: - Rinse the rice thoroughly and soak it in hot water for 30 minutes.

- Fry the pine nuts until golden and set aside.
- Add finely chopped onions to the oil and fry until they turn chestnut brown.
- Add the rice and stir well.
- Sprinkle salt, cumin, seven spices, ground cinnamon, and turmeric, mixing well into the rice.
- Pour the prepared fish broth over the rice and let it boil, then reduce the heat and cook until the rice is tender.

Preparing the Brown Sauce: - Melt the butter in a pot, then gradually stir in the flour until combined. Slowly add the broth while stirring continuously until the sauce thickens. Serve the brown rice topped with the boneless fish. Garnish with fried onions, pine nuts, and toasted bread. Serve with the brown sauce on the side

- Optionally, pair the dish with a cabbage salad dressed in olive oil, lemon juice

Nutritional Values (per 100 grams)

- Calories: 8.5 kcal
- Fat: 8.3 grams
- Fiber: >1.7 grams
- Protein: 13 grams
- Carbohydrates: 8 grams





Baked Lebanese Kibbeh

Preparation Time: 30-45 minutes
Cooking Time: 30-35 minutes

Kibbeh Ingredients:

- 750 grams of ground meat
- 1 teaspoon salt
- 1 teaspoon dried basil and marjoram
- •750 grams of fine bulgur
- • 1/2 teaspoon black pepper
- • 1 small grated onion

Stuffing Ingredients:

- 2 tablespoons oil
- 300 grams ground meat
- Black pepper (to taste)
- 1/2 cup toasted pine nuts
- •1 medium onion, finely chopped
- • Salt (to taste)
- • 2 teaspoons sumac

Preparation Steps:

To Prepare the Stuffing:

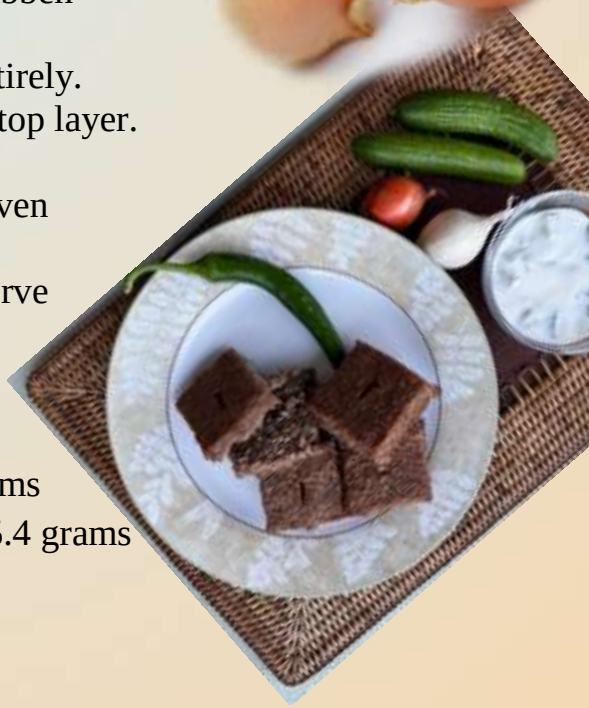
- Heat the oil in a pan over medium heat, then add the chopped onion and sauté until softened.
- Add the ground meat and cook, stirring occasionally, until the liquids evaporate.
- Add the sumac, salt, and black pepper, mixing well to combine, then remove from heat.

To Prepare the Kibbeh:

- In a bowl, combine the fine bulgur with the ground meat.
- Add the basil, marjoram, black pepper, salt, and grated onion, and knead the mixture until a cohesive dough forms.
- Lightly grease a baking tray with oil, then spread half of the kibbeh dough evenly across the bottom.
- Spread the stuffing evenly over the kibbeh layer, covering it entirely.
- Spread the remaining kibbeh dough over the stuffing to form a top layer.
- Pour a generous amount of oil over the kibbeh tray.
- Preheat the oven to 180°C (350°F), then place the tray in the oven and bake until the kibbeh is fully cooked.
- Remove from the oven, cut into desired shapes and sizes, and serve on plates.







Nutritional Values (per 76 grams):

- Calories: 10.1 kcal
- Fat: 6.2 grams
- Fiber: 13 grams
- Protein: 17.1 grams
- Carbohydrates: 5.4 grams

Lebanese Beef Shawarma



Preparation Time: 4 hours
Cooking Time: 30-35 minutes

Ingredients:

- 1 kilogram of beef, thinly sliced (preferably from the flank or sirloin)
- 4/1 cup olive oil
- Juice of 1 lemon
- 1 teaspoon salt
- 1 teaspoon cumin
- 2/1 teaspoon ground coriander
- 2/1 teaspoon ground cardamom
- 4/1 teaspoon nutmeg
- 3 tablespoons white vinegar
- 4 cloves garlic, minced
- 1 teaspoon black pepper
- 1 teaspoon paprika
- 2/1 teaspoon cinnamon
- 4/1 teaspoon ground cloves
- Chopped parsley (for garnish)
- Arabic bread for serving
- Pickles, tomatoes, and onions for serving



Preparation Method:

- In a large bowl, mix the olive oil, vinegar, lemon juice, and minced garlic.
- Add the spices: salt, black pepper, cumin, paprika, ground coriander, cinnamon, cardamom, cloves, and nutmeg. Mix well until the ingredients are combined.
- Add the beef slices to the mixture and ensure they are well coated with the marinade. Cover the bowl and refrigerate for at least 4 hours, preferably overnight.
- Heat a large skillet over high heat. Add the marinated beef and cook for 5-7 minutes until the beef is browned and cooked through.
- Serve the shawarma in Arabic bread with pickles, tomatoes, and onions. Garnish with chopped parsley.



Approximate Nutritional Value (per 100 grams of shawarma):

- Calories: 250-300 kcal
- Protein: 20-25 grams
- Fat: 15-20 grams
- Saturated fat: 5-7 grams
- Carbohydrates: 5-10 grams
- Fiber: 1-2 grams

Lebanese Rice with Meat Recipe



Preparation Time: 30 minutes
Cooking Time: 60-120 minutes

Ingredients:

- 2 cups basmati rice
- 500 grams ground meat (beef or lamb)
- 1 large onion, finely chopped
- 3 cloves garlic, minced
- 2 tablespoons olive oil or butter
- 4 cups meat broth (or water with a meat bouillon cube)
- 1 teaspoon mixed spices (like Lebanese seven spice)
- 1/2 teaspoon cinnamon
- 1/2 teaspoon black pepper
- 1/2 teaspoon ground cardamom
- Salt to taste
- 1/4 cup toasted almonds or pine nuts (optional)
- Chopped parsley (for garnish)



Preparation steps:

- Rinse the rice under cold water until the water runs clear. Soak the rice in water for 30 minutes, then drain.
- In a large pot, heat the olive oil or butter over medium heat. Add the onion and sauté until soft and translucent.
- Add the minced garlic and sauté for an additional minute.
- Add the ground meat to the pot and cook until it browns and is fully cooked.
- Season the meat with the mixed spices, cinnamon, black pepper, cardamom, and salt. Stir well to combine the spices with the meat.
- Add the meat broth and bring it to a boil.
- Add the drained rice to the pot and bring it back to a boil.
- Reduce the heat to low, cover the pot, and cook for 15-20 minutes, or until the rice is tender and has absorbed the liquid.
- Once cooking is complete, gently fluff the rice with a fork.
- Garnish the dish with toasted almonds or pine nuts and chopped parsley before serving.



Approximate Nutritional Value (per serving):

- Calories: 8.15 kcal
- Fat: 5.3 grams
- Fiber: 2.76 grams
- Protein: 15 grams
- Carbohydrates: 8.15 grams

Lebanese Chicken and Rice (Riz a Djaj)



Preparation Time: 20 minutes
Cooking Time: 1 hour

Ingredients:

- 2 cups long-grain American rice, washed
- 1 whole chicken, cleaned (about 2 kilograms)
- 400 grams ground beef
- A pinch of sweet pepper
- A pinch of ground cinnamon
- 1/3 cup vegetable oil
- 2 cinnamon sticks
- 1 small onion, quartered
- Sweet pepper, to taste
- Salt, to taste
- 4 bay leaves
- A pinch of ground cinnamon



For Garnish:

- 1/4 cup blanched almonds, fried in butter or toasted
- 1/4 cup seedless raisins, fried in butter or toasted
- 1/4 cup pine nuts, fried in butter or toasted



Preparation Steps:

- **To Cook the Chicken:** Submerge the chicken in water in a pot over high heat, allowing any scum to rise to the surface. Meanwhile, heat an equal amount of water in a separate pot and bring it to a boil.
- When scum appears on the first pot, remove the chicken, drain it well, and place it in the second pot. Add the cinnamon sticks, bay leaves, quartered onion, ground cinnamon, salt, and sweet pepper. Let the chicken cook until tender.
- Once the chicken is done, remove it from the pot. Discard the cinnamon sticks, bay leaves, and onion, and reserve the chicken broth. Debone the chicken and keep the meat warm.
- Heat the vegetable oil in a pot and brown the ground beef. Season with salt, sweet pepper, and cinnamon.
- Add the washed rice to the pot, along with 4 cups of the reserved chicken broth. Cover and cook until the broth is absorbed and the rice is fully cooked.



To Serve: Arrange the chicken pieces over the rice, and garnish with fried or toasted almonds, pine nuts, and raisins.



Approximate Nutritional Value (100g per serving):

- Calories: 8.7 kcal
- Fat: 6.9 grams
- Fiber: >1.7 grams
- Protein: 14.4 grams
- Carbohydrates: 6.8 grams



Stuffed Zucchini (Kousa Mahshi)

Preparaation Time: 45 minutes
Cooking Time: 1 hour

Ingredients:

- 12 medium zucchini (kousa)
- 1 cup long-grain rice
- 250 grams ground beef or lamb •1 large tomato, finely chopped
- 2 tablespoons olive oil •1 teaspoon salt
- 1/2 teaspoon black pepper • 1/2 teaspoon cinnamon
- 1/2 teaspoon allspice • 1spoon dried mint
- 4 cups tomato sauce or tomato juice •2 cups water

Preparation Method:

Prepare the Zucchini:

- Wash the zucchini and cut off the stems. Hollow out the inside of each zucchini using a corner, being careful not to puncture the sides. Set aside.

Prepare the Filling:

- In a large bowl, combine the rice, ground meat, chopped tomato, olive oil, salt, pepper, cinnamon, allspice. Mix well until all ingredients are thoroughly combined.

Stuff the Zucchini:

- Carefully stuff each hollowed-out zucchini with the rice and meat mixture, leaving about 1 inch of space at the top to allow the rice to expand during cooking.

Cook the Stuffed Zucchini:

- In a large pot, arrange the stuffed zucchini in layers.
- In a separate bowl, mix the tomato sauce, water, mint and lemon juice. Pour this mixture over the stuffed zucchini in the pot.
- Place a plate on top of the zucchini to keep them submerged in the sauce.
- Bring to a boil over medium-high heat, then reduce the heat to low, cover, and simmer for about 1 hour, or until the zucchini and rice are fully cooked.
- Serve: Carefully remove the stuffed zucchini from the pot and arrange them on a serving platter. Serve hot with some of the tomato sauce spooned over the top.

Approximate Nutritional Value (100g per serving):

- Calories: 250-300 kcal
- Fat: 10-15 grams
- Fiber: 3-5 grams
- Protein: 15-20 grams
- Carbohydrates: 20-25 grams

Mougrabieh with Chicken (Lebanese Recipe)



Preparation Time: 1 hour
Cooking Time: 1 hour
Ingredients:

- 500 grams of Moghrabieh (couscous pearls)
- 500 grams of chicken, cut into small pieces
- 2 medium onions, finely chopped
- 3 garlic cloves, minced
- 4 carrots, sliced
- 2 zucchini, sliced
- 2 potatoes, diced
- 1 cup cooked or canned chickpeas
- 2 tablespoons tomato paste
- 1/4 cup vegetable oil or olive oil
- 1/2 teaspoon turmeric
- 1/2 teaspoon cumin
- 1/2 teaspoon black pepper
- Salt to taste
- 1/2 cup water or broth (or as needed)

Preparation Steps:

- **Prepare the chicken:** In a large pot, heat the oil over medium heat. Add the chicken pieces and cook until they are browned and fully cooked.
- **Add onions and garlic:** Add the chopped onions to the chicken and sauté until they soften. Then, add the minced garlic and sauté for a few more minutes.
- **Add vegetables:** Add the carrots, zucchini, and potatoes to the pot, and stir the mixture for 5 minutes.
- **Add spices:** Add the turmeric, cumin, black pepper, and salt. Stir well to combine.
- **Add chickpeas and tomato paste:** Add the tomato paste and chickpeas, then stir the mixture. Add the water or broth and bring the mixture to a boil.
- **Cook the Moghrabieh:** Place the Moghrabieh pearls in a steamer over the pot containing the mixture, and steam for 20 minutes, until the pearls are cooked and light.
- **Serving:** Mix the Moghrabieh pearls with the vegetables and chicken, and serve hot.

Nutritional Values (per 100 grams):

- **Calories:** 6.2 kcal
- **Protein:** 13.4 grams
- **Fat:** 5 grams
- **Carbohydrates:** 5.6 grams
- **Fiber:** 1.7 grams



Lebanese-Style Baked Kofta



Preparation Time: 30 minutes
Cooking Time: 15-20 minutes

Ingredients:



- 500 grams ground beef
- 1 large onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup parsley, finely chopped
- 1/2 cup mint, finely chopped
- 1/2 cup breadcrumbs (or fine bulgur)
- 1 egg
- 1 teaspoon kofta spices (cumin, dried coriander, black pepper)
- 1/2 teaspoon turmeric
- Salt to taste
- Olive oil or vegetable oil for greasing the baking dish

Preparation Steps:

- **Prepare the Kofta Mixture:** In a large bowl, mix the ground beef with the onion, garlic, parsley, mint, breadcrumbs (or bulgur), egg, kofta spices, turmeric, and salt until well combined.
- **Prepare the Baking Dish:** Preheat the oven to 180°C (350°F). Grease a baking dish with oil.
- **Shape the Kofta:** Shape the kofta mixture into fingers or patties, then arrange them in the baking dish.
- **Bake:** Place the dish in the oven and bake for 30-40 minutes, or until the kofta is cooked through and browned.
- **Serve:** Serve the baked kofta hot with rice or bread.

Nutritional Values (per 100 grams):



- **Calories:** 4,7 kcal
- **Protein:** 17,6 grams
- **Fat:** 8.1 grams
- **Carbohydrates:** 2.55 grams
- **Fiber:** 5 grams

Lebanese Stuffed Cabbage Rolls (Malfoof)



Preparation Time: 60 minutes
Cooking Time: 90-120 minutes

Ingredients:

- 1 large head of cabbage
- 1 cup long-grain rice, washed and drained
- 500 grams ground beef or lamb
- 3 cloves garlic, minced
- 1/4 cup chopped mint
- 1 teaspoon ground allspice
- 1 teaspoon salt
- 1/4 cup olive oil
- 3 cups beef broth
- 1 large onion, finely chopped
- 1/4 cup chopped parsley
- 2 tablespoons tomato paste
- 1 teaspoon ground cinnamon
- 1/2 teaspoon black pepper
- Juice of 2 lemons



Preparation Steps:

Prepare the Cabbage: Bring a large pot of water to a boil. Remove the core of the cabbage and place the head in the boiling water. Boil for a few minutes until the outer leaves become pliable. Remove the leaves and set them aside. Repeat until all the large leaves are removed. Cut out the thick veins from each leaf.

Prepare the Filling: In a large bowl, mix the rice, ground meat, chopped onion, minced garlic, parsley, mint, tomato paste, allspice, cinnamon, salt, and black pepper until well combined.

Stuff the Cabbage Leaves: Place a cabbage leaf on a flat surface. Add about 1-2 tablespoons of the filling at the base of the leaf. Fold the sides over the filling and roll up tightly. Repeat with the remaining leaves and filling.

- Cook the Stuffed Cabbage Rolls:
- In a large pot, heat the olive oil over medium heat. Arrange the cabbage rolls seam-side down in layers in the pot. Drizzle with lemon juice.
- Pour the broth over the rolls, ensuring they are almost covered with liquid. Place a plate on top of the rolls to keep them from unraveling during **cooking**.
- Bring to a simmer, cover, and cook over low heat for about 1.5 to 2 hours, until the cabbage is tender and the filling is cooked through.

Nutritional Value (per 100 grams):

- Calories: 3.7 kcal
- Fat: 2.7 grams
- Fiber: 4.6 grams
- Protein: 7.6 grams
- Carbohydrates: 4.4 grams



Lebanese Shish Barak

Preparation Time: 60 minutes
Cooking Time: 90-120 minutes



Ingredients:

For the Dough:



- 2 cups flour
- 1/2 teaspoon salt
- 1/4 cup olive oil
- Warm water for kneading

For the Filling:



- 250 grams ground meat (beef or lamb)
- 1 cup of flour
- 1/4 cup chopped parsley
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon ground cinnamon (optional)
- 1/4 teaspoon allspice



For the Sauce:



- 2 cups yogurt
- 1 cup chicken broth
- 2 tablespoons cornstarch dissolved in 1/4 cup water
- 1 tablespoon dried mint
- 1 tablespoon ghee or olive oil
- Salt to taste



Preparation Steps:

Prepare the Dough:

- In a large bowl, mix the flour and salt.
- Add the olive oil and mix well.
- Gradually add the warm water and knead until you get a soft and flexible dough.
- Cover the dough and let it rest for 30 minutes.



Prepare the Filling:

- Heat a bit of oil in a pan over medium heat.
- Add the chopped onion and sauté until softened.
- Add the ground meat and cook until done.
- Add the parsley, salt, black pepper, cinnamon, and allspice. Mix well and let the filling cool.

Prepare the Shish Barak:

- Roll out the dough on a lightly floured surface and cut it into small circles using a cutter or a cup.
- Place a small amount of filling in the center of each circle, fold it into a half-moon shape, and seal the edges well.
- Pinch the ends of each half-moon together to form a small crescent shape.

Prepare the Sauce:

- In a large pot, whisk the yogurt with the chicken broth until well combined.
- sAdd the dissolved cornstarch and continue whisking.
- Heat the mixture over medium heat, stirring constantly, until it boils and thickens.
- In a small pan, heat the ghee or olive oil and add the minced garlic and dried mint. Sauté until golden.
- Add the garlic and mint mixture to the yogurt sauce and mix well.

Cook the Shish Barak:

- Bring a large pot of water to a boil and cook the shish barak until they float to the surface and are fully cooked. Drain them.
- Add the cooked shish barak to the yogurt sauce and let them simmer for a few minutes to absorb the flavors.

Serve:

Serve the shish barak hot with the sauce and garnish with a bit of dried mint.

Nutritional Value (per serving, approximate):

- Calories: 7.8 kcal
- Protein: 9.6 grams
- Fat: 5.9 grams
- Carbohydrates: 6.8 grams
- Fiber: 1.7 grams





Chapter VI: Lebanese Sweets









Maamoul tamer (Date Maamoul)



Cooking Time: 25 minutes
Preparation Time: 45 minutes

Ingredients:

- 200 grams semolina
- 300 grams fine flour
- 2 tablespoons powdered sugar
- ½ teaspoon yeast
- 1 teaspoon ground mahlab
- 200 grams ½ cup rose water
- ¼ cup orange blossom water

For the filling:

- 500 grams pitted and ground dates
- 1 teaspoon ground cinnamon
- 2 tablespoons cow ghee or butter





Preparation Steps:

- Mix the dry ingredients together.
- Add melted ghee to the dry mixture, rubbing it into the semolina with your hands until well absorbed and evenly distributed.
- Set the mixture aside overnight.
- The next day, add the rose water, orange blossom water, and mahlab.
- Mix until a soft dough forms, then let it rest for two hours to absorb all the flavors.
- **For the filling:** Mix the ground dates with ghee and cinnamon, then shape into small balls.
- Start shaping the dough into discs, filling them with the date mixture.
- Preheat the oven to 180°C, and bake on the middle rack until golden.
- Let the maamoul cool before serving.





Nutritional Value (per 100 grams):

- Calories: 279 kcal
- Protein: 6.1 grams
- Fat: 13.2 grams
- Carbohydrates: approximately 14.6 grams



Maamoul joz (Walnut Maamoul)



Cooking Time: 10 minutes
Preparation Time: 45 minutes

Ingredients:

- 200 grams semolina
- 300 grams fine flour
- 2 tablespoons powdered sugar
- 200 grams animal butter or cow ghee
- ½ teaspoon yeast
- 1 teaspoon mahlab
- ½ cup rose water
- ¼ cup orange blossom water
- Powdered sugar for garnish



For the filling:

- 200 grams coarsely ground walnuts
- 150 grams sugar
- 2 tablespoons orange blossom water





Preparation Steps:

- Mix the dry ingredients together.
- Add melted ghee to the dry mixture, rubbing it into the semolina with your hands until well absorbed and evenly distributed.
- Set the mixture aside overnight.
- The next day, add the rose water, orange blossom water, and mahlab.
- Mix until a soft dough forms, then let it rest for two hours to absorb all the flavors.

For the filling: Mix the ground walnuts with sugar and orange blossom water.

- Start shaping the dough into discs, filling them with the walnut mixture.
- Preheat the oven to 180°C, and bake on the middle rack until golden.
- Let the maamoul cool before garnishing with powdered sugar.



Nutritional Value (per 100 grams):

- Calories: 433 kcal
- Protein: 10 grams
- Fat: 18.3 grams
- Carbohydrates: 24 grams

Katayef kashta



For the Qatayef:

- 1 cup flour
- 1 cup liquid milk
- 1 teaspoon yeast
- 1 teaspoon sugar
- 1 teaspoon oil
- 1 teaspoon syrup





For the Kashta:

- 2 cups milk
- 2 tablespoons white flour
- 2 tablespoons sugar
- 1 tablespoon orange blossom water
- Ground pistachios for garnish





Preparation of Qatayef:

- Mix the flour, milk, sugar, oil, and yeast together and let it ferment well.
- Add 1 teaspoon syrup.
- Pour the mixture into circular shapes on a non-stick pan until the bottom is cooked.

Preparation of Kashta:



- Mix milk, flour, and sugar together, then cook over low heat, stirring constantly until the mixture thickens.
- Continue stirring for 5 minutes after it boils, then add orange blossom water and let it cool.

Nutritional Value (per 100 grams):

- Calories: 260 kcal
- Protein: 6 grams
- Fat: 10.5 grams
- Carbohydrates: 14.7 grams





Moul Mad kashta

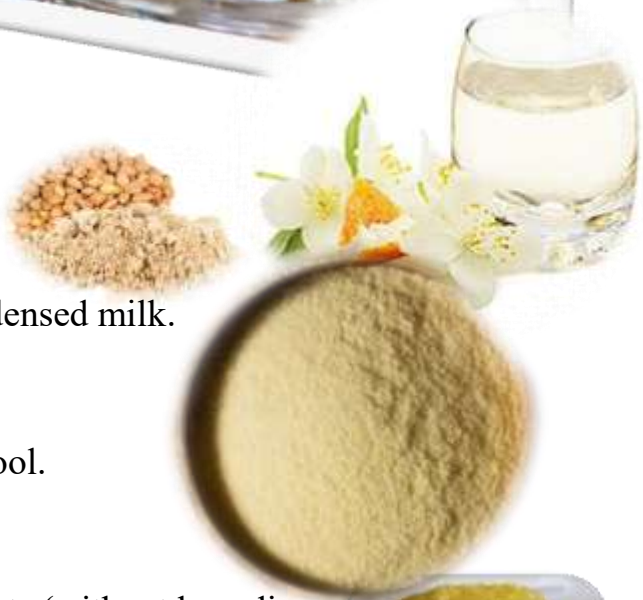
Preparation Time: 135 minutes
Cooking Time: 35 minutes

For the Dough:

- 2 cups semolina
- 1½ cups flour
- 1 teaspoon mahlab
- 1 teaspoon yeast
- ½ teaspoon baking soda
- ½ cup melted ghee
- ¾ cup milk (or as needed)

For the kashta:

- 1 cup fine flour
- 4 cups milk
- ½ cup sugar (or to taste) or a can of sweetened condensed milk.



Preparation of kashta:

- Place the milk, fine flour, and sugar over medium heat, stirring constantly until the cream thickens. And let it cool.

Preparation of Dough:

- Mix the dry ingredients in a deep bowl.
- Gradually add the ghee, mixing it with the dry ingredients (without kneading, just stirring).
- Add the milk and let the mixture rest for two hours to absorb all the flavors.
- Spread a layer of dough on a sheet to fit the baking tray and place it in the refrigerator.
- Grease the tray with ghee, then spread a second layer of dough, ensuring the sides are covered.
- Add the Kashta, then flip the first layer over it and place it in a preheated oven at 180°C on the middle rack for 35 minutes.



Nutritional Value (per 100 grams):

- Calories: 283 kcal
- Protein: 5.3 grams
- Fat: 8.9 grams
- Carbohydrates: 49.6 grams



Sfouf



Preparation Time: 10 minutes
Cooking Time: 35 minutes

Ingredients:

- 2 cups milk
- 1½ cups sugar
- 2 tablespoons turmeric
- ¾ cup oil
- 2 cups semolina powder fine
- 1 cup white flour
- 3 tablespoons baking powder





Preparation Steps:

- Dissolve the sugar and turmeric in the milk.
- Gradually add the oil.
- Then add the dry mixture (white flour, fine flour, and baking powder).
- Mix until the batter is smooth.
- Pour the batter into a tahini-greased tray.
- Bake in a preheated oven on the middle rack for 35 minutes.



Nutritional Value (per 100 grams):

- Calories: 401 kcal
- Protein: 6.3 grams
- Fat: 22 grams
- Carbohydrates: 55.2 grams





Halawat El Jiben



Preparation Time: 25 minutes
Cooking Time: 10 minutes

Ingredients:

- 1 kg sweetened Akkawi cheese
- 1 cup syrup
- ½ cup fine flour
- ½ kg ready-made Kashta or prepared as mentioned below



Preparation Steps:



- Place the sweetened and drained cheese in a non-stick pot.
- When the cheese starts melting and thickening, gradually add the fine flour until the liquid disappears.
- Gradually add the syrup until it is fully absorbed.
- Immediately pour the mixture onto a syrup-coated board and roll it out with a rolling pin to a thickness of 2mm.
- Cut into squares and fill with Kashta.

For the Kashta:



- 3 cups milk
- 3 tablespoons white flour
- 2 tablespoons cornstarch
- ½ cup sugar
- 2 tablespoons orange blossom water



Preparation Steps:

- Mix the ingredients in a pot.
- Cook over medium heat, stirring constantly until the mixture thickens.
- Add 2 tablespoons of orange blossom water.

Nutritional Value (per 100 grams):

- Calories: 248 kcal
- Protein: 9.7 grams
- Fat: 8.8 grams
- Carbohydrates: 36.7 grams



Kounafa bil jiben







Preparation Time: 25 minutes
Cooking Time: 20 minutes

Ingredients:

- 1 kg sweetened Akkawi cheese
- ½ kg kunafa dough
- 2 cups syrup
- ½ cup semolina powder fine
- 2 tablespoons ghee or butter

Preparation Steps:



- Spread the kunafa dough on a ghee or butter-greased tray.
- Place the sweetened and drained cheese in a non-stick pot.
- When the cheese starts melting and thickening, gradually add the fine flour until the liquid disappears.
- Gradually add the syrup until it is fully absorbed.
- Carefully pour the mixture over the kunafa dough.
- Place in a preheated oven on the middle rack until the bottom is golden.
- Pour syrup over it and invert onto a tray, then pour more syrup as needed.

Nutritional Value (per 100 grams):

- Calories: 279 kcal
- Protein: 6.1 grams
- Fat: 13.2 grams
- Carbohydrates: 40.4 grams





Thank you

Heartfelt thanks to everyone who contributed to making this digital recipe book co-created with consumers on planetary health a reality, complete with beautiful pictures and

step-by-step cooking instructions.

Your creativity, effort, and passion brought this project to life!

- Dr. Nada Nehme
- Dr. Zouhair Berro
- Eng. Fatima Abou Abbas (PhD. Candidate)
- Mrs. Jihane Karameh

Reference: LEBANESE UNIVERSITY Faculty of Public Health, LEBANON-Food composition data: For traditional dishes, Arabic sweets and consumer foodstuffs

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