

Fast- Friendly RECIPES from ByziMom.com!

Middle Eastern Meze



Middle Eastern fare is a favorite at our house and we eat these dishes whether its fasting season or not! We love to serve them like little meze with things like good olives and chunks of pickled eggplant, hummus & pita chips, either as a casual buffet or as a quick night's supper.

Falafel Ingredients

- 2 cans drained and rinsed chickpeas
- 1 med onion, roughly chopped
- 3 cloves garlic
- 2 Tbsp oil
- 1-2 tsp chili paste
- 1 tsp cumin
- 1 tsp ground coriander
- 2 tsp fresh lemon juice
- 1/2 cup flour (chickpea or coconut flour also works well!)
- Small handful of fresh parsley or cilantro
- Salt & pepper to taste

Preparation

Add all ingredients to the food processor, but if you like a chunkier texture, add only one can of chickpeas.

Blend well, then add the second can and pulse till they are roughly chopped. Otherwise, add both cans right off the bat!

Drop the blended mixture by large Tablespoons into parchment-lined baking tray, flattening the patties with the back of a wet spatula or spoon. Bake at 375 degrees for 15 minutes, then turn them over and bake for 5-10 more minutes until golden brown. Serve on lettuce leaves or in a pita with lettuce, tomato and onion and some of our cashew tzadziki.

Quinoa Tabbouleh

We eat a lot of quinoa in our house. It's very versatile, is naturally gluten free, and is the only grain that has all the amino acids necessary to make a complete protein, so it has a wonderful nutritional benefit during the Fast. It's even better when it's prepared in advance, so it's perfect for a Wednesday or Friday supper.

- 2 cups cooked quinoa
(or any other favorite grain)
- 1 large red onion, chopped to a small dice
- 1-2 cucumbers, peeled and chopped to a small dice
- 1-2 tomatoes, chopped to a small dice
- 1 large bunch of parsley, washed well and finely chopped
- Juice and zest of one lemon
- 1 Tbsp dried mint leaves, or about 1-2 Tbsp. fresh mint, finely chopped
- Salt and pepper to taste

Combine everything into a large salad bowl and mix well.

Variations: It's also good with a cup or so of cooked chickpeas mixed right in.

Keeping things low carb?

Substitute riced cauliflower for the quinoa!

Second Helpings: This Tabbouleh is great, the next day, with lettuce and hummus on a pita, or in a wrap with some sliced baked sweet potato and black beans.

Cashew Tzadziki

- 1 large cucumber, peeled and shredded on a box grater or mandolin
- ½ cup raw cashews
- 1 clove of garlic
- ½ cup nut milk
- Juice of 1 lemon
- 1 Tbsp cider vinegar
- Dash of salt

Prepare the cucumbers and place them in a strainer in the sink. Squeeze most of the liquid from them, then transfer them to a mixing bowl. Take the rest of the ingredients and combine them well in the blender or food processor until smooth, adding a drop or so more of the nut milk if necessary, until the texture is creamy and thick like sour cream. Stir the dressing into the cucumbers and serve with falafel.

Cold Stuffed Dolmades

In your food processor, combine and pulse all of the following ingredients until roughly chopped:

- 1 small red onion
- ½ red bell pepper
- ½ yellow bell pepper
- 1 handful of parsley
- Juice and zest of one lemon
- 1 tsp dried mint leaves
- 1 tsp oregano
- 8 sundried tomatoes
- 10 pitted greek olives
- ½ cup cooked chick-peas
- Salt and pepper to taste
- 1 pita, or 2 slices of bread, torn into pieces
- 1 Tbsp nutritional yeast

Place a tablespoon of this filling into the center of a pickled grape leaf and roll it up, tucking in the sides as you go. Serve cold.