

EASY DISHES FROM PALESTINE

Recipe for 6 people:

KAFTA

1 lb. ground beef
1 small onions
½ bunch parsley
2 teaspoons all spice
3 cloves garlic crushed
Salt and pepper
1/8 cup olive oil
2 potatoes, sliced into thin rounds
2 tomatoes, cubed
1 can tomato sauce



Directions:

Mix all ingredients together. Form oval meatballs. Place in pan with potatoes. Drizzle with olive oil and put in a 400 degree oven for 12-15 minutes.

When brown, drain most of excess water and add tomatoes and tomato sauce. Cook until finished (approx. 8 minutes).

RICE

2 cups basmati rice
4 cups of water
1-2 tsp. Olive oil
Salt

Directions:

Wash the rice in a large bowl and then drain.

Put rice into pan and sauté rice with olive oil. Add water and salt. Cook until rice is soft (18-25 mins). Or use a rice cooker!

TABBOULI

2 bunches curly parsley, chopped
4 tomatoes chopped
1 cucumber chopped
1 bunch green onions (Scallions)
½ cup bulgar wheat soaked in ½ cup lemon juice; allow bulgar to absorb juice
¼ cup olive oil
Salt to taste



Mix all ingredients together.

HUMMUS

- 1 can chick peas, drained (reserve liquid)
- 1 lemon juiced
- ½ teaspoon salt
- 1 tablespoon nonfat plain yogurt
- 1 tablespoon tahini sauce (sesame paste)

Directions:

Place all ingredients in blender with about 2 tablespoons of liquid. Blend until purified. Add liquid continuously until consistency is reached. Add salt to taste.



PITA CHIPS

- 1 bag of white pita bread
- Olive Oil
- Garlic powder/Salt

Directions:

Cut pita bread into small triangles and drizzle olive oil on top. Add seasoning to taste.