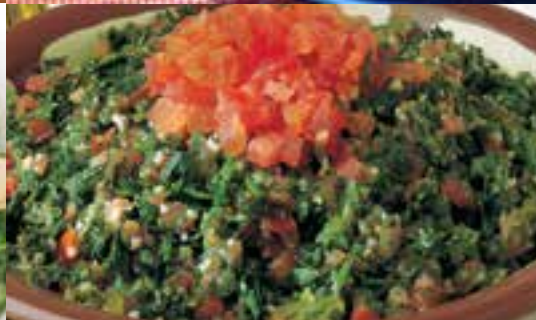


ONETOUCH®



Middle East and North Africa Food Recipes



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Soups





Cream of Tomato Soup

Number of Servings: 12 - Preparation time: 15 minutes - Cooking time: 20 minutes

Nutritional value per serving:

• Calories:	92kcal
• Fat:	2g
• Protein:	7g
• Carbohydrates:	13g

Ingredients:

1 tablespoon reduced-fat margarine
 1 tablespoon canola oil
 1 medium onion, finely chopped
 ½ teaspoon crushed dried thyme
 ¼ teaspoon crushed dried oregano
 3 cans no-salt-added diced tomatoes with the juice
 5 cups no-salt-added canned chicken broth
 60 g evaporated skim milk
 freshly ground pepper (to taste)
 salt (optional)

Preparation:

1. In a heavy pot, heat margarine and oil over medium-low heat.
2. Add onion and cook, stirring frequently, until onion is very limp (about 10 minutes), taking care to not let the onion brown.
3. Add thyme, oregano, tomatoes with their juice, and chicken broth. Bring to a boil; reduce heat to low and simmer, partially cover for 20 minutes.
4. Taste soup, add salt and pepper.
5. Stir in evaporated milk and heat through. Do not let mixture actually boil.



kcal = kilo calories; g = grams; mg = milligrams

Reference

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Lentil Soup

Nutritional value per serving:

• Calories:	180kcal
• Total fat:	3g
• Saturated fat:	0g
• Cholesterol:	0g
• Carbohydrates:	25.5g
• Protein:	27.7g
• Fiber:	8.5g

Ingredients:

- 1 cup red lentils
- 1 onion, chopped fine
- 3 large carrots peeled and cut
- 1 tablespoon vegetable oil
- ½ tablespoon tomato sauce
- 2 tablespoons orange juice
- 1 cube vegetable broth

- salt
- black pepper
- cinnamon powder
- chopped parsley

Preparation:

1. Put lentils, carrots, onion and water in a pot and place on a high heat. Leave till boiling then reduce heat.
2. Mix the vegetables with lentils and leave to boil for 20 minutes.
3. Grind lentils, carrots and onion in the blender.
4. Add the remaining ingredients to the soup and return to the heat to boil for a while.
5. Serve the soup and garnish with parsley.



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Vegetable Soup

Nutritional value per serving:

• Energy:	142kcal
• Total fat:	2.5g
• Saturated fat:	0.4g
• Mono unsaturated fat:	3.1g
• Polyunsaturated fats:	1.5g
• Cholesterol:	0mg
• Carbohydrates:	20g
• Protein:	4g
• Fiber:	2.5g
• Sodium:	126mg
• Sugar:	6.2g

Ingredients:

- 1 tablespoon canola oil
- 1 small potato or 170 grams
- 2 medium carrots or one cup
- 1 medium onion or one cup
- 1 ½ zucchini or one cup
- 2 medium size sticks of celery or one cup
- 1 large tomato or one cup
- 1 cup or 116 grams sweet pumpkin
- 1 cup of fresh or frozen green beans
- 1 teaspoon of ginger
- 1 clove garlic
- 1 teaspoon of cumin
- 1 tablespoon of tomato paste
- 4 cups of water
- 1 tablespoon soft coriander
- a pinch of turmeric
- a pinch of salt



Preparation:

1. Wash vegetables and chop finely.
2. Sprinkle the canola oil in the pot then add onions, garlic, ginger and stir until they wilt.
3. Add vegetables to pot, starting with potatoes, carrots, celery, pumpkin, zucchini and tomato.
4. Mix the vegetables and sprinkle salt, spices, tomato paste and add water then leave on the heat for half an hour.
5. Sprinkle coriander on hot the soup and serve.

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Chicken Soup

Nutritional value per serving:

• Calories:	270kcal
• Fat:	5g
• Cholesterol:	80mg
• Carbohydrates:	32g
• Protein:	25g
• Fiber:	1g

Ingredients:

6 cups chicken broth
500 grams cut and boiled chicken
1 teaspoon salt
1 teaspoon all spices
500 grams fresh or frozen vegetables
100 grams long noodles



Preparation:

1. Mix the chicken pieces with chicken broth and put on high heat until boiling.
2. Add remaining ingredients, place the lid on the pot and leave for 20 minutes over low heat.
3. Serve hot.

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Onion Soup

Nutritional value per serving:

• Calories:	320kcal
• Fat:	12g
• Cholesterol:	18mg
• Carbohydrates:	34g
• Protein:	19g
• Fiber:	2g

Ingredients:

- 1 tablespoon vegetable oil
- 3 medium onions, chopped
- 2 crushed garlic cloves
- 2 tablespoons flour
- 4 cups chicken broth
- 1 teaspoon salt
- ¼ teaspoon white pepper
- 4 slices hot toasted bread
- 1 cup of light yellow cheese grated



Preparation:

1. Heat the oil then add onion & garlic and stir till it becomes red.
2. Add flour and stir continuously for 10 minutes until it becomes firm and dark in color.
3. Add chicken broth mixture and stir constantly until flour is dissolved.
4. When boiling, add spices, cover the pot and leave the mixture over low heat for 40 minutes.
5. Put all 4 slices toasted bread in clay bowl, add 2 tablespoons of cheese and 2 serving spoons of hot soup in each bowl.
6. Put the bowls in the preheated oven at (250°) until content becomes brown.
7. Serve hot.

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Asparagus Soup

Nutritional value per serving:

• Calories:	155 kcal
• Fat:	6g
• Cholesterol:	0mg
• Carbohydrates:	15g
• Protein:	10g
• Fiber:	2g

Ingredients:

- 1 tablespoon vegetable oil
- 2 medium onions, chopped
- 2 crushed garlic cloves
- 500 grams asparagus
- 4 cups chicken broth
- 2 tablespoons low fat milk powder
- 1 pinch allspice
- 1 teaspoon salt
- 1 teaspoon white pepper
- 1 nutmeg, grated
- 1 tablespoon cornstarch
- 1 cup water



Preparation:

1. Heat the oil, add onion and stir until it becomes brown.
2. Add the garlic, asparagus and stir well on high heat till vegetables are wilted.
3. Add chicken broth and leave the mixture over low heat for 15 minutes.
4. Remove the mix and blend it well in the electric or manual blender.
5. Mix the rest of the ingredients while they are cold, then add them to the blended vegetables and put the pot on the heat.
6. Stir constantly until mixture thickens.
7. Serve hot.

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Salads





Corn Salad

Number of Servings: 4 - Preparation time: 10 minutes - Cooking time: 5 minutes

Nutritional value per serving:

• Calories:	129kcal
• Fat:	4g
• Protein:	3g
• Carbohydrates:	23g
• Fiber:	4g

Ingredients:

4 medium ears of corn, shaken
 ½ cup red onion, minced
 1 teaspoon chili powder
 ½ teaspoon ground cumin
 ½ red bell pepper, seeded and diced finely
 ½ green bell pepper, seeded and diced finely
 1 large plum tomato, seeded and diced
 3 tablespoons fresh cilantro, chopped
 1 tablespoon olive oil
 1 tablespoon white vinegar
 ⅛ teaspoon salt (optional)
 freshly ground pepper (to taste)
 cooking spray

Preparation:

1. Boil the corn in a large pot of water for 3 minutes. Remove and allow to cool to the touch. Cut off kernels and place in a large bowl. You should have about 2 cups.
2. Lightly coat a non-stick skillet with cooking spray and sauté the onion until wilted.
3. Add the chili powder and cumin; sauté another minute.
4. Combine with the corn.
5. Add the red and green bell pepper, tomato, and cilantro to the corn mixture.
6. In a small cup, combine the oil, vinegar, salt (if using), and pepper. Drizzle over the salad.
7. Serve at room temperature.



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Fattoush

Nutritional value per serving:

- **Calories:** 157kcal
- **Cholesterol:** 0mg
- **Protein:** 4g
- **Vitamin C:** 64mg
- **Carbohydrates:** 25g
- **Folate (mcg):** 124mg
- **Fat:** 6g
- **Fiber:** 5g

Preparation:

1. Wash vegetables well and leave on papers to dry completely out of water.
2. Cut tomatoes, radishes, cucumbers and celery thoroughly after washing.
3. Add dried green leaves to the above.
4. Add finely shredded lettuce leaves to the mixture.
5. Mix the olive oil, lemon juice, pomegranate, sumac and add sauce Fattoush. Add the toast before serving immediately.

Ingredients:

- 1 large onion, chopped
- ½ bunch purslane
- ½ bunch Mint
- ½ lettuce
- ¼ bunch parsley
- ¼ bunch thyme
- 1 piece of green celery
- 5 radishes
- 1 tomato
- 4 cucumbers
- 2 tablespoons olive oil
- 1 tablespoon sumac
- 1 teaspoon pomegranate molasses
- sour lemon juice (as needed)
- ½ loaf of toasted Arabic bread
- ½ teaspoon salt



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Cucumber & Yoghurt Salad



Nutritional value per serving:

Number of servings:	4
• Calories:	154kcal
• Fat:	8g
• Saturated fat:	5mg
• Cholesterol:	32mg
• Carbohydrates:	12g
• Proteins:	9g

Ingredients:

1 kg yoghurt
3 medium size cucumbers cut into cubes
1 clove garlic, crushed
1 teaspoon dried mint
salt

Preparation:

Mix in a bowl all ingredients and serve.

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Oriental Salad

Nutritional value per serving:

Number of servings:	2
• Calories:	150kcal
• Saturated fat:	5g
• Cholesterol:	0mg
• Carbohydrates:	23g
• Proteins:	7g

Ingredients:

- 1 apple
- ½ bunch rocca
- 50 grams radish
- 2 tablespoons lemon juice
- handful of chopped almonds
- ½ cup natural yoghurt
- 1 teaspoon curry
- salt & pepper

Preparation:

1. Wash rocca and dry well.
2. Wash radish and cut into circles.
3. Cut the apple into rectangular slices.
4. Add lemon juice so the apple will not change color.
5. Mix in a deep dish the yoghurt, curry, salt and pepper until mix become homogeneous.
6. Put the vegetables in a deep dish and add this sauce.
7. Put chopped almonds on top.



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Cucumber and Radish Salad



Nutritional value per serving:

• Calories:	36kcal
• Fat:	2g
• Saturated fat:	0g
• Cholesterol:	0g
• Carbohydrates:	4g
• Protein:	1g
• Sodium:	93mg
• Fiber:	1g

Ingredients:

- 10 radishes
- 2 pieces seedless cucumber
- 1 fresh hot pepper cut into rings without seeds
- 2 tablespoons chopped fresh basil
- ½ teaspoon sugar
- ¼ teaspoon salt
- 1 tablespoon olive oil
- 1 tablespoon vinegar

Preparation:

1. Take one piece of radish aside for decoration.
2. Then cut 5 radishes into slices, and cut the rest of the radishes into halves or four.
3. Cut the cucumber into strips.
4. Take a pot and mix the sliced radish, cucumber ribbons, chili, basil, sugar, and salt.
5. Add olive oil and white vinegar and mix all lightly to blend with vegetable and decorate with radish.

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Cabbage Salad (Coleslaw)

This dish is enough for 4 people and is prepared in a way to make it low in calories for those who follow a healthy diet or weight reducing diet.

Nutritional value per serving:

• Calories: 1 cup	69kcal
• Total Fat (4%)	2.61g
• Saturated Fat (2%)	0.385g
• Polyunsaturated Fat	1.351g
• Monounsaturated Fat	0.708g
• Cholesterol (3%)	8mg
• Sodium (1%)	23mg
• Potassium	181mg
• Total Carbohydrates (4%)	12.41g
• Dietary Fiber (6%)	1.5g
• Protein	1.29g

Ingredients:

- 1 small cabbage (or ½ large cabbage)
- 1 carrot
- ½ cup labna
- 1 tablespoon mayonnaise
- 2 tablespoons low-fat yoghurt
- ½ tablespoon sugar
- ½ teaspoon vinegar

Preparation:

1. Grate the carrots.
2. Mix the following ingredients: mayonnaise, labna, milk, sugar and vinegar.
3. Soak the carrot with the above sauce and cover it. Keep in refrigerator for 20 mins.
4. Chop or shred the cabbage.
5. Combine the cabbage, carrots and sauce serve cold.



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Tabouli Salad

Nutritional value per serving:

- **Calories:** 200kcal
- **Cholesterol:** 13mg
- **Carbohydrates:** 18g
- **Fiber:** 6g

Ingredients:

- 1 small onion minced very fine
- 1 teaspoon salt
- ½ teaspoon allspice
- ½ teaspoon sumac
- 3 bunches of parsley finely chopped
- 5 small tomatoes finely chopped
- 2 tablespoons fine bulgur
- 5 tablespoons lemon juice
- 5 tablespoons olive oil

Preparation:

1. Mix onion with sumac.
2. Mix the rest of the vegetables and bulgur gradually with the onions.
3. Add the lemon juice and olive oil.
4. Mix together.
5. Serve cold.



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Main Dishes





Rice Boukhari with Meat

Number of Servings: 6 - Preparation time: 25 minutes - Cooking time: 2 hours

Nutritional value per serving:

- **Calories:** 866kcal
- **Fat:** 45g
- **Protein:** 39g
- **Carbohydrates:** 84g

Ingredients:

- 3 tablespoons ghee
- 750g lamb, pieces with bones
- 3 medium onions or 450g, chopped
- 8 cups water or 2 liters
- 2 cubes MAGGI® Mutton Bouillon
- ¾ teaspoon ground black pepper
- ¾ teaspoon ground cumin
- ¾ teaspoon ground cardamom
- 3 medium tomatoes or 450g, pureed
- 2½ cups rice or 500g, washed and drained
- 2 medium carrots or 150g, cut into thin strips and boiled
- 1 cup mixed fried nuts or 150g

Preparation:

1. Heat ghee in a large pot, add and brown the lamb meat pieces until golden brown. Add onions and stir from time to time until they become golden brown.
2. Add water, MAGGI® Mutton Bouillon, all the spices and the tomato juice. Cover and cook over low heat for 1½ hours or until meat is cooked.
3. When the meat is cooked, add the rice to the meat, this should be around 4 cups or 1000ml, cover and cook over low heat for 25 minutes or until rice is cooked.
4. Place the rice on a large serving dish, place the meat pieces over the rice, add the cooked carrots over the meat and garnish with the fried nuts or with raisins and shredded carrots.



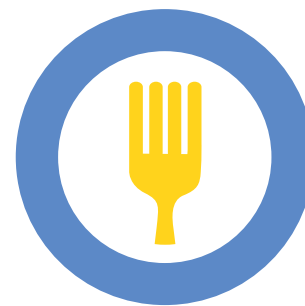
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White Rice Arabic Style

Number of Servings: 5 - Preparation time: 10 minutes - Cooking time: 1 hour

Nutritional value per serving:

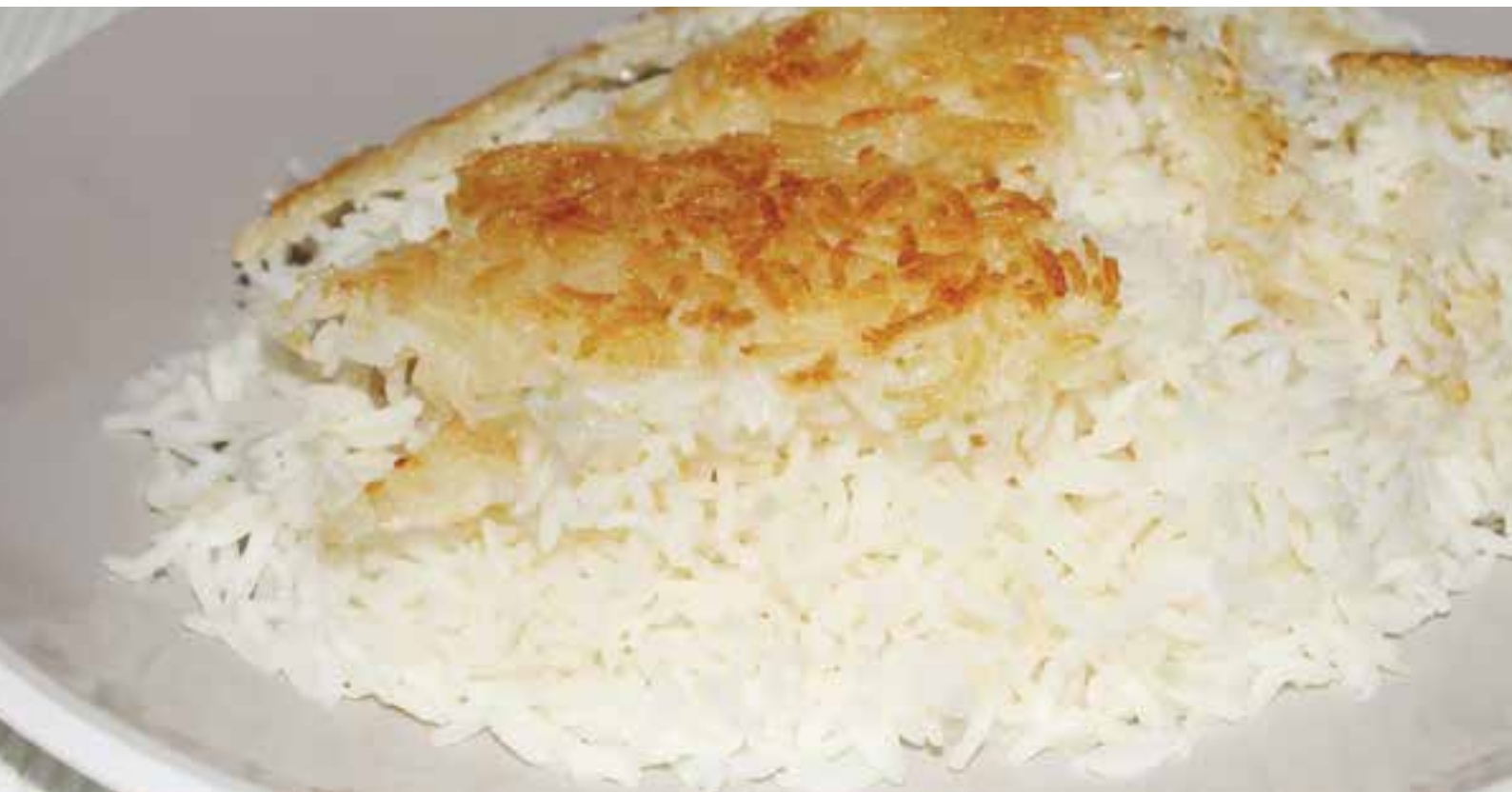
• Calories:	607kcal
• Fat:	19g
• Protein:	9.7g
• Carbohydrates:	98g

Ingredients:

7 cups water or 1750ml
 4 cubes MAGGI® Chicken Bouillon
 2 tablespoons vinegar, white
 3 cups basmati rice or 600g
 ½ cup butter or 100g
 1 ½ teaspoons ground turmeric
 1 medium green bell pepper, sliced

Preparation:

1. Add water, MAGGI® Chicken Bouillon cubes and vinegar to a large pot and bring to boil.
2. Add the rice and cook for 10 minutes or until the rice is almost tender. Drain in a strainer.
3. Heat half the quantity of butter in a large saucepan, add turmeric and bell pepper and cook for 2-3 minutes.
4. Add the cooked rice and spread the rest of butter on top of rice without stirring.
5. Cover and cook on very low heat for 1 hour or until rice is cooked.
6. Fluff up the rice using a wooden fork in order to become yellow and white mixed colors.
7. Serve on a large serving dish, placing the crispy golden rice layer on top.



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Machboos

Machboos is a dish of rice & meat, popular in many Gulf countries such as Kuwait, Saudi Arabia, Bahrain, Qatar, and the United Arab Emirates. Here is a great Machboos recipe.

Preparation time: 35 minutes
Cooking time: 50 minutes

Nutritional value per serving:

• Calories:	916kcal
• Fat:	41.2g
• Protein:	41.2g
• Carbohydrates:	94.4g

Ingredients:

4 ½ cups water
650g basmati rice
3 tomatoes, quartered
1-1½ kg chicken
3 onions, finely chopped
¼ cup coriander leaves, chopped
1 green hot pepper, or as desired
2 black dried limes
2 teaspoons mixed spices
1½ teaspoons turmeric powder
1 teaspoon cumin powder
2 teaspoons cinnamon
1 teaspoon cardamom powder
2 garlic cloves
1 slice ginger root, cut into small pieces
3 tablespoons butter
¼ cup lemon juice
3 tablespoons rose water
3 tablespoons oil
3 teaspoons salt

Preparation:

1. Cut the chicken in half. Heat the water and leave aside. In a small bowl, mix the spices (masala, turmeric, cumin, and cardamom) together and add to the mixture one teaspoon of salt. Sprinkle half of the spice mixture on the chicken halves.
2. Heat oil in a large cooking pan, fry the onions until golden brown, then add the pepper and the black limes - you MUST make a hole in each limes.
3. Add the chicken to the onion mixture and turn it over a few times in the pan. Sprinkle on the chicken a teaspoon of cinnamon and the rest of the mixed spices. Turn all the contents together so the chicken is coated with the spices, cover the pan and let it cook on medium heat for 3 minutes.

4. Add the garlic, chopped ginger, and tomato cubes to the pan and turn the ingredients in the pan a few times. Cover again for 3 minutes on medium heat. Sprinkle the rest of the salt and pour water on it while it's still hot. Cover the pan and let it cook for about 1 hour, or until the chicken is cooked.
5. Add the chopped coriander 5 minutes before you remove the chicken from the pan. While the chicken is being cooked, wash the rice well and soak for 10 minutes in cold water, then drain.
6. Remove the chicken from the pan and put on an oven tray, brush with some oil and sprinkle with the rest of the cinnamon powder and grill in the oven until the chicken becomes golden brown.
7. Add the rice to the chicken, stir then let it cook on low heat until the rice absorbs the stock and is done. Sprinkle rose water and lemon juice over the rice and place the butter pieces on the top. Cover the pan and cook on low heat for 30 minutes.
8. Serve the rice on a large serving plate and place the grilled chicken halves on top.



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Kabsa

Kabsa is a family of rice dish that is served mostly in Saudi Arabia where it is commonly regarded as a popular dish. In other Arab countries like Bahrain and Kuwait the dish is popularly known as Majboos and in the United Arab Emirates as Machboos, but with different spices and cooked in a different way

Number of servings: 4
Preparation & cooking time: 1 hour

Nutritional value per serving:

- **Calories:** 528kcal
- **Fat:** 21.2g
- **Protein:** 29.2g
- **Carbohydrates:** 50g

Ingredients:

2 cups long grain basmati rice
1 ½ cup chopped ripe tomato
2 cups chopped onion
½ cup white raisins soaked in 1/3 cup water
½ cup sliced almonds
½ cup pistachios
½ cup pine nuts
1 ½ teaspoon salt
1 teaspoon ground cardamom
1 teaspoon ground coriander
10 cloves garlic
½ teaspoon nutmeg
½ teaspoon mixed (7) spices
¼ teaspoon cinnamon
¼ teaspoon ground black pepper
4 cups chicken broth
6 teaspoons butter
2 tablespoons olive oil

Pre-cooked chicken in broth:

2 chicken breasts and 2 drumsticks
6 cups water
½ cup chopped onion
2 bay leaves
2 cinnamon sticks
1 teaspoon salt

Preparation:

1. In a large pot place chicken, water, onion, bay leaves, cinnamon stick, salt and let cook covered on low heat for about 1½ hour.
2. In another large bowl, rinse rice and pour off excess water, mix in seasonings.
3. In another large pot add the olive oil and 1

teaspoon butter, chopped onions, chopped tomatoes and cook for 10 minutes on medium heat. Next add rice and mix, then add 4 cups of chicken broth from the cooked chicken and stir, then add 3 teaspoons butter. Let come to a boil and then turn down to low heat, cover and let cook for 45 minutes.

4. In a small pan, add 2 teaspoons butter and stir in nuts and raisins, let cook until all are evenly brown, set aside for garnish. In the mean time, pull apart cooked chicken and remove any bones.
5. After 45 minutes, fluff rice with a fork and let sit another 10 minutes.
6. To present dish, pour out the rice into a large serving dish, place pieces of chicken on top and then put the nut and raisin mixture on top of that. Serve with yogurt or salad.



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Shakreyah

A home Lebanese recipe from the Middle Eastern delicious food recipes.

Number of Servings: 6 - Preparation time: 25 minutes - Cooking time: 1hour 30 minutes

Nutritional value per serving:

• Calories:	308kcal
• Fat:	14g
• Protein:	20g
• Carbohydrates:	25g

Ingredients:

300g lean beef, cut into large cubes
 18 baby onions, peeled
 4 cups low fat yoghurt or 1000ml
 2 cubes MAGGI® Chicken Less Salt Bouillon, crumbled
 1½ tablespoons corn flour
 1 egg white, lightly beaten
 1½ tablespoons olive oil
 1½ tablespoons garlic, crushed
 2 tablespoons fresh mint, chopped
 2 tablespoons coriander leaves, chopped

Preparation:

1. Boil beef cubes and baby onion in two separate saucepans until they are cooked.
2. Meanwhile, combine low fat yogurt, the crumbled Chicken Less Salt Bouillon cubes, corn flour and egg white in a separate saucepan and place over a medium heat with constant stirring until it boils. Remove and set aside.
3. Warm olive oil in a small pan-fry and sauté garlic until fragrant then add mint and coriander and stir for a seconds. Pour over the yogurt mix and stir.
4. Drain the cooked beef and baby onion and pour them over the yogurt mix. Stir and serve with steamed rice (optional).



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Chicken Cheese Rolls with Mustard and Mint Sauce

A home Lebanese recipe from the Middle Eastern delicious food recipes.

Number of Servings: 5 - Preparation time: 35 minutes - Cooking time: 40 minutes

Nutritional value per serving:

• Calories:	343kcal
• Fat:	17g
• Protein:	34g
• Carbohydrates:	13g

Ingredients:

2 medium red bell peppers or 300g, seeded and cut into halves
 8 small skinned chicken breasts or 600g, sliced
 150g low fat halloumi, cut into fingers shape
 1 tablespoon dried oregano
 2 tablespoons olive oil
 1 small onion or 75g, chopped
 2 tablespoons plain flour
 1 tablespoon mustard
 1 medium tomato or 150g, peeled and chopped
 2 cubes MAGGI® Chicken Less Salt Bouillon
 2½ cups water or 625ml
 ¼ teaspoon ground black pepper
 1½ tablespoons fresh mint, finely chopped

Preparation:

1. Place a saucepan on heat with some water. Bring to boil then add the bell pepper and simmer for minutes. Cool and drain then peel the skin and set aside.
2. Place chicken slices between 2 sheets of waxed paper and pound with a mallet to uniform thin thickness.
3. Place slice of red bell pepper on the chicken fillet (cut the bell pepper to fit the chicken slice) then the cheese and sprinkle with some oregano. Roll up and secure with toothpick.
4. Warm the olive oil in a large non-stick saucepan, add the chicken rolls and cook from all sides until it's brown in color. Remove chicken and set them aside.
5. In the same saucepan; Add the onion and stir for 2 minutes then add the flour and stir for another 2 minutes. Add the mustard, tomato, MAGGI® chicken less salt bouillon cubes, water and black

pepper and stir to boil, simmer for 10 minutes with occasional stirring.

6. Blend the sauce using an electric hand blender then strain and place in a clean saucepan.
7. Remove toothpicks from the chicken. Add the chicken into the sauce and simmer for 8 minutes or until chicken is completely cooked. Add the chopped mint and simmer for 2 minutes, stir and serve.

Serving tips:

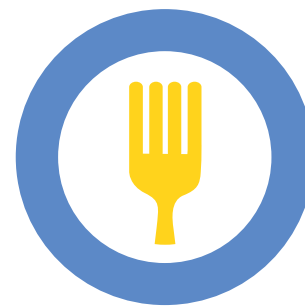
Serve this dish with steamed french beans.



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Moroccan Spiced Fish with Ginger Mash

Spice up white fish fillets with a flavoured butter and serve with fluffy sweet potato mash.

Number of Servings: 2 - Preparation time 10 mins - Cooking time 20 mins
Gluten-free, Low-fat

Nutritional value per serving:

• Calories:	445kcal
• Fat:	7g
(Saturated fat)	3g)
• Protein:	36g
• Carbohydrates:	65g

Ingredients:

2 large sweet potatoes, peeled and cut into chunks
2 teaspoon butter, softened
1 garlic clove, crushed
1 teaspoon harissa (Belazu is good)
2 skinless white fish fillets
zest 1 lemon
small handful coriander, most chopped, rest left whole
fingertip-size piece fresh root ginger, finely grated

Preparation:

1. Heat oven to 180c.
2. Cook the sweet potatoes in boiling, salted water for about 10 mins or until just tender when pierced with a knife.
3. Meanwhile, mix together the butter with the garlic, harissa, lemon zest, chopped coriander and some seasoning.
4. When the potatoes are ready, drain thoroughly, mash with the ginger and seasoning, then keep warm.
5. Place the fish in a roasting tin, season, then spread half of the flavoured butter over each fillet. Roast for about 8 mins until just cooked through.
6. Serve with ginger mash and some green vegetables.



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Fish Tagine

Number of Servings: 4 - Preparation time: 15 minutes - Cooking time: 30 minutes

Nutritional value per serving:

• Calories:	377kcal
• Fat:	14.8g
(Saturated fat)	2.3g
• Protein:	33.6g
• Carbohydrates:	30.7g

Ingredients:

4 x 150g skinless cod fillets
 500g waxy new potatoes
 4 garlic cloves, chopped
 3 tablespoons olive oil
 2 green peppers, sliced
 1 yellow pepper, sliced
 5 tomatoes, roughly chopped
 100ml vegetable stock
 100g pitted green olives
 Lemon wedges and fresh coriander, to garnish

For the marinade:

2 teaspoons ground cumin
 1 teaspoon ground coriander
 4 tablespoons lemon juice

2 large garlic cloves
 1 small bunch fresh coriander
 1 teaspoon salt

Preparation:

1. Grind the marinade ingredients in a mixer until smooth. Rub half over the cod, cover and chill for between 20 minutes and 1 hour.
2. Meanwhile, boil the potatoes in a pan of salted water until tender, drain, then cut in half lengthways.
3. In a shallow casserole over a low heat, fry the garlic in the oil for 1-2 minutes. Add the peppers and cook for 5 minutes, then add the tomatoes and cook for a further 2 minutes. Stir in the remaining marinade and the vegetable stock. Stir well.
4. Place the potatoes in a big non-stick frying pan with a lid. Top with half the tomato mixture, then with the fish, then add the remaining tomato mixture. Scatter over the olives, cover and cook over a medium-high heat for 10-12 minutes until the fish is just cooked through. Garnish with lemon wedges and coriander to serve.



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Baked Honey Mustard Chicken

Preparation time: 15 min - Cooking time: 45 min

Nutritional value per serving:

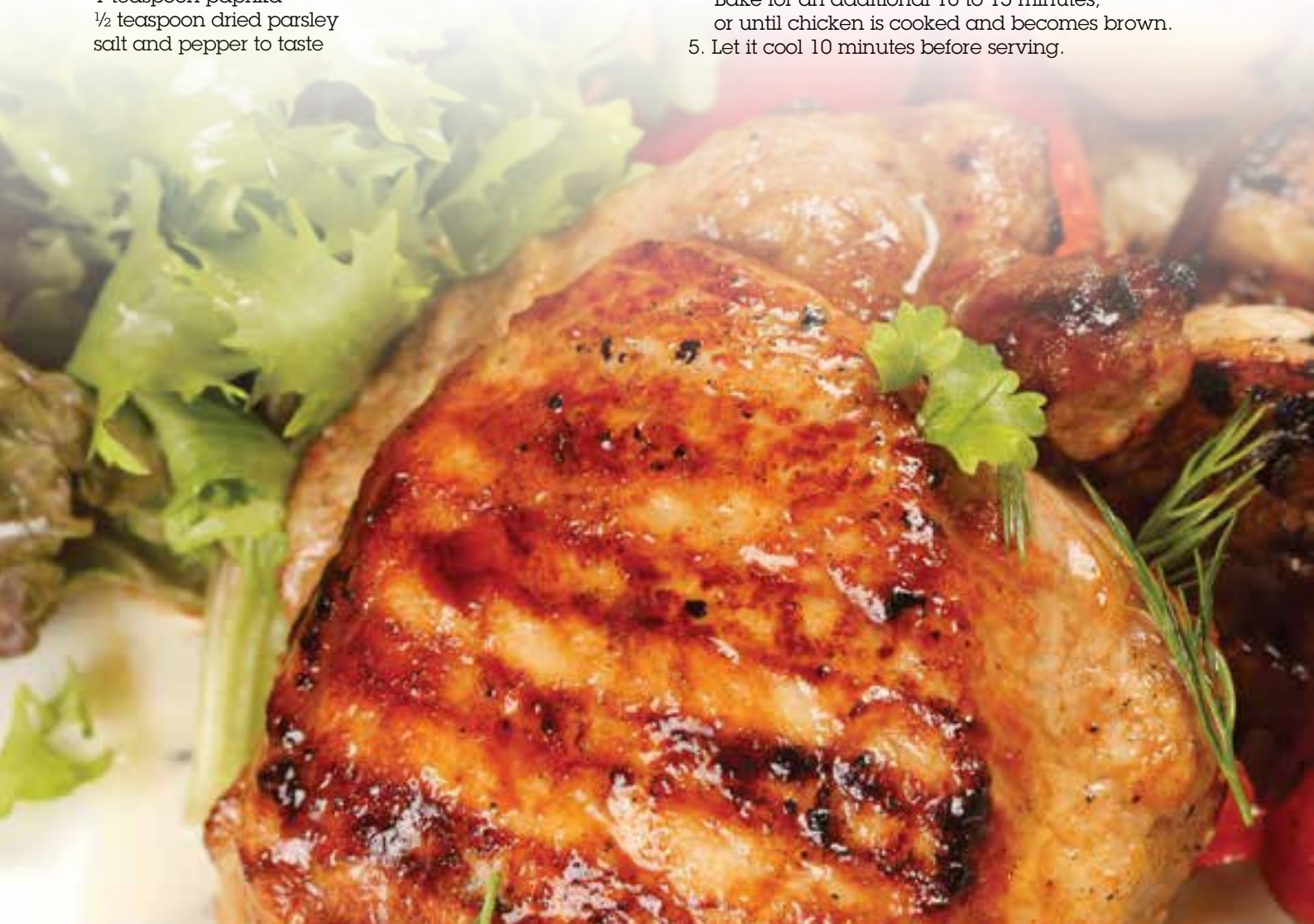
- **Calories:** 232kcal
- **Fat:** 3.7g
- **Cholesterol:** 67mg

Ingredients:

6 skinless, boneless chicken breast halves
 ½ cup honey
 ½ cup prepared mustard
 1 teaspoon dried basil
 1 teaspoon paprika
 ½ teaspoon dried parsley
 salt and pepper to taste

Preparation:

1. Preheat oven to 175c.
2. Sprinkle chicken breasts with salt and pepper, and place in a lightly greased baking dish.
3. In a small bowl, combine the honey, mustard, basil, paprika, and parsley. Mix well. Pour 1/2 of this mixture over the chicken, and brush to cover.
4. Bake in the preheated oven for 30 minutes. Then turn chicken pieces over and brush with the remaining half of the honey mustard mixture. Bake for an additional 10 to 15 minutes, or until chicken is cooked and becomes brown.
5. Let it cool 10 minutes before serving.



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Stuffed Chicken Divan with Cherry Dijon

We've updated this classic dish while still keeping all the elements that people love: crisp broccoli, juicy chicken, and a tasty Parmesan sauce. By stuffing the chicken breasts we were able to cut down on the overall cheese in the dish while still maximizing flavor. A mixture of low-fat evaporated milk, broth and cherry with a touch of cornstarch makes a creamy sauce that tastes as rich as the full fat version.

Number of Servings: 4 - Preparation time: 20 min.

Cooking time: 30 min.

Nutritional value per serving:

• Calories:	347kcal
• Total fat:	11g
(Saturated fat:	5.1g)
(Mono Sat fat:	3.9g)
(Poly Sat fat:	1.1g)
• Protein:	50g
• Carbohydrates:	10g
• Fiber:	1g
• Cholesterol:	126.5mg
• Sodium:	433.5mg

Ingredients:

2 cups fresh broccoli florets
 ½ cup grated Gruyere cheese
 1 clove garlic, finely chopped
 4 boneless skinless chicken breast halves
 2 teaspoons olive oil
 2 teaspoons chopped fresh thyme
 1 cup low-fat evaporated milk
 ½ cup low-sodium chicken broth
 ¼ cup dry cherry
 1½ teaspoon cornstarch
 2 tablespoons grated Parmesan cheese
 1 teaspoon Dijon mustard
 salt
 freshly ground black pepper
 cooking spray

Preparation:

1. Bring a medium pot of salted water to a boil. Add the broccoli and cook until bright green and crisp tender, about 5 minutes. Drain well and run under cold water until cold. Drain well again and squeeze dry in paper towels.
2. Mist a shallow rectangular baking dish with cooking spray.
3. Chop the broccoli and toss in a bowl with the Gruyere and garlic. Insert a paring knife into the thickest part of each chicken breast to make a 3-inch deep pocket. Stuff each chicken breast with



equal amounts of the broccoli mixture. Rub both sides of the chicken breasts with oil and thyme and season with salt and pepper.

4. Heat a large nonstick skillet over medium-high heat until very hot, about 5 minutes.
5. Put the chicken in the pan and cook until golden brown and just cooked through, about 6 minutes per side. If the chicken begins to brown too quickly, turn the heat down to medium to finish cooking through.
6. Transfer to the baking dish.
7. Meanwhile, combine the milk and stock in a small pot, season with salt and pepper and bring to a simmer over medium heat. Stir the cherry and cornstarch until smooth and pour, whisking constantly, into the sauce. Cook until just thickened, about 2 minutes.
8. Remove from heat and stir in the parmesan.
9. Top each chicken breast with 2 tablespoons of sauce and place under the broiler. Broil until lightly browned, 2 to 3 minutes.
10. Let the chicken rest for 5 minutes and then cut each breast in half.
11. Whisk the mustard into the remaining sauce and spread a few tablespoons on each plate.
12. Top with a halved chicken breast.

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French Toast

Nutritional value per serving:

• Calories:	80kcal
• Fat	1g
• Protein:	5g
• Carbohydrates:	14g
• Fiber:	2g

Ingredients:

4 egg whites
 2 teaspoons skim milk
 ½ teaspoon vanilla
 6 slices of wheat bread
 Pinch of ground nutmeg or cinnamon

Preparation:

1. Beat the egg whites, milk, vanilla and nutmeg until frothy.
2. Pour into large flat dish ,dip both sides of bread slice into mixture.
3. In large nonstick or lightly buttered skilled ,cook bread over medium heat until brown on 1- side.
4. Flip and cook the other side, serve immediately.



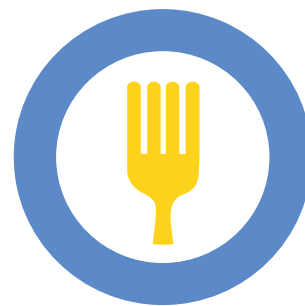
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Cheesy Broccoli and Potato Casserole

Nutritional value per serving:

• Calories:	223kcal
• Fat	7g
• Protein:	9g
• Carbohydrates:	32g
• Fiber:	4g

Ingredients:

6-medium potato, cubed
 ¼ cup 1% milk
 1 teaspoon butter or margarine
 ½ teaspoon white pepper
 ½ teaspoon dried parsley
 2 cups broccoli florets
 1 small onion, sliced
 1 shredded old cheddar cheese

Preparation:

1. Boil the potato till it is tender then drain well.
2. Mash potato with milk, butter and seasoning.
3. Steam broccoli and onion until barely tender or microwave on high for 8 minutes.
4. Spread potato mixture in greased baking dish top with broccoli onion and cheese.
5. Bake covered in preheated oven for 10 minutes, remove cover and bake for 5 minutes longer or till cheese is melted.



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Yoghurt Marinated Chicken



Nutritional value per serving:

• Calories:	129kcal
• Fat	3g
• Protein:	21g
• Carbohydrates:	3g
• Fiber:	Trace

Ingredients:

8 boneless chicken breasts 750 gm
 1¼ cup low fat almarai yogurt
 1 tablespoon lemon juice
 2 tablespoons chopped ginger
 1 tablespoon vegetables oil
 2 teaspoons paprika
 1 teaspoon black pepper
 1 teaspoon chili powder
 1 teaspoon crumbled dried rosemary
 ½ teaspoon turmeric
 3 cloves garlic, minced

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Preparation:

1. Combine in bowl the yogurt, lemon juice, ginger, garlic, oil, paprika, black pepper, chili powder, crumbled dried rosemary whisk until smooth.
2. Add the chicken and turn it to coat all the chicken, cover and refrigerate for 24 hours.
3. Place the chicken in baking pan, reserving marinade back in preheated oven for 20-25 minutes or until no longer pink inside.
4. Spooning additional marinade over chicken half way through baking.



Grilled Chicken with Curry Sauce

Nutritional value per serving:

• Calories:	186kcal
• Fat:	6g
• Protein:	28g
• Carbohydrates:	3g
• Fiber:	Trace

Ingredients:

4 boneless chicken breasts 500 gm
 2 teaspoons grated lemon or lime zest
 1/3 cup lemon or lime juice
 2 tablespoons chopped fresh basil (or 2 teaspoon dried)
 1/4 teaspoon dijon mustard
 2 teaspoons chopped fresh thyme
 black pepper

Curry Sauce:

1/4 cup light mayonnaise
 1/4 cup low fat, plain yoghurt
 1 teaspoon lime juice
 1 teaspoon grated lime zest
 1/2 teaspoon curry powder

Preparation:

1. Place the chicken in single layer in the dish, combine lemon zest and juice, basil, mustard, thyme, and pepper to taste, and pour it on chicken cover and refrigerate from 3-12 hours.
2. Preheat barbecue or grill.
3. Remove chicken from marinated grill 6-8 minutes per side or until cooked.
4. Curry sauce: in bowl combine mayonnaise yogurt, lime, zest, and curry powder.
5. Serve with chicken.



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Al Thareed

Nutritional value per cup:

• Calorie:	214 kcal
• Fat:	7g
• Carbohydrates:	24.2g
• Protein:	13.6g
• Dietary fiber:	1.2g
• Iron:	2.4mg
• Calcium:	97.8mg
• Vitamin C:	17.2mg
• Phosphorus:	135.6mg

Ingredients:

2 kilos lamb meat, medium-cut section with bone
 3 medium zucchinis
 2 medium potatoes
 1 eggplant cut into halves
 3 finely chopped onions
 2 small carrots
 hot green pepper
 3 cloves of garlic
 4 pieces cardamom
 1 piece of ginger
 Omani dried lemon
 mixed spices
 oil
 5 red ripe tomatoes
 can of tomato sauce
 bread (alruqaq)

Preparation:

1. In a saucepan, boil the meat and remove the impurities from the water.
2. Put some pieces of cardamom.
3. Cook the meat till it's half cooked.
4. In another pot fry the onion, garlic ginger and chilies until the mixture becomes golden color.
5. Add all vegetables with spices, tomato sauce and Omani dried lemon.
6. Add water to the mixture and when it starts to boil add the meat and salt.
7. Close the pot and allow to simmer on a low heat.
8. Before serving remove the meat and some vegetables from the pot.
9. Add alruqaq bread to the serving plate (deep plate) and some of Al Thareed till you finish all the quantity you wish to serve.
10. Put meat and vegetables in serving place.

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Al Harees

Nutritional value per cup:

• Calorie:	152kcal
• Fat:	3g
• Carbohydrates:	21g
• Protein:	10.2g
• Dietary fiber:	0.1g
• Iron:	2.4g
• Calcium:	62mg
• Vitamin A:	14.4mg
• Phosphorus:	198mg

Ingredients:

crushed wheat
meat
salt as required

Preparation:

1. The meat is washed, cleaned and placed with the crushed wheat in a saucepan in boiling water.
2. Add a pinch of salt and remain so until mixture melts.
3. Having cooked your "harees" in Twine, (which is a deep pottery pan with a small nozzle) place inside the "Tannour" and cover with loam.
4. "Al Harees" remains in the "Tannour" for almost six (6) hours and then taken out, then hit with a long piece of wood in the form of the hand palm called (al midrab).
5. Then "Alharees" is put in flat plates in a certain way and ghee is added (if required).



Healthy Preparation:

1. The more you increase the amount of meat, the higher will be the nutritional value of "Al Harees".
2. The increased use of animal ghee is harmful from a health point of view. Limit it as much as possible or even avoid it.
3. Recently some families started innovating preparation of "Al Harees" by adding tomatoes or yoghurt which increases the nutritional value.
4. It's preferable to remove all visible fat from the meat before cooking in order to reduce cholesterol and calories.

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Hummus (Chickpeas) with Tahina



Nutritional value per serving:

Number of servings:	6
• Calories:	305kcal
• Fat:	9g
• Saturated fat:	1g
• Carbohydrates:	44g
• Protein:	15g

Ingredients:

2 cups of chickpeas, soaked in water overnight with a teaspoon of bicarbonate of soda.
4 tablespoons tahini
1 lemon
2 cloves crushed garlic
salt

Preparation:

1. Drain the water from the chickpeas, then place in a saucepan over high heat, add fresh water and boil for 30 to 50 minutes.
2. Remove chickpeas from the heat, and put in the blender while keeping the water boiling.
3. Crush chickpeas in a blender to get a soft dough.
4. In another bowl, put the tahina and melt it with a tablespoon of boiling water. Add minced garlic, lemon juice and 1 teaspoon of salt. Mix all ingredients well until you get a white liquid sauce.
5. Add the chickpea paste to the bowl and mix well.
6. Add lemon juice and salt as required.
7. Put chickpeas with tahina in a plate, garnish with mint leaves, cumin or some boiled whole chickpeas.

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Chicken Biryani

Nutritional value per serving:

Number of servings:	6
• Calories:	796kcal
• Fat:	35g
• Saturated fat:	9g
• Cholesterol:	123mg
• Carbohydrates:	82g
• Proteins:	39g

Ingredients:

½ cup of milk
 ½ teaspoon masala for chicken
 1 teaspoon turmeric
 1 tablespoon fresh ginger, grated
 2 cloves garlic crushed
 salt as required

Prepare chicken mixture:

1 chicken, without skin cut into large pieces
 1 cup of milk
 4 tomatoes, peeled and sliced
 3 onions, sliced
 2 tablespoons vegetable oil
 1 fresh ginger, cut same size as garlic clove
 ⅓ cup fresh chopped coriander
 3 cloves of garlic
 ½ cup raisins
 ½ teaspoon masala mix
 salt as required

Prepare rice:

2 cups basmati rice
 1 cube chicken broth (Maggi)
 1 onion finely chopped
 3 cardamom pods
 3 cinnamon sticks
 4 cloves
 salt as required



Garnish:

3 onion sliced
 ½ cup raisins
 ½ cups cashew
 ½ cup freshly chopped coriander
 chopped mint leaves
 saffron threads
 2 tablespoons rosewater

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Preparation:

Chicken Biryani recipe is divided into 5 phases:

Phase 1: Prepare the chicken

1. Mix all ingredients for the chicken sauce and let stand for an hour.
2. Add chicken pieces into the sauce and leave for one hour.
3. Roast the chicken in the oven.

Phase 2: Prepare the chicken mixture

1. In a saucepan fry the onion in vegetable oil.
2. Mixing fresh ginger, green coriander and garlic in the blender and then add to the fried onion.
3. Add yoghurt, sliced tomatoes and raisins with chicken masala and salt to the mixture.
4. Add the roasted chicken pieces in the oven to the mixture, cover and leave on low heat until the mixture is well combined.

Phase 3: Prepare the rice

1. Wash rice and drain water.
2. Fry onion in a saucepan with cardamom and cinnamon sticks and cloves in vegetable oil, then add 3 cups of water over ingredients.
3. When the water starts boiling add the chicken masala, once dissolved add drained rice.
4. Place the lid on the saucepan and leave on a low heat for 15 minutes, until the rice is cooked and put aside.

Phase 4: Prepare the sauce

1. Fry onion and set aside.
2. Fry the cashew and raisins then set aside.
3. Blend the fresh coriander & mint then set aside.
4. Soak saffron in rose water for 15 minutes and set aside.

Phase 5: Serving

1. Put a layer of rice in the plate, then a layer of chicken mixture above it and garnish with the half amount of fried cashew, raisin and onion.
2. Distribute the coriander and mint mixture.
3. Add another layer of rice and garnish with the remaining quantity of cashew, raisin and onion, then sprinkle the dissolved saffron over the biryani dish.



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Meat and Okra Stew

Nutritional value per serving:

- **Calories:** 547kcal
- **Calories from fat:** 356g
- **Fat:** 39.6g
- **Saturated fat:** 14g
- **Cholesterol:** 99mg
- **Potassium:** 10.81mg
- **Salt:** 13.01
- **Carbohydrates:** 25.5g
- **Fiber:** 8.5g
- **Protein:** 27.7g

Preparation:

1. Remove top of okra after washing and drying off water.
2. Heat 3 tablespoons of sunflower oil in a pot over a medium heat.
3. Add okra and stir for 6 minutes.
4. Remove okra from the heat and place on tissue paper to remove excess oil.
5. Re-heat 2 tablespoons of sunflower oil into the same pot.
6. Stir onion and tomatoes in oil, then add to the minced meat with occasional stirring until meat browns.
7. Add water to mixture and wait until boiling.
8. Add the garlic and salt then leave it boiling till the soup level decreases.
9. Warm up the oven.
10. Brush a tray with a little oil.
11. Add the yoghurt, cream, white pepper and minced meat while stirring till fully mixed.
12. Place half of the meat mixture in the tray, place a layer of okra and then place over the remaining quantity of the meat mixture.
13. Drizzle on the surface the remaining spoonful of oil.
14. Bake in the oven for 50-60 minutes.
15. Garnish with sliced tomatoes, lemon and serve.

Ingredients:

- ½ kilo okra
- 6 teaspoons sunflower oil
- 1 onion cut into small parts
- 6 tomatoes (cut into small pieces, not peeled)
- 1 cup minced beef
- 1 cup broth
- 2 cloves garlic minced
- 1 teaspoon salt
- 3 tablespoons skimmed yoghurt
- 3 teaspoons cream
- ½ teaspoon white pepper
- 1 tomato thinly sliced
- 1 lemon thinly sliced



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Sweets





Fresh Fruit with Yoghurt

Nutritional value per serving:

• Calories:	93kcal
• Fat:	0g
• Protein:	3g
• Carbohydrates:	20g
• Fiber:	2g

Preparation:

1. Stir together yoghurt ,honey & fresh orange juice.
2. Place fruit in bowl & pour the yoghurt mix on the fruit.
3. Refrigerate and sprinkle with coconut.

Ingredients:

1 cup low fat yoghurt, 1 teaspoon honey, 1 teaspoon fresh orange juice, 4 cups assorted fruit cubes



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Luqaimat

Luqaimat is a sweet dish common in the Gulf and Middle East, and in some Arab countries called Luqmat Al Qadi, it consists of wheat flour, yeast, sugar and oil.

Luqaimat is low in protein and contains a significant proportion of fat and large amount of carbohydrates.

People suffering from obesity should not eat more than 3-5 pieces.

Using fortified flour (with vitamins & minerals) increases its nutritional value and makes it suitable for children.

Nutritional value per piece:

• Calories:	41kcal
• Fat:	1.4g
• Iron:	too little
• Protein:	0.5g
• Carbohydrates:	6.6g
• Calcium:	very small
• Vitamin A:	none
• Vitamin C:	none
• Phosphorus:	very small
• Dietary Fiber:	none

Ingredients:

1 cup flour
1 cup milk powder
1 can cream
1 teaspoon instant yeast
2 cups of water or as needed
saffron

Preparation:

Sift the flour then add instant yeast, milk powder, buttermilk, water, saffron and mix them all together for 5 minutes. Cover dough for an hour until it ferments well.

Prepare deep frying oil to boil and by your fingertips take a little dough and place it in the oil, after its fried remove it and place it on paper tissue to dry.

Then place it in a dish, add the syrup, sesame or cinnamon or coconut as needed.

Healthy Preparation:

To raise the nutritional value of Luqaimat, we can use molasses "dates' honey" or honey rather than sugar syrup and this makes luqaimat high in minerals and vitamins.

For people who love the taste of sugar syrup, they can dilute it with water and therefore will be less amount of sugar.

People with diabetes can use sugar substitutes to make the sugar syrup.



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Al Khanfaroosh

Al Khanfaroosh is a sweet dish served in events like Ramadan, Eids and festivals. It consists of flour or semolina, eggs, sugar and cardamom oil.

Al Khanfaroosh has a good amount of protein, fat and contains few minerals compared to kebabs, but it's better than Luqaimat and similar to Akili cakes in nutritional value, it also contains high amounts of calcium, phosphorus, potassium and a significant proportion of iron, vitamin A and zinc for growth.



Ingredients:

- 1 cup sugar
- 1 cup semolina
- 1 cup flour with yeast
- rose water
- cardamom
- saffron
- 1 tablespoon debbess (dates syrup)
- 2 eggs

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Nutritional value per piece:

- **Calorie:** 95kcal
- **Fat:** 3g
- **Iron:** 1mg
- **Protein:** 2g
- **Carbohydrates:** 15g
- **Calcium:** 55mg
- **Vitamin A:** 42mg
- **Vitamin C:** none
- **Phosphorus:** 130mg
- **Dietary Fiber:** 0.3g

Preparation:

1. Put all ingredients together in a bowl.
2. Mix well all ingredients with the rose water.
3. Heat the oil in a deep frying pan.
4. Use a spoon to pour the mixture in the form of rings into the frying oil on a low heat, until both sides become golden.
5. Remove it from the oil and place it on tissue in order to absorb the excess of oil and then place it in service plate.

Healthy Preparation:

In order to make Al Khanfaroosh high-value food and beneficial to children, sugar can be replaced with honey or molasses, this makes it the best preferred dessert for people in the Gulf.

For people with heart disease, it can be prepared using egg whites instead of yolk which makes it cholesterol free.



Custard and Muhallabia

Common desserts for all social events and not only addressed in Ramadan. Custard consists of corn starch, milk, sugar and mousse. Muhallabia consists of rice starch, milk and sugar.

They contain a good percentage of calcium, protein and vitamin A.

Nutritional values depend on the amount of milk used.

It's preferable to not use custard mousse and muhallabia with artificial flavors and rely on natural flavors like rosewater & saffron.

They are also beneficial for young children and particularly underweight children, as one cup with added fruit is considered a full meal in case the child rejects their main meal.

Nutritional value per cup:

• Calories:	108kcal
• Protein:	9.2g
• Fat:	2.9g
• Carbohydrates:	17.6g
• Iron:	0.2mg
• Calcium:	136mg
• Vitamin A:	29.4mg
• Vitamin C:	1.7mg
• Phosphorus:	107mg
• Dietary fiber:	0.1mg

Preparation:

1. Dissolve custard, sugar and cinnamon in cold milk.
2. Place the mixture on to the heat, with ongoing stirring, add the cream and continue stirring until boils, continue stirring until it becomes thick.
3. Put the pudding in small serving dishes, and serve cold or hot.

Healthy Preparation:

There's more than one way to raise the nutritional value of custard and muhallabia:

1. Add milk: It's the best way when serving to children, and to reduce the fat, you can use skim or low-fat milk.
2. Increase the amount of nuts: which helps to increase the amount of vitamins & minerals and thus improve health benefits.
3. Add fruits: fresh, not canned.
4. Reduce added sugar or replace it with sugar substitutes.

Ingredients:

- 4 cups milk
- 10 tablespoons custard
- 1 cream
- 1 cup sugar
- ½ teaspoon cinnamon powder



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Al Sago Pudding

Al Sago "El Saco" word of Indian origin for al sago grains "Millet" from which al sago pudding is made. It consists of Al Sago grains, sugar, cardamom and sometimes combined with nuts.

It has poor nutritional value and is not advised for children, adolescents and elderly people as meal replacement.

Al Sago nutritional value will depend on adding nuts as they increase protein content, fat and some minerals.

Al Sago is high in calories, poor in minerals and almost has no vitamins.

Nutritional value per cup:

• Calories:	315 kcal
• Fat:	5.5g
• Iron:	4mg
• Protein:	2.5g
• Carbs:	63g
• Calcium:	44mg
• Vitamin A:	none
• Vitamin C:	none
• Phosphorus:	47mg
• Dietary fiber:	1.2mg

Ingredients:

1 ½ cup of Al Sago grains
(soaked in water for 10-15 min)
4 cups hot water
6 cups sugar
2 tablespoons margarine or butter
saffron
cardamom powder
ginger powder
rose water



Preparation:

1. Put 3 cups of sugar in a saucepan (thick base) and leave it until you get golden color.
2. Carefully add hot water and lightly stir.
3. Add the remaining sugar and stir until caramelised.
4. Add margarine, saffron, cardamom, ginger and stir with wooden spoon.
5. Add Al Sago grains and stir on a medium heat until the sago pearls become translucent and the mixture thickens.
6. Stir before serving, add rosewater as preferred.

Healthy Preparation:

There is more than one way to raise the nutritional value of Al Sago:

1. Add milk: this makes it similar to muhallebia in nutritional value and this is the best way to prepare it for children, and if you want to reduce fat you can use skimmed or low-fat milk.
2. Increase the amount of nuts: this helps to increase vitamins and minerals and thus improve health benefits.
3. Use light color honey instead of sugar: preferably for people with diabetes and heart disease to replace sugar with sugar substitutes, this reduces the amount of carbohydrates.

kcal = kilo calories; g = grams; mg = milligrams

Reference

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Qatayef with cream

Nutritional value per serving:

- **Calories:** 108kcal
- **Calories from Fat:** 28g
- **Total Fat:** 3.1g
- **Saturated Fat:** 0.7g

For the dough:

- 2 ¼ cups plain flour
- 6 grams fast action dried yeast
- 1 ½ teaspoons sugar
- 1 ½ cups semi skimmed milk
- 1 ½ cups water

For the filling (Kishta):

- 2 cups semi skimmed milk
- 7 ½ tablespoons corn flour
- ¼ cup granulated sugar
- 3 tablespoons double cream, stiffly whipped
- 2 tablespoons rose water
- 1 teaspoon vanilla essence
- 1 cup chopped pistachios

Preparation:

To make filling:

1. Mix corn flour gradually with milk and sugar then bring it to boil in a medium sized, heavy bottomed pan.
2. Stir continually until the mixture thickens, add the remaining ingredients and remove from the heat. Spoon the mixture into a bowl and refrigerate until cold.

To make the dough:

1. Mix all the ingredients and allow to sit for 30-40 minutes.
2. Ladle approximately 2 tablespoons of the mixture at a time onto a lightly greased, hot frying pan/skillet and cook until full of bubbles - only cook ONE side.
3. After cooking all of the pancakes, let them cool a little.
4. To assemble, gently fold in half & pinch the bottom half edge together - so that you have an opening to place the cream but the rest is sealed.
5. Using a piping bag, fill each pancake with the cooled cream (Kishta), before dipping the open ends in the chopped pistachios.



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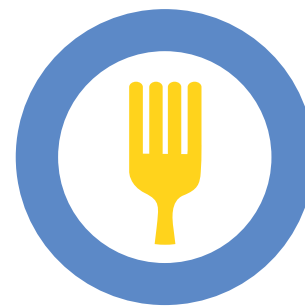
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Bread & Muffins





Banana Bread

Nutritional value per serving:

• Calories:	141 (34% from fat)
• Fat:	5.4g
• Protein:	2.4g
• Carbohydrates:	21.2g

Ingredients:

2 cups all-purpose flour
 2 teaspoons low-sodium baking powder
 ½ teaspoon baking soda
 ½ teaspoon cinnamon
 1 ½ cups slice bananas (3 ripe bananas)
 1 egg
 ⅓ cup canola oil
 2 tablespoons sugar
 ½ cup unsweetened orange juice
 nonstick cooking spray

Preparation:

1. Preheat oven to 176c.
2. Combine the flour, baking powder, baking soda, and cinnamon in a bowl. Stir to blend.
3. Puree the bananas in a blender.
4. Add the bananas and remaining ingredients and mix well.
5. Pour into a loaf pan that has been sprayed with nonstick cooking spray.
6. Bake for 40 to 50 minutes.
7. Cool on a wire rack.



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Banana Muffins

This recipe is Gluten Free

Nutritional value per serving:

• Calories:	125.81kcal
• Fat:	6.2g
• Protein:	2.5g
• Carbohydrates:	17.4g
• Fiber:	0.5g

Ingredients:

½ cup (125 ml) margarine
 ½ cup (125 ml) brown sugar
 1 teaspoon (5 ml) vanilla
 2 eggs
 ¼ cup (50 ml) sour cream
 1 cup (250 ml) mashed bananas
 ¾ cup (175 ml) brown rice flour

½ cup (125 ml) potato flour
 ¼ cup (50 ml) low fat soy flour (I used tapioca flour)
 2 teaspoons (10 ml) baking powder
 ¼ teaspoon (1ml) salt

Preparation:

1. Preheat oven to 204c.
2. Cream butter, sugar and vanilla until light and fluffy.
3. Add eggs one at a time, with beating well after each.
4. Add sour cream and bananas and mix well.
5. Sift the dry ingredients and add to mixture.
6. Pour into non-stick muffins tin, ¾ full and bake for 15-20 minutes.



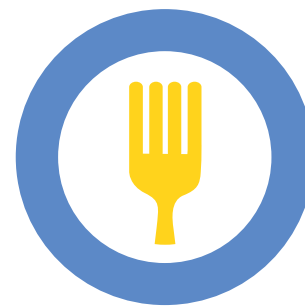
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Fruit Muffins

This muffin has no added sugar, just what's in the fruit.

Nutritional value per serving:

- **Calories:** 148.3kcal
- **Fat:** 4g
- **Protein:** 3g
- **Carbohydrates:** 27g

Ingredients:

- 1 cup chopped dates
- ½ cup margarine
- ¼ teaspoon salt
- ½ cup raisins
- ½ cup chopped prunes (dried)
- 1 cup water
- 2 eggs, beaten
- 1 teaspoon vanilla
- ½ cup chopped nuts

- 1 cup flour
- 1 teaspoon baking soda

Preparation:

1. Combine dates, raisins, prunes and water and boil for 5 minutes.
2. Stir in margarine and salt while hot, and let it cool.
3. Add eggs, vanilla and walnuts.
4. Mix flour and soda together in a separate bowl, then add to wet mixture.
5. Stir until just moist.
6. Spoon into greased muffin tins.
7. Bake in the oven at 176 c for 15 minutes.



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Pumpkin Low Calorie Muffins

Nutritional value per serving:

- **Calories:** 115kcal
- **Fat:** 2g
- **Protein:** 6g
- **Carbohydrates:** 19g

Ingredients:

2/3 cup fat free dry milk
 6 tablespoons flour
 1 teaspoon baking soda
 2 teaspoons pumpkin pie spice
 1 teaspoon cinnamon
 2 eggs
 1 cup canned pumpkin
 1 teaspoon vanilla
 1/2 cup grated carrots or zucchini
 4 tablespoons raisins
 sugar substitute equal to 12 teaspoons sugar

Preparation:

1. Combine sifted dry ingredients in a bowl.
2. Combine wet ingredients in a separate bowl.
3. Add dry ingredients to wet ingredients slowly.
4. Bake at 176 c for 20 minutes.



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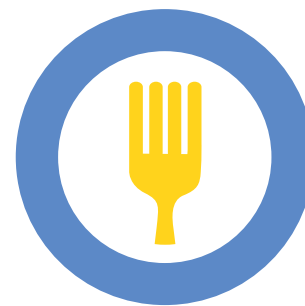
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Cakes





Low Carb New York Ricotta Cheesecake

Number of Servings: 12 - Preparation time: 30 minutes - Cooking time: 1 hour 45 minutes
Inactive preparation time 8 hour

Nutritional value per serving:

- **Calories:** 299kcal
- **Fat:** 28g
- **Carbohydrates:** 7g

Ingredients:

680.5 g (24 ounces) cream cheese, softened
1 cup extra-fine whole milk ricotta cheese
½ cup sour cream
1 ½ cups sugar substitute
⅓ cup heavy cream
1 tablespoon no sugar added vanilla extract
1 tablespoon fresh lemon juice
2 eggs
3 egg yolks

Preparation:

1. Preheat oven to 204c.
2. Spray the springform pan with nonstick vegetable oil cooking spray. Set aside.
3. In a shallow roasting pan big enough to fit the cake pan, pour about 1-inch of water and place it on the center rack of the oven to preheat.

4. In the electric mixer, beat softened cream cheese, ricotta, sour cream and sugar substitute on low speed for about 1 minute until well blended.
5. In a separate bowl, using a wire whisk, mix heavy cream, vanilla, lemon juice, eggs, and egg yolks until blended.
6. Turn the mixer on medium speed, and slowly pour the egg mixture into the cream cheese mixture. Beat just until blended and then turn off; be careful not to over- whip.
7. Pour butter into the greased springform pan. Place pan into the heated water bath. Bake for 15 minutes, and then lower the oven temperature to 135c.
8. Continue baking for one and a half hours or until top is light golden brown and cake is pulling away from the sides of the pan.
9. Turn the oven off when finished cooking and leave the cake in the oven to cool for 3 more hours. (This will keep the cake nice and tall), then remove cake and refrigerate before serving.
10. Serve chilled.



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Carrot Pineapple Cake

Preparation time: 30 minutes - Cooking time: 45 minutes



Nutritional value per serving:

- **Calories:** 329g
- **Fat:** 19.1g
- **Cholesterol:** 42mg

Ingredients:

- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 teaspoons ground cinnamon
- 1 ¾ cups white sugar
- 1 cup vegetable oil
- 3 eggs
- 1 teaspoon vanilla extract
- 2 cups shredded carrots
- 1 cup flaked coconut
- 1 cup chopped walnuts

- 1 (8 ounce) can crushed pineapple, drained
- 1 (8 ounce) package cream cheese
- ¼ cup butter, softened
- 2 cups confectioners' sugar

Preparation:

1. Preheat oven to 175 c.
2. Grease and flour the pan.
3. Mix flour, baking soda, baking powder, salt and cinnamon. In the center add sugar, oil, eggs and vanilla. Mix with wooden spoon until smooth.
4. Add carrots, coconut, walnuts and pineapple.
5. Pour into the pan. Bake at 175 c for about 45 minutes. Don't panic, the center will shrink a little. Allow to cool.
6. To cover, mix butter and cream cheese until smooth. Add the confectioners' sugar and beat until creamy.

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Lazy Daisy Cake

Nutritional value per serving:

• Calories:	163kcal
• Fat	2g
• Protein:	3g
• Carbohydrates:	33g
• Fiber:	Trace

Ingredients:

2 eggs
 1 teaspoon vanilla
 1 cup all purpose flour
 1 teaspoon baking powder
 ½ cup 1% milk
 1 cup granulated sugar
 2 teaspoons butter or margarine
 pinch of salt

Preparation:

- 1 In a bowl beat together eggs, sugar, and vanilla until light and fluffy.
- 2 Combine flour, baking powder, salt and set aside.
- 3 Heat the milk, stir in butter until melted.
- 4 Add eggs mixture alternately to flour mixture (begin and end with flour).
- 5 Pour the butter into lightly greased or non stick round backing pan.
- 6 Let it cool on a wire rack for 10 minutes before removing from pan.



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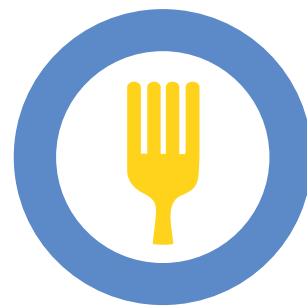
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Drinks





Banana-Orange Smoothie

This recipe is Gluten-free.

Nutritional value per serving:

- **Calories:** 131kcal
- **Protein:** 6g
- **Carbohydrates:** 27g
- **Fat:** 0.31g

Ingredients:

1 cup artificially sweetened,
vanilla-flavored fat free yoghurt
½ cup fat free milk
1 cup unsweetened orange juice
1 medium banana
1 cup ice cubes
Sugar substitute equal to ¼ cup sugar

Preparation:

Combine all ingredients and blend until smooth.



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Lemonade

Nutritional value per serving:

- **Calories:** 38kcal
- **Fat:** 0g
- **Protein:** 0g
- **Carbohydrates:** 11g

Ingredients:

- 2 ²/₃ cups fresh lemon juice (9 to 12 large lemons)
- 5 ¹/₃ cups cold water
- 10 ¹/₂ to 12 ¹/₂ teaspoons artificial sweetener

Preparation:

Mix all ingredients together and blend.



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Smoothie Fruit Drink

This recipe is Gluten-free.

Nutritional value per serving:

- **Calories:** 368kcal
- **Protein:** 22g
- **Carbohydrates:** 60g
- **Fat:** 6g

Ingredients:

1 cup plain yogurt
 1 cup low fat buttermilk
 ½ cup frozen strawberries
 frozen orange juice concentrate, 1 teaspoon (10g)

Preparation:

Blend all ingredients thoroughly and add enough crushed ice to make a "smoothie."



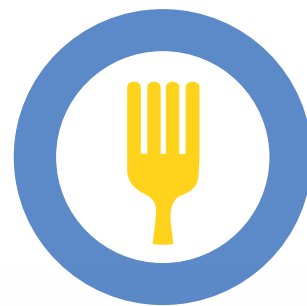
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Deep Dark Hot Chocolate

Nutritional value per serving:

- **Calories:** 120kcal
- **Protein:** 9g
- **Carbohydrates:** 16g
- **Fat:** 3g

Ingredients:

- 1 tablespoon unsweetened cocoa powder
- 4 teaspoon artificial sweetener
- 2 tablespoons hot water
- 1 cup 1% milk

Preparation:

1. Place the cocoa powder and artificial sweetener into a microwaveable mug.
2. Add the hot water and stir until smooth.
3. Pour in the milk and stir again.
4. Microwave on high for 1 ½ minutes or until hot. (Do not boil.)



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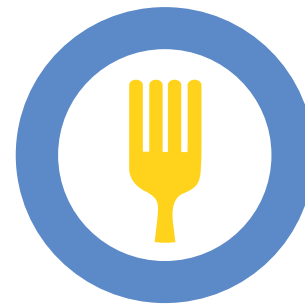
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Instant Cocoa Mix



Nutritional value per serving:

- **Calories:** 104kcal
- **Fat:** 2g
- **Protein:** 8g
- **Carbohydrates:** 17g

Ingredients:

- 2 cups nonfat dry milk powder
- ½ cup lower-fat powdered nondairy creamer
- ½ cup unsweetened cocoa powder
- 10 sachets artificial sweetener
- ¾ teaspoon ground cinnamon (optional)

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Preparation:

1. For cocoa mix, stir together milk powder, nondairy creamer, cocoa powder, artificial sugar and if desired cinnamon.
2. Cover and store in an airtight container.
3. For each serving, in a heat-proof mug add ¾ cup boiling water to ⅓ cup cocoa mix.
4. Stir to dissolve.

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Cranberry Sorbet

8 servings, 1 serving = 1 cup

Nutritional value per serving:

- **Calories:** 50kcal
- **Fat:** 0g
- **Protein:** 3g
- **Carbohydrates:** 9g

Ingredients:

3 cups low calorie cranberry juice cocktail
 1 package raspberry flavor (4-serving size)
 1 cup cold evaporated skim milk
 Low calorie gelatin dessert

Preparation:

1. Bring 1½ cups of the cranberry juice to boil in saucepan. Stir into gelatin in large bowl 2 minutes or until dissolved.
2. Stir in remaining 1½ cups juice and milk.
3. Pour into a pan. Freeze 1½ hours or until frozen 1 inch from edges.
4. Spoon into food processor container; cover. Process until smooth. Pour into bowl; cover.
5. Freeze for 3 hours or until firm. Scoop into dessert dishes.



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Ramadan Options





Healthy eating during Ramadan



The following are suggested dishes for healthy eating during Ramadan.

Soups

- Lentil Soup
- Vegetable Soup
- Chicken Soup
- Onion Soup
- Asparagus Soup

Salads

- Fattoush
- Cucumber & Yoghurt Salad
- Oriental Salad
- Cucumber & Radish Salad
- Cabbage Salad (Coleslaw)
- Tabouli Salad

Main Dishes

- AL Thareed
- Al Harees
- Hummus (Chickpeas with Tahina)
- Chicken Biryani
- Meat & Okra Stew

Sweets

- Luqaimat
- Al Khanfaroosh
- Custard and Mulhallabia
- Al Sago Pudding
- Qatayef with cream



Healthy eating during Ramadan



Following are some considerations for eating healthy during Ramadan.

- Divide your food into 4 meals: Iftar, Sahoor and 2 snacks in between.
- Avoid overeating during Iftar.
- Delay Sahoor as much as possible.
- Eat plenty of fresh fruits and vegetables.
- Avoid excessive salt intake and all salty and spicy foods.
- Avoid heavy and fatty meals which are calorie rich and may cause weight gain.
- Minimize sweets intake and replace with fresh fruits.

- Avoid soft drinks and artificial juices.
- Be physically active after Iftar.
- Never omit the Iftar and Sahoor.
- Drink plenty of water between Iftar and Sahoor.
- Use Ramadan recipes to prepare healthy dishes.

** Check blood sugar as advised by the doctor.*

Healthy Iftar

- Break the fast with some dates (3).
- Drink room temperature water, not cold.

- Have a bowl of warm soup preferably vegetables soup.
- Have your main meal after half an hour (use the healthy plate).
- Avoid overconsumption of tea and coffee.

Healthy Sahoor

- Delay Sahoor as much as possible.
- It should contain all major food groups preferably slow digesting food and carbohydrates.
- Avoid salty foods such as pickles and salty cheese, spicy food, canned food and fast food.
- Drink plenty of water

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