

## Baba Ghanoush

Cook Time: 35 mins

Prep Time: 15 mins

1 large eggplant

¼ cup tahini, plus more as needed

3 garlic cloves

¼ cup fresh lemon juice, plus more as needed

1 pinch ground cumin

salt, to taste

1 tbsp extra-virgin olive oil

1 tbsp chopped fresh flat-leaf parsley

¼ cup brine-cured black olives, such as kalamata

Preheat oven to 375°F.

Peel and quarter eggplant, drizzle with olive oil and roast in oven until golden brown (about 20 minutes).

Remove from oven and let cool slightly before mashing to a paste with a fork.

Add the ¼ cup tahini, garlic, ¼ cup lemon juice, and cumin. Mix well.

Season with salt, taste and add more lemon juice or tahini, if needed.

Transfer the mixture to a serving bowl and spread with the back of a spoon to form a shallow well.

Drizzle olive oil over the top and sprinkle with parsley. Place olives around the sides.

Serve at room temperature with fresh, warm or toasted pita bread.

## Hummus

Prep time: 10 mins

1 – 16 oz can of chickpeas or garbanzo beans

¼ cup liquid from can of chickpeas

3-5 tbsp lemon juice (depending on taste)

1 ½ tbsp tahini

2 cloves garlic, crushed

½ tsp salt

2 tbsp olive oil

Drain chickpeas and set aside liquid from can. Combine remaining ingredients in blender or food processor. Add ¼ cup of liquid from chickpeas. Blend for 3-5 minutes on low until thoroughly mixed and smooth.

Transfer the mixture to a serving bowl and spread with the back of a spoon to form a shallow well.

Drizzle olive oil over the top and sprinkle with parsley.

Serve at room temperature with fresh, warm or toasted pita bread.

VARIATIONS: Add a sliced red chili or cayenne pepper for spicier hummus

## Tapenade

Prep Time: 10 mins

1 red onion  
20 pitted Kalamata olives, coarsely chopped  
1 tbsp rinsed, drained and chopped capers  
1 tsp fresh lemon juice  
2 tsp olive oil  
½ tsp anchovy paste (optional)  
fresh cracked black pepper

Combine all ingredients and mix well.

Serve at room temperature with fresh, warm or toasted pita bread.

## Feta and Ricotta Stuffed Tomatoes

Cook Time: 25 mins

Prep Time: 15 mins

8 tomatoes (one for each guest)

5 oz crumbled feta

5 oz ricotta

2 oz toasted pine nuts

10 pitted black olives

fresh oregano (or dry, depending on availability)

black pepper

½ cup of bread crumbs

Preheat oven to 350°F.

Cut top quarters off tomatoes. Scoop out insides (dice up and place in bowl). Combine diced tomatoes with crushed pine nuts, cheeses, diced olives, bread crumbs and herbs.

Scoop into the hollowed tomatoes, piling the tops high.

Bake for 20-25 mins

## Shrimp sautéed with Spinnach

Cook Time: 15 mins

Prep Time: 10 mins

Olive oil

1 red onion, diced

1 red bell pepper, seeded and diced

1 clove garlic, chopped

1 handful spinach, roughly chopped

2 tbsp white wine

1 lemon, juice only

salt and pepper to taste

1 package shrimp, peeled and de-veined

Add a little oil to a large pan. Sauté onion, pepper and garlic. Add wine and spinach and cook on low.

In a separate pan, sauté prawns in oil until pink and then add to first pan.

Squeeze lemon over mixture and season to taste.

Garnish with lemon wedges and serve immediately.