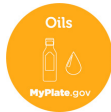


Black Bean Falafel

Prep Time: 15 minutes Total Time: 45 minutes



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Ingredients

- 1 cup drained and rinsed black beans
- ½ cup onion, diced
- ¼ cup all-purpose flour
- 2 garlic cloves, minced
- 2 tablespoons olive oil
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon coriander
- 1 teaspoon cumin
- ⅓ teaspoon salt



Directions

1. Preheat oven to 375 F.
2. Combine beans, onion, flour, garlic, parsley, cumin, and coriander in a bowl and mash with a fork until thoroughly combined.
3. Pour in the olive oil and combine.
4. Spoon out falafel mixture into balls about 1 inch in diameter and place them onto an oiled or parchment paper-lined baking sheet, leaving about 1 inch of space in between each falafel ball.
5. Bake for 30 minutes, flipping them halfway through.

Nutrition Facts	
4 servings per container	
Serving size	4 falafels (59g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 151mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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(Recipe adapted from: <https://www.marystestkitchen.com/vegan-baked-black-bean-falafel/>).

Veggie Bulgur & Harissa Sauce

Prep Time: 15 minutes Total Time: 35 minutes



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Ingredients

1 cup dry bulgur
2 cups water
½ cup red bell pepper, diced
½ cup carrot, diced
½ cup spinach, chopped
¼ cup onion, diced
2 garlic cloves, minced
2 tablespoons olive oil
⅓ teaspoon salt



6 tablespoons plain Fat Free Greek yogurt
2 tablespoons mild Harissa
1 teaspoon lemon juice
⅓ teaspoon salt



Directions

1. Bring 2 cups of water to a boil in a medium saucepan and add in the salt.
2. While waiting for the water to boil, prepare the Harissa sauce by combining the Greek yogurt, Harissa, lemon juice, and salt and mix together.
3. Once the water has come to a boil, stir in the bulgur, cover the pan with a tight-fitting lid, and remove the pan from the heat. Let it sit for 20 minutes.
4. Heat a large skillet over medium-low heat and add the olive oil and onions.
5. Cook the onions for 3-5 minutes, or until translucent.
6. Add in the carrots, red bell pepper, and garlic and cook for 8-10 minutes.
7. Add in the spinach and cook for 3-5 minutes.
8. When the vegetables and bulgur are done, combine them together.



Nutrition Facts	
4 servings per container	
Serving size	3/4 cup
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 21g	8%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 1mg	6%
Potassium 200mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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(Recipe adapted from: <https://rouxbe.com/recipes/2874-mixed-vegetable-bulgur>).

(Recipe adapted from: <https://mealplans.cooksmarts.com/recipes/1529-black-bean-falafel?>).

Middle Eastern/Arabic

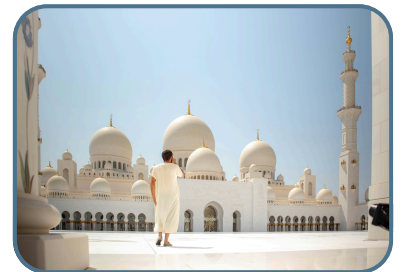
Food and Eating Practices

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- Comprised of 13 million square kilometers, the Arabic/Middle East is 1.3 times the size of the United States (including Alaska and Hawaii)!
- Primary languages spoken in this region include Arabic, English, Persian, and Turkish.

Overview of Common Foods

- **Staples**
 - Dates, figs, fava beans, chickpeas, barley, olive oil, bread, rice, tomatoes, cheese, pomegranate, tomato, eggplant
- **Produce**
 - Dates, grape leaves, spinach, cabbage, onion, garlic, squash, eggplant, okra, tomato, carrot, chard, lemon
- **Animal products**
 - Lamb, mutton, goat, chicken, fish, shrimp
- **Herbs/spices/seasonings**
 - Cumin, coriander, isot, oregano, mint, tahini, parsley, dill, cinnamon, sumac, za'atar, baharat



Agricultural Products of Country/Region

- Produces olives, grapes, barley, wheat, legumes, and other fruits and vegetables during cooler, wetter months.
- Known for production of livestock, specifically sheep and goat.

Other Useful Information About This Culture

- Religious individuals tend to believe in spiritual healing and often believe that following a proper diet will protect them from disease and ailments.
- Muslim individuals may participate in Ramadan, and will fast from dawn to dusk.
- There is a set of Islamic dietary laws that prohibit the consumption of pork and alcohol, but also emphasizes the use of ethical and moral production techniques of livestock. Following the actions described under Islamic dietary laws is deemed the term “*Halal*” or “permissible”

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