

FADAL FAMILY

Recipes



TAMSEN FADAL

Lebanese Fattoush Salad

MAKES 2 SERVINGS

As a kid we ate this on Saturday nights after being out in the hot sun all day—it's so refreshing and I love the crunch. Today I make it when I'm in a hurry because it's super easy. If you'd like to add some protein, mix in a half-can of drained and rinsed chickpeas (or a whole can for extra protein).

Ingredients

- 2 pita breads
- 4 cups mixed greens (I like a blend of romaine lettuce, parsley, and mint)
- 4 Roma tomatoes
- 2 small cucumbers or 1 large cucumber
- 4 radishes
- 4 scallions
- 1/4 cup lemon juice (about 2 lemons)
- 1/4 cup organic extra virgin olive oil
- 1 tablespoon ground sumac*, optional
- 1 teaspoon sea salt

Directions

1. Heat oven to 350 degrees. Separate each pita into 2 rounds, and bake on cookie sheet for about 5 minutes, or until very crisp but not browned.
2. Meanwhile, dice all vegetables and place in a large bowl.
3. In a small bowl, mix lemon juice, olive oil, sumac, and salt for the dressing.
4. Toss the salad with the dressing just before serving.
5. Break the toasted pita into bite-sized pieces and add to the bowl or allow people to add it themselves.

* Ingredient note: Sumac is a red berry that grows throughout the Mediterranean region. It has a bright, acidic taste with floral notes—some people describe it as tasting like a smoked lemon. It's often available at regular grocery stores—perhaps in the international aisle—and is definitely available online and at Middle Eastern grocery stores.

Tabbouleh

MAKES 2 SERVINGS

Another refreshing salad that pairs well with fattoush, baba ganoush, and grape leaves. I love the satisfying chewiness of bulghur wheat, but if you're trying to avoid gluten—or have some leftover quinoa to use up—quinoa makes a great substitution.

Ingredients

- 2 bunches fresh parsley, de-stemmed
- 4 Roma tomatoes
- 2 small cucumbers or 1 large cucumber
- 4 scallions
- 1/2 cup bulgur wheat (or 1 cup cooked quinoa, for gluten-free option)
- 1/4 cup lemon juice (about 2 lemons)
- 1/4 cup organic extra virgin olive oil
- 1 teaspoon sea salt

Directions

1. In a small bowl, soak the bulgur wheat in hot water until softened (about 15 minutes), then drain. If using quinoa, rinse it well under running water before cooking according to package directions.
2. Finely chop parsley, tomatoes, cucumber, and green onions.
3. Mix the vegetables and bulgur wheat in a medium bowl.
4. Add lemon juice, olive oil, and salt to the salad, then toss to combine.

Baba Ghanoush

MAKES 4 SERVINGS

“Baba ghanoush” literally means “spoiled daddy,” and my Dad loves this dish so much I love to spoil him by making it for him whenever we are together. It’s creamy, smoky, and definitely my favorite use of eggplant. If it’s summer time, roast the eggplants on the grill instead of in the oven—the smokiness will take the flavor over the top.

Ingredients

- 2 large eggplants, washed, dried, and pricked all over with a fork
- 1/4 cup tahini
- 2 garlic cloves (minced)
- 1/4 cup lemon juice (about 2 lemons)
- 2 tablespoons organic olive oil
- 1 teaspoon sea salt

Directions

1. Roast the eggplants whole on a foil-lined baking sheet at 400°F (200°C) until the inside is soft, about 40-50 minutes, depending on size of eggplant. Turn the eggplants every 20 minutes to insure even cooking. Once soft all the way through (the eggplants will collapse and look deflated—this is perfectly OK), remove from oven and let cool at least 20 minutes.
2. Using a spoon, scoop out the eggplant flesh and place in a blender container.
3. To the blender, add tahini, garlic, lemon juice, and salt.
4. Blend until smooth, pour out into a serving bowl, then drizzle with olive oil.

Lebanese Lentil Soup (Shorbat Adas)

MAKES 2 MEAL-SIZED SERVINGS; 4 APPETIZER-SIZED SERVINGS

Soup is just good for the soul, and the red lentils make this version an excellent source of plant-based protein and fiber. Don't worry though—it doesn't taste 'healthy.' I like stirring in a spoonful of Greek yogurt and a splash of hot sauce before eating.

Ingredients

- 2 tablespoons organic extra virgin olive oil
- 1 large onion, peeled and chopped
- 2 garlic cloves, peeled and minced
- 1 teaspoon ground cumin
- 3/4 teaspoon turmeric
- 6 cups water or vegetable broth
- 1 cup red lentils
- 1/4 cup lemon juice (about 2 lemons)
- 1 teaspoon sea salt
- Fresh cilantro for garnish

Directions

1. Heat oil in a medium soup pot on medium low, then add onions and cook until soft.
2. Once the onions have softened, add the garlic, cumin, and turmeric and cook while stirring until fragrant, about a minute. Add the water or vegetable broth and raise heat to medium-high.
3. Rinse and drain the lentils, then add them to the soup. Once the soup comes to a boil, reduce and simmer for approximately 35 minutes.
4. Purée if desired.
5. Add lemon juice and salt to taste and garnish with cilantro.

Lebanese Stuffed Grape Leaves

MAKES 10 APPETIZER SERVINGS

Grape leaves always remind me of family time. I have spent hours and hours in the kitchen with my grandmother and my mother and my dad rolling grape leaves. In fact, when we lived in Texas, we used to have grape leaves growing in the backyard along the fence—talk about local cuisine!

I love the fact that you can also pop them on top of a salad cold the next day drizzled with a little olive oil and they taste even better.

Ingredients

- 1 jar grape leaves (about 40 leaves)
- 1 cup uncooked rice or quinoa, rinsed in cold water until the water runs clear
- 2 Roma tomatoes, finely chopped
- 1 bunch parsley, finely chopped, about 1 cup
- 1/4 cup fresh mint, finely chopped
- 1/4 cup pine nuts, finely chopped
- 1/4 cup lemon juice (about 2 lemons)
- 1/4 cup organic extra virgin olive oil
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper

Directions

1. Mix rice, tomatoes, parsley, mint, and pine nuts.
2. Place about a tablespoon of the mixture on each grape leaf, in the center near the bottom stem, fold in the side of the leaf over the stuffing, and then roll tightly.
3. Arrange the stuffed leaves, seam side-down, in a medium-sized pot, add lemon juice, olive oil, and enough water to just cover the grape leaves.
4. Cover and bring gently to a boil.
5. Reduce heat and simmer for about 45 minutes until the rice is cooked and leaves are tender.

Lebanese Spicy Potatoes (Batata Harra)

MAKES 4 SERVINGS

These savory potatoes are better than French fries--I'm not kidding! The chili flakes, garlic, cilantro, and lemon juice make these a taste sensation you'll crave. You may never make plain roasted potatoes again.

Ingredients

- 4 large Yukon gold potatoes (peeled and cubed)
- 2 tablespoons organic extra virgin olive oil (divided)
- 1 teaspoon chili flakes
- 4 garlic cloves (minced)
- 1 bunch cilantro (chopped, about 1 cup)
- 1 teaspoon sea salt
- lemon juice (to taste)

Directions

1. Cube potatoes and toss with 1 tablespoon olive oil, salt, and chili flakes.
2. Roast on baking sheet at 400°F until crispy, about 25-30 minutes. When cool, pour potatoes into a serving bowl.
3. Sauté minced garlic and cilantro over medium heat in remaining tablespoon olive oil until fragrant.
4. Add the garlic and cilantro mixture to the potatoes and toss. Season with additional salt and lemon juice to taste.

Lebanese Moussaka (Maghmour)

MAKES 4-6 SERVINGS

With this hearty dish, you'll never miss the meat. I look for no-sugar-added tomato sauce, such as the 365 brand's Roasted Garlic version, or the marinara sauce from Primal Kitchen.

Ingredients

- 2 pounds eggplant
- 1/4 cup extra virgin olive oil
- 3/4 teaspoon salt
- 1/4 cup extra virgin olive oil
- 1 onion, thinly sliced
- 4 garlic cloves, thinly sliced
- 1 can chickpeas, rinsed and drained
- 4 Roma tomatoes, chopped
- 1-1/2 cups tomato sauce
- 1 teaspoon cumin
- 1 teaspoon salt, plus more to taste
- 1/2 teaspoon black pepper
- 1/4 cup flat-leaf parsley, chopped (for garnish)

Directions

1. Preheat the oven to 425°F. Peel the eggplants in a zebra stripe pattern, then cut them into 1-inch cubes.
2. Place the chopped eggplant in a baking dish and toss with olive oil and salt. Roast for about 25 minutes, flipping if necessary, until they are tender and golden brown.
3. Remove eggplant from oven and reduce heat to 350°F.
4. While the eggplant is roasting, sauté onions, garlic, and a pinch of salt in the olive oil over medium heat, stirring occasionally, until the onions are soft and translucent.
5. Add the drained chickpeas and the diced tomatoes and cook until the tomatoes release their juice, about a minute.
6. Add the tomato sauce, one cup water, cumin, salt, and black pepper. Stir and bring the mixture to a simmer.
7. Pour the sauce on top of the roasted eggplant directly in the pan they cooked in, making sure to gently loosen them so that the sauce spreads evenly.
8. Cover with foil and bake at 350°F for about 20 minutes, or until the sauce is bubbling and thickened.
9. Cool before serving, and garnish with plenty of parsley.

Spicy Baked Fish (Samke Harra)

MAKES 4 SERVINGS

Easy enough for a regular weeknight dinner but special enough for company, this dish will transport you to the Mediterranean. Pair it with fattoush salad or tabbouleh for a complete—and completely delicious—meal.

Ingredients

- 4 fish filets (sea bass preferred, but can use snapper or cod)
- 1/4 cup organic extra virgin olive oil
- 4 garlic cloves (minced)
- 1/4 cup lemon juice (about 2 lemons)
- 2 teaspoons paprika
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- 1/2 cup tahini
- 1 clove garlic, minced
- 1 teaspoon salt
- Juice of 1 lemon
- 1/4 cup cold water
- Small handful chopped cilantro for garnish

Directions

1. Marinate fish filets in a mixture of olive oil, minced garlic, lemon juice, and spices for 15 to 20 minutes.
2. While the fish is marinating, make the tahini sauce by whisking all remaining ingredients together in a bowl. The cold water will break up any lumps in the tahini.
3. Place the fish in a baking dish (leave marinade behind) and bake at 375°F (190°C) for about 20 minutes until the fish is cooked through.
4. Pour the tahini sauce on a platter and lay the fish filets on top to serve. Top with chopped cilantro leaves.