

Margog A Middle Eastern Stew

Serves 6

INGREDIENTS

FOR STEW:

½ onion, chopped
2 garlic cloves, ground
1 tablespoon olive oil
1 pound chicken breast, cut into pieces (or omit to make vegetarian)
2 teaspoons cumin seeds
2 teaspoons turmeric
1 teaspoon coriander
2 teaspoons ginger
¼ teaspoon salt
½ cup hot water
1 diced carrot
½ zucchini, chopped
½ eggplant, chopped

FOR DOUGH SQUARES:

2 cups white flour
½ cup cold water
⅛ teaspoon salt
½ teaspoon black pepper
Olive oil for brushing

DIRECTIONS

1. Mix flour with ½ cup cold water, ⅛ teaspoon salt and ½ teaspoon black pepper, knead flour and water to make soft dough and roll out flat with rolling pin. Cut into squares and brush with oil. Bake at 350° F in oven until lightly toasted.
2. Sauté onion and garlic with 1 tablespoon of olive oil in a large pan until tender. Add chicken and cook until chicken has an internal temperature of 165° F.
3. Add cumin seeds, turmeric, coriander, ginger and salt to the pan and stir for 2 minutes.
4. Pour hot water over mixture, then add the carrots, zucchini and eggplant and cook until soft.
5. Add the dough squares to the broth and serve.

NUTRITION: (Includes chicken)

Calories 280
Protein 22 g

Phosphorus 226 mg
Potassium 483 mg

Sodium 185 mg

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Spiced Salmon A Fusion of Flavors

Serves 4

INGREDIENTS

½ cup olive oil (for marinade)
2 tablespoons olive oil (for cooking)
¼ cup lemon juice
1 tablespoon white vinegar
1 tablespoon honey
4 teaspoons minced garlic
4 teaspoons minced ginger
¼ teaspoon paprika
½ teaspoon cumin
½ teaspoon pepper or chili powder
⅛ teaspoon salt
2 salmon fillets (6 ounces each)

DIRECTIONS

1. Prepare the marinade: add olive oil, lemon juice, vinegar, honey and spices in a mixing bowl and whisk to combine.
2. Slice each salmon fillet lengthwise to make 4 separate 3-ounce pieces of salmon. Add the salmon to the bowl, making sure that all the salmon is covered with the marinade.
3. Cover the bowl and refrigerate for 30-60 minutes, then remove from refrigerator and let sit at room temperature for 10 minutes.
4. Heat oil in a large skillet pan over medium-high heat. Place the salmon fillets in the pan and cook them for about 4 minutes on each side, or until salmon reaches 145° F.

NUTRITION:

400 calories
18 g protein

250 mg phosphorus
375 mg potassium

115 mg sodium

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