

# Home Prep

## MENU EXAMPLES

Options Change With the Seasons

### The Essentials:

- **Classic Tahini | Garlicky Green Tahini**
- **Classic Hummus | Tahini Hummus | Sunchoke Hummus**
- **Baba Ghanoush**
- **Labneh**
- **Matbucha**
- **Schug**
- **Creamy Whipped Feta**

### Salads:

- **Creamy Fennel and Celery Slaw**
- **Fattoush**
- **Everything but the Bagel Salad**
- **Israeli Salad** Tomatoes, Lebanese Cucumber, Purple Cabbage, Fresh Herbs, Pomegranates, Lemon and Olive Oil
- **Tahini ColeSlaw** Tahini Dijon Dressing
- **Edamame and Red Cabbage** Sesame Oil Vinaigrette, Toasted Sesame Seeds
- **Grilled Halloumi and Fig Salad** Toasted Hazelnuts, Honey Dijon Vinaigrette
- **Moroccan Carrot Salad** Medjool Dates
- **Raw Carrot Salad** Citrus Dijon Dressing
- **Red Tabbouleh** Beetroot, Bulgar, Mixed Green Herbs, Feta, Walnuts, Lemon Vinaigrette
- **Orzo Pasta Salad**
- **Chicken, Apple, and Almond Salad**
- **Egg Salad**
- **Tuna Salad**
- **Chicken Salad**

## Soup:

- **Matzo Ball Soup**
- **Herby Cabbage in Lemon Broth**
- **Youvarlakia Avgolemono** Lemony Greek Meatball Soup
- **Fasolada** Greek White Bean Soup
- **Creamy Tortilla-Less Soup**
- **Healing Chicken Soup**
- **Tomato Basil Soup**
- **Mediterranean Minestrone**

## Entrees:

- **Chicken Schnitzel** Watercress and Lemon
- **Chicken Kebab** Spiced Yogurt Marinade, Lemon and Roasted Garlic
- **Whole Roasted Chicken** Fondant Potatoes, Herby Salsa, Roasted Garlic
- **Lemon Tzatziki Chicken** Fluffy Pan Juice Rice, Jammy Onions, Roasted Lemons
- **CousCous and Chicken Bake** Tzatziki Marinade, Sweet Red Peppers, and Fire Roasted Tomatoes
- **Lemony Greek Potatoes** Crispy Greek Chicken Thighs
- **Stuffed Tomatoes** Beef or Lamb, Eggplant, Basmati Rice and Currants
- **Stuffed Acorn Squash** Beef or Lamb, Eggplant, Basmati Rice
- **Burnt Eggplant, Pistachio Pesto Galette**
- **Grass Fed Beef Tenderloin** Za'atar Chimichurri
- **Steak (Filet Mignon, Skirt Steak, NY)** Glazed Pomegranate Balsamic Beets, Goat Cheese and Tarragon
- **Greek Lamb Burgers**
- **Braised Halibut (Chraime)** Roasted Cherry Tomatoes, Red Bell Pepper, Tahini
- **Sumac Roasted Salmon** Mint Coriander Yogurt Sauce
- **Seared Tuna Steak** Charred Beans, Fets Dressed Potatoes and Olives
- **Pan Seared Halibut** Creamy Garlic Mashed Potatoes and Asparagus

## Sides:

- **Persian Rice (Tahdig)** Saffron, Pistachios, Pomegranates
- **Roasted Seasonal Vegetable Medley** Whipped Cannellini Beans, Pistachio Pesto
- **Brown Butter Couscous**
- **Whole Roasted Cauliflower** Whipped Feta, Pickled Chiles
- **Sunchoke and Russet Potato Rosti** Chive Sour Cream and Roasted Lemon
- **Whole Roasted Sweet Potatoes** Sunflower Gremolata, Lemony Sour Cream
- **Crispy Parmesan Za'atar Crusted Potatoes**
- **Baked Lemon Russet Potatoes**
- **Roasted Winter Squash** Crispy Sage and Honey
- **Garlicky Nigella Green Beans**
- **Steamed Seasonal Vegetables**

## Bread:

- **Challah**
- **Pita**
- **Focaccia**
- **Za'atar Bread**

## Desserts:

- **Salted Halvah Chocolate Chip Cookies** Warm Orange Blossom Milk
- **Yogurt and Sour Cream Cheesecake**
- **Baklava Crostata**
- **Tahini Swirl Skillet Brownie**
- **Lemon Custard Pie**
- **Caramel Apple Upside Down Cake**
- **Sumac-Seasonal Fruit Mini Pavlovas** Vanilla Whipped Cream
- **Yogurt Pound Cake** Cardamom-Lemon Syrup
- **Double Chocolate Zucchini Bread**
- **Fig Tart** Fruit and Nut Base, Vanilla Yogurt and Honey
- **Lemon Curd Tart** Citrus Swirled Pastry and Fresh Raspberries
- **Baked Apricots**