

Creative Cooking

S2 PROGRAM 7

AROUND THE WORLD IN 7 DAYS!
NICOLE BRAXTON • DCC0000019

MIDDLE EASTERN CUISINE



HUMMUS

INGREDIENTS

- 4 cups cooked garbanzo beans
- ¼ cup olive oil
- ½ cup water
- 4 cloves garlic
- ½ tsp paprika
- 1½ tsp salt
- 2 tsp cumin
- 2 Tbsp Tahini
- 3 Tbsp nutritional yeast flakes
- ½ cup fresh squeezed lemon juice

INSTRUCTIONS

Mix all ingredients in a food processor until it turns into a smooth consistency. Now it's your time to enjoy and use in the hummus wrap.

HUMMUS WRAP/ROLL

INGREDIENTS

- 4 whole corn tortillas
- 1 Tbsp olive oil
- ¼ tsp smoked paprika
- 1 clove garlic
- 3 Tbsp hummus per tortilla
- 1 cup cooked beans
- 1 tomato diced
- ½ cup of corn
- 1 red bell pepper cut into strips
- 1 Tbsp cilantro chopped
- ½ cup scallion

INSTRUCTIONS

Blend garlic, paprika and olive oil and brush it over the tortillas. Roast the tortillas lightly over an open fire (or skillet) with a tong. Lay the tortillas flat, spread the hummus over each tortilla and add the other ingredients as listed in order. Roll tortilla or eat flat.

BEET HUMMUS

INGREDIENTS

- 1 can chickpeas drained (15 oz)
- 2 Tbsp lemon juice
- 3 garlic cloves

- 1 Tbsp nutritional yeast flakes
- 2 tsp cumin
- ½ tsp paprika
- 2 Tbsp Tahini
- 1 beet
- 2 Tbsp olive oil
- salt to taste

INSTRUCTIONS

Clean and cut off ends of the beet. You may boil it or place beet in the oven wrapped in aluminum to bake on 350°F for around 1 hour (until tender). Cool beet, peel and cut into chunks. Puree all ingredients except the olive oil in the food processor until it reaches a smooth consistency. Lastly slowly pour the olive oil into the mixture. You can adjust seasonings to your preference.

TABOULI

INGREDIENTS

- 2 cups water
- 1 cups couscous
- ¼ cup fresh basil shredded
- ¼ cup fresh parsley chopped
- 1 Tbsp mint chopped
- 1 cucumber
- 2 large tomatoes
- 2 garlic cloves minced
- ½ cup onion, minced
- 1½ tsp kosher salt
- 3 Tbsp fresh lemon juice
- 3 Tbsp virgin olive oil

INSTRUCTIONS

Bring water to a boil and add couscous. Let couscous cook for about 30 minutes covered. If needed add additional water until couscous is fully cooked and then refrigerate. Peel and dice cucumbers into small pieces. Cut tomatoes into fourths, remove seeds then dice really small. Remove chilled couscous from the refrigerator, add the rest of the ingredients. Let marinade in the refrigerator covered for 2 hours. Then remove and enjoy!