**Tabouli**

**Ingredients**

* + 2 bunches fresh parsley ( flat leaf preferably)
  + 1/2-3/4 tomatoes ( med to large in size)
  + 2 tablespoons onions
  + 1/3 cup bulgur wheat
  + 2 -3 tablespoons olive oil
  + 1/8-1/4 cup lemon juice ( to suit personal taste, I usually just squeeze the lemon and adjust it according to my taste)
  + 1/2-1 teaspoon mint ( dried or fresh)
  + 3/4 teaspoon sumaq
  + salt ( personal choice)

**Directions**

1. In a small bowl add bulgar wheat and let soak in approximately 1/2 to 1 cup of very hot water for about 10-15 minutes or until water is soaked up and bulgar and puffed up.
2. If after bulgar has puffed up and soften there is still water left, just discard water and squeeze bulgar to get rid of any excess water.
3. This step is very important! First three ingredients must be minced very finely.
4. In a medium bowl, [add all](http://www.food.com/recipeprint.do?rid=167438) ingredients together and stir well.
5. If the salad seems dry even though flavorful, either add a bit more lemon juice if in need or a few tbsp of water, then adjust salt e.t.c per taste.
6. Let sit in the fridge for about 1 hour for the flavors to meld.
7. Enjoy!

**Fish Tacos**

**INGREDIENTS:**

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| 1 cup cornstarch  Sauce:   * 1/2 cup plain yogurt * 1/2 cup sour cream * 1 lime, juiced * 1 jalapeno pepper, minced * 1/2 teaspoon dried oregano * 1/2 teaspoon ground cumin * 1/2 teaspoon dried dill weed * 1 teaspoon ground cayenne or chipotle pepper | * 1/2 cup canola oil for frying * 1 pound cod or other white fish fillets, cut into 2" strips * 1 (12 ounce) package corn or flour tortillas * 1/2 medium head cabbage, finely shredded |

**DIRECTIONS:**

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| **1.** | Place cornstarch in a ziploc bag and coat fish 2-3 at a time. Place in hot oil and add salt and pepper to taste. Cook for about 2-3 minutes a side and drain on papertowel. |
| **2.** | To make sauce: In a medium bowl, mix together yogurt and sour cream. Gradually stir in fresh lime juice until consistency is slightly runny. Season with jalapeno, oregano, cumin, dill, and cayenne or chipotle pepper. |
| **3.** | Lightly fry tortillas; not too crisp. To serve, place fried fish in a tortilla, and top with shredded cabbage, and white sauce. |
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**Homemade refried beans**

**INGREDIENTS:**

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| * 1 pound dry pinto beans, rinsed * 2 tablespoons minced garlic, divided * 1 medium tomato, diced * 2 tablespoons ground cumin | * 1 tablespoon chili powder * 2 tablespoons olive oil * salt to taste |

**DIRECTIONS:**

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| **1.** | Place the beans in a large saucepan, and cover with an inch of water. Place over high heat, and bring to a boil. When the beans have come to a boil, drain, and return them to the same pot. Cover the beans with 2 inches of water, and stir in 1 tablespoon of garlic, the tomato, cumin, and chili powder. Bring to a boil over high heat, then reduce heat to low, and simmer until the beans are very soft, about 3 hours and 45 minutes, adding water as needed. |
| **2.** | Once the beans have cooked, mash them with the remaining tablespoon of garlic, the oil, and salt to taste; use additional water as needed to achieve desired consistency. Place over low heat for 30 minutes, stirring occasionally. Optional: Serve with sour cream, cheese and salsa. |

**Spanish Rice**

**Ingredients**

* 2 cups vegetable broth
* 2 cups pureed tomatoes
* 2 onions, diced
* 2 cups uncooked white rice
* 2 tomatoes, diced
* 2 green bell peppers, diced
* 2-3 T butter
* 1/2 teaspoon chili powder
* 1/2 teaspoon salt and pepper to taste

**Directions**

1. In a small saucepan over medium heat, combine broth and tomato puree. Bring to a boil while cooking the following.
2. In a large skillet over medium heat, melt butter, add onion to skillet, and saute until tender. Stir in rice, and cook until lightly browned, 3 to 5 minutes. Pour in boiling broth and tomato sauce. Add diced tomatoes and green peppers. Season with chili powder, salt, and pepper. Cover, and simmer for 30 to 40 minutes.

Pad Thai (with chicken or tofu)

Ingredients

* + 2 tablespoons peanut oil
  + 2-3 chicken breasts (cut up) or extra firm tofu (cut into 1 inch squares)
  + 1-3 garlic cloves, crushed
  + 2 eggs, beaten
  + 1 package flat rice noodles
  + 1 dash white pepper
  + 1 1/2 cups fresh bean sprouts, washed and drained
  + 1/2 cup spring onions, chopped finely

**Combined Seasoning**

* + 3 tablespoons water
  + 3 tablespoons rice vinegar
  + 4 tablespoons fish or soy sauce
  + 1 teaspoon chili paste
  + 1 tablespoon ketchup
  + 1 1/2 tablespoons palm sugar or 1 1/2 tablespoons light brown sugar

**Garnish**

* + 1/4 cup roasted peanuts
  + chopped coriander or cilantro
  + fresh limes or lemon wedges
  + shredded carrots
  + shredded spring onions or shallots

**Directions**

1. Soak noodles in hot water while preparing the rest of the ingredients.
2. Prepare the ingredients and place near the wok.
3. Heat the wok on medium heat and lightly fry the chicken or tofu
4. When half cooked, add the garlic. Stir-fry until chicken is cooked.
5. Add beaten egg to the mixture, stirring for about 30 seconds.
6. Turn heat to high and add drained noodles and combined seasoning.
7. Sprinkle in the white pepper and chili powder.
8. Toss to combine, reduce heat and allow to cook undisturbed for approximately 2 minutes, turning once.
9. Push noodles to the back of the wok and add sprouts and spring onions, tossing the noodles on top and allowing them to cook for approximately 1 minute.
10. Stir well and serve garnished with peanuts, spring onions, coriander and lime/lemon wedges.
11. Note: the lime/lemon juice takes some of the heat out of the chili!