

delicious dish

Let's Stuff it and Toss a Salad! Grocery, Tool List and Prep list

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
winter hearty salad with bulgur and blood orange dressing	3 blood oranges 1 lemon 8 kale leaves 1 kohlrabi 1 red cabbage 1 green apple 1 bunch flat leaf parsley 1 bunch mint 4 green onion ¼ cup pomegranate seeds or 6 dates	Date silan or maple syrup Olive oil Pepper 1¼ cup medium bulgur* (or quinoa) Cinnamon Kosher salt	Mandoline or sharp knife	All veggies washed
Turkish stuffed vegetables with meat and rice in a rich pomegranate sauce	Vegetables (choose a combination or just a single vegetable to stuff) - You need about 8-12 vegetables total Zucchini Small eggplants Large onion (each onion will yield 2-3 stuffed onions) Long red or light green/yellow Romano peppers or shepherd peppers (the longer ones) or regular bell peppers in a pinch 1 pound ground beef, lamb, veal or chicken, or a mix 3 cooking onions 3 large tomato About ½ cup minced fresh herbs, mostly parsley, and a little mint and dill 3 lemons	½ cup uncooked short grain rice (I use arborio) Baharat Dried mint Sugar Ground cardamon Kosher salt Freshly ground pepper Olive oil Pomegranate molasses Sugar or honey 1 cup pomegranate juice (I use Pom brand) 1 cup vegetable or chicken stock or water About 12 prunes or apricots	In order to remove the middle of the zucchini or eggplant you will need a melon baller, spoon (a grapefruit spoon works well) or a tool called a Vegetable Corer.	All veggies washed