

MEAL NAME: Breakfast

DISH NAME: Fava Bean Breakfast Spread

REGION: Middle Eastern

CALORIES: 101.0

TOTAL TIME: 20 minutes

INGREDIENTS:

- fava bean: 1 can
- olive oil: 1 1/2 tablespoons
- onion: 1 large , chopped
- tomato: 1 large , diced
- cumin: 1 teaspoon ground
- parsley: 1/4 cup chopped
- lemon juice: 1/4 cup
- salt pepper: to taste
- red pepper: ground , to taste

RECIPE INSTRUCTION:

1. pour the beans into a pot and bring to a boil
  2. mix them well and add onion , tomato , olive oil , cumin , parsley , lemon juice , salt , pepper , and red pepper
  3. bring the mixture back to a boil , then reduce the heat to medium
  4. let the mixture cook 5 minutes
  5. serve warm with grilled pita
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MEAL NAME: Lunch

DISH NAME: Egyptian Meatballs

REGION: Middle Eastern

CALORIES: 90.0

TOTAL TIME: 55 minutes

INGREDIENTS:

- leek: 2 pounds , trimmed and outer leaves removed
- beef: 1 pound ground
- white bread crumb: 1 cup
- egg: 2
- salt black pepper: to taste ground
- olive oil: 1 tablespoon
- water: 3/4 cup , or as needed
- lemon juice: 1 tablespoon
- butter: 1 tablespoon

RECIPE INSTRUCTION:

1. bring a pot of lightly salted water to a boil
2. add leeks
3. cook until tender , about 5 minutes
4. drain
5. transfer to a plate to cool
6. chop leeks finely with a sharp knife , or in a food processor
7. combine leeks , ground beef , bread crumbs , and eggs in a large bowl
8. season with salt and pepper
9. mix until combined
10. shape with hands into walnut sized meatballs
11. heat olive oil in a large skillet over medium heat
12. cook meatballs , turning as needed , until evenly browned , 5 to 10 minutes
13. add water , lemon juice , and butter

14. bring to a boil

15. simmer , covered , until meatballs are no longer pink in the center , 15 to 20 minutes

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MEAL NAME: Dinner

DISH NAME: Moroccan Cooked Pepper Salad

REGION: Northern Africa

CALORIES: 96.0

TOTAL TIME: 30 minutes

INGREDIENTS:

- green bell pepper: 2
- olive oil: 3 tablespoons
- tomato: 4 fresh , peeled and chopped
- sugar: 2 teaspoons
- paprika: 1 1/2 teaspoons
- parsley: 1 teaspoon fresh
- cumin: 1/2 teaspoon
- salt: 1/2 teaspoon
- garlic powder: 1/4 teaspoon
- black pepper: to taste ground
- green olive: 1 can sliced

RECIPE INSTRUCTION:

1. preheat the oven broiler
2. place the green bell peppers on a baking sheet , and broil , turning occasionally , 5 minutes , or until tender and browned
3. remove from heat , peel , and chop
4. heat the olive oil in a skillet , and mix in the peppers and tomatoes
5. stir in sugar
6. season with paprika , parsley , cumin , salt , garlic powder , and pepper
7. continue cooking until tomatoes are heated through
8. serve topped with olives