

Sweet Potato Hash Recipe with Za'atar and Chickpeas

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No ratings yet

Potato hash is a very American thing that I love and appreciate for the humble and comforting dish that it is. This hash takes on a Mediterranean twist: cubed sweet potatoes are cooked in extra-virgin olive oil with red onion, bell pepper, and chickpeas, and are well seasoned with coriander, paprika, za'atar, and other warm spices. You can prepare the eggs any way you like to serve on top of the hash, but for me, cutting into a perfectly poached egg and allowing some of that yolk to run over the sweet potatoes is just magic.

Prep Time 10 mins	Cook Time 20 mins	Total Time 30 mins
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Course: Breakfast Cuisine: American/Mediterranean Servings: 4 Calories: 317kcal
Author: [Suzy Karadsheh](#)

Ingredients

- 3 tablespoons [extra-virgin olive oil](#)
- 1 medium red onion, chopped
- 2 small sweet potatoes, about 1 ½ pounds total, peeled and cut into ½-inch cubes
- 1 cup canned chickpeas, drained and rinsed
- Kosher salt and ground black pepper
- 1 teaspoon [ground coriander](#)
- ½ teaspoon [ground cumin](#)
- ½ teaspoon [sweet paprika](#)
- ½ teaspoon ground turmeric
- 2 large garlic cloves, minced
- 1 large red bell pepper, cored, seeded and chopped
- 1 tablespoon [za'atar](#), plus more as desired
- 1 teaspoon distilled white vinegar
- 4 large eggs

Instructions

1. In a 12-inch cast-iron skillet, heat the olive oil over medium-high heat until shimmering but not smoking. Add the red onion, sweet potatoes, and chickpeas. Season with a big pinch of salt and black pepper (about ½ teaspoon each). Add the coriander, cumin, paprika, and turmeric. Stir to combine. Cook, stirring frequently, until the onion is nicely caramelized and the sweet potatoes have softened quite a bit, 10 to 15 minutes.
2. Reduce the heat to medium. Add the garlic and bell pepper. Continue to cook, stirring frequently, until the pepper has softened and the potatoes are now cooked through, another 5 to 10 minutes. Sprinkle with the za'atar.

3. Meanwhile, bring a medium pot of water to a steady simmer over medium-low heat and add the vinegar. Break each egg into a small bowl or ramekin. Stir the simmering water gently and carefully slide each egg in; the egg whites should wrap around the yolk. Cook for 3 minutes exactly, then remove the eggs from the simmering water using a slotted spoon and put them on a paper towel to drain briefly. Season with a pinch of salt, pepper and a little more za'atar.
4. Divide the sweet potato hash among 4 bowls and top each with a poached egg. Serve immediately.

Notes

- Visit [our shop](#) to browse quality Mediterranean ingredients including [olive oils](#), [honey](#), [jams](#) and [spices](#).

Nutrition

Calories: 317kcal | Carbohydrates: 34.8g | Protein: 10.3g | Fat: 15.9g | Saturated Fat: 3g | Polyunsaturated Fat: 2.4g | Monounsaturated Fat: 9.6g | Trans Fat: 0.02g | Cholesterol: 163.7mg | Sodium: 242.8mg | Potassium: 640.6mg | Fiber: 7.1g | Sugar: 7.4g | Vitamin A: 17371.5IU | Vitamin C: 44mg | Calcium: 110mg | Iron: 3.9mg

<https://www.themediterraneandish.com/sweet-potato-hash-recipe/>

Lentil Salad with Roasted Eggplant and Pomegranate Dressing

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No ratings yet

In this nutritious salad, roasted eggplant is glazed in a bright pomegranate dressing and stuffed with lentils and fresh vegetables. This lentil salad recipe is versatile enough to be a side dish, but hearty enough to be a main.

Prep Time 15 mins	Cook Time 40 mins	Resting Time 30 mins	Total Time 1 hr 25 mins
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Course: Appetizer, Entree or Side Dish, Sides/Salad Cuisine: Middle Eastern

Diet: Gluten Free, Vegetarian Servings: 4 Calories: 381.9kcal Author: [Mai Kakish](#)

Ingredients

For the dressing

- ¼ cup fresh lemon juice (about 1-2 lemons)
- ¼ [extra virgin olive oil](#)
- 2 teaspoons [sumac](#)
- ½ teaspoon sea salt
- 1 tablespoon [pomegranate molasses](#)

For the salad

- 2 medium globe eggplants (1 ½ pounds)
- 2 tablespoons [extra virgin olive oil](#)
- ¼ teaspoon sea salt
- ¼ teaspoons black pepper
- 1 cup dried green or brown lentils, rinsed
- ½ teaspoon ground cumin
- 8 ounces cherry tomatoes, halved
- 2 cups baby arugula
- ½ cup mint leaves, roughly chopped
- 1 small red onion, thinly sliced (or 3-4 sprigs thinly sliced spring onion)
- 2 ounces feta cheese (optional), crumbled (optional)
- 1 pomegranate (optional), seeded about a ½ cup

Instructions

1. **Make the dressing:** In a small bowl, whisk together the lemon juice, olive oil, sumac, salt, and pomegranate molasses. Taste, adjust the seasoning to your liking, and set aside.
2. **Cook the eggplant:** Preheat an oven to 425°F. Line a baking sheet with parchment paper. Cut the eggplants in half lengthways and score the flesh with diagonal lines. Make sure you don't cut all the way through to the skin. Place the eggplants, cut side up onto a baking tray. brush the eggplants with olive oil, season with salt and pepper.

Roast until the eggplant is tender and the top is browned and crispy, about 20 minutes.

3. **Cook the lentils:** While the eggplant roasts, place the lentils, 3 cups of water, and cumin in a medium size saucepan. Set the pan over medium-high heat and bring to a low boil. Reduce the heat to medium and cook, stirring occasionally, for 20 minutes or until the lentils are tender, but still hold their shape. We want the lentils to still have a slight bite and not be mushy. Check your lentils for doneness, then drain and set aside to cool slightly.
4. **Finish the eggplant:** Once the eggplant is cooked, brush with a little of the pomegranate molasses dressing. Return to the oven until the eggplant is glossy, 3-4 minutes. Set aside to cool to room temperature.
5. **To make the salad:** In a large mixing bowl, combine the lentils, tomatoes, arugula, mint, and sliced red onion. Add the dressing and gently toss together. Taste and adjust the seasoning.
6. **To serve:** Arrange the eggplants on a large platter and top with the lentil mixture. Sprinkle the feta and pomegranate seeds on top if using. Serve at room temperature.

Notes

- Mint bruises and turns bitter easily. Use a very sharp knife or kitchen scissors to chop it without bruising. While this salad can be served hot, the flavor and texture is better at room temperature. Allow enough time to allow the eggplant to cool.
- When cooking lentils, make sure you taste-test for doneness. The variety, brand, and maturity of the legume will affect cooking times. If your lentils are still crunchy after 20 minutes of cooking, keep checking every five minutes until they're tender.
- You can make [Homemade Pomegranate Molasses](#) from pomegranate juice or you can buy [pomegranate molasses](#) from our shop and have it shipped to your door.
- **Visit [Our Shop](#)** for quality Mediterranean ingredients, including [extra virgin olive oil](#), [spices](#) and more!

Nutrition

Calories: 381.9kcal | Carbohydrates: 53.6g | Protein: 18.6g | Fat: 11.3g | Saturated Fat: 3g | Polyunsaturated Fat: 1.1g | Monounsaturated Fat: 5.9g | Cholesterol: 12.6mg | Sodium: 619.1mg | Potassium: 789.3mg | Fiber: 23.4g | Sugar: 14.6g | Vitamin A: 871.3IU | Vitamin C: 31.6mg | Calcium: 167.2mg | Iron: 5.3mg

<https://www.themediterraneandish.com/eggplant-salad/>



Quick and Easy Seasoned Black Beans

By Sue Lau

Prep Time: 10 mins **Total Time:** 30 mins **Servings:** 6

ABOUT THIS RECIPE

"Perfectly quick and easy. Another option is to mash/puree and chill for an extremely tasty bean dip."



Photo by Sue Lau

INGREDIENTS

- 2 (15 ounce) cans black beans
- 2 tablespoons chopped garlic
- 1 medium onion, chopped fine
- 2 jalapeno chiles, chopped fine (seeds removed if desired)
- 1 teaspoon Mexican oregano
- 2 teaspoons ground cumin
- 2 teaspoons extra virgin olive oil
- 1/2 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- salt and black pepper (to taste)

DIRECTIONS

1. In sauté pan heat garlic in oil on medium heat.
2. Add onion and jalapeño as oil begins to warm.
3. Add oregano and cumin and sauté, stirring frequently, until vegetables are tender, adding a few drops of water if they begin to stick.
4. Add contents of cans of black beans and bring to a boil.
5. Reduce heat and simmer for 20-25 minutes, to allow flavors to blend.
6. Add chopped cilantro and lime juice and stir.
7. Serve.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (138 g)		Total Fat 2.2g	3%
Servings Per Recipe: 6		Saturated Fat 0.3g	1%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 166.1		Sugars 1.1 g	
Calories from Fat 20	12%	Sodium 4.3mg	0%
		Total Carbohydrate 28.1g	9%
		Dietary Fiber 9.6g	38%
		Sugars 1.1 g	4%
		Protein 9.6g	19%



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Pasta, Avocado and Bell Pepper with Feta Cheese Salad

Droping over this recipe? Be sure to add it to your recipe box on ZipList to retain access after January 15, 2013.

Contributed By: [burginfamily](#)

Hass Avocado

Total Preparation Time: 15 to 30 minutes

Ingredients: Rice, Pasta & Bread

Actual Cooking Time: Less than 15 minutes

Number of Servings: 6

Origin: Mediterranean & Mid-Eastern

Special Features: Quick to Prepare (under 30 minutes)

Nutrition Content: Good Source of Calcium

High Fiber

Meal Type: Entree

Ingredients

8 oz. Penne or other short macaroni style pasta

1/2 cup Prepared vinaigrette

3/4 cup Diced red bell pepper

3/4 cup Diced green bell pepper

3/4 cup Crumbled feta cheese

1/2 cup Chopped onion

1/3 cup Chopped black olives

3 tbsp. Chopped fresh parsley

1 Garlic clove, finely chopped

2 Large fresh avocados

1 tbsp. Lemon juice

Preparation

Cook pasta in salted boiling water until just tender, about 10 minutes; drain well. Place warm pasta in a bowl and toss with vinaigrette; let cool.

Fold in bell pepper, feta, onion, olives, parsley and garlic. Chill.

Bring salad to room temperature before serving.

Cut avocados into chunks; gently toss with lemon juice. Fold avocado into salad.

Cook's Notes

Nutrition Information

Calories: 382 ; **Total Fat:** 21g ; **Saturated Fat:** 5g ; **Polyunsaturated Fat:** 1.5g ; **Carbohydrates:** 41g ;

Protein: 9g ; **Vitamin A:** 1532 IU ; **Vitamin C:** 53mg ; **Calcium:** 116mg ; **Sodium:** 485mg ; **Iron:** 1.5mg ;

Fiber: 6.5g



Chickpea and Sweet Potato Curry

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When refrigerated, leftovers of this curry will thicken considerably. To reheat, you may need to add a little water or vegetable broth and warm it, covered, over medium heat just until hot.

Ingredients:

- 2 Tbs. canola oil
- 1 small yellow onion, chopped
- 2 garlic cloves, finely chopped
- 1 Tbs. chopped fresh ginger
- 1 Thai or jalapeño chili, seeded and finely chopped
- 1 Tbs. curry powder
- Salt and freshly ground pepper, to taste
- 1 large sweet potato, peeled and cut into 1/2-inch cubes
- 1 can (15 oz.) chickpeas, drained and rinsed
- 1 can (14 fl. oz.) coconut milk, well shaken
- 1 cup water
- 1/2 cup frozen peas
- 1/2 cup canned diced tomatoes, drained
- Steamed basmati rice for serving (optional)

Directions:

Make the curry base

In a heavy-bottomed saucepan over medium-low heat, warm the oil. Add the onion, garlic, ginger and chili and cook, stirring occasionally, until the onion is translucent, about 4 minutes. Stir in the curry powder and cook, stirring constantly, until fragrant, about 30 seconds. Season with salt and pepper.

Cook the vegetables

Add the sweet potato, chickpeas, coconut milk and water to the pan. Raise the heat to medium-high, bring just to a boil, reduce the heat and simmer, uncovered, until the sweet potato is tender, about 10 minutes. Add the peas and tomatoes and cook until heated through. Serve in bowls over steamed rice, if desired. Serves 4.

Adapted from Williams-Sonoma Food Made Fast Series, *Vegetarian*, by Dana Jacobi (Oxmoor House, 2007).

Coconut Red Lentil Soup

See the photo in the main entry if you aren't sure what type of lentils and split peas to buy. For those of you who are curious, I used the Terre Exotique Madras Curry Powder I picked up in Paris - it looks like it is available here now too (I think I've come across it on Amazon's grocery section). Vegans - you can easily make this vegan by using coconut or olive oil in place of the butter called for.

- 1 cup / 7 oz / 200g yellow split peas
- 1 cup 7 oz / 200g red split lentils (masoor dal)
- 7 cups / 1.6 liters water
- 1 medium carrot, cut into 1/2-inch dice
- 2 tablespoons fresh peeled and minced ginger
- 2 tablespoons curry powder
- 2 tablespoons butter or ghee
- 8 green onions (scallions), thinly sliced
- 1/3 cup / 1.5 oz / 45g golden raisins
- 1/3 / 80 ml cup tomato paste
- 1 14-ounce can coconut milk
- 2 teaspoons fine grain sea salt
- one small handful cilantro, chopped

cooked brown rice or farro, for serving (optional)

Give the split peas and lentils a good rinse - until they no longer put off murky water. Place them in an extra-large soup pot, cover with the water, and bring to a boil. Reduce heat to a simmer and add the carrot and 1/4 of the ginger. Cover and simmer for about 30 minutes, or until the split peas are soft.

In the meantime, in a small dry skillet or saucepan over low heat, toast the curry powder until it is quite fragrant. Be careful though, you don't want to burn the curry powder, just toast it. Set aside. Place the butter in a pan over medium heat, add half of the green onions, the remaining ginger, and raisins. Saute for two minutes stirring constantly, then add the tomato paste and saute for another minute or two more.

Add the toasted curry powder to the tomato paste mixture, mix well, and then add this to the simmering soup along with the coconut milk and salt. Simmer, uncovered, for 20 minutes or so. The texture should thicken up, but you can play around with the consistency if you like by adding more water, a bit at a time, if you like. Or simmer longer for a thicker consistency. The thicker this soup got, the more I liked it.

I've been enjoying big ladles of this soup over ~1/2 cup of warm farro (leftover from this [Farro & Bean Stew](#)) - brown rice was good as well. Sprinkle each bowl generously with cilantro and the remaining green onions.

Serves 6.



Creamy Vegan Broccoli Soup

★★★★★ 4.7 from 52 reviews

Author: Brittany Mueller Prep Time: 15 minutes Cook Time: 35 minutes Total Time: 50 minutes

Yield: 8 cups Category: Soup Method: Stovetop Cuisine: Vegan

Description

This Creamy Vegan Broccoli soup is easy, hearty and healthy. Top this delicious soup with browned broccoli "croutons" and a sprinkle of vegan cheese shreds.

Ingredients

SCALE

CREAMY VEGAN BROCCOLI SOUP

- 1/4 cup (60 ml) vegan butter or olive oil
- 5 cups (360 grams) broccoli, chopped (approx. 2 heads)
- 2/3 cup (100 grams) chopped carrots (approx. 2 carrots)
- 2/3 cup (100 grams) chopped celery (approx. 2 ribs)
- 2/3 cups (100 grams) chopped onion, (approx. 1 onion)
- 2 cloves garlic, minced
- 6 tbsp (65 grams) flour
- 4 cups (1000 ml) vegetable broth
- 2 cups (500 ml) original or unsweetened non-dairy milk (I recommend original cashew)
- 3/4 cup (185 ml) full-fat canned coconut milk (or sub with more non-dairy milk)
- 1/4 cup (20 grams) nutritional yeast flakes (or sub with vegan cheese shreds)
- 1 tsp (5 ml) white wine vinegar or lemon juice
- 1/2 tsp (2.5 ml) salt, to taste
- Black pepper, to taste

BROWNED BROCCOLI "CROUTONS"

- 1 cup (70 grams) broccoli florets
- 1 tbsp (15 ml) olive oil
- Salt, to taste

Instructions

CREAMY VEGAN BROCCOLI SOUP

- 1 In a medium saucepan, heat vegan butter or olive oil over medium heat. Add the broccoli, carrot, celery, onion, and garlic. Sauté until onion is translucent and just tender, about 5 minutes.
- 2 Sprinkle vegetables with flour. Cook for 1-2 minutes, stirring often.
- 3 Gradually add vegetable broth and non-dairy milk, stirring constantly to prevent lumps. Add the coconut milk and nutritional yeast. Simmer soup over medium-low heat for 10-15 minutes, or until the vegetables are tender.
- 4 Blend the soup to your liking. I recommend puréeing 1/2 to 2/3 of the soup smooth.
- 5 If desired, adjust consistency with vegetable broth or non-dairy milk. Stir in white wine vinegar. Taste and adjust seasoning with salt, pepper, vinegar, (and if desired, sugar if using unsweetened non-dairy milk - refer to recipe notes).

BROWNEB BROCCOLI CROUTONS

- 🕒 In a separate saucepan or skillet, heat olive oil over medium heat.
- 🕒 Add the broccoli florets and sprinkle with salt. Sauté until just nearly tender. Turn the heat up to high and continue to cook, stirring sporadically, until the broccoli has a nice brown/black edge on at least 1 side. Remove from heat and set aside.

SERVING

- 🕒 Ladle soup into bowls. Drizzle with a little bit of olive oil, top with browned broccoli florets, vegan cheese shreds (optional), and cracked black pepper. Serve with crackers, bread, sandwich or salad. Enjoy!

Notes

- 🕒 Recipe updated November 2019. Recipe doubled. Vegetable broth increased to 4 cups from 2½-3 cups. Coconut milk increased to ¾ cup from ½ cup. Added 1 tsp white wine vinegar.
- 🕒 Cool before storing in an air-tight container in refrigerator. Lasts for 3-4 days in the fridge. Reheat in saucepan or microwave. Freezer-friendly up to 2-3 months.
- 🕒 If using low or no sodium vegetable broth, add salt to taste.
- 🕒 If using unsweetened non-dairy milk, add up to 2 tsp of sugar for best flavour.