

# VEGETARIAN COOKBOOK

Incredibly Delicious Vegetarian Soup, Salad,  
Casserole, Slow Cooker and Skillet Recipes  
Inspired by The Mediterranean Diet



**VESELA TABAKOVA**

**Vegetarian Cookbook: Incredibly Delicious  
Vegetarian Soup, Salad, Casserole, Slow Cooker  
and Skillet Recipes Inspired by The  
Mediterranean Diet**

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## **Simple, Nourishing Recipes for Health and Vitality**

The Mediterranean Diet is worth following in order to achieve a healthier lifestyle. It is actually less of a structured weight loss

strategy and more a set of eating guidelines. In the Mediterranean countries living, cooking and eating are joyous, shared activities. A fundamental characteristic of Mediterranean cuisine is that food is cooked using easily available ingredients - local, everyday products that we can buy around the corner or grow in our own backyard.

My family favorite vegetarian Mediterranean dishes are easy to prepare and absolutely delicious. They include olive oil, fresh, seasonal, locally grown vegetables, protein-rich legumes, healthy cheeses, nuts, seeds, and aromatic, superfood herbs and spices. All Mediterranean vegetarian meals are generally prepared slowly and simply, all in one pot, and are very rarely deep fried.

The health benefits of the Mediterranean diet are well known, proven with research, and hard to ignore. It is rightly considered the best plant-based diet in the world and switching to a Mediterranean diet will help you enjoy an active long life, will greatly improve your health and beauty, and even your mood.

# Soup Recipes

# Creamy Zucchini Soup

**Serves 4**

***Ingredients:***

- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1 cup vegetable broth
- 2 cups water
- 5 zucchinis, peeled, thinly sliced
- 1 big potato, peeled and chopped
- 3 tbsp olive oil
- 1/4 cup fresh basil leaves
- 1/2 cup yogurt, to serve
- Parmesan cheese, to serve

***Directions:***

Heat olive oil in a saucepan over medium heat and gently sauté onion and garlic, for 1-2 minutes, or until fragrant. Add in vegetable broth and water and bring to a boil.

Add in the zucchinis, potato and a teaspoon of sugar. Reduce heat to medium-low and simmer, stirring occasionally, for 10 minutes or until the zucchinis are soft. Stir in basil and simmer for 2-3 minutes more.

Set aside to cool, then blend in batches and reheat. Serve with a dollop of yogurt and/or sprinkled with Parmesan cheese.

# Broccoli, Zucchini and Blue Cheese Soup

**Serves 6**

***Ingredients:***

2 leeks, white part only, sliced  
1 head broccoli, coarsely chopped  
2 zucchinis, chopped  
1 potato, chopped  
2 cups vegetable broth  
2 cups water  
3 tbsp olive oil  
3.5 oz blue cheese, crumbled  
1/3 cup light cream

***Directions:***

Heat the oil in a large saucepan over medium heat. Sauté the leeks, stirring, for 5 minutes, or until soft. Add bite sized pieces of broccoli, zucchini, potato, water, and broth and bring to a boil.

Reduce heat to low and simmer, stirring occasionally, for 10 minutes, or until vegetables are just tender. Remove from heat and set aside for 5 minutes to cool slightly.

Transfer soup to a blender. Add the cheese and blend in batches until smooth. Return to saucepan and place over low heat. Add cream and stir to combine. Season with salt and pepper to taste.

# Beet and Carrot Soup

**Serves 6**

***Ingredients:***

4 beets, washed and peeled

2 carrots, peeled, chopped

2 potatoes, peeled, chopped

1 medium onion, chopped

2 cups vegetable broth

2 cups water

2 tbsp yogurt

2 tbsp olive oil

a bunch or spring onions, cut, to serve

***Directions:***

Peel and chop the beets. Heat olive oil in a saucepan over medium high heat and sauté onion and carrot until onion is tender. Add beets, potatoes, broth and water. Bring to the boil. Reduce heat to medium and simmer, partially covered, for 30-40 minutes, or until beets are tender. Cool slightly.

Blend soup in batches until smooth. Return it to pan over low heat and cook, stirring, for 4-5 minutes, or until heated through. Season with salt and pepper. Serve soup topped with yogurt and sprinkled with spring onions.

## Baked Beet and Apple Soup

1.5 lb fresh beets, peeled and grated  
2 carrots, chopped  
1 onion, chopped  
2 apples, peeled and chopped  
1 tbsp sugar  
1 bay leaf  
2 tbs lemon juice  
3 cups vegetable broth  
3 tbsp olive oil  
1 cup heavy cream  
a bunch of fresh parsley, chopped, to serve  
salt and black pepper, to taste

### ***Directions:***

Preheat the oven to 350 F. Toss the beets, apples, onion and carrots in olive oil and arrange in a casserole dish.

Add in the bay leaf and vegetable broth. Season with salt and pepper, cover with foil and bake for 1-2 hours. Discard the bay leaf and set aside to cool.

Blend everything in a blender, in batches, until smooth, then transfer to a large saucepan.

Season with salt and pepper to taste, stir in the cream and reheat without boiling. Serve the soup with a dollop of extra cream and sprinkled with chopped parsley.

# Green Lentil Soup with Rice

**Serves 6**

***Ingredients:***

1 cup green lentils

1 small onion, finely cut

1 carrot, chopped

5 cups vegetable broth

1/4 cup rice

1 tbsp paprika

salt and black pepper, to taste

1/2 cup finely cut dill, to serve

***Directions:***

Heat oil in a large saucepan and sauté the onion stirring occasionally, until transparent. Add in carrot, paprika and lentils and stir to combine.

Add vegetable broth to the saucepan and bring to the boil, then reduce heat and simmer for 20 minutes.

Stir in rice and cook on medium low until rice is cooked. Sprinkle with dill and serve.

# Broccoli and Potato Soup

**Serves 6**

***Ingredients:***

2 lb broccoli, cut into florets

2 potatoes, chopped

1 big onion, chopped

3 garlic cloves, crushed

4 cups water

1 tbsp olive oil

¼ tsp ground nutmeg

***Directions:***

Heat oil in a large saucepan over medium-high heat. Add onion and garlic and sauté, stirring, for 3 minutes, or until soft. Add broccoli, potato and 4 cups of cold water.

Cover and bring to the boil, then reduce heat to low. Simmer, stirring, for 10 to 15 minutes, or until the potatoes are tender. Remove from heat. Blend until smooth. Return to pan.

Cook for 5 minutes or until heated through. Season with nutmeg and pepper before serving.

# **Creamy Artichoke Soup**

**Serves 6-7**

***Ingredients:***

1 cup canned artichoke hearts, drained

2 cups vegetable broth

2 tbsp lemon juice

1 small onion, finely cut

2 cloves garlic, crushed

3 tbsp olive oil

2 tbsp flour

½ cup heavy cream

***Directions:***

Gently sauté onion and garlic in some olive oil. Add the flour, whisking constantly and then the hot vegetable broth slowly while still whisking. Cook for about 5 minutes.

Blend the artichokes, lemon juice, salt and pepper until smooth. Add the puree to the broth mix, stir well and then stir in the cream. Cook until heated through. Garnish with a swirl of cream or a sliver of artichoke.

# Tomato Soup with Rice

**Serves 4**

***Ingredients:***

4 cups chopped fresh tomatoes or 2 cups canned tomatoes

1 large onion, diced

1/3 cup rice

3 cups water

2 garlic cloves, chopped

3 tbsp olive oil

1/2 tsp salt

1/2 tsp black pepper

1 tsp sugar

1/2 bunch fresh parsley

***Directions:***

Sauté onion and garlic in oil in a large soup pot. When onions have softened, add tomatoes and cook for 10 minutes.

Stir in the spices and sugar and mix well to coat vegetables. Add water and simmer for 10 minutes then stir in rice and cook for 20 minutes more.

Sprinkle with parsley and serve.

# Carrot and Chickpea Soup

**Serves 4-5**

***Ingredients:***

- 3-4 big carrots, chopped
- 1 leek, chopped
- 4 cups vegetable broth
- 1 cup canned chickpeas, undrained
- 1/2 cup orange juice
- 2 tbsp olive oil
- 1/2 tsp cumin
- 1/2 tsp ginger
- 4-5 tbsp yogurt, to serve

***Directions:***

Heat oil in a large saucepan over medium heat. Add leek and carrots and sauté until soft. Add orange juice, broth, chickpeas and spices.

Bring to the boil. Reduce heat to medium-low and simmer, covered, for 15 minutes.

Blend soup until smooth; return to pan. Season with salt and pepper. Stir over heat until heated through. Pour in 4-5 bowls, top with yogurt and serve.

# Spicy Carrot Soup

**Serves 6-7**

***Ingredients:***

10 carrots, peeled and chopped

2 medium onions, chopped

4-5 cups water

2 cloves garlic, minced

1 big red chili pepper, finely chopped

5 tbsp olive oil

1/2 bunch, fresh coriander, finely cut

salt and pepper, to taste

1/2 cup heavy cream

***Directions:***

Heat the olive oil in a large pot over medium heat and sauté the onions, carrots, garlic and chili pepper until tender. Add 4-5 cups of water and bring to a boil.

Reduce heat to low and simmer for 30 minutes. Transfer the soup to a blender or food processor and blend until smooth. Return to the pot and continue cooking for a few more minutes. Remove soup from heat and stir in the cream. Serve with coriander sprinkled over each serving.

# Lentil, Barley and Mushroom Soup

**Serves 4**

***Ingredients:***

2 medium leeks, trimmed, halved, sliced

10 white mushrooms, sliced

3 garlic cloves, cut

2 bay leaves

2 cans tomatoes, chopped, undrained

3/4 cup red lentils

1/3 cup barley

3 tbsp olive oil

1 tsp paprika

1 tsp savory

1/2 tsp cumin

***Directions:***

Heat oil in a large saucepan over medium-high heat. Sauté leeks and mushrooms for 3 to 4 minutes or until softened. Add cumin, paprika, savory and tomatoes, lentils, barley and 5 cups cold water. Season with salt and pepper. Cover and bring to the boil. Reduce heat to low. Simmer for 35 to 40 minutes, or until barley is tender.

# **Cream of Wild Mushroom Soup**

**Serves 4**

***Ingredients:***

2 cups wild mushrooms, peeled and chopped

1 onion, chopped

2 cloves of garlic, crushed and chopped

1 tsp dried thyme

3 cups vegetable broth

salt and pepper, to taste

3 tbsp olive oil

***Directions:***

Sauté onions and garlic in a large soup pot till transparent. Add thyme and mushrooms.

Cook for 10 minutes then add the vegetable broth and simmer for another 10-20 minutes. Blend, season and serve.

# **Mediterranean Chickpea and Tomato Soup**

**Serves 10**

## ***Ingredients:***

2 cups canned chickpeas, drained  
a bunch of spring onions, finely cut  
2 cloves garlic, crushed  
1 cup canned tomatoes, diced  
4 cups vegetable broth  
3 tbsp olive oil  
1 bay leaf  
½ tsp rosemary  
½ cup freshly grated Parmesan cheese

## ***Directions:***

Sauté onion and garlic in olive oil in a heavy soup pot. Add in broth, chickpeas, tomatoes, the bay leaf and rosemary.

Bring to the boil, then reduce heat and simmer for 20 minutes. Remove from heat and serve sprinkled with Parmesan cheese.

# Celery Root Soup

**Serves 4**

***Ingredients:***

2 leeks (white and light green parts only), chopped

2 garlic cloves, crushed

1 large celery root, peeled and diced

2 potatoes, peeled and diced

4 cups vegetable broth

1 bay leaf

2 tbsp olive oil

salt and black pepper, to taste

***Directions:***

In a skillet, heat olive oil, then add the leeks and sauté about 3-4 minutes. Add in the garlic and sauté an additional 3-40 seconds.

In a slow cooker, add the sautéed leeks and garlic, celeriac, potatoes, broth, bay leaf, salt, and pepper. Cover and cook on low heat for 7-8 hours. Set aside to cool, remove the bay leaf, then process in a blender or with an immersion blender until smooth.

# **Creamy Artichoke and Horseradish Soup**

**Serves 4**

## ***Ingredients:***

- 1 can artichoke hearts, drained
- 3 cups vegetable broth
- 1 tbsp horseradish sauce
- 2 tbsp lemon juice
- 1 small onion, finely cut
- 2 cloves garlic, crushed
- 3 tbsp olive oil
- 2 tbsp flour
- ½ cup heavy cream
- 2 tbsp chopped fresh chives plus extra to garnish

## ***Directions:***

Gently sauté the onion and garlic in some olive oil. Add in the flour, whisking constantly, and then add the hot vegetable broth slowly, while still whisking. Cook for about 5 minutes.

Blend the artichokes, salt and pepper until smooth. Add the puree to the broth mix, stir well, and then stir in the horseradish sauce and chopped chives.

Ladle the soup into bowls and top each with a tablespoon of the cream.

# Moroccan Lentil Soup

**Serves 10**

***Ingredients:***

- 1 cup red lentils
- 1 cup canned chickpeas, drained
- 2 onions, chopped
- 2 cloves garlic, minced
- 1 cup canned tomatoes, chopped
- 1 cup canned white beans, drained
- 3 carrots, diced
- 3 celery ribs, diced
- 4 cups water
- 3 tbsp olive oil
- 1 tsp ginger, grated
- 1 tsp ground cardamom
- 1/2 tsp ground cumin

***Directions:***

In a large pot, sauté onions, garlic and ginger in olive oil for about 5 minutes. Add the water, lentils, chickpeas, white beans, tomatoes, carrots, celery, cardamom and cumin.

Bring to a boil for a few minutes, then simmer for half an hour or longer until the lentils are tender.

Puree half the soup in a food processor or blender. Return the pureed soup to the pot, stir and serve.

# Minestrone

**Serves 6-7**

***Ingredients:***

¼ cabbage, chopped  
2 carrots, chopped  
1 celery rib, thinly sliced  
1 small onion, chopped  
2 garlic cloves, chopped  
2 cups water  
1 cup canned tomatoes, diced, undrained  
1 cup fresh spinach, torn  
1/2 cup pasta, cooked  
2 tbsp olive oil  
black pepper and salt, to taste

***Directions:***

Sauté the carrots, cabbage, celery, onion and garlic in oil for 5 minutes in a deep saucepan. Add water, tomatoes and bring to a boil.

Reduce heat and simmer uncovered, for 20 minutes, or until vegetables are tender. Stir in spinach, macaroni, and season with pepper and salt to taste.

# Roasted Red Peppers Soup

**Serves 6-7**

***Ingredients:***

5-6 red peppers

1 large brown onion, chopped

2 garlic cloves, crushed

4 medium tomatoes, chopped

2 cups vegetable broth

3 tbsp olive oil

2 bay leaves

***Directions:***

Grill the peppers or roast them in the oven at 400 F until the skins are a little burnt. Place the roasted peppers in a brown paper bag or a lidded container and leave covered for about 10 minutes. This makes it easier to peel them. Peel the skins and remove the seeds. Cut the peppers in small pieces.

Heat oil in a large saucepan over medium-high heat. Add onion and garlic and sauté, stirring, for 3 minutes, or until onion has softened. Add the red peppers, bay leaves, tomato and simmer for 5 minutes.

Add broth. Season with pepper. Bring to the boil then reduce heat and simmer for 20 more minutes. Set aside to cool slightly. Blend, in batches, until smooth and serve.

# Spinach, Nettle and Feta Cheese Soup

**Serves 6**

**Ingredients:**

1 lb frozen spinach, thawed  
13 oz nettles, young top shoots  
3.5 oz feta cheese  
1 large onion or 4-5 scallions  
2 -3 tbsp light cream  
3-4 tbsp olive oil  
¼ cup white rice  
1-2 cloves garlic  
2-3 cups water  
black pepper  
salt

***Directions:***

Clean the young nettles, wash and cook them in slightly salted water. Drain, rinse, drain again, chop them and leave aside.

Heat the oil in a cooking pot, add the onion, garlic and paprika and sauté for a few minutes, stirring constantly. Remove from heat. Add the spinach and nettles.

Add about 4 cups of hot water and season with salt and pepper. Bring back to the boil, then reduce heat and simmer for around 30 minutes. In the meantime crumble the cheese with a fork. When the soup is ready, stir in the crumbled feta cheese and the cream. Serve hot.

# Gazpacho

**Serves 6-7**

***Ingredients:***

2.25 lb tomatoes, peeled and halved

1 onion, sliced

1 green pepper, sliced

1 big cucumber, peeled and sliced

2 cloves garlic

salt, to taste

4 tbsp olive oil

1 tbsp apple vinegar

**to garnish**

1/2 onion, chopped

1 green pepper, chopped

1 cucumber, chopped

***Directions:***

Place the tomatoes, garlic, onion, green pepper, cucumber, salt, olive oil and vinegar in a blender or food processor and puree until smooth, adding small amounts of cold water, if needed, to achieve desired consistency.

Serve the gazpacho chilled with the chopped onion, green pepper and cucumber.

# Salad Recipes

# Strained Yogurt Salad

**Serves 4**

***Ingredients:***

1 large or two small cucumbers -fresh or pickled

4 cups yogurt

½ cup crushed walnuts

2-3 cloves garlic, crushed

½ bunch of dill

3 tbsp sunflower oil

salt to taste

***Directions:***

Strain the yogurt in a piece of cheesecloth or a clean white dishtowel. You can suspend it over a bowl or the sink.

Peel and dice the cucumbers, place in a large bowl. Add the crushed walnuts and the crushed garlic, the oil and the finely chopped dill.

Scoop the drained yogurt into the bowl and stir well. Add salt to the taste, cover with cling film, and put in the fridge for at least an hour so the flavors can mix well.

# Turkish Beet Salad with Yogurt

**Serves 4**

***Ingredients:***

- 3 medium beet roots
- 1 cup strained yogurt
- 1 clove of garlic, minced
- 1 tsp white vinegar or lemon juice
- 1 tbsp olive oil
- ¼ tsp dried mint
- ½ tsp salt

***Directions:***

Wash beets well, cut the stems, and steam in a pot or pan for 25-30 minutes or until cooked through

When they cool down, peel dry with paper towel. Grate beets and put them in a deep bowl. Add the other ingredients and toss. Serve cold.

# Spinach Stem Salad

**Serves 1-2**

***Ingredients:***

a few bunches of spinach stems

water to boil the stems

1 garlic clove, minced

lemon juice or vinegar, to taste

olive oil

salt, to taste

***Directions:***

Trim the stems so that they will remain intact. Wash the stems very well. Steam stems in a basket over boiling water for 2 to 3 minutes until wilted but not too fluffy.

Place them on a plate and sprinkle with minced garlic, olive oil, lemon juice or vinegar, and salt.

# Roasted Eggplant and Peppers Relish

**Serves 4**

***Ingredients:***

2 medium eggplants  
2 red or green bell peppers  
2 tomatoes  
3 cloves garlic, crushed  
fresh parsley  
1-2 tbsp red wine vinegar  
olive oil, as needed  
salt, pepper

***Directions:***

Wash and dry the vegetables. Prick the skin of the eggplants. Bake the eggplants, tomatoes and peppers in a pre-heated oven at 400 F for about 40 minutes, until the skins are pretty burnt.

Take out of the oven and leave in a covered container for about 10 minutes. Peel the skins off and drain well the extra juices. De-seed the peppers.

Cut all the vegetables into small pieces. Add the garlic and mix well with a fork or in a food processor. Add the olive oil, vinegar and salt to taste. Stir again. Serve cold and sprinkled with parsley.

# **Kale Salad with Creamy Tahini Dressing**

**Serves 4**

***Ingredients:***

1 head kale  
2 cucumbers, peeled and diced  
1 avocado, peeled and diced  
1 red onion, finely chopped  
1 cup cherry tomatoes, halved

***for the dressing***

1/3 cup tahini  
1/2 cup water  
2 garlic cloves, minced  
3 tbsp lemon juice  
4 tbsp olive oil  
salt and freshly ground black pepper, to taste

***Directions:***

Prepare the dressing by whisking all ingredients.  
Place all salad ingredients in bowl and toss with the dressing.  
Season to taste with black pepper and salt.

# Brown Lentil Salad

**Serves 4**

***Ingredients:***

1 can lentils, drained and rinsed

1 red onion, thinly sliced

1 tomato, diced

1 red bell pepper, chopped

2 garlic cloves, crushed

2 tbsp lemon juice

1/3 cup parsley leaves

salt and pepper, to taste

***Directions:***

Place lentils, red onion, tomato, bell pepper and lemon juice in a large bowl.

Season with salt and black pepper to taste. Toss to combine and sprinkle with parsley. Serve.

# **Bulgur with Green Lentils and Walnuts**

**Serves 4**

***Ingredients:***

1 cup bulgur

1 cup hot water

1/2 cup cooked green lentils

1/2 cup crushed walnuts

1 cup halved cherry tomatoes

1 red or green pepper, cut

3-4 spring onions, finely cut

1/2 cup finely cut parsley

1 tbsp dried mint

1 tsp dried basil

3 tbsp olive oil

salt and pepper, to taste

***Directions:***

In a bowl, combine bulgur, hot water and olive oil. Stir, cover and set aside for 15 minutes to steam.

Add in lentils, walnuts, onions, the pepper, tomatoes and salt to taste. Add parsley, dried basil and mint.

Toss to combine and serve.

# **Cheese Stuffed Tomatoes**

**Serves 4**

***Ingredients:***

4 large tomatoes

9 oz feta cheese

1 tsp paprika

***Directions:***

Cut the top of each tomato in such a way as to be able to stuff the tomato and cover with the cap. Scoop out the seeds and central part of the tomatoes to create a hollow. Mash the scooped out parts of the tomatoes, add to the feta cheese and stir to make a homogeneous mixture. Add paprika. Stuff the tomatoes with the mixture and cover with the caps. Serve chilled, garnished with sprays of parsley.

# Mediterranean Buckwheat Salad

**Serves 4-5**

***Ingredients:***

1 cup buckwheat groats  
1 3/4 cups water  
1 small red onion, finely chopped  
1/2 cucumber, diced  
1 cup cherry tomatoes, halved  
1 yellow bell pepper, chopped  
a bunch parsley, finely cut  
1 preserved lemon, finely chopped  
1 cup chickpeas, cooked or canned, drained  
juice of half lemon  
1 tsp dried basil  
2 tbsp olive oil  
salt and black pepper, to taste

***Directions:***

Heat a large, dry saucepan and toast the buckwheat for about three minutes. Boil the water and add it carefully to the buckwheat. Cover, reduce heat and simmer until buckwheat is tender and all liquid is absorbed (5-7 minutes). Remove from heat, fluff with a fork and set aside to cool.

Mix the buckwheat with the chopped onion, bell pepper, cucumber, cherry tomatoes, parsley, preserved lemon and chickpeas in a salad bowl.

Whisk the lemon juice, olive oil and basil, season with salt and pepper to taste, then pour over the salad and stir. Serve at room temperature.

# Tomato and Blue Cheese Salad

**Serves 4**

***Ingredients:***

3-4 large tomatoes, sliced

1 red onion, sliced

2/3 cup crumbled blue cheese

2-3 fresh mint leaves

2 tbsp olive oil

***Directions:***

Place the tomatoes in a shallow salad bowl. Add the onion and blue cheese. Season with salt to taste.

Drizzle olive oil over the salad and garnish with the fresh mint leaves.

# Caprese Salad

**Serves 6**

***Ingredients:***

4 tomatoes, sliced

5.5 oz mozzarella cheese, sliced

10 fresh basil leaves

3 tbsp olive oil

2 tbsp balsamic vinegar

salt, to taste

***Directions:***

Slice the tomatoes and mozzarella, then layer the tomato slices, whole fresh basil leaves and mozzarella slices on a plate.

Drizzle olive oil and balsamic vinegar over the salad and serve.

# Beet and Bean Sprout Salad

**Serves 4**

***Ingredients:***

7 beet greens, finely sliced  
2 medium tomatoes, sliced  
1 cup bean sprouts, washed  
1 tbsp grated lemon rind  
2 garlic cloves, crushed  
1/2 cup lemon juice  
1/2 cup olive oil  
1 tsp salt

***Directions:***

In a large bowl, toss together beet greens, bean sprouts, tomatoes, and dressing.

Mix oil and lemon juice with lemon rind, salt and garlic and pour over the salad.

Refrigerate for 2 hours to allow flavor to develop before serving. Serve chilled.

# Baby Spinach Salad

**Serves 4**

***Ingredients:***

1 bag baby spinach, washed and dried  
9 oz feta cheese, coarsely crumbled  
1 red bell pepper, cut in slices  
1 cup cherry tomatoes, cut in halves  
1 red onion, finely chopped  
1 cup black olives, pitted  
1 tsp dried oregano  
1 large garlic clove  
3 tbsp red wine vinegar  
4 tbsp olive oil  
salt and freshly ground black pepper, to taste

***Directions:***

Prepare the dressing by blending the garlic and the oregano with the olive oil and the vinegar in a food processor.

Place the spinach leaves in a large salad bowl and toss with the dressing. Add the rest of the ingredients and give everything a toss again. Season to taste with black pepper and salt.

# Tabbouleh

**Serves 6**

***Ingredients:***

1 cup raw bulgur  
2 cups boiling water  
a bunch of parsley, finely cut  
2 tomatoes, chopped  
3 tbsp olive oil  
2 garlic cloves, minced  
6-7 fresh onions, chopped  
1 tbsp fresh mint leaves, chopped  
juice of two lemons  
salt and black pepper

***Directions:***

Bring water and salt to a boil, then pour over bulgur. Cover and set aside for 15 minutes to steam. Drain excess water from bulgur and fluff with a fork. Leave to chill.

In a large bowl, mix together the parsley, tomatoes, olive oil, garlic, green onions and mint. Stir in the chilled bulgur and season to taste with salt, pepper and lemon juice.

# Fatoush

**Serves 6**

***Ingredients:***

2 cups lettuce, washed, dried, and chopped

3 tomatoes, chopped

1 cucumber, peeled and chopped

1 green pepper, seeded and chopped

1/2 cup radishes, sliced in half

1 small red onion, finely chopped

half a bunch of parsley, finely cut

2 tbsp finely chopped fresh mint

3 tbsp olive oil

4 tbsp lemon juice

salt and black pepper to taste

2 whole-wheat pita breads

***Directions:***

Toast the pita breads in a skillet until they are browned and crisp. Set aside. Place the lettuce, tomatoes, cucumbers, green pepper, radishes, onion, parsley and mint in a salad bowl.

Break up the toasted pita into bite-size pieces and add to the salad.

Make the dressing by whisking together the olive oil with the lemon juice, a pinch of salt and some black pepper.

Toss everything together until vegetables are well coated with the dressing and serve.

# Greek Chickpea Salad

**Serves 4**

***Ingredients:***

1 cup canned chickpeas, drained and rinsed

1 spring onion, thinly sliced

1 small cucumber, deseeded and diced

2 green bell peppers, diced

2 tomatoes, diced

2 tsp chopped fresh parsley

1 tsp capers, drained and rinsed

Juice of 1/2 a lemon

2 teaspoons olive oil

1 tsp balsamic vinegar

salt and pepper to taste

a pinch of dried oregano

***Directions:***

In a medium bowl, toss together the chickpeas, spring onion, cucumber, bell pepper, tomato, parsley, capers, and lemon juice.

In a smaller bowl, stir together the remaining ingredients and pour over the chickpea salad.

Toss well to coat and allow to marinate, stirring occasionally, for at least one hour before serving.

# Red Cabbage Salad

**Serves 6**

***Ingredients:***

1 small head red cabbage, cored and chopped

1 bunch of fresh dill, finely cut

3 tbsp sunflower oil

3 tbsp red wine vinegar

1 tsp sugar

2 tsp salt

black pepper, to taste

***Directions:***

In a cup, mix the oil, red wine vinegar, sugar, and black pepper. Place the cabbage in a large glass bowl. Sprinkle the salt on top and crunch it with your hands to soften.

Pour dressing over the cabbage, and toss to coat. Sprinkle with dill, cover with foil, and leave in the refrigerator for half an hour before serving.

# Zucchini Salad with Yogurt

**Serves 4**

***Ingredients:***

3 medium zucchinis, coarsely grated

1 cup Greek yogurt

2/3 cup crushed walnuts

2 garlic cloves, chopped

2 tbsp olive oil

1 tsp paprika

1 tbsp dried mint

1/2 cup fresh dill, finely cut

salt, to taste

***Directions:***

Grate zucchinis and squeeze them by hand to drain excessive juice.

Heat olive oil in a pan and gently cook zucchinis, stirring, for 4-5 minutes or until tender. Stir in paprika and set aside to cool down.

When zucchinis have cooled, add in garlic, walnuts, dill, mint and salt. Stir to combine well and add in yogurt. Stir again and serve cold.

# Cucumber Salad

**Serves 4**

***Ingredients:***

2 medium cucumbers, peeled and sliced

a bunch of fresh dill

2-3 cloves garlic, pressed

3 tbsp white wine vinegar

3 tbsp olive oil

salt, to taste

***Directions:***

Cut the cucumbers in rings and put them in a salad bowl. Add the finely cut dill, the pressed garlic and season with salt, vinegar and oil.

Toss to combine and serve cold.

## **Carrot Salad with Yogurt**

**Serves 4**

***Ingredients:***

4-5 carrots, grated

3 cloves garlic, pressed

1/2 cup Greek yogurt

2 tbsp mayonnaise

2 tbsp olive oil

2 tbsp finely chopped fresh dill

salt and black pepper, to taste

***Directions:***

Heat olive oil in a skillet and gently sauté grated carrots for 2-3 minutes or until wilted.

In a bowl, combine carrots, yogurt, mayonnaise, garlic and dill. Add salt and black pepper, toss to combine, and serve.

# Main Dish Recipes

# Cannellini Beans with Eggplant

**Serves 4**

***Ingredients:***

2 medium eggplants, peeled and diced  
1 can cannellini beans, drained  
1 cup canned tomatoes, drained and diced  
1 red bell pepper, chopped  
1 onion, chopped  
4 garlic cloves, chopped  
1 bunch of parsley, chopped, to serve  
3 tbsp olive oil  
½ tsp paprika  
1 green chili, chopped  
1 tbsp dried mint  
salt and black pepper, to taste  
1/2 cup finely cut fresh parsley

***Directions:***

Gently saute onion, garlic, and eggplants in olive oil on medium-high heat for 6-7 minutes. Add in paprika and chili pepper and cook for 1-2 minutes, stirring.

Add the rest of the ingredients. Cover and simmer on low-heat for 30 minutes. Sprinkle with parsley and serve.

# Zucchini Fritters

**Serves 4**

***Ingredients:***

5-6 zucchinis, grated

3 eggs

1/2 cup fresh dill, finely cut

1 tsp fresh mint, chopped

3 garlic cloves, crushed

5-6 spring onions, very finely chopped

1 cup feta cheese, crumbled

salt and black pepper, to taste

1 cup flour

1/2 cup sunflower oil, for frying

***Directions:***

Grate zucchinis and put them in a colander. Sprinkle with salt set aside to drain for 15 minutes. Squeeze and place in a bowl.

Add all the other ingredients except for flour and the sunflower oil. Stir to combine. Add in flour and mix again.

Heat the sunflower oil in a frying pan. Drop a few scoops of the zucchini mixture and fry them on medium heat, making sure they don't touch. Fry for 3-5 minutes, until golden brown. Serve with yogurt.

# Red Lentil Fritters

**Serves 4**

***Ingredients:***

1 cup dry red lentils

1/3 cup bulgur

3 garlic cloves, crushed

5-6 spring onions, very finely chopped

1/2 cup fresh dill, finely cut

5-6 fresh mint leaves, chopped

1 tbsp tomato paste

1 tsp cumin

1 tsp paprika

salt and black pepper, to taste

1/2 cup sunflower oil, for frying

***Directions:***

Boil lentils in 2 cups of water until the water is almost absorbed then add in bulgur and salt. Set aside, covered.

When lentil mixture is cool, all the other ingredients except the sunflower oil. Stir to combine.

Heat the sunflower oil in a frying pan. Drop a few scoops of the lentil mixture and fry them on medium heat, making sure they don't touch. Fry for 3-5 minutes, until golden brown. Serve with vegetable salad.

# Vegetable Bake

**Serves 4**

***Ingredients:***

1 large zucchini, grated  
2 potatoes, peeled and grated  
1 carrot grated  
1 green pepper, cut  
3 garlic cloves, crushed  
5-6 spring onions, very finely chopped  
2/3 cup feta cheese, crumbled  
2 eggs  
1/3 cup flour  
1 tbsp baking powder  
1/2 cup black olives, pitted and halved  
1 tsp dried mint  
salt and black pepper, to taste  
2 tbsp olive oil  
4 tbsp sesame seeds

***Directions:***

Grate the zucchini and put it in a colander. Sprinkle with salt set aside to drain for 15 minutes. Squeeze and place in a bowl.

Heat olive oil in a skillet and gently sauté the pepper for 1 minute, then the carrot, potatoes, and finally the zucchini. Cook until wilted and set aside to cool.

Add in spring onions, mint, eggs, feta cheese, olives, baking powder and flour. Stir to combine.

Pour the mixture in a greased baking dish and sprinkle sesame seeds and olives on top.

Bake in a preheated to 350F oven for about 45 minutes hour or until it gets golden brown on top or on the sides.

# Spinach with Eggs

**Serves 2**

***Ingredients:***

1 lb spinach, fresh or frozen

1 onion, finely cut

4 eggs

3 tbsp olive oil

1/4 tsp cumin

1 tsp paprika

salt and pepper, to taste

***Directions:***

Heat olive oil on medium-low heat in a skillet. Gently sauté onion for 3-4 minutes. Add paprika and cumin and stir.

Add spinach and sauté some more until it wilts. Season with salt and black pepper to taste.

Prepare 4 holes on the spinach bed for the eggs. Break an egg into each hole. Cover and cook until eggs are cooked through. Serve with bread and a dollop of yogurt.

# Eggs and Feta Cheese Stuffed Peppers

**Serves 4**

***Ingredients:***

8 red bell peppers

6 eggs

4 oz feta cheese

a bunch of parsley

2 cups breadcrumbs

sunflower oil

***Directions:***

Grill the peppers or roast them in the oven at 480 F. Peel and deseed the peppers. Mix the crumbled feta cheese with 4 beaten eggs. Stuff the peppers with the cheese mixture.

Beat the remaining two eggs. Roll each stuffed pepper first in breadcrumbs, then dip in the beaten eggs.

Fry in hot oil turning once. Serve sprinkled with parsley.

## **Feta Cheese Baked in Foil**

**Serves 4**

***Ingredients:***

14 oz hard feta cheese

3 oz butter

1 tbsp paprika

1 tsp savory

***Directions:***

Cut the feta cheese into four medium-thick slices and place on sheets of butter-lined foil.

Place cubes of butter on top each feta cheese piece, sprinkle with paprika and savory and wrap. Place in a tray and bake in a moderate oven. Serve wrapped in the foil.

# Bulgarian Baked Beans

**Serves 6**

***Ingredients:***

2 cups dried white beans  
2 medium onions, chopped  
1 red bell pepper, chopped  
1 carrot, chopped  
1/4 cup sunflower oil  
1 tsp paprika  
1 tsp black pepper  
1 tbsp plain flour  
1/2 bunch fresh parsley and mint  
1 tsp salt

***Directions:***

Wash the beans and soak in water overnight. In the morning discard the water, pour enough cold water to cover the beans, add one of the onions, peeled but left whole. Cook until the beans are soft but not falling apart. If there is too much water left, drain the beans.

Chop the other onion and fry it a frying pan along with the chopped bell pepper and the carrot. Add paprika, plain flour and the beans. Stir well and pour the mixture in a baking dish along with some parsley, mint, and salt. Bake in a preheated to 350 F oven for 20 to 30 minutes. The beans should not be too dry. Serve warm.

# Rice Stuffed Bell Peppers

**Serves 4**

***Ingredients:***

8 bell peppers, cored and seeded

1 1/2 cups rice, washed and drained

2 onions, chopped

1 tomato, chopped

fresh parsley, chopped

3 tbsp oil

1 tbsp paprika

***Directions:***

Heat the oil and sauté the onions for 2-3 minutes. Add the paprika, the washed and rinsed rice, the tomato, and season with salt and pepper. Add 1/2 cup of hot water and cook the rice until the water is absorbed. Stuff each pepper with the mixture using a spoon. Every pepper should be 3/4 full.

Arrange the peppers in a deep ovenproof dish and top up with warm water to half fill the dish. Cover and bake for about 20 minutes at 350 F. Uncover and cook for another 15 minutes until the peppers are well cooked. Serve on their own or with plain yogurt.

# Beans Stuffed Bell Peppers

**Serves 5**

***Ingredients:***

10 dried red bell peppers

1 cup dried beans

1 onion

3 cloves garlic

2 tbsp flour

1 carrot

1 bunch of parsley

1/2 crushed walnuts

paprika

Salt

***Directions:***

Put the dried peppers in warm water and leave them for 1 hour. Cook the beans. Chop the carrot and the onion, sauté them and add them to the cooked beans. Add as well the finely chopped parsley and the walnuts. Stir the mixture to make it homogeneous.

Drain the peppers, then fill them with the mixture and place in a roasting tin, covering the pepper's openings with flour to seal them during the baking. Bake it for about 30 min. at 350 F.

# Monastery Stew

**Serves 4**

***Ingredients:***

3-4 potatoes, diced  
2-3 tomatoes, diced  
1-2 carrots, chopped  
1-2 onions, finely chopped  
1 cup small shallots, whole  
1 celery rib, chopped  
2 cups fresh mushrooms, chopped  
1/2 cup black olives, pitted  
1/4 cup rice  
1/2 cup white wine  
1/2 cup sunflower oil  
1 bunch of parsley  
1 tsp black pepper  
1 tsp salt

***Directions:***

Sauté the finely chopped onions, carrots and celery in a little oil. Add the small onions, olives, mushrooms and black pepper and stir well. Pour over the wine and 1 cup of water, salt, cover and let simmer until tender. After 15 minutes add the diced potatoes, the rice, and the tomato pieces. Transfer everything into a clay pot, sprinkle with parsley and bake for about 30 minutes at 350 F.

# Potato and Leek Gratin

**Serves 4**

***Ingredients:***

1 lb baby potatoes, sliced thinly

2-3 leek stems cut into thick rings

2 bay leaves

1/2 cup vegetable broth

1 cup cream

1/2 cup grated yellow cheese (cheddar or Gruyère)

5-6 tbsp olive oil

1/2 bunch of parsley

salt and black pepper, to taste

***Directions:***

Grease an ovenproof pan and place one layer of potatoes. Season with salt and black pepper to taste and sprinkle half of the leeks.

Add another layer of potatoes. Season with salt and black pepper and sprinkle leeks again.

Add the bay leaves and pour over the vegetable broth and the cream. Top with grated cheese.

Bake in a preheated to 350F oven 40 minutes loosely covered with an aluminum foil. Uncover and bake for 5 minutes or until golden.

# Spinach with Rice

**Serves 4**

***Ingredients:***

3-4 cups fresh spinach, washed, drained and chopped

1/2 cup of rice

1 onion, chopped

1 carrot, chopped

1/4 cup olive oil

2 cups water

***Directions:***

Heat the oil in a large skillet and cook the onions and the carrot until soft. Add the paprika and the washed and drained rice and mix well. Add two cups of warm water, stirring constantly as the rice absorbs it, and simmer for 10 more minutes. Wash the spinach well and cut it in strips, then add to the rice and cook until it wilts. Remove from the heat and season to taste. Serve with yogurt.

# Eggplant and Chickpea Stew

**Serves 4**

***Ingredients:***

2-3 eggplants, peeled and diced

1 onion, chopped

2-3 garlic cloves, crushed

1 (15 oz) can chickpeas, drained

1 (15 oz) can tomatoes, undrained, diced

1 tsp paprika

1/2 tsp cinnamon

1 tsp cumin

3 tbsp olive oil

salt and pepper, to taste

***Directions:***

Peel and dice the eggplants. Heat olive oil in a large deep frying pan and sauté onions and crushed garlic. Add paprika, cumin and cinnamon. Stir well to coat evenly. Saute for 3-4 minutes until the onions have softened.

Add the eggplant, tomatoes and chickpeas. Bring to a boil, lower heat and simmer, covered, for 15 minutes, or until the eggplant is tender.

Uncover and simmer for a few more minutes until the liquid evaporates.

# Turkish Green Beans

**Serves 4**

**Ingredients:**

1 lb green beans, fresh or frozen

1 onion, chopped

4 cloves garlic, crushed

2 large tomatoes, diced

1/4 cup sunflower oil

1/2 cup hot water

1 tbsp paprika

1/4 tsp cumin

1 tsp salt

1 tsp sugar

black pepper, to taste

1 bunch fresh parsley, chopped, to serve

***Directions:***

Sauté the onions and the garlic lightly in olive oil. Add the green beans and the remaining ingredients.

Cover and simmer over medium heat for about an hour or until all vegetables are tender. Check after 30 minutes; add more water if necessary. Serve warm - sprinkled with the fresh parsley.

# Cabbage and Rice Stew

**Serves 4**

***Ingredients:***

1 cup long grain white rice

2 cups water

2 tbsp olive oil

1 small onion, chopped

1 clove garlic, crushed

1/4 head cabbage, cored and shredded

2 tomatoes, diced

1 tbsp paprika

1/2 bunch of parsley

salt, to taste

black pepper, to taste

***Directions:***

Heat the olive oil in a large pot. Add the onion and garlic and cook until transparent.

Add the paprika, rice and water, stir and bring to boil. Simmer for 10 minutes. Add the shredded cabbage, the tomatoes, and cook for about 20 minutes, stirring occasionally, until the cabbage cooks down.

Season with salt and pepper and serve sprinkled with parsley.

# **Breakfasts and Desserts**

# Mediterranean Vegetable Omelette

**Serves 5-6**

***Ingredients:***

1 small onion, finely cut

1 green bell pepper, chopped

1 red bell pepper, chopped

4 tomatoes, cubed

2 garlic cloves, crushed

8 eggs

10 oz feta cheese, crumbled

4 tbsp olive oil

half a bunch parsley

black pepper, to taste

salt, to taste

***Directions:***

In a large pan sauté onion over medium heat, till transparent. Reduce heat and add bell peppers and garlic. Continue cooking until soft.

Add the tomatoes and continue simmering until the mixture is almost dry. Add the cheese and all eggs, stir, and cook until well mixed and not too liquid.

Season with black pepper and remove from heat. Sprinkle with parsley.

# Parsley Scramble

**Serves 2**

***Ingredients:***

4 eggs, whisked

3 tbsp milk

1/2 small onion, finely cut

2/3 cup feta cheese, crumbled

1 cup finely chopped parsley

4 tbsp olive oil

black pepper, to taste

salt, to taste

***Directions:***

In a large pan sauté onion over medium heat, till transparent. Reduce heat and stir in eggs and milk.

Continue cooking until soft. Add the cheese and parsley, stir, and cook until well mixed and not too liquid.

Season with black pepper and remove from heat.

# Feta Cheese Pastry

**Serves 6**

***Ingredients:***

14 oz filo pastry

5 eggs

½ cup yogurt

8 oz feta cheese

3.5 oz butter

***Directions:***

Turn the oven to 350 F. Mix well the eggs, cheese and yogurt in a bowl. Melt the butter in a bowl.

Grease the base of a baking tray, at least 1.5 inch deep, with some of the butter. Take the filo sheets and lay them on a dry surface. Place one sheet of filo pastry in the baking tray. Brush with melted butter using a pastry brush.

Lay another sheet of pastry on top and brush with butter. Sprinkle some of the cheese mixture evenly over the butter-basted pastry. Continue alternating two sheets of butter-basted pastry with the cheese mixture.

Repeat for 6 or 7 layers until all the sheets of pastry have been used up or the pie reaches the top of the baking tray, but make sure you finish with a sheet of pastry on top. If there is any mixture left over brush the top of the Cheese Pastry in the tray, if there is none left - brush some butter.

Place the tray in the oven and bake for 20 minutes until slightly risen and golden. Serve warm.

# Spinach-Cheese Pastry

**Serves 6-7**

***Ingredients:***

14 oz filo pastry

2 cups washed fresh spinach

2 eggs

1/4 cup sour cream

1/4 cup yogurt

7 oz feta cheese, crumbled

1/2 cup sunflower oil

1 tsp salt

***Directions:***

Preheat oven to 350 F. Wash and drain the spinach then chop it and place in a big bowl. Add salt and mix. Leave for about 10 minutes and then drain the excess water. Mix together eggs, feta cheese and yogurt and add to the spinach. Grease a baking tray, at least 1.5 inch deep.

Take filo sheets and lay them on a dry surface. Place one sheet of pastry into the baking tray. Brush with oil, using a pastry brush. Place another sheet of pastry on top and brush with oil.

Add some filling and spread evenly. Repeat for 6 or 7 layers until the pie reaches the top but make sure you finish with the pastry on top.

Place the Spinach-Cheese Pastry in the oven, uncovered, for about 35 minutes. Take it out of the oven and pour over it 1/4 cup sour cream blended with 1/4 cup of yogurt.

Return to the oven and bake for another 15 minutes until golden.

Serve warm or at room temperature.



# Pumpkin Pastry

**Serves 8**

***Ingredients:***

14 oz filo pastry

1 cups pumpkin, shredded

1 cup walnuts, coarsely chopped

1/2 cup sugar

6 tbsp sunflower oil

1 tbsp cinnamon

1 tsp vanilla

***Directions:***

Grate the pumpkin and steam it until tender. Cool and add the walnuts, sugar, cinnamon and the vanilla.

Place a few sheets of pastry in the baking dish, sprinkle with oil and spread the filling on top.

Repeat this a few times finishing with a sheet of pastry. Bake for 20 minutes at 350 F. Let the Pumpkin Pie cool down and dust with the powdered sugar.

# Baked Apples

**Serves 4**

***Ingredients:***

8 medium sized apples

1/3 cup walnuts, crushed

3/4 cup sugar

3 tbsp raisins, soaked

vanilla, cinnamon according to taste

2 oz butter

***Directions:***

Peel and carefully hollow the apples. Prepare stuffing by beating butter, 3/4 cup of sugar, crushed walnuts, raisins and cinnamon.

Stuff the apples and place in an oiled dish, pour over 1-2 tbsp of water and bake in a moderate oven. Serve warm with a scoop of vanilla ice cream.

# Semolina Dessert

**Serves 5-6**

***Ingredients:***

1 cup semolina flour

4 oz unsalted butter

2 tbsp pine nuts

**for the syrup:**

1 cup sugar

1 cup water

1 cup milk

***Directions:***

Mix semolina flour, butter and pine nuts in a large pot and cook them, stirring constantly, on medium-low heat until golden brown. In another pot, mix the syrup ingredients until boiled.

Very slowly pour the syrup into the pot with the semolina, stirring with a spoon, for 4-5 minutes, or until the mixture leaves the sides of the pot and becomes doughy.

Remove from heat and set aside, covered, for 5 minutes. When cooled, put it on a plate upside down and serve in slices.

# Bulgarian Rice Pudding

**Serves 4-5**

***Ingredients:***

1 cup short-grain white rice

6 tbsp sugar

1 1/2 cup water

1 1/2 cup whole milk

1 cinnamon stick

1 strip lemon zest

***Directions:***

Place the rice in a saucepan, cover with water and cook over low heat for about 15 minutes.

Add milk, sugar, cinnamon stick and lemon zest and cook over very low heat, stirring frequently until the mixture is creamy. Do not let it boil.

When ready discard cinnamon stick and lemon zest. Serve warm or at room temperature.

# Baklava - Walnut Pie

**Serves: 15**

***Ingredients:***

14 oz filo pastry

1 cup ground walnuts

9 oz butter

**For the syrup:**

2 cups sugar

2 cups water

1 tbsp vanilla powder

2 tbsp lemon zest

***Directions:***

Grease a baking tray and place 2-3 sheets of pastry. Crush the walnuts and spread some evenly on the pastry. Place two more sheets of the filo pastry on top.

Repeat until all the pastry sheets and walnuts have been used up. Always finish with some sheets of pastry on top.

Cut the pie in the tray into small squares. Melt the butter and pour it over the pie. Bake in a preheated oven at 350F until light brown. When ready set aside to cool.

the syrup:

Combine water and sugar in a saucepan. Add vanilla and lemon zest and bring to the boil, then lower the heat and simmer for about 5 minutes until the syrup is nearly thick.

Pour hot syrup over the cold baked pie, Leave to stand for at least 1-2 days until completely dry.

# Turkish Semolina Cake in Syrup

**Serves 6-8**

***Ingredients:***

3 eggs

½ cup sugar

1 cup yogurt

1 cup sunflower oil

3 tbsp flour

1 cup semolina

1 tsp vanilla

½ tsp baking soda

1 tbsp baking powder

½ tsp salt

1 tbsp grated lemon zest

**for the syrup:**

1 1/2 cups sugar

1 1/2 cups water

juice of half a lemon

***Directions:***

Put water and sugar in a pot and bring to a boil, stirring. Boil it for about 4-5 minutes, then add the lemon juice. Continue boiling for 2-3 minutes then set aside to cool.

Preheat the oven at 350F. Beat eggs and sugar then add yogurt and oil. Mix and add the other ingredients, combining everything well. Grease a square 8×8 inch pan and pour the batter in it. Bake it in a preheated to 350F oven for 25-30 min, until golden brown.

Pour the cold syrup over the warm dessert. Set aside to cool and place in the refrigerator. Serve cut in squares.

**FREE BONUS RECIPES: Ridiculously Easy Jam  
and Jelly Recipes Anyone Can Make**

# **A Different Strawberry Jam**

***Makes 6-7 11 oz jars***

## ***Ingredients:***

4 lb fresh small strawberries (stemmed and cleaned)

5 cups sugar

1 cup water

2 tbsp lemon juice or 1 tsp citric acid

## ***Directions:***

Mix water and sugar and bring to the boil. Simmer sugar syrup for 5-6 minutes then slowly drop in the cleaned strawberries. Stir and bring to the boil again. Lower heat and simmer, stirring and skimming any foam off the top once or twice. Drop a small amount of the jam on a plate and wait a minute to see if it has thickened. If it has gelled enough, turn off the heat. If not, keep boiling and test every 5 minutes until ready. Two or three minutes before you remove the jam from the heat, add lemon juice or citric acid and stir well.

Ladle the hot jam in the jars until 1/8-inch from the top. Place the lid on top and flip the jar upside down. Continue until all of the jars are filled and upside down. Allow the jam to cool completely before turning right-side up. Press on the lid to check and see if it has sealed. If one of the jars lids doesn't pop up- the jar is not sealed—store it in a refrigerator.

# Raspberry Jam

***Makes 4-5 11 oz jars***

***Ingredients:***

4 cups raspberries

4 cups sugar

1 tsp vanilla extract

1/2 tsp citric acid

***Directions:***

Gently wash and drain the raspberries. Lightly crush them with a potato masher, food mill or a food processor. Do not puree, it is better to have bits of fruit. Sieve half of the raspberry pulp to remove some of the seeds. Combine sugar and raspberries in a wide, thick-bottomed pot and bring mixture to a full rolling boil, stirring constantly. Skim any scum or foam that rises to the surface. Boil until the jam sets.

Test by putting a small drop on a cold plate – if the jam is set, it will wrinkle when given a small poke with your finger. Add citric acid, vanilla, and stir. Simmer for 2-3 minutes more, then ladle into hot jars. Flip upside down or process 10 minutes in boiling water.

# Raspberry-Peach Jam

***Makes 4-5 11 oz jars***

***Ingredients:***

2 lb peaches

1 1/2 cup raspberries

4 cups sugar

1 tsp citric acid

***Directions:***

Wash and slice the peaches. Clean the raspberries and combine them with the peaches in a wide, heavy-bottomed saucepan. Cover with sugar and set aside for a few hours or overnight. Bring the fruit and sugar to a boil over medium heat, stirring occasionally. Remove any foam that rises to the surface.

Boil until the jam sets. Add citric acid and stir. Simmer for 2-3 minutes more, then ladle into hot jars. Flip upside down or process 10 minutes in boiling water.

# Blueberry Jam

***Makes 4-5 11 oz jars***

***Ingredients:***

4 cups granulated sugar

3 cups blueberries (frozen and thawed or fresh)

3/4 cup honey

2 tbsp lemon juice

1 tsp lemon zest

***Directions:***

Gently wash and drain the blueberries. Lightly crush them with a potato masher, food mill or a food processor. Add the honey, lemon juice, and lemon zest, then bring to a boil over medium-high heat. Boils for 10-15 minutes, stirring from time to time. Boil until the jam sets.

Test by putting a small drop on a cold plate – if the jam is set, it will wrinkle when given a small poke with your finger. Skim off any foam, then ladle the jam into jars. Seal, flip upside down or process for 10 minutes in boiling water.

# Triple Berry Jam

***Makes 4-5 11 oz jars***

***Ingredients:***

1 cup strawberries

1 cup raspberries

2 cups blueberries

4 cups sugar

1 tsp citric acid

***Directions:***

Mix berries and add sugar. Set aside for a few hours or overnight. Bring the fruit and sugar to the boil over medium heat, stirring frequently. Remove any foam that rises to the surface. Boil until the jam sets. Add citric acid, salt and stir.

Simmer for 2-3 minutes more, then ladle into hot jars. Flip upside down or process 10 minutes in boiling water.

# Red Currant Jelly

***Makes 6-7 11 oz jars***

***Ingredients:***

2 lb fresh red currants

1/2 cup water

3 cups sugar

1 tsp citric acid

***Directions:***

Place the currants into a large pot, and crush with a potato masher or berry crusher. Add in water, and bring to a boil. Simmer for 10 minutes. Strain the fruit through a jelly or cheese cloth and measure out 4 cups of the juice. Pour the juice into a large saucepan, and stir in the sugar. Bring to full rolling boil, then simmer for 20-30 minutes, removing any foam that may rise to the surface. When the jelly sets, ladle in hot jars, flip upside down or process in boiling water for 10 minutes.

# White Cherry Jam

***Makes 3-4 11 oz jars***

***Ingredients:***

2 lb cherries

3 cups sugar

2 cups water

1 tsp citric acid

***Directions:***

Wash and stone cherries. Combine water and sugar and bring to the boil. Boil for 5-6 minutes then remove from heat and add cherries. Bring to a rolling boil and cook until set. Add citric acid, stir and boil 1-2 minutes more.

Ladle in hot jars, flip upside down or process in boiling water for 10 minutes.

# Cherry Jam

***Makes 3-4 11 oz jars***

***Ingredients:***

2 lb fresh cherries, pitted, halved

4 cups sugar

1/2 cup lemon juice

***Directions:***

Place the cherries in a large saucepan. Add sugar and set aside for an hour. Add the lemon juice and place over low heat. Cook, stirring occasionally, for 10 minutes or until sugar dissolves. Increase heat to high and bring to a rolling boil.

Cook for 5-6 minutes or until jam is set. Remove from heat and ladle hot jam into jars, seal and flip upside down.

## Oven Baked Ripe Figs Jam

***Makes 3-4 11 oz jars***

***Ingredients:***

2 lb ripe figs

2 cups sugar

1 ½ cups water

2 tbsp lemon juice

***Directions:***

Arrange the figs in a Dutch oven, if they are very big, cut them in halves. Add sugar and water and stir well. Bake at 350 F for about one and a half hours. Do not stir. You can check the readiness by dropping a drop of the syrup in a cup of cold water – if it falls to the bottom without dissolving, the jam is ready. If the drop dissolves before falling, you can bake it a little longer. Take out of the oven, add lemon juice and ladle in the warm jars. Place the lids on top and flip the jars upside down. Allow the jam to cool completely before turning right-side up.

If you want to process the jams - place them into a large pot, cover the jars with water by at least 2 inches and bring to a boil. Boil for 10 minutes, remove the jars and sit to cool.

# Quince Jam

***Makes 5-6 11 oz jars***

***Ingredients:***

4 lb quinces

5 cups sugar

2 cups water

1 tsp lemon zest

3 tbsp lemon juice

***Directions:***

Combine water and sugar in a deep, thick-bottomed saucepan and bring it to the boil. Simmer, stirring until the sugar has completely dissolved. Rinse the quinces, cut in half, and discard the cores. Grate the quinces, using a cheese grater or a blender to make it faster. Quince flesh tends to darken very quickly, so it is good to do this as fast as possible. Add the grated quinces to the sugar syrup and cook uncovered, stirring occasionally until the jam turns pink and thickens to desired consistency, about 40 minutes. Drop a small amount of the jam on a plate and wait a minute to see if it has thickened. If it has gelled enough, turn off the heat. If not, keep boiling and test every 2-3 minutes until ready. Two or three minutes before you remove the jam from the heat, add lemon juice and lemon zest and stir well.

Ladle in hot, sterilized jars and flip upside down.



## About the Author

Vesela lives in Bulgaria with her family of six (including the Jack Russell Terrier). Her passion is going green in everyday life and she loves to prepare homemade cosmetic and beauty products for all her family and friends.

Vesela has been publishing her cookbooks for over a year now. If you want to see other healthy family recipes that she has published, together with some natural beauty books, you can check out her [Author Page](#) on Amazon.

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