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Chicken Soup

Ingredients:

- 6 cups chicken broth
- 500 grams cut and boiled chicken
- 1 teaspoon salt
- 1 teaspoon all spices
- 500 grams fresh or frozen vegetables
- 100 grams long noodles

Method:

Mix the chicken pieces with chicken broth and put on high heat until boiling.

Add remaining ingredients, place the lid on the pot and leave for 20 minutes over low heat.

Serve hot.

Nutritional value per serving:

Calories: 270kcal

Fat: 5g

Cholesterol: 80mg

Carbohydrates: 32g

Protein: 25g

Fiber: 1g



Lentil Soup

Ingredients:

- 1 cup red lentils
- 1 onion, chopped fine
- 3 large carrots peeled and cut
- 1 tablespoon vegetable oil
- ½ tablespoon tomato sauce
- 2 tablespoons orange juice
- 1 cube vegetable broth
- salt
- black pepper
- cinnamon powder
- chopped parsley

Method:

Put lentils, carrots, onion and water in a pot and place on a high heat. Leave till boiling then reduce heat. Mix the vegetables with lentils and leave to boil for 20 minutes. Grind lentils, carrots and onion in the blender. Add the remaining ingredients to the soup and return to the heat to boil for a while. Serve the soup and garnish with parsley.

Nutritional value per serving:

Calories: 180kcal

Fat: 3g

Protein: 27.7g

Carbohydrates: 25.5g

Fiber: 8.5g

Saturated fat: 0g

Cholesterol: 0g



Vegetable Soup

Ingredients:

- 1 tablespoon canola oil
- 1 small potato or 170 grams
- 2 medium carrots or one cup
- 1 medium onion or one cup
- 1 ½ zucchini or one cup
- 2 medium size sticks of celery or one cup
- 1 large tomato or one cup
- 1 cup or 116 grams sweet pumpkin
- 1 cup of fresh or frozen green beans
- 1 teaspoon of ginger
- 1 clove garlic
- 1 teaspoon of cumin
- 1 tablespoon of tomato paste
- 4 cups of water
- 1 tablespoon soft coriander
- a pinch of turmeric
- a pinch of salt

Method:

Wash vegetables and chop fine.

Sprinkle the canola oil in the pot then add onions, garlic, ginger and stir until they wilt.

Add vegetables to pot, starting with potatoes, carrots, celery, pumpkin, zucchini and tomato.

Mix the vegetables and sprinkle salt, spices, tomato paste and add water then leave on the heat for half an hour.

Sprinkle coriander on the hot soup and serve.

Nutritional value per serving:

Calories: 142kcal

Total Fat: 2.5g

Protein: 4g

Carbohydrates: 20g

Fiber: 2.5g

Saturated fat: Total Fat: 0.4g

Mono unsaturated fat: 3.1g

Polyunsaturated fats: 1.5g Cholesterol: 0mg

Sodium: 126mg

Sugar: 6.2g

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kcal = kilo calories; g = grams; mg = milligrams
Reference: Wafaa Helmi Ayyesh, Director of Clinical Nutrition Department, Clinical Support Services Sector - Dubai Health Authority - UAE
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Corn Salad

Ingredients:

- 4 medium ears of corn, shaken
- ½ cup red onion, minced
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ½ red bell pepper, seeded and diced finely
- ½ green bell pepper, seeded and diced finely
- 1 large plum tomato, seeded and diced
- 3 tablespoons fresh cilantro, chopped
- 1 tablespoon olive oil
- 1 tablespoon white vinegar
- 8/1 teaspoon salt (optional)
- freshly ground pepper (to taste)
- cooking spray

Serving Size: 4

Preparation time: 10 minutes

Cooking time: 5 minutes

Method:

Boil the corn in a large pot of water for 3 minutes. Remove and allow to cool to the touch. Cut off kernels and place in a large bowl. You should have about 2 cups.

Lightly coat a non-stick skillet with cooking spray and sauté the onion until wilted.

Add the chili powder and cumin; sauté another minute.

Combine with the corn.

Add the red and green bell pepper, tomato, and cilantro to the corn mixture.

In a small cup, combine the oil, vinegar, salt (if using), and pepper. Drizzle over the salad.

Serve at room temperature.

Nutritional value per serving:

Calories: 129kcal

Fat: 4g

Protein: 3g

Carbohydrates: 23g

Fiber: 4g

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Fattoush

Ingredients:

- 1 large onion, chopped
- 2/1 bunch purslane
- 2/1 bunch Mint
- 2/1 lettuce
- 4/1 bunch parsley
- 4/1 bunch thyme
- 1 piece of green celery
- 5 radishes
- 1 tomato
- 4 cucumbers
- 2 tablespoons olive oil
- 1 tablespoon sumac
- 1 teaspoon pomegranate
- molasses
- sour lemon juice (as needed)
- 2/1 loaf of toasted
- Arabic bread
- 2/1 teaspoon salt

Method:

Wash vegetables well and leave on papers to dry completely out of water.

Cut tomatoes, radishes, cucumbers and celery thoroughly after washing.

Add dried green leaves to the above.

Add finely shredded lettuce leaves to the mixture.

Mix the olive oil, lemon juice, pomegranate, sumac and add sauce Fattoush. Add the toast before serving immediately.

Nutritional value per serving:

Calories: 157kcal

Cholesterol: 0mg

Protein: 4g

Vitamin C: 64mg

Carbohydrates: 25g

Folate (mcg): 124mg

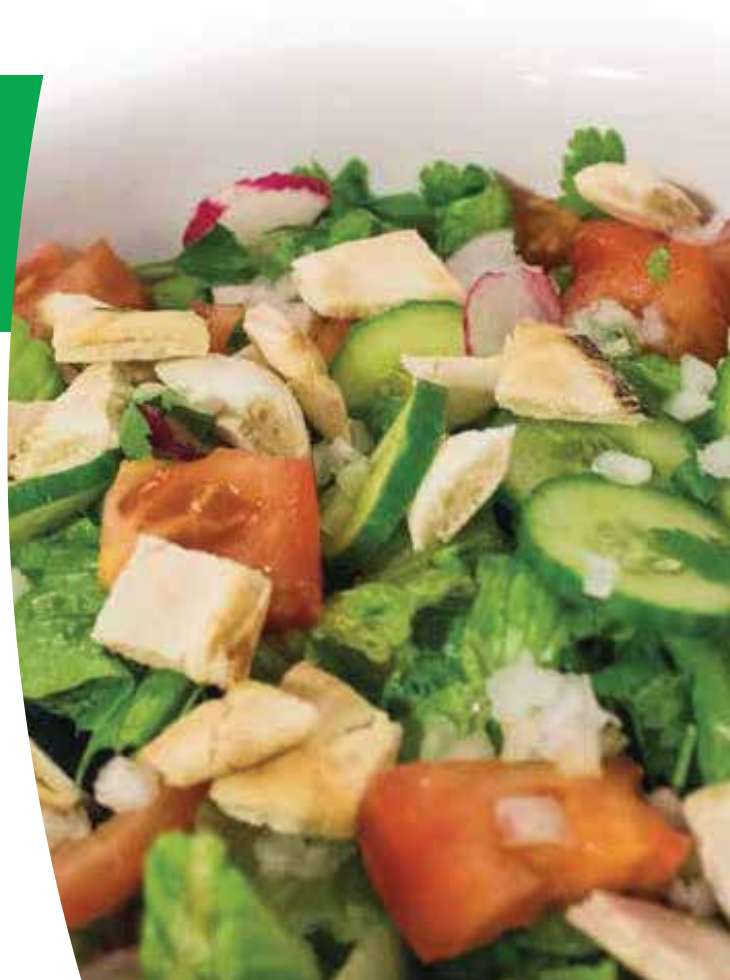
Fat: 6g

Fiber: 5g

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Tabouli Salad

Ingredients:

- 1 small onion minced very fine
- 1 teaspoon salt
- ½ teaspoon allspice
- ½ teaspoon sumac
- 3 bunches of parsley finely chopped
- 5 small tomatoes finely chopped
- 2 tablespoons fine bulgur
- 5 tablespoons lemon juice
- 5 tablespoons olive oil

Method:

Mix onion with sumac.

Mix the rest of the vegetables and bulgur gradually with the onions.

Add the lemon juice and olive oil.

Mix together.

Serve cold.

Nutritional value per serving:

Calories: 200kcal

Cholesterol: 13mg

Carbohydrates: 18g

Fiber: 6g



Kabsa

Ingredients:

- 2 cups long grain basmati rice
- 2/1 1 cup chopped ripe tomato
- 2 cups chopped onion
- 2/1 cup white raisins soaked in 3/1 cup water
- 2/1 cup sliced almonds
- 2/1 cup pistachios
- 2/1 cup pine nuts
- 2/1 1 teaspoon salt
- 1 teaspoon ground cardamom
- 1 teaspoon ground coriander
- 10 cloves garlic
- 2/1 teaspoon nutmeg

- 2/1 teaspoon mixed (7) spices
- 4/1 teaspoon cinnamon
- 4/1 teaspoon ground black pepper
- 4 cups chicken broth
- 6 teaspoons butter
- 2 tablespoons olive oil

Pre-cooked chicken in broth:

- 2 chicken breasts and 2 drumsticks
- 6 cups water
- 2/1 cup chopped onion
- 2 bay leaves
- 2 cinnamon sticks
- 1 teaspoon salt

Serving Size: 4

Preparation time: 60 minutes

Cooking time: 60 minutes

Method:

In a large pot place chicken, water, onion, bay leaves, cinnamon stick, salt and let cook covered on low heat for about 2/11 hour.

In another large bowl, rinse rice and pour off excess water, mix in seasonings.

In another large pot add the olive oil and 1 teaspoon butter, chopped onions, chopped tomatoes and cook for 10 minutes on medium heat. Next add rice and mix, then add 4 cups of chicken broth from the cooked chicken and stir, then add 3 teaspoons butter. Let come to a boil and then turn down to low heat, cover and let cook for 45 minutes.

In a small pan, add 2 teaspoons butter and stir in nuts and raisins, let cook until all are evenly brown, set aside for garnish. In the mean time, pull apart cooked chicken and remove any bones.

After 45 minutes, fluff rice with a fork and let sit another 10 minutes.

To present dish, pour out the rice into a large serving dish, place pieces of chicken on top and then put the nut and raisin mixture on top of that. Serve with yogurt or salad.

Nutritional value per serving:

Calories: 528kcal

Fat: 21.2g

Protein: 29.2g

Carbohydrates: 50g

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Shakreyah

Ingredients:

- 300g lean beef, cut into large cubes
- 18 baby onions, peeled
- 4 cups low fat yoghurt or 1000ml
- 2 cubes MAGGI®
- Chicken Less Salt Bouillon, crumbled
- 1½ tablespoons corn flour
- 1 egg white, lightly beaten
- 1½ tablespoons olive oil
- 1½ tablespoons garlic, crushed
- 2 tablespoons fresh mint, chopped
- 2 tablespoons coriander leaves, chopped

Serving Size: 6

Preparation time: 25 minutes

Cooking time: 30 minutes

Method:

Boil beef cubes and baby onion in two separate saucepans until they are cooked.

Meanwhile, combine low fat yogurt, the crumbled Chicken Less Salt Bouillon cubes, corn flour and egg white in a separate saucepan and place over a medium heat with constant stirring until it boils. Remove and set aside.

Warm olive oil in a small pan-fry and sauté garlic until fragrant then add mint and coriander and stir for a seconds. Pour over the yogurt mix and stir.

Drain the cooked beef and baby onion and pour them over the yogurt mix. Stir and serve with steamed rice (optional).

Nutritional value per serving:

Calories: 308kcal

Fat: 14g

Protein: 20g

Carbohydrates: 25g

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Yoghurt Marinated Chicken

Ingredients:

- 8 boneless chicken breasts 750 gm
- 1¼ cup low fat amaraï yogurt
- 1 tablespoon lemon juice
- 2 tablespoons chopped ginger
- 1 tablespoon vegetables oil
- 2 teaspoons paprika
- 1 teaspoon black pepper
- 1 teaspoon chili powder
- 1 teaspoon crumbled dried rosemary
- ½ teaspoon turmeric
- 3 cloves garlic, minced

Method:

Combine in bowl the yogurt, lemon juice, ginger, garlic, oil, paprika, black pepper, chili powder, crumbled dried rosemary whisk until smooth. Add the chicken and turn it to coat all the chicken, cover and refrigerate for 24 hours.

Place the chicken in baking pan, reserving marinade back in preheated oven for 25-20 minutes or until no longer pink inside.

Spooning additional marinade over chicken half way through baking.

Nutritional value per serving:

Calories: 129kcal

Fat 3g

Protein: 21g

Carbohydrates: 3g

Fiber: Trace



Meat and Okra Stew

Ingredients:

- ½ kilo okra
- 6 teaspoons sunflower oil
- 1 onion cut into small parts
- 6 tomatoes (cut into small pieces, not peeled)
- 1 cup minced beef
- 2 cloves garlic minced
- 1 teaspoon salt
- 3 tablespoons skimmed yoghurt
- 3 teaspoons cream
- ½ teaspoon white pepper
- 1 tomato thinly sliced
- 1 lemon thinly sliced

Method:

Remove top of okra after washing and drying off water. Heat 3 tablespoons of sunflower oil in a pot over a medium heat. Add okra and stir for 6 minutes.

Remove okra from the heat and place on tissue paper to remove excess oil. Re-heat 2 tablespoons of sunflower oil into the same pot. Stir onion and tomatoes in oil, then add to the minced meat with occasional stirring until meat browns.

Add water to mixture and wait until boiling. Add the garlic and salt then leave it boiling till the soup level decreases. Warm up the oven. Brush a tray with a little oil. Add the yoghurt, cream, white pepper and minced meat while stirring till fully mixed.

Place half of the meat mixture in the tray, place a layer of okra and then place over the remaining quantity of the meat mixture. Drizzle on the surface the remaining spoonful of oil. Bake in the oven for 60-50 minutes.

Garnish with sliced tomatoes, lemon and serve.

Nutritional value per serving:

Calories: 547kcal	Potassium: 10.81mg
Calories from fat: 356g	Salt: 13.01
Fat: 39.6g	Carbohydrates: 25.5g
Saturated fat: 14g	Fiber: 8.5g
Cholesterol: 99mg	Protein: 27.7g



Al Thareed

Ingredients:

- 2 kilos lamb meat, medium-cut section
- with bone
- 3 medium zucchinis
- 2 medium potatoes
- 1 eggplant cut into halves
- 3 finely chopped onions
- 2 small carrots
- hot green pepper
- 3 cloves of garlic
- 4 pieces cardamom
- 1 piece of ginger
- Omani dried lemon
- mixed spices
- oil
- 5 red ripe tomatoes
- can of tomato sauce
- bread (alruqaq)

Method:

In a saucepan, boil the meat and remove the impurities from the water. Put some pieces of cardamom. Cook the meat till it's half cooked. In another pot fry the onion, garlic ginger and chilies until the mixture becomes golden color.

Add all vegetables with spices, tomato sauce and Omani dried lemon. Add water to the mixture and when it starts to boil add the meat and salt.

Close the pot and allow to simmer on a low heat. Before serving remove the meat and some vegetables from the pot. Add alruqaq bread to the serving plate (deep plate) and some of Al Thareed till you finish all the quantity you wish to serve.

Put meat and vegetables in serving place.

Nutritional value per serving:

Calorie: 214 kcal
Fat: 7g
Carbohydrates: 24.2g
Protein: 13.6g
Dietary fiber: 1.2g
Iron: 2.4mg
Calcium: 97.8mg
Vitamin C: 17.2mg
Phosphorus: 135.6mg

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Al Harees

Ingredients:

- crushed wheat
- meat
- salt as required

Method:

The meat is washed, cleaned and placed with the crushed wheat in a saucepan in boiling water. Add a pinch of salt and remain so until mixture melts. Having cooked your "harees" in Twine, (which is a deep pottery pan with a small nozzle) place inside the "Tannour" and cover with loam.

"Al Harees" remains in the "Tannour" for almost six (6) hours and then taken out, then hit with a long piece of wood in the form of the hand palm called (al midrab).

Then "Alharees" is put in flat plates in a certain way and ghee is added (if required).

Healthy Preparation:

The more you increase the amount of meat, the higher will be the nutritional value of "Al Harees". The increased use of animal ghee is harmful from a health point of view. Limit it as much as possible or even avoid it. Recently some families started innovating preparation of "Al Harees" by adding tomatoes or yoghurt which increases the nutritional value. It's preferable to remove all visible fat from the meat before cooking in order to reduce cholesterol and calories.

Nutritional value per serving:

Calorie: 152kcal

Fat: 3g

Carbohydrates: 21g

Protein: 10.2g

Dietary fiber: 0.1g

Iron: 2.4g

Calcium: 62mg

Vitamin A: 14.4mg

Phosphorus: 198mg

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Chicken Biryani

Ingredients:

- ½ cup of milk
- ½ teaspoon masala for chicken
- 1 teaspoon turmeric
- 1 tablespoon fresh ginger, grated
- 2 cloves garlic crushed
- salt as required

Method:

Prepare chicken mixture:

- 1 chicken, without skin cut into large pieces
- 1 cup of milk
- 4 tomatoes, peeled and sliced
- 3 onions, sliced
- 2 tablespoons vegetable oil
- 1 fresh ginger, cut same size as garlic clove
- 3/1 cup fresh chopped coriander
- 3 cloves of garlic
- ½ cup raisins
- ½ teaspoon masala mix
- salt as required

Phase 1: Prepare the chicken

1. Mix all ingredients for the chicken sauce and let stand for an hour.
2. Add chicken pieces into the sauce and leave for one hour.
3. Roast the chicken in the oven.

Phase 2: Prepare the chicken mixture

1. In a saucepan fry the onion in vegetable oil.
2. Mixing fresh ginger, green coriander and garlic in the blender and then add to the fried onion.
3. Add yoghurt, sliced tomatoes and raisins with chicken masala and salt to the mixture.
4. Add the roasted chicken pieces in the oven to the mixture, cover and leave on low heat until the mixture is well combined.

Phase 3: Prepare the rice

1. Wash rice and drain water.
2. Fry onion in a saucepan with cardamom and cinnamon sticks and cloves in vegetable oil, then add 3 cups of water over ingredients.

Prepare rice:

- 2 cups basmati rice
- 1 cube chicken broth (Maggi)
- 1 onion finely chopped
- 3 cardamom pods
- 3 cinnamon sticks
- 4 cloves
- salt as required

Nutritional value per serving:

Calories: 129kcal
Fat: 4g
Protein: 3g
Carbohydrates: 23g
Fiber: 4g

Serving Size: 6

Garnish:

- 3 onion sliced
- ½ cup raisins
- ½ cups cashew
- ½ cup freshly chopped coriander
- chopped mint leaves
- saffron threads
- 2 tablespoons rosewater

3. When the water starts boiling add the chicken masala, once dissolved add drained rice.
4. Place the lid on the saucepan and leave on a low heat for 15 minutes, until the rice is cooked and put aside.

Phase 4: Prepare the sauce

1. Fry onion and set aside.
2. Fry the cashew and raisins then set aside.
3. Blend the fresh coriander & mint then set aside.
4. Soak saffron in rose water for 15 minutes and set aside.

Phase 5: Serving

1. Put a layer of rice in the plate, then a layer of chicken mixture above it and garnish with the half amount of fried cashew, raisin and onion.
2. Distribute the coriander and mint mixture.
3. Add another layer of rice and garnish with the remaining quantity of cashew, raisin and onion, then sprinkle the dissolved saffron over the biryani dish.



Al Khanfaroosh

Ingredients:

- 1 cup sugar
- 1 cup semolina
- 1 cup flour with yeast
- rose water
- cardamom
- saffron
- 1 tablespoon debbess (dates syrup)
- 2 eggs

Method:

Put all ingredients together in a bowl. Mix well all ingredients with the rose water. Heat the oil in a deep frying pan. Use a spoon to pour the mixture in the form of rings into the frying oil on a low heat, until both sides become golden. Remove it from the oil and place it on tissue in order to absorb the excess of oil and then place it in service plate.

Healthy Preparation:

In order to make Al Khanfaroosh high-value food and beneficial to children, sugar can be replaced with honey or molasses, this makes it the best preferred dessert for people in the Gulf.

For people with heart disease, it can be prepared using egg whites instead of yolk which makes it cholesterol free.

Nutritional value per serving:

Calorie: 95kcal

Fat: 3g

Iron: 1mg

Protein: 2g

Carbohydrates: 15g

Calcium: 55mg

Vitamin A: 42mg

Vitamin C: none

Phosphorus: 130mg

Dietary Fiber: 0.3g



Luqaimat

Ingredients:

- 1 cup flour
- 1 cup milk powder
- 1 can cream
- 1 teaspoon instant yeast
- 2 cups of water or as needed
- saffron

Method:

Sift the flour then add instant yeast, milk powder, buttermilk, water, saffron and mix them all together for 5 minutes. Cover dough for an hour until it ferments well.

Prepare deep frying oil to boil and by your fingertips take a little dough and place it in the oil, after its fried remove it and place it on paper tissue to dry.

Then place it in a dish, add the syrup, sesame or cinnamon or coconut as needed.

Healthy Preparation:

To raise the nutritional value of Luqaimat, we can use molasses "dates' honey" or honey rather than sugar syrup and this makes luqaimat high in minerals and vitamins.

For people who love the taste of sugar syrup, they can dilute it with water and therefore will be less amount of sugar.

People with diabetes can use sugar substitutes to make the sugar syrup.

Nutritional value per serving:

Calorie: 95kcal

Fat: 3g

Iron: 1mg

Protein: 2g

Carbohydrates: 15g

Calcium: 55mg

Calcium: 55mg

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Qatayef with cream

Ingredients:

For the dough:

- 4/1 2 cups plain flour
- 6 grams fast action dried yeast
- 1 ½ teaspoons sugar
- 1 ½ cups semi skimmed milk
- 1 ½ cups water

For the filling (Kishta):

- 2 cups semi skimmed milk
- 7 ½ tablespoons corn flour
- 4/1 cup granulated sugar
- 3 tablespoons double cream, stiffly whipped
- 2 tablespoons rose water
- 1 teaspoon vanilla essence
- 1 cup chopped pistachios

Method:

To make filling:

Mix corn flour gradually with milk and sugar then bring it to boil in a medium sized, heavy bottomed pan.

Stir continually until the mixture thickens, add the remaining ingredients and remove from the heat. Spoon the mixture into a bowl and refrigerate until cold.

To make the dough:

Mix all the ingredients and allow to sit for 40-30 minutes. Ladle approximately 2 tablespoons of the mixture at a time onto a lightly greased, hot frying pan/skillet and cook until full of bubbles - only cook ONE side.

After cooking all of the pancakes, let them cool a little. To assemble, gently fold in half & pinch the bottom half edge together - so that you have an opening to place the cream but the rest is sealed.

Using a piping bag, fill each pancake with the cooled cream (Kishta), before dipping the open ends in the chopped pistachios.

Nutritional value per serving:

Calories: 108kcal

Calories from Fat: 28g

Total Fat: 3.1g

Saturated Fat: 0.7g

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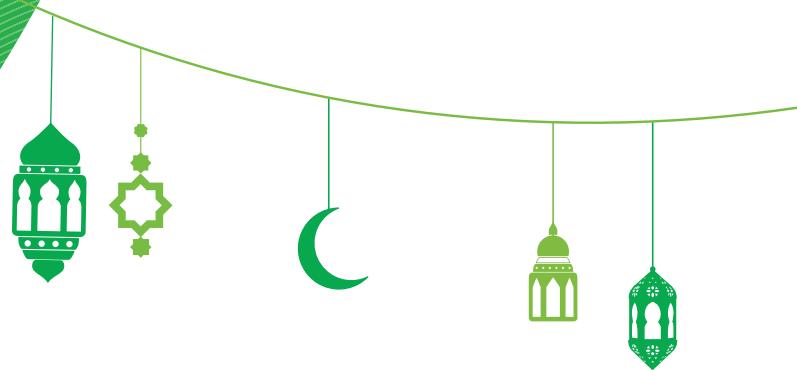
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