

## Berbere Quinoa with Chickpeas and Apricots

1 T. olive oil  
 1/2 c. chopped red bell pepper  
 3 cloves garlic, minced  
 \* 2 t. berbere spice or to taste  
 2 c. vegetable broth  
 1 1/2 c. quinoa, rinsed and drained  
 15 1/2 oz. can chickpeas, rinsed and drained  
 1/3 c. chopped dried apricots (rehydrate if needed)  
 1/2 t. salt or to taste  
 1/3 c. toasted almond slivers  
 Fresh parsley and scallions for garnish.

Sauté red pepper in olive oil until tender. Add garlic, berbere, quinoa, broth, and chickpeas. Bring to simmer. Reduce to low cooking 15 minutes covered. Add chickpeas and apricots. Uncover putting a towel over pan for 5-10 minutes until quinoa is tender. Uncover, fluff until loose and ingredients are mixed. Season with salt if needed. Top with almonds, parsley, and scallions to serve.

\* There are several mixes for berbere many of which have hot chile powder as the key ingredient. The recipe I found did not have as much hot spice as others.

# Spiced Lentils, Rice & Quinoa

with Caramelized Onions + Garlic Yogurt Sauce

Serves: 4

Cozy • Syrian-inspired • High-fiber • High-protein

## Ingredients

### Rice-Lentil-Quinoa Base

- 1 cup white basmati or jasmine rice, rinsed
- $\frac{1}{2}$  cup quinoa, rinsed
- $\frac{1}{2}$  cup green lentils, rinsed (*optional soak 10–20 min*)
- 1 cup water
- 2 cups chicken bone broth or vegetable broth
- 1½–2 tsp Syrian 7-spice
- 1 tsp salt, or to taste
- 1–2 tbsp olive oil
- Lemon wedge, for serving

### Caramelized Onions

- 2–3 large onions, thinly sliced
- 1–2 tbsp olive oil
- Pinch of salt

### Garlic Yogurt Sauce

- 1 cup full-fat Greek yogurt
- 1–2 cloves garlic, grated
- 1–2 tbsp lemon juice
- Pinch of salt
- Water to thin (optional)

## Instructions

### 1. Caramelize the onions

1. Heat olive oil in a large pan over medium heat.
2. Add onions + pinch of salt.
3. Cook 20–25 minutes, stirring occasionally, until deep golden and soft.

# Oatmeal Chocolate Chip Muffins

By Genevieve Ko

Published March 6, 2025



David Malosh for The New York Times. Food Stylist: Simon Andrews.

**Total Time** 35 minutes, plus cooling

**Prep Time** 5 minutes

**Cook Time** 30 minutes

**Rating** ★★★★☆ (154)

Nubby with oats, these tender brown sugar muffins have a hint of cardamom that brings out the richness of chocolate chips. Tiny quick-cooking oats offer a delicate chew in batter that comes together fast enough for weekday mornings. Right out of the oven, they're crisp around the edges and fluffy. Over time, they become stickier and feel even more wholesome.

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## INGREDIENTS

**Yield:** 1 dozen

1¼ cups/120 grams quick-cooking or plain instant oats (see Tip)

1 cup/133 grams all-purpose flour

⅔ cup/160 grams packed dark brown sugar

1 tablespoon baking powder

½ teaspoon fine salt

¼ teaspoon ground cardamom

1¼ cups/300 grams whole milk

4 tablespoons/57 grams unsalted butter, melted and cooled

2 large eggs, room temperature

¾ cup/128 grams chocolate chips

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## PREPARATION

### Step 1

Heat the oven to 400 degrees. Line 12 muffin cups with paper liners.

### Step 2

Whisk the oats, flour, brown sugar, baking powder, salt and cardamom in a large bowl. Whisk the milk, butter and eggs in a medium bowl. Pour the wet ingredients into the dry and stir gently until no traces of flour remain. Gently stir in the chocolate chips until evenly distributed.

### Step 3

Use the ½-cup measuring cup to scoop the batter into the muffin cups. They'll be nearly full.

### Step 4

Bake until browned around the edges and a toothpick inserted in the center of one comes out clean, 20 to 23 minutes.

### Step 5

Cool in the muffin tin until room temperature. You can eat the muffins warm, but they'll be a bit gummy before they cool. Muffins will keep at room temperature for up to 3 days and can be frozen for up to 3 months. Thaw completely before reheating.

in a toaster oven.

**TIP**

*Quick-cooking oats are slightly flatter and cut smaller than old-fashioned oats, and instant oats are even smaller and thinner. If you have only old-fashioned (rolled) oats, pulse them into tiny bits to replicate the lighter texture that quick-cooking oats deliver.*

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**Private Notes**

Leave a Private Comment on this recipe and see it here.

# Creamy Savory Cardamom Rice

BY VEEG.CO

Prep Time: 10 Minutes

Cook Time: 20 Minutes

Yields: 22 Servings

## Ingredients

- 4 1/2 cups of rinsed and soaked rice of choice - *We often use this aged jasmine rice or this organic, non-GMO basmati rice - but we've recently been enjoying this dish using organic brown jasmine rice, Indonesian Volcano, and 'Forbidden' varieties of whole grain rice. Just be sure to adjust cooking times according to the package instructions for whichever variety of rice you are using.*
- one can (13.5 oz) of **unsweetened lite coconut milk** - *We use this brand of lite coconut milk and purchase in bulk to get the best quality for less. When we originally wrote this recipe we used regular unsweetened coconut milk which also works beautifully in this recipe*
- one empty lite coconut milk can full of **water**
- one generous tablespoon of **cardamom** pods smashed to loosen some of the seeds - *Alternatively, you may use ground cardamom in place of the smashed cardamom pods.*
- 1/2 to 1 tsp of **ground cardamom**
- 1/2 of a cinnamon stick or 1/2 tsp of **cinnamon**
- a couple of **bay leaves**

## Instructions

1. In full disclosure, I tend to use my rice cooker for making rice rather than the stovetop. I've grown accustomed to this guilty little pleasure since I make rice at least three to five times a week. *The orange clickable link connects you to the rice cooker that I use and love. If you are using a rice cooker to complete this recipe, follow the instructions for your particular rice cooker. And if you are considering purchasing a rice cooker, do it—I cannot begin to express how much I appreciate my rice cooker!*
2. To make rice on the stovetop, begin by pouring the lite coconut milk and water into a large saucepan with a tight-fitting lid and bring to a boil.
3. Once the liquid is boiling, add the rice, crushed cardamom pods, ground cardamom, bay leaves and cinnamon to the boiling liquid. Stir just enough to make sure that the rice is separated.
4. Cover the pot and reduce the heat to a low simmer. Turn down the heat to the lowest setting. Allow the rice to simmer for about 18 to 20 minutes, and then remove from heat. Let the rice steam in the cooking pot for another 5 to 10 minutes or so, undisturbed.
5. Before serving, remove the significant bits of cooked spices, such as the broken hulls of the cardamom pods, but leaving a few of the lovely blackish-brown cardamom seeds, if you like. Fluff the rice a bit with a fork, serve and enjoy!

## Notes

- Rinsing and **soaking the rice** before cooking aides its **digestibility** and it's something that I always try to do. Soaking makes all grains more digestible because it breaks down some of the trickier proteins and neutralizes things called phytates. Phytates inhibit the absorption of valuable nutrients such as calcium, iron, and magnesium. **To soak your rice**, cover it in water after giving it a good rinse. If you have the time and forethought, soak the rice overnight, then drain and cook as you usually would. If you do not have time to soak overnight, by all means, soak it as soon as you think of including it in your menu. In my book, **any soaking is better than no soaking**. *Soaking grains is standard practice in many countries, and I'm convinced that is why they do not seem to have as many issues with digestion, inflammation and other types of wellness concerns.*
- Regarding the cardamom pods; my method of smashing open the pods before dropping the hulls and loosened seeds into the pot is as follows. **Place the whole pods** on a paper towel or clean dish towel folding it over to enclose and secure the pods. With a wooden spoon or tenderizer tool, whack the covered, secured pods a time or two to break them open. Breaking open the pods allows the cardamom seeds to escape which lets their aromatic flavor to distribute throughout the lovely pot of rice.
- About the **rice**, feel free to use the rice you enjoy eating. **Organic whole grain brown jasmine rice** is another variety of rice we enjoy. As mentioned in the ingredients portion of this recipe, be sure to follow package instructions for whichever rice you use.

Beet Salad With Pickled Mushrooms  
and Carmelized Shallots

by Olia Hercules

Ukrainian salad known as shuki.

4 lbs. beets

1 1/2 tsp. Kosher salt plus more for boiling beets

1/2 c. extra virgin olive oil, divided

8 oz. wild mushrooms sliced

4 TBSP. sherry vinegar or raspberry vinegar

1 TBSP. honey

2 garlic cloves, finely grated

6 shallots, halved, thinly sliced lengthwise

2 TBSP. coarsely chopped Tarragon

Freshly ground pepper.

- 1.) Boil or roast beets till tender or use Costco pre cooked beets. Slice into wedges.
- 2.) Heat 2 TBSP oil in a skillet over high. Add mushrooms and cook, stirring occasionally, until golden brown and crisp, about 6 minutes.
- 3.) Whisk vinegar, honey, garlic and remaining 1 1/2 tsp <sup>salt</sup> in a small bowl. Add mushrooms to dressing and let sit to pickle at least 30 minutes.
- 4.) Wipe out skillet. Heat remaining 2 TBSP oil in skillet over medium-high. Add shallots and cook, stirring occasionally, until lightly browned and tender, about 4 minutes.
- 5.) Pour dressing off mushrooms over beets in bowl. Add tarragon and toss to coat. Top with shallots and pickled mushrooms. Season with pepper. Can top with feta <sup>walnuts or pecans</sup> or chopped

Made by Sue Perkins

Mini Reubens

1 pkg cocktail Pumpernickel bread

1000 Island dressing

1 pound Corned Beef sliced thin

1 can Bavarian style sweet Sauerkraut with Caraway seeds, *rinsed and drained*

6 slices of Swiss Cheese - *cut in 1/4*

On a sheet pan arrange 24 slices of the bread side by side. Spread about a teaspoon of dressing on each slice. Place a slice of corned beef on each slice of bread, then top with Sauerkraut then cheese.

Bake in 300 degree oven for 10-15 minutes, til the cheese slightly melts.

Serve while warm. ( There will be some leftover bread and corned beef), or you can make more. That is all that fit on my pan.

*Served by Doug + Shar Cook*



## Spiced Apple Chili

● **Total Time:** Prep: 15 Min. Cook: 1 Hour.

**Yield:** 6 Servings (2 Quarts)

★ ★ ★ ★ ★  **Contest Winner**

 **Test Kitchen Approved**

Nothing says fall like chili and apples. I use smoked paprika to give this slightly sweet chili a smoky kick. —Joyce Moynihan, Lakeville, Minnesota

### Ingredients

- 1 pound ground beef
- 1 large onion, chopped
- 1 can (6 ounces) tomato paste
- 3 teaspoons chili powder
- 3 teaspoons smoked paprika
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- 2 garlic cloves, minced
- 2 tablespoons cider vinegar
- 3 cups beef broth
- 2 large Granny Smith apples, peeled and chopped

- 1 can (15 ounces) chili beans, undrained
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Optional toppings: shredded white cheddar cheese and diced red onion

## Directions

- 1 In a Dutch oven, cook and crumble beef with onion over medium-high heat until beef is no longer pink, 5-7 minutes; drain.
- 2 Add tomato paste, spices and garlic; cook and stir over medium heat 5 minutes. Stir in vinegar and broth until blended. Add remaining ingredients; bring to a boil. Simmer, covered, until apples are tender and flavors are blended, about 45 minutes, stirring occasionally. Serve with toppings as desired.

## Nutrition Facts

1-1/3 cups: 284 calories, 10g fat (4g saturated fat), 47mg cholesterol, 945mg sodium, 31g carbohydrate (11g sugars, 7g fiber), 21g protein.

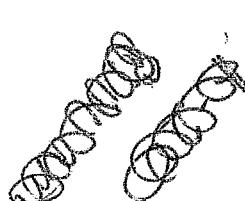
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Nothing says fall like chili and apples. I use smoked paprika to give this slightly sweet chili a smoky kick. —Joyce Moynihan, Lakeville, Minnesota

RECIPE CREATOR

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Peggy

### Shawarma Chicken Salad

4 oz. boneless skinless chicken thighs

1 tsp. Shawarma seasoning

Salt

Pepper

2 cups romaine lettuce

1 cup spinach

1/3 cup cucumber, diced

1/3 cup grape tomatoes

1/4 cup red onion, diced

1/4 cup sliced pepperoncini, optional

1/4 cup dry roasted chickpeas

Dressing:

1 Tbsp. lemon juice

1 Tbsp. tahini (roasted)

garlic powder, dash

salt

pepper

Preheat oven to 400 and line a baking sheet with parchment paper. Coat both sides of the chicken thighs with shawarma seasoning and sprinkle lightly with salt and pepper. Bake for 30 minutes, or until no longer pink on the inside and an internal temperature of 165 degrees.

Mix dressing ingredients.

Add all salad ingredients in a bowl (except roasted chickpeas). Toss with dressing. Top with chickpeas and shawarma chicken.

# Kleicha – Date Cookies (كليجا)

Makes – 25-30

## Ingredients

### For the dough

1 cup (100g) ground almonds

1 1/4 cup (140g) rice flour (or you can use wholemeal spelt flour)

1 tsp salt

1/4 tsp cinnamon

1/4 tsp cardamom powder

80ml (1/3 cup/5 tbsp) coconut oil, melted

80ml (1/3 cup/5 tbsp) milk of choice

### For the date filling

250g soft dates

120ml (1/2 cup) water + more if needed

1 tsp cinnamon

1 tsp cardamom

Pinch of salt

Sesame seeds to top

## Method

Preheat your oven to 180C/160C fan/ 350F

Start by making the filling – add the dates and water to a pan and cook over a low/medium heat whilst mashing the dates with the back of a wooden spoon. Continue adding water until you have a smooth, but still thick and sticky mixture. You want it to be just thin enough to spread

In a large bowl, mix together the ground almonds, rice flour, salt and spices.

Add the melted coconut and milk and mix to form a dough\*

Divide the dough in half, and roll out between 2 pieces of baking paper into a rectangle (28cmx18cm), then spread the date filling over the dough leaving the edges clear.

Now start rolling – take one side of the dough and use the parchment paper to roll the dough into a log.

Freeze the logs for 30 minutes to make them easier to slice.

Using a sharp knife, slice into 1/2 inch thick pieces. Carefully transfer the cookies onto a baking sheet.

Sprinkle the sesame seeds on top.

Bake for around 20 minutes or until the tops are golden brown.

Leave to cool completely, then enjoy!

## Notes

\* If the dough is too soft, refrigerate for 20-30 minutes to make it easier to roll

\*\* I like to store mine in the fridge – they taste so much better in my opinion and the texture is so much better as well ?

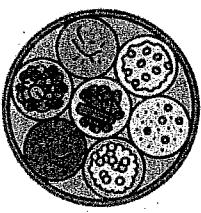
## SMOKY CHEESY LENTIL BAKE

SERVINGS: 6 SERVINGS

TOTAL TIME: 1 HOUR

### INGREDIENTS

- 1 Large Onion, chopped
- 5 large cloves of garlic, crushed
- 7 oz of mushrooms, chopped with stems removed
- 2 small red peppers, deseeded and chopped
- 1 small sweet potato
- 1.5 tsp fennel seeds
- 1 tsp dried coriander
- 2 tsp smoked paprika
- 1 tbsp chili powder, swap in additional smoked paprika if you prefer. I use a very mild but smoky ancho powder
- 2 tsp cumin
- 3.5 oz kale or cavolo nero
- 1 cup dried green or brown lentils or 2.5-3 cups if already cooked
- 1 handful of fresh coriander (cilantro)
- 2 cups of grated cheese of your choice - Tillamook
- 1 (14 oz) can of chopped tomatoes - Roasted Tomato (8 oz.) *Roasted Cheddar* *Medi* *oars* *From Happyvegkitchen.com*



### DIRECTIONS

1. Preheat oven to 390 F
2. In a shallow casserole dish, heat a little olive oil and sauté the onions and garlic until softened
3. Add the sweet potatoes and cook for about 5 minutes before adding the peppers and mushrooms. Cook until the mushrooms are reduced and the peppers are soft.
4. Push the vegetables to the sides of the pan to leave a gap in the middle. Add the fennel seeds and a tiny bit more oil, and allow them to toast for a few moments until you can smell them. As soon as they become fragrant, add the remaining spices and mix it all through the vegetables until they are coated
5. Add the kale and mix it through until it starts to reduce a little. If things get sticky in the pan, add a little water to loosen things up.
6. Add the ~~lentils~~, <sup>COOK FIRST</sup> half the cheese (reserving the rest for the topping) and most of the coriander (reserving a little for the garnish) and mix through.
7. Finally, add the tinned tomatoes and mix through if your pan is not oven safe, you will now transfer the mixture to a casserole dish that can go in the oven.
9. Sprinkle the remaining cheese over the top, cover with foil, and place in the oven.
10. Bake for 20 minutes covered, then remove the foil and bake for another 15 minutes

FROM HAPPYVEGKITCHEN.COM

# DINNER then DESSERT

CHEF APPROVED RECIPES



## Korean Beef Sloppy Joes

Korean Beef Sloppy Joes made with sweet and spicy flavors with a punch of garlic that's a fun change from the classic sloppy joes. Try today!

Yield	4 servings	Course	Main Dish, Sandwich
Prep Time	10 minutes	Cuisine	American Fusion, Korean
Cook Time	15 minutes	Author	Sabrina Snyder
Total Time	25 minutes		

## Ingredients

- 1 1/2 pounds ground beef, 85/15 fat content
- 3 cloves garlic, minced
- 2 teaspoons sesame oil
- 1/2 cup ketchup
- 1/2 cup hoisin
- 1/2 cup water
- 2 tablespoons low sodium soy sauce
- 1 tablespoon rice wine vinegar
- 1/2 teaspoon sriracha
- 2 green onions sliced thinly
- 4 brioche rolls

## Instructions

1. In a large skillet add in the beef, lower the heat to medium and cook well, breaking it apart but leaving some chunks about the size of a raspberry or small grape (don't crush the heck out of it, the larger crumbles will help give the sandwich stability).
2. Cook until well browned (5-6 minutes), then add in the garlic, sesame oil, ketchup, hoisin, water, soy sauce, rice wine vinegar and sriracha and stir together well until the

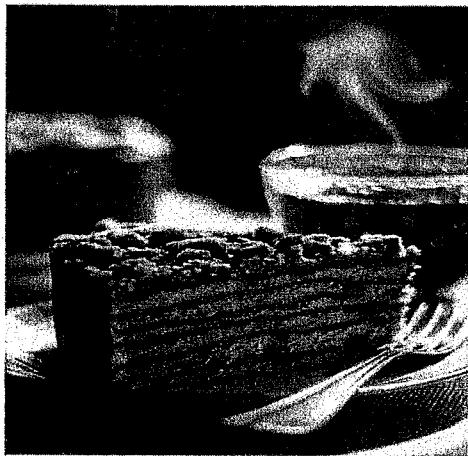
sauce starts to evaporate and the mixture becomes "sloppy" (about 5-6 minutes).

3. Toast the buns then spoon over the mixture and top with green onions.

*Korean Beef Sloppy Joes <https://dinnerthendessert.com/korean-beef-sloppy-joes/>*

*Ads won't print with recipe.*

## **Cinnamon Chai Crumble Coffee Cake**



### **What You'll Need**

#### **For the Cake:**

- 2 ½ cups all-purpose flour
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 2 tsp ground cinnamon
- 1 tsp ground cardamom
- ½ tsp ground ginger
- ½ tsp ground cloves
- 1 cup unsalted butter, softened
- 1 cup granulated sugar
- ½ cup light brown sugar, packed
- 2 large eggs
- 1 cup sour cream
- 2 tsp vanilla extract

#### **For the Streusel Topping:**

- 1 cup all-purpose flour
- $\frac{1}{2}$  cup light brown sugar
- 1 tsp ground cinnamon
- $\frac{1}{2}$  cup cold unsalted butter, cubed

### **Step 1: Make the Streusel**

In a small bowl, mix together 1 cup flour,  $\frac{1}{2}$  cup brown sugar, and 1 tsp cinnamon. Add the cold butter cubes and use your fingers or a fork to crumble it into a sandy texture. Set aside.

### **Step 2: Prep the Dry Ingredients**

In a medium bowl, whisk together the flour, baking powder, baking soda, salt, cinnamon, cardamom, ginger, and cloves.

### **Step 3: Cream the Butter and Sugars**

In a large mixing bowl, beat the butter, granulated sugar, and brown sugar until light and fluffy. Add the eggs one at a time, then mix in the vanilla.

### **Step 4: Combine Wet and Dry Ingredients**

Add half the dry ingredients to the creamed butter mixture, followed by half the sour cream. Repeat until everything is just combined.

### **Step 5: Assemble the Cake**

Pour half the batter into a greased 9x9-inch pan. Sprinkle half the streusel on top. Add the remaining batter and finish with the rest of the streusel.

### **Step 6: Bake**

Bake in a preheated 350°F oven for 40–45 minutes, or until a toothpick inserted in the center comes out clean. Let cool slightly before serving.