



CARE KIT 2026

LEBANESE RECIPES FOR A CAUSE



Fasolya Mtablé Or Bean Salad



Recipe infos

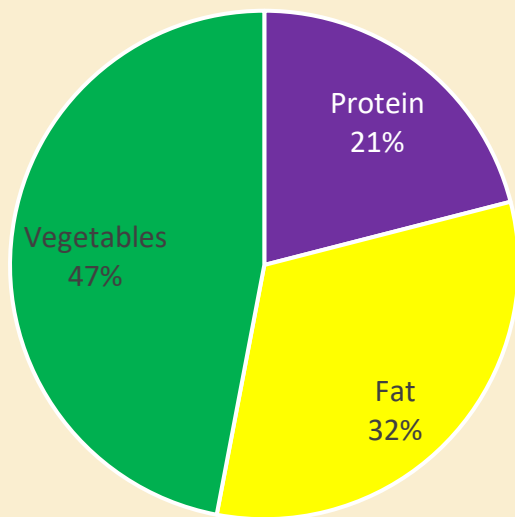
Fasolya aarida verte, or **wide green beans**, is a **traditional Lebanese** dish prepared with **onions, and garlic, often enriched with olive oil and served with rice**. In villages of the Bekaa and the South, it was considered a staple summer meal, taking advantage of the seasonal harvest of fresh beans. **During fasting periods, the dish was made without meat, while in other times, lamb or beef cubes were added for a heartier version. Today, fasolya aarida remains popular year-round, reflecting the balance of simplicity, nutrition, and flavor in Lebanese home cooking.**

Ingredients

- 2 cups wide green beans or any dry beans
- 2 tbsp lemon juice and vinegar
- 2 garlic cloves, crushed
- 1 tsp dried mint
- 2 tbsp olive oil
- Salt to taste

Method of preparation

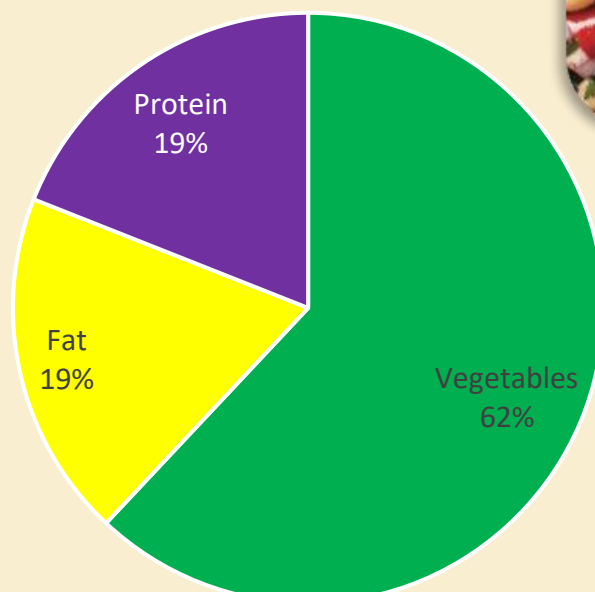
- 1. Cook** the beans until soft, keeping some of the cooking water.
- 2. Mash** the beans slightly with a fork or blender, leaving them a bit chunky.
- 3. Add** lemon juice, garlic, dried mint, olive oil, and salt.
- 4. Mix** well, using the cooking water to adjust consistency (creamy but not too thick).
- 5. Serve** in a bowl, drizzle with olive oil, and garnish with a pinch of dried mint.



To improve the nutritional value of the dish...

Add to initial recipe:

- 1 tsp sumac
- 1 tsp zaatar
- ½ tsp black pepper
- 1 tomato, diced
- 1 green onion, finely chopped
- 1 green bell pepper, diced
- Whole wheat pita bread





Wheat Dessert

Recipe infos

Wheat dessert is a **traditional Lebanese** dessert prepared on the **4th of December for the Saint Barbara holiday (Eid el-Berbara)**. The story behind this dessert is that **Saint Barbara disguised herself in order to escape persecution and hid in wheat fields. In memory of this event, people cook whole wheat grains on this date**. Over time, **spices, nuts** as well as dried fruits were added to the grains, creating '**Ameh which symbolizes abundance** and blessing.

Ingredients

- **1 cup whole wheat grains (soaked overnight)**
- **4 cups water**
- **½ cup sugar**
- **1 tsp anise seeds**
- **1 tsp fennel seeds**
- **1 tsp cinnamon powder**
- **A dash of rose water or orange blossom water**

Method of preparation

- 1. Soak** the wheat grains overnight in water to soften.
- 2. Drain** and rinse the wheat.
- 3. In a large pot**, add wheat and cover with fresh water (about 4 cups). Bring to a boil.
- 4. Reduce heat** and simmer until the wheat is tender (about 45-60 minutes).
- 5. Add sugar** and spices (anise, fennel, cinnamon) and stir well.
- 6. Add** a splash of rose water or orange blossom water for aroma.
- 7. Serve** warm or cold.



To improve the nutritional value of the dish...

Add:

- **Honey** or maple syrup instead of sugar
- **Date paste** or mashed ripe bananas for natural sweetness.
- Unsweetened **dried fruits** (raisins, apricots, figs).
- **Raw nuts and seeds** (walnuts, almonds, pistachios, pine seeds)
- **Pomegranate fruit**



Maghmour or Eggplant Vegetarian Dish



Recipe infos

Lebanese Maghmour is a traditional **vegetarian dish** originating from the **southern countryside of Lebanon**. It is mainly prepared with **eggplant, along with chickpeas and tomatoes**. Simple yet **flavorful**, it is a common dish served as **part of the mezze**, as well as in Lebanese homes and restaurants. It is often served with Lebanese bread or cooked rice.

Nutritional Highlights:

- Vegetarian dish**, providing plant-based protein from chickpeas.
- Very rich in dietary fiber** (eggplant, chickpeas, tomatoes, onions).

Ingredients

- 3 large eggplants
- 2 onions
- 2 tomatoes
- 1 tbsp tomato sauce
- Olive oil
- Garlic
- Salt
- Paprika and cinnamon (if desired)

Method of preparation

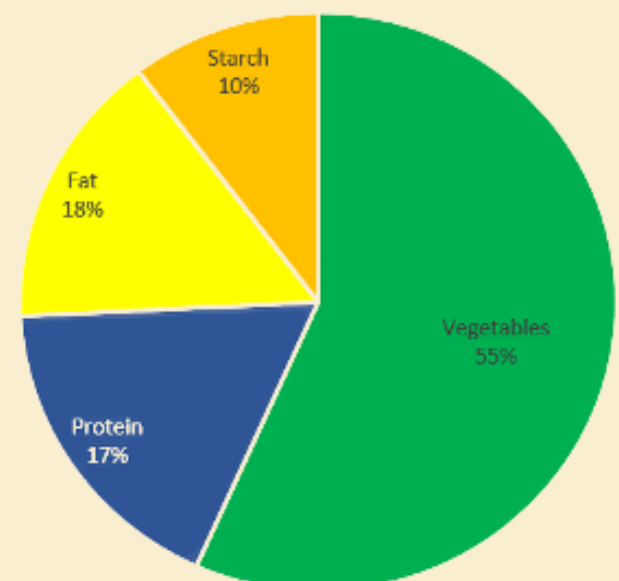
- 1.Cut** the eggplants into cubes. Fry in a pan with oil until golden brown. (for a lighter version grill the eggplants instead).
- 2.In a large pot, sauté** the sliced onions with a little oil until translucent.
- 3.Add** the chopped garlic, tomatoes, paprika and cinnamon. Let simmer on low heat for 10min.
- 4.Stir** in the chickpeas, eggplants, and half a glass of water. Season with salt and pepper.
- 5.Simmer** on low heat for 25-30min. The Lebanese Maghmour should be tender and coated with thick sauce.



To improve the nutritional value of the dish...

Add to initial recipe:

- Potatoes
- Red Bell Pepper
- 1 can chickpeas
- Eat it with hommos and tahini + bread





Freekeh or



Vegetarian Wheat Stew

Recipe infos

Origin: Freekeh (also known as frikeh, frik, or farik) is an ancient grain made from green durum wheat (*Triticum durum*) harvested before full maturity, then roasted, dried, and cracked.

History: Its use dates back more than 4,000 years in Mesopotamia and the Levant. According to legend, it was discovered accidentally when a field of unripe wheat caught fire, producing a grain with a distinctive smoky flavor.

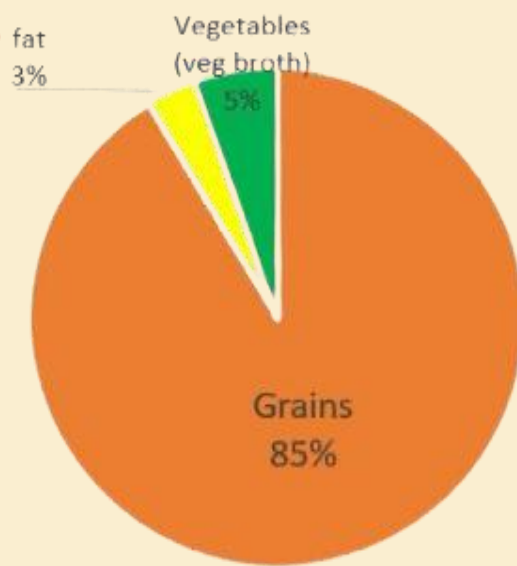


Ingredients

- 70 g raw freekeh (equals about 150-160 g cooked)
- 200 ml water or vegetable/chicken broth
- 1 tsp olive oil
- Salt, spices (cinnamon, black pepper, cumin to taste)

Method of preparation

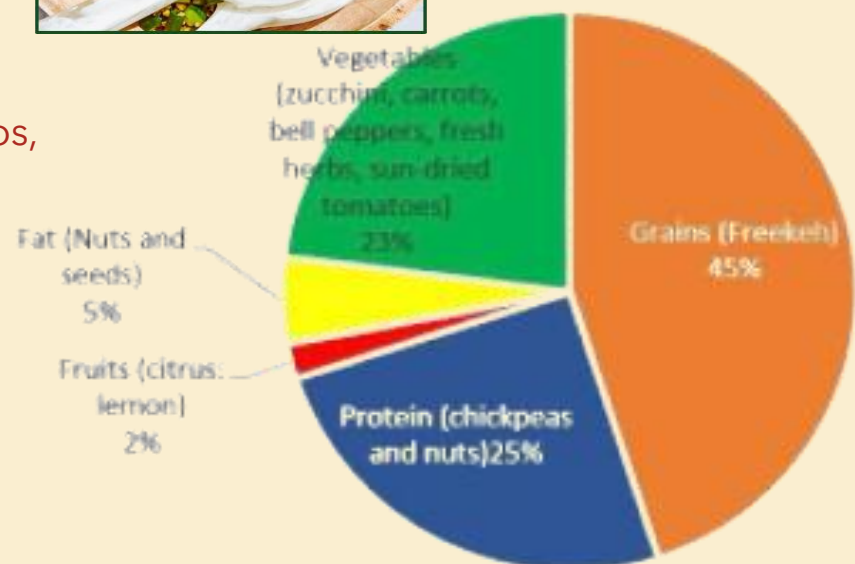
1. **Rinse** the freekeh under cold water to remove any impurities.
2. **Heat** the olive oil in a small saucepan.
3. **Add** the freekeh and sauté for 2 minutes to enhance its aroma.
4. **Pour** in the water/broth, add salt and spices.
5. **Cover** and let simmer for 20-25 minutes over low heat, until fully absorbed.
6. **Fluff** with a fork before serving.



To improve the nutritional value of the dish...

Add to initial recipe:

- **chickpeas** → complete proteins (balanced amino acids).
- colorful vegetables (carrots, sundried tomatoes, bell peppers, zucchini) → rich in antioxidants and vitamins.
- **nuts and seeds** (toasted almonds, pistachios, pumpkin seeds, tahini) → omega-3, magnesium, and crunch.
- **Season with fresh herbs** (parsley, cilantro, mint) and lemon → freshness and vitamin C.





Lentil Kebbé



Recipe infos

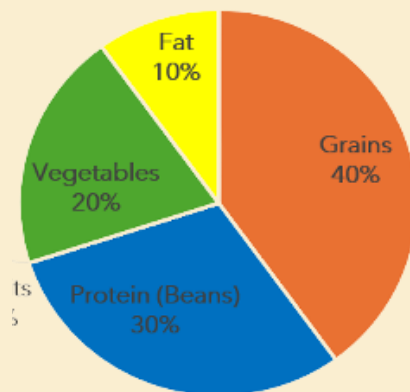
Lebanon's national dish, kebbé, is traditionally made with **meat** (lamb or beef) and bulgur. **In the South and the Bekaa, meat was replaced with lentils, creating kebbé Adas, which became a Christian Lenten dish due to the absence of animal products.** Today, it is mostly **eaten in winter, either as oven-baked patties or stuffed with lentils and caramelized onions.** Alongside this version, other varieties exist, such as **pumpkin kebbé, potato kebbé, chicken kebbé, or fish kebbé, reflecting the richness and adaptability of Lebanese cuisine.**

Ingredients

- 1 cup split lentils
- 1 ½ cups fine white bulgur
- 1 onion
- 5 cups water
- Chopped parsley
- 1 tablespoon tomato paste
- 1 teaspoon chili sauce (optional)
- 50 g olive oil
- Salt, black pepper, cumin
- Lemon wedges and lettuce leaves for garnish

Method of preparation

1. **Cook** the lentils in salted water until tender.
2. **Sauté** the chopped onion in oil until golden.
3. **Mash** the lentils, add the bulgur, and mix well.
4. **Stir** in tomato paste, chili, cumin, pepper, and salt.
5. **Add** the fried onion with its oil and combine.
6. **Let cool slightly**, then shape into patties or serve in a dish, garnished with parsley, lemon, and lettuce.

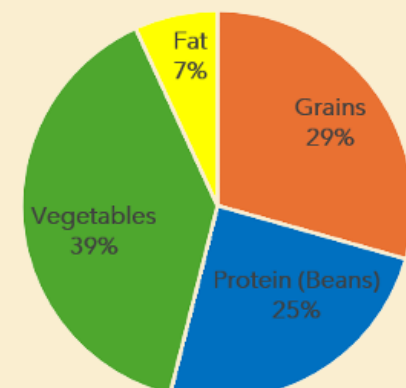


To improve the nutritional value of the dish...

Add to dish:

Thym salad

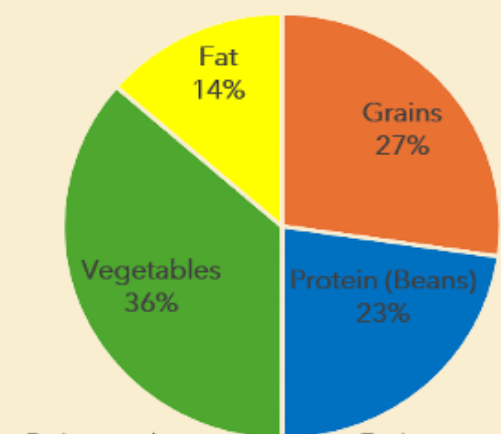
- 2 large handfuls of fresh green thyme leaves
- 2 ripe tomatoes
- 2 cucumbers
- 1 small onion (red or white)
- 3-4 tablespoons extra virgin olive oil
- Juice of 1 lemon
- A pinch of salt



OR

Swiss Chard Salad with Sesame Cream

- Swiss chard stems
- 2 garlic cloves
- Salt
- Lemon juice
- Tahini (sesame paste)
- 1-2 tablespoons water (optional, to adjust texture)





Vegetarian Stuffed vine leaves



Recipe infos

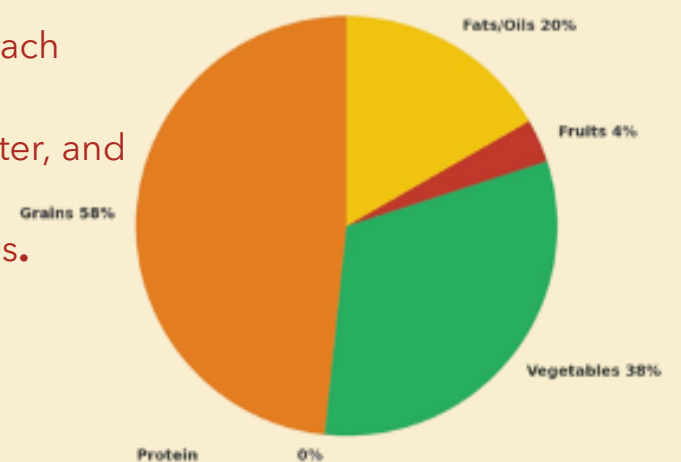
In Lebanese mezza, Warak Enab or vine stuffed leaves are a classic and one of the staple dishes in the lebanese mezze.

Ingredients

- 70 g brined grape leaves
- 40 g uncooked rice
- 10 g chopped tomatoes
- 15 g chopped onions
- 5 g fresh parsley
- 5 g fresh mint
- 10 ml olive oil

Method of preparation

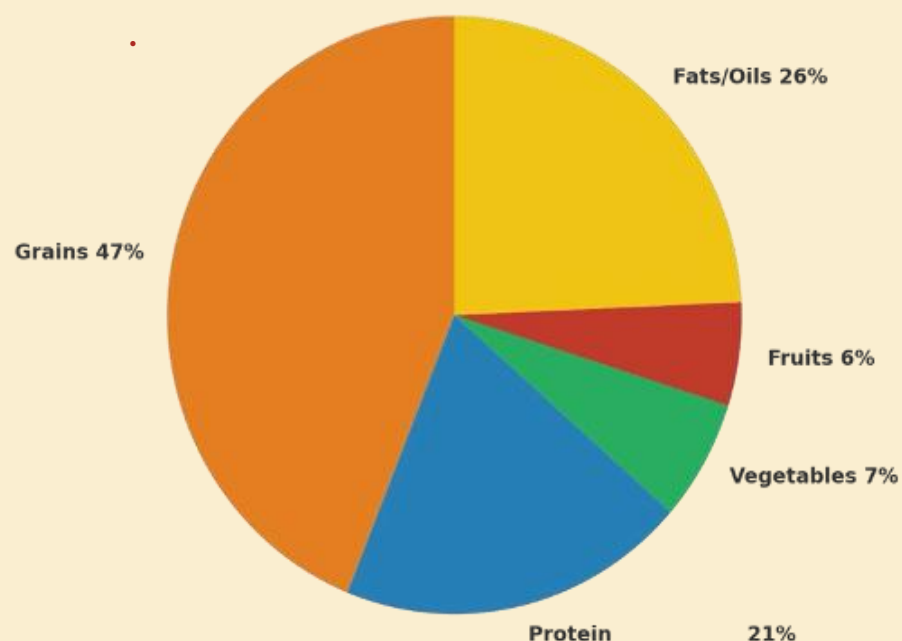
1. **Rinse** the grape leaves.
2. **Mix** the rice, tomatoes, onions, parsley, mint, olive oil, and spices.
3. **Place** a small spoonful of the filling on each leaf and roll tightly.
4. **Arrange** the rolls in a pot, cover with water, and add the lemon juice.
5. **Cook** over low heat for about 40 minutes.



To improve the nutritional value of the dish...

To the initial recipe:

- **Replace rice with Bulgur** → 1 ½ tablespoons (≈ 20 g)
- **Add Cooked chickpeas** → 2 heaping tablespoon (≈ 60 g)
- **Season with Unripe grape juice (hoşrom)** → 2 tablespoons (≈ 30 ml) or **Pomegranate molasses** (debs remmen) → 1 teaspoon (≈ 5 g)





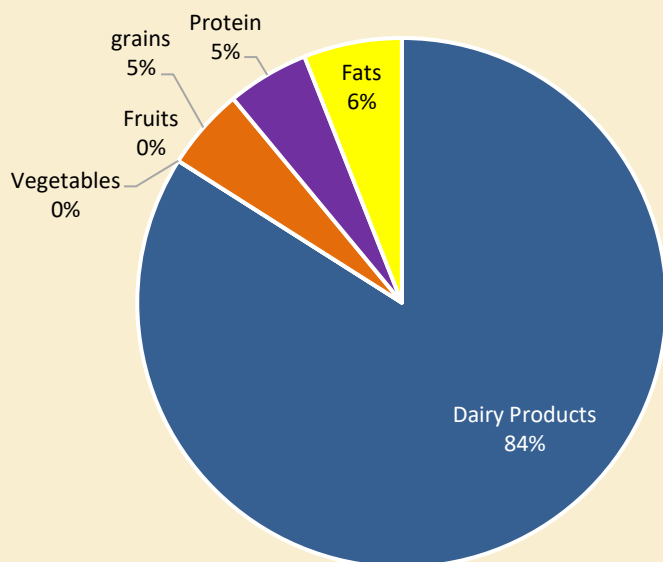
Ashtaliyeh

Recipe infos

Ashtaliyeh is a **traditional Lebanese** dessert that comes from the **old Levantine way** of making **ashta**, a rich cream created by heating milk and collecting the thick layer on top. With time, **this cream inspired an easier pudding made by thickening milk with starch or semolina and adding rose or orange-blossom water for flavor.** It became especially popular in coastal cities like **Tripoli and Saida**, where famous sweet shops helped spread it across the country. **Light, fragrant, and topped with pistachios or syrup**, Ashtaliyyé is still served at **family gatherings, celebrations, and during Ramadan, making it a warm symbol of Lebanese hospitality and tradition.**

Ingredients - 6 servings

- 4 cups of **milk**
- 1 cup of **cream**
- 4 tbsps of **corn flour**
- ¼ cup of **Orange Blossom water**
- 2 tbsps **sugar**



Method of preparation

1. In a **large pot**, put 3½ cups of **milk** with the 2 tbsps of **sugar** and bring to a boil.
2. **Dilute** the **corn flour** in the rest of milk and **add it to the boiling milk, stirring constantly, about 10 minutes.**
3. **Add the cream** for another **5 minutes.**
4. **Remove** from heat. Add **orange blossom water.**
5. **Pour** evenly in **single serving bowls** and **refrigerate.**
6. **Before serving**, add **some crushed white kaak**

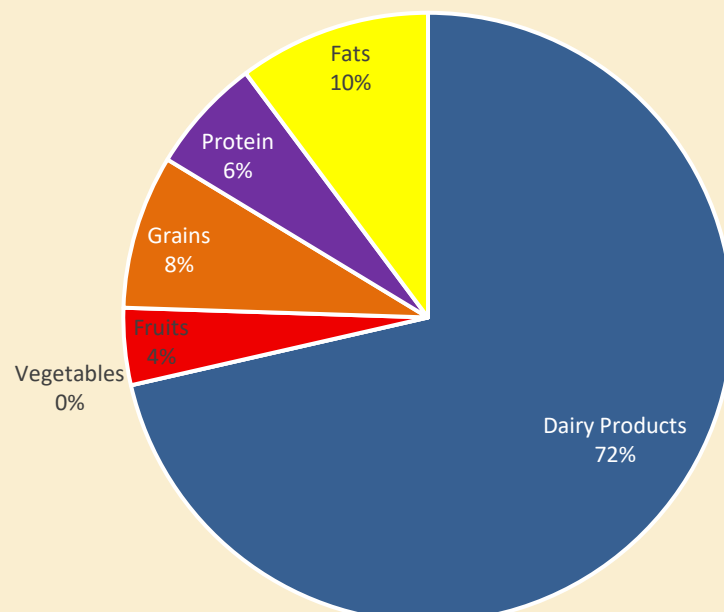


High in Calcium Dessert



To improve the nutritional value of the dish...

- ❖ **Replace** white kaak with **whole kaak**
- ❖ Add some **dried apricots and pistachios**





Cauliflower Stew with Rice

Recipe infos

Origin : Stuffed cauliflower is a **traditional dish found in Levantine cuisine**, especially in **Lebanon**. It reflects **Mediterranean and Arab culinary influences where vegetables are often used as a base for nutritious and economical meals**.

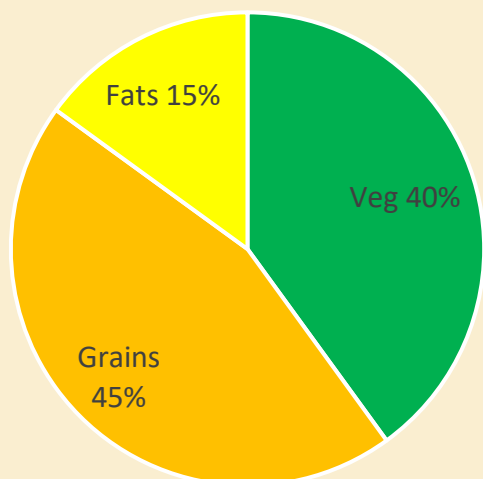
History : The concept of stuffed vegetables—known as “**Mahshi**”—dates back several centuries in the Middle East. **Traditionally, seasonal vegetables** were filled with **grains or legumes** to create complete meals. In this vegetarian version, cauliflower is used as a natural “shell” to hold the filling, without any meat.

Ingredients

- 1 medium cauliflower
- 1 medium onion (finely chopped)
- 2 garlic cloves (crushed)
- 2 tbsp fresh parsley (chopped)
- 1 tbsp fresh mint (optional)
- 2 tbsp pine nuts (optional)
- Salt, pepper, cinnamon, paprika
- 2 tbsp olive oil
- 200 g white rice
- 500 ml vegetable broth or water

Method of preparation

- 1. Preparing the cauliflower :** Wash the cauliflower and remove the leaves. Then. Blanch in salted boiling water for 5-7 minutes. Drain.
- 2. Preparing the vegetarian filling:** In a pan, sauté onion and garlic in olive oil. Then, Add parsley, mint, pine nuts, salt, pepper, cinnamon, and paprika. Mix well.
- 3. Stuffing the cauliflower :** Slightly separate the florets and fill the center with the mixture.
- 4. Cooking:** Place the stuffed cauliflower in a pot, add vegetable broth or water. Then, cover and cook over medium heat for 20-25 minutes.
- 5. Preparing the white rice:** Cook separately (1 part rice + 2 parts water + salt).
- 6. Serving:** Serve hot, alongside the rice.



Provides vitamins C, K, folate and antioxidants.



To improve the nutritional value of the dish...

To the initial recipe:

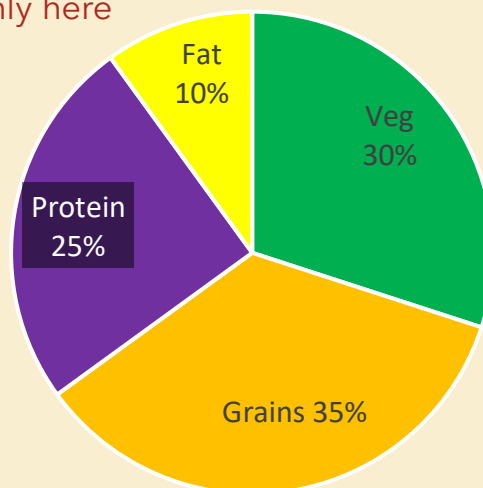
- Add meat for protein
- Replace white rice with bulgur to increase fiber and B vitamins (B1, B3, B6).

Ingredients

- 1 medium cauliflower
- 300 g ground meat (beef or lamb) ← added only here
- 1 medium onion (finely chopped)
- 2 garlic cloves (crushed)
- 2 tbsp fresh parsley
- 1 tbsp mint (optional)
- 2 tbsp pine nuts (optional)
- Salt, pepper, cinnamon, paprika
- 200 g fine bulgur
- 2 tbsp olive oil
- 500 ml broth or water

Bulgur preparation

- Ratio: 1 part bulgur / 1.5 parts hot water
- Add salt and let soak for 15 minutes (no cooking required)



Nutritional Benefits

- ✓ Higher protein content (from the meat)
- ✓ More fiber + B vitamins (from the bulgur)
- ✓ Lower glycemic index → better blood sugar control
- ✓ Better satiety & metabolic support

Rice with Chickpeas

Recipe infos

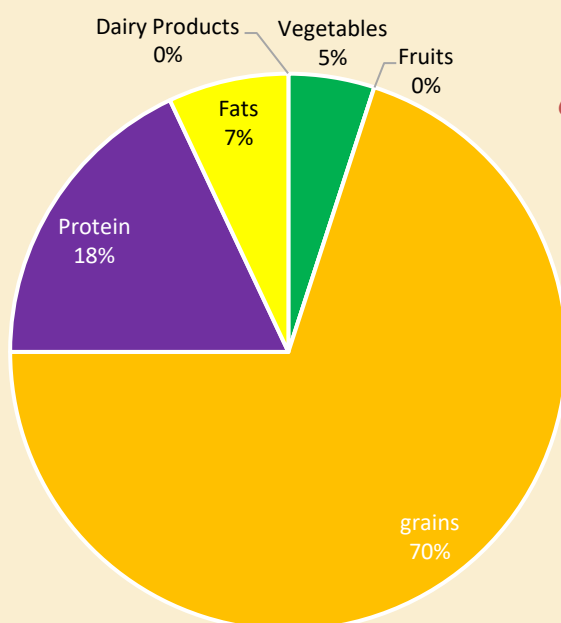
Rice with chickpeas is a traditional Lebanese dish that has been enjoyed across the **country**, particularly in **Beirut**. The simple yet **hearty combination reflects Lebanon's agricultural heritage and urban culinary evolution providing a balanced, nutritious and filling meal for families, especially in settings where such ingredients were staples of daily life.**

Nutritional Highlights:

- **Vegetarian dish**, providing plant-based protein from chickpeas.
- **High in dietary fiber**
- **Provides B-vitamins, iron and minerals**
- **Low in fat**

Ingredients

- 1 cup **rice**
- 1 ½ cups cooked **chickpeas**
- 1 **onion**, finely chopped
- 2 tbsp **olive oil**
- 1 tsp **cumin**
- **Salt** and **black pepper**



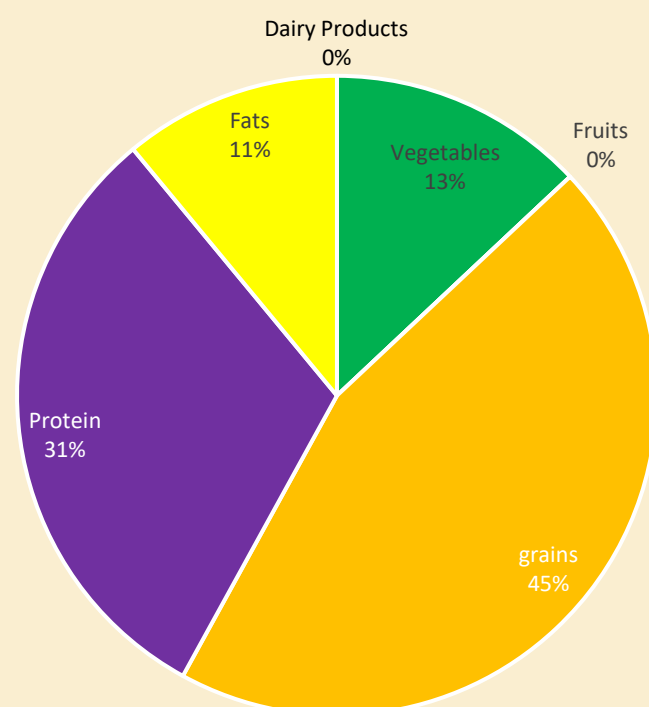
Method of preparation

1. **Heat** the olive oil in a pot and **sauté** the chopped onion until soft and slightly golden.
2. Add the **cumin, salt** and **black pepper**, and mix well.
3. **Stir** in the washed rice until coated with the onions.
4. Add the **chickpeas** and pour in about 2 cups of water.
5. **Bring to a boil**, then cover and simmer on low heat until the rice is full cooked (about 15-20min)
6. Fluff gently and serve warm



To improve the nutritional value of the dish...

- ❖ **Replace rice with bulgur for higher fiber and micronutrients**
- ❖ **Add lean ground beef.**
- ❖ **Add side salad of: zaatar, Rocca, onion, sumac, salt, lemon juice and olive oil**





Zinkol

Recipe infos

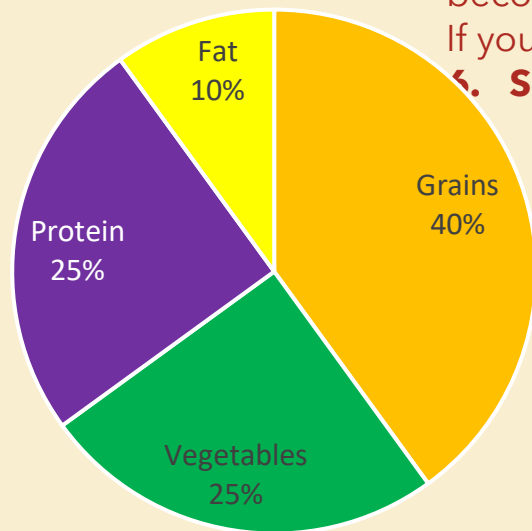
A traditional Lebanese mountain stew made from **tiny bulgur-and-flour dumplings cooked with chickpeas in a lemony garlic broth**. Light, tangy, comforting, and deeply rooted in **Keserwan and Metn village heritage**.

Ingredients

- 1 cup fine bulgur
- ½ cup flour
- 1 can chickpeas
- 1 lemon (or 2 if you like sour)
- 3 garlic cloves
- 1 tsp coriander
- 1 tbsp olive oil
- 1 vegetable stock cube

Method of preparation

1. **Prepare the dough:** Mix bulgur + flour + salt. Add water little by little until the dough becomes firm. Then, roll into very small balls (size = chickpea or smaller).
 2. **Prepare the broth:** Bring water/broth to a boil. Add chickpeas.
 3. **Add the dough balls:** Drop the zinkol balls in while water is boiling.
 4. **Add flavor:** Add garlic, coriander, lemon juice, salt.
 5. **Simmer 25-30 min:** The balls soften and the broth becomes tangy.
- If you want a thicker texture → add tahini or flour slurry.
6. **Serve** warm with extra lemon.



To improve the nutritional value of the dish...

Add to initial recipe:

- Lettuce: 1 cup chopped
- Tomato: ½ medium (or 5-6 cherry tomatoes)
- Cucumber: ½ medium
- Radishes: 2 small, sliced
- Green onion: ½ stalk
- Fresh mint: 4-5 leaves, chopped
- Parsley (optional): 1 tablespoon



Bread

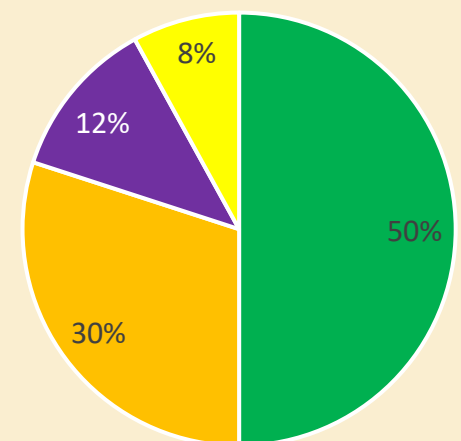
- Toasted Arabic bread: ½ cup pieces
- (about ¼ of a small loaf)

Dressing

- Lemon juice: 1 tablespoon
- Olive oil: ½ tablespoon
- Sumac: ½ teaspoon
- Pomegranate molasses: ½ teaspoon
- Salt: a pinch

Nutritional Benefits

Good protein quality (complementarity between bulgur and chickpeas)
 High in fibers
 Low in fat
 Vegetarian dish



■ Vegetables ■ Grains ■ Protein ■ Fat

Kecheck



Recipe infos

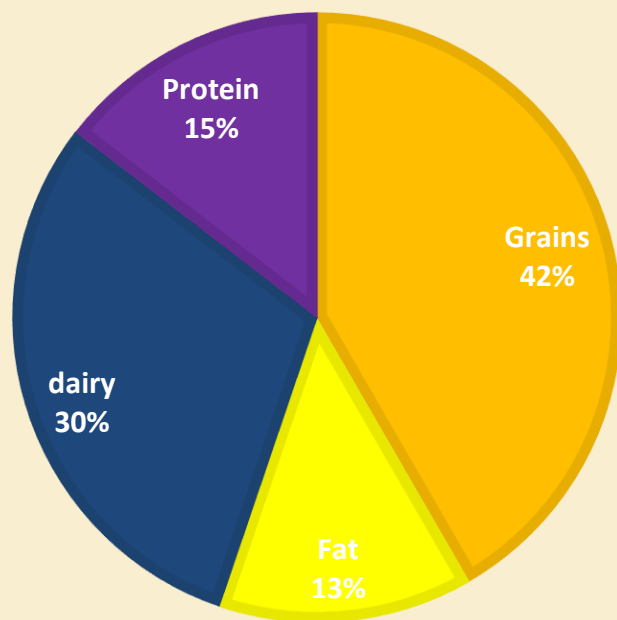
Lebanese kecheck is a traditional **fermented** food deeply rooted in the rural culture of regions like **the Bekaa , North Lebanon, and the Chouf** .It is made by **mixing yogurt with bulgur, allowing it to ferment further, then drying it in the sun and grinding it** into a fine white powder.

Ingredients

- 200g of Kecheck
- 70g onions
- 2 Garlic cloves(25g)
- 1.5L water
- 4 Tbsp of vegetable oil
- Salt of taste

Method of preparation

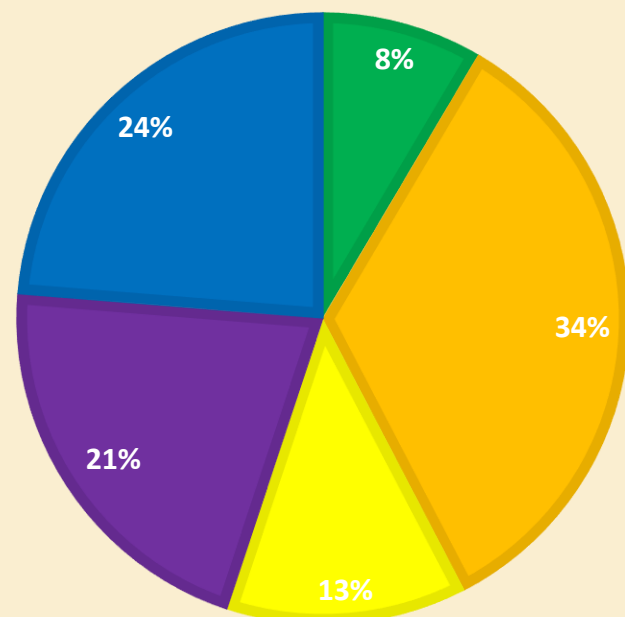
1. **Slice** the onion , crush the garlic and cook briefly in oil until lightly golden.
2. **Add** the powdered kecheck and cook briefly for 3-5 minutes while stirring.
3. **Gradually add water**, mixing well to avoid lumps.
4. **Bring to a boil** , lower the heat and cook about 15 minutes , stir continuously until the texture becomes creamy.



To improve the nutritional value of the dish...

1. Use Olive oil (Healthy Fat).
2. Serve it with Mujadara Hamra (more Protein and Fiber).
3. Eat with it vegetables like Cucumber, Rocca, Radish., Tomato.

■ vegetables ■ grains ■ fat ■ Protein ■ dairy



Fattet Batenjen



Recipe infos

Fattet Batenjen is a beloved and traditional dish of Levantine cuisine, with its roots deeply embedded in the culinary heritage of Lebanon.

Ingredients

- 2 large eggplants (about 1 kg / 2 lbs)
- 3-4 tablespoons olive oil. Salt and pepper to taste
- For the Crispy Bread Base:
 - 2-3 pita bread rounds cut into small pieces
 - 2 tablespoons olive oil
 - A pinch of salt
- For the Yogurt Sauce: 750g (about 3 cups) plain, thick yogurt
- 3-4 cloves garlic, minced.
- 2-3 tablespoons tahini
- Juice of half a lemon
- Salt to taste

Method of preparation

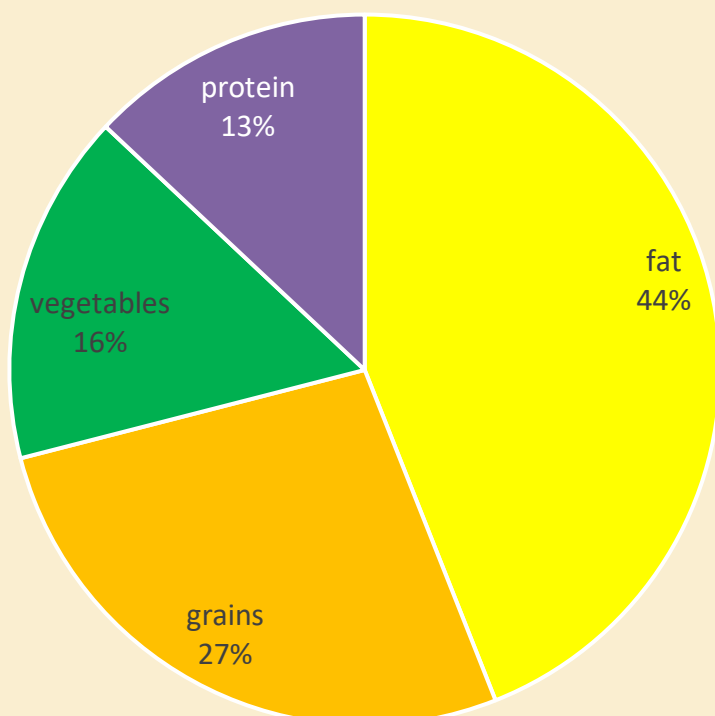
1. **Fry** eggplant in batches until golden brown (3-4 minutes per batch)
2. **Drain** on paper towels
3. **Make** the Crispy Bread Base
4. **Heat** 2 tbsp oil in a skillet over medium heat.
5. **Add** torn pita bread and toast, stirring, until golden and crisp (5-7 mins)
6. **Season** with a pinch of salt and set aside.
7. **Prepare** the Yogurt Sauce
8. **In a bowl, combine yogurt**, minced garlic, tahini, lemon juice, and salt. Whisk until smooth.



To improve the nutritional value of the dish...

To the initial recipe:

- Add chickpeas -> complete protein (balanced Amino acids)
- Add pine nuts, almond after medium heat.¹³



Nutritional Benefits : rich in fiber, calcium and protein



Kibbeh Thileh

Recipe infos:

Kebbeh Thileh is a traditional Lebanese dish originating from the rural regions of Mount Lebanon, the Bekaa Valley, and North Lebanon. Historically, it was created as an affordable variation of classic meat-based kibbeh, especially in villages where meat was scarce or reserved for special occasions.

Ingredients :

✓ For the Kibbeh

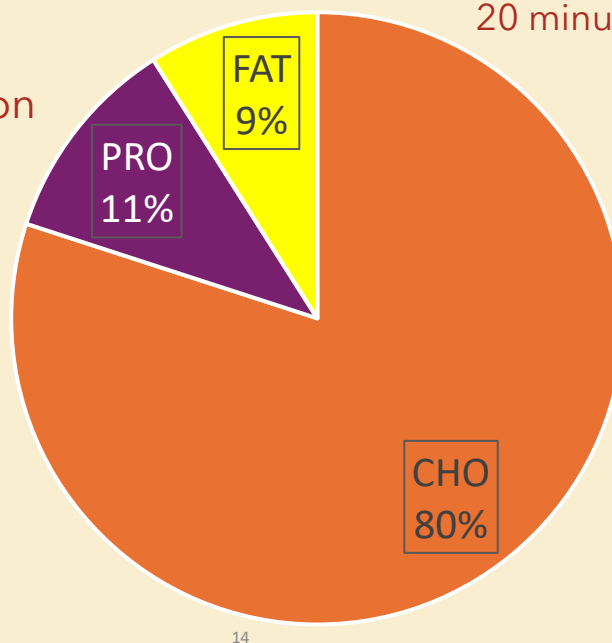
- ✓ Fine bulgur: ½ cup (dry)
- ✓ Flour: 2 tablespoons
- ✓ Salt: ¼ teaspoon

✓ For the Tomato Sauce

- ✓ Olive oil: 1 Tablespoon-Onion:
- ✓ ½ medium onion
- ✓ ½ cup Tomato sauce
- ✓ ½ cup-Water
- ✓ ¾ cup-Salt + ¼ teaspoon Black pepper:
- ✓ ⅜ teaspoon Cumin
- ✓ Dried mint: ¼ teaspoon

Method of preparation

1. **Prepare the dough:** Soak the bulgur to soften it, add the flour and salt, then knead until smooth. Shape the mixture into small kibbeh balls.
2. **Make the tomato sauce:** • Heat 1 tablespoon of olive oil in a pot. Add chopped onions until soft and stir. Add ½ of cup tomato sauce or crushed tomatoes + water (adjust for thickness) then season with salt, pepper, cumin, and dried mint.
3. **Cook the kibbeh:** Add the kibbeh balls into the simmering tomato sauce and cook for 15-20 minutes.



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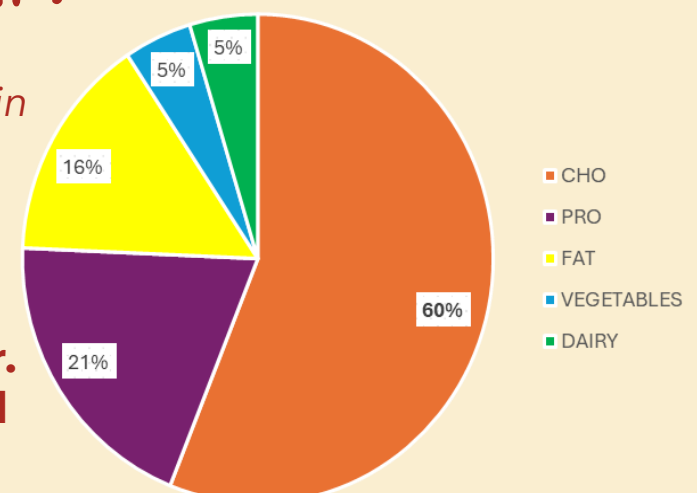


To improve the nutritional value of the dish :

• Add Kammouneh:

Kammouneh is a traditional Lebanese spice and herb blend used in kibbeh. Ingredients : 1 Tbsp dried mint, 4 Tbsp cumin, 1 tsp black pepper, 1 Tbsp cinnamon, 2 Tbsp coriander powder, and kibbeh spices. It boosts antioxidant content and contains phytochemical substances.

- **Serve with a fresh salad for extra vitamins, minerals, and fiber.**
- **Add a portion of laban (plain yogurt) for protein, calcium, and probiotics.**
- **Add chickpeas on the side to increase plant protein and improve satiety.**





قلقاس متبل Taro

Recipe info:

Taro (Eeles) is an ancient tuber traditionally eaten in Lebanon, especially in **autumn and winter**.

It is part of the classic **vegetarian dishes**. Its simple preparation—boiled taro topped with a fragrant taqliya of garlic, fresh coriander, and lemon—makes it a family-friendly, economical, and very easily digestible meal.

Ingredients :

- 1 kg of taro, peeled and cut into cubes
- 1 bunch of fresh coriander, chopped
- 6 garlic cloves, crushed
- 3 tablespoons olive oil
- Juice of 2 lemons
- 1 liter of water or broth
- Salt and pepper
- 1 teaspoon ground coriander (optional)

Method of preparation:

1. Prepare the taro

Peel the tubers (wear gloves), soak them in water to reduce oxalates, rinse, and cut into cubes.

2. Cook the taro

Place the cubes in a pot, cover with water or broth, add salt, bring to a boil, then simmer for 25-30 minutes until tender. Drain.

3. Make the "taqliya"

Heat olive oil, add garlic and fresh coriander, and sauté for 1-2 minutes until fragrant.

4. Finish the dish

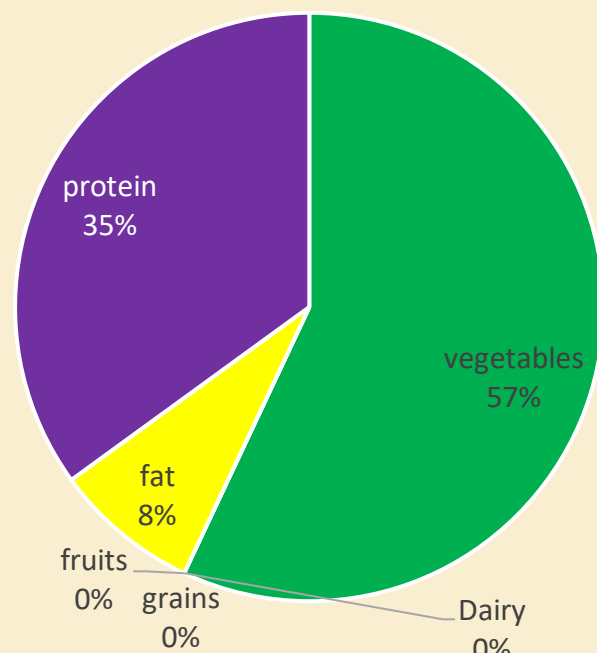
Add the cooked taro to the pan, pour in lemon juice, season with pepper and ground coriander if desired, toss gently, and serve warm.



To improve the nutritional value of the dish :

To increase protein

- Add 1 cup of chickpeas (best choice, very traditional)
- Or serve with small cubes of grilled chicken
- Side of beetroot Rocca salad (Rocca leaves mixed with tomatoes, onions, lemon juice, olive oil, salt, and pepper.)
- Add 4 servings of chicken





Riz w foul

Recipe infos

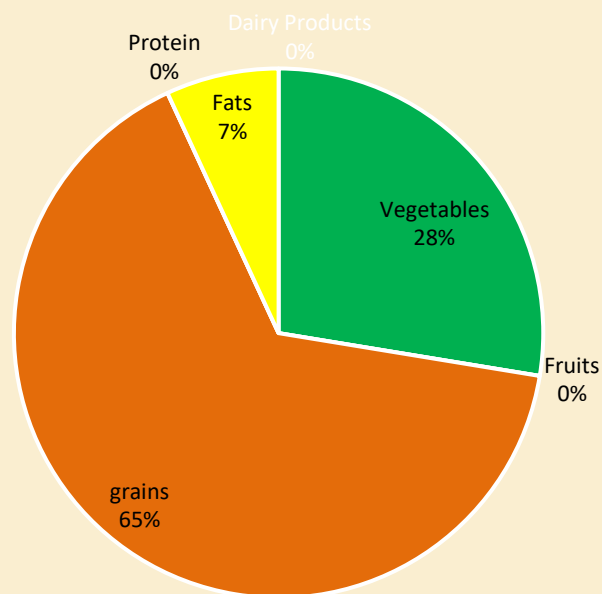
Riz w Foul is a traditional Lebanese dish commonly prepared in rural villages during spring when fresh fava beans are abundant. It is appreciated for being affordable, nourishing, and naturally plant-based. Traditionally made with rice, onions, and fava beans, the dish offers a simple yet **nutrient-dense** meal rich in fiber and complex carbohydrates.

Ingredients

- **Rice:** 1 cup (dry)
- **Fava beans** (fresh or frozen): 2 cups
- **Onion:** 1 medium, chopped
- **Oil or butter:** 2 tablespoons
- **Salt & black pepper**
- **Optional:** cilantro + garlic

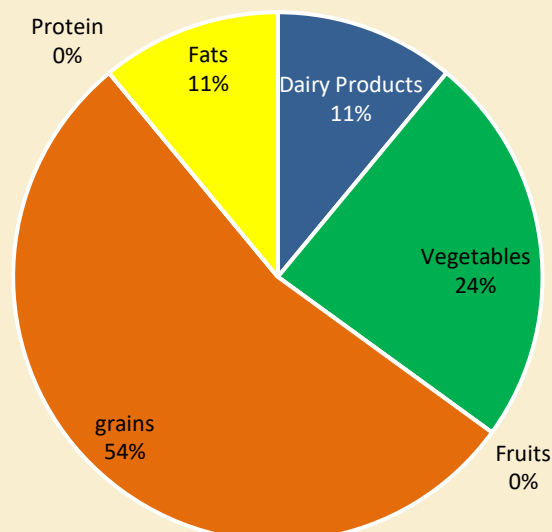
Method of preparation

1. **Sauté chopped onions in oil or butter until soft.**
2. **Add fava beans and cook for 5 minutes.**
3. **Add the rice, season, and cover with water.**
4. **Simmer until rice and beans are fully cooked.**
5. **Serve warm.**



To improve the nutritional value of the dish...

- Serve with a **fresh lemon-based salad** (parsley, tomatoes, cucumbers, mint) to increase vitamins and enhance **iron absorption**.
- Add **laban** for protein, calcium, and digestive benefits.
- Reduce added fat by using **olive oil** instead of butter.
- Use **bulgur instead of rice** for more fiber and slower digestion.



Thank You

The Class of 2026 of USJ - Nutrition and Dietetics Students

- Haya Hajj Ali
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would like to thank you for your contribution!



This book is more than a collection of recipes — It is a gesture of love, resilience, and giving.

This cookbook was created to celebrate the comforting flavors of our Lebanese heritage while supporting a cause close to our hearts. In every page, you'll find the dishes we grew up with: the aromas that filled our grandmothers' kitchens, the flavors of baladi food shared around crowded tables, the warmth of home.

But tradition evolves.

We brought these recipes into today by giving them a more nutritious, fortified twist — food that honors our past while caring for our present.

This cookbook is a reminder that nourishing ourselves is powerful...
but nourishing our community is even more meaningful.

Every recipe made, every meal shared, and every copy held in your hands contributes directly to a cause greater than the kitchen. Your support helps us bring strength, hope, and wellbeing to those who need it most.

Thank you for cooking with purpose.

Thank you for giving with heart.

Thank you for keeping our heritage alive — and passing it forward.

