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“Cook Once, Eat Twice – Mediterranean Style”

The Perfect Mezze Platter



Equipment for Mezze Platter

- Cutting board
- Chef's knife
- Measuring cups, spoons
- Large sauté pan

Dips and Salads: Recipes Included (make or buy ahead)

Hummus

Tzatziki

Baba Ghanoush - Eggplant dip

Tabouli salad

Ingredients:

For the pita bread:

- 4 tbsp olive oil
- Salt and pepper
- 4 pitas

For the Mezze Board:

- 1 (15-ounce) can marinated artichoke hearts
- 6 ounces feta cheese, cubed
- 1 cup cherry tomatoes
- 1 cucumber, sliced on a diagonal 1/2-inch thick
- 2 carrots, peeled and cut into 2-inch length slices
- 1 red pepper, cut into 2-inch length slices
- 8 radishes, sliced thin
- 1 cup pitted green olives
- 1 yellow pepper, cut into 2-inch length slices
- 2 cups red grapes, cut into halves
- 1/2 cup almonds
- 1 can or 6 dolma – stuffed grape leaves
- 8-10 dried apricot
- 6-8 figs
- ½ cup tabbouleh, homemade or store-bought – recipe to follow
- 1 cup hummus, homemade or store-bought - recipe to follow
- 1 cup Baba Ghanoush, homemade or store-bought - recipe to follow
- ½ cup tzatziki, homemade or store-bought - recipe to follow

Instructions:

Pitas:

Add 3 tbsp olive oil, salt, and pepper to small bowl.

- Heat sauté pan on stove.
- Brush both sides of 1 pita with olive oil, salt and pepper.
- Place pita into sauté pan and brown lightly on both sides – continuing to brush with olive mixture if needed.
- Once browned, place pita on cutting board to dry. Continue with remaining pitas.
- Once all pitas are browned and dry, slice into triangles.

Mezze Board:

- Pick a large, flat board or platter.
- Start with your dips. Whether it's homemade or store-bought, place your dips in small bowls and arrange them on the board.
- Add the fresh cut-up veggies, stuffed grape leaves (dolma), and feta cheese.
- Add the pita.
- Fill in the gaps with the extras: olives, almonds, grapes, figs, apricots.

Additional Recipes:

Baba Ghanoush (Middle Eastern Eggplant Dip)

Baba ghanoush is a Middle Eastern eggplant dip made with tahini, lemon juice, garlic and olive oil. Recipe yields 4 servings

Ingredients:

- 2 large eggplants
- 3 tablespoons tahini paste
- Juice of 1 small lemon approximately 2.5 tablespoons
- 1/2 - 1 tsp salt per preference
- 1 small clove garlic crushed
- Dash of paprika
- Olive oil for topping
- Pine nuts, pomegranate seeds and/or parsley for garnish (optional)

Instructions:

1. Preheat oven to 450F
2. Wash and dry eggplant, then pierce it using a knife to create several slits all around the eggplant, about 4-5 times. This helps the steam escape.
3. Place the eggplant on a foil lined baking sheet and bake for 45 minutes, or until soft and can be easily pierced with a fork
4. Cut the eggplant in half lengthwise and scoop out the flesh using a fork or spoon. Place it in a sieve over a bowl and allow it to drain its liquid for a few minutes
5. In a bowl, mix the eggplant, tahini, salt, paprika, garlic and lemon juice and mash it will using a fork. This will create a chunky consistency. If you like it smooth, you can pulse it in a food processor or use an immersion blender.
6. Toast the pine nuts in a pan on medium heat, stirring often - 5 minutes or until golden
7. Serve the baba ghanoush topped with olive oil, pine nuts, pomegranate seeds and/or parsley

Traditional Creamy Hummus – Servings: 4 cups

Ingredients:

- 3 cups canned chickpeas
- 1 tsp salt
- Juice of 2 lemons

- 2 large garlic cloves
- 3 tbsp olive oil
- 1/2 cup tahini
- 1/2 cup water

Instructions:

1. Add the garlic in the food processor and process.
2. Then add all other ingredients except for the water and process for a few minutes/
3. The last step is to add ½ cup of very cold water as the food processor is running. Process the mixture for at least 5 minutes to yield a creamy texture.
4. Cool in the fridge and garnish with paprika, parsley and olive oil when serving. Store in the fridge in an air-tight container up to a week.

Tabouli salad

Ingredients:

- 2 cups vegetable stock, chicken stock, or water
- 1 teaspoon kosher salt
- 2 cups bulgur wheat
- 1/2 cup extra virgin olive oil
- Juice and finely grated zest of 2 lemons
- 5 to 6 Roma or plum tomatoes, seeded and chopped
- 2 scallions, chopped, including the greens
- 2 to 3 cups parsley, chopped
- 1 cup fresh mint leaves, chopped

Instructions:

1. Cook the bulgur: Place the bulgur in a medium heatproof bowl. Bring the stock or water and the teaspoon of salt to a boil, and then pour it over the bulgur. Let sit for 30 minutes to an hour, until it has absorbed all the liquid. Drain excess liquid.
 2. In a large bowl, add the olive oil, lemon juice and zest, and bulgur. Mix well.
 3. Add the tomatoes, scallions, and herbs to the bulgur mixture. Stir till well combined. Taste the tabbouleh, and add more salt, olive oil, or more lemon juice to taste. Let marinate for at least 30 minutes before serving. Will keep chilled for several days.
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Best Tzatziki – Recipe by Cookie & Kate

Ingredients:

- 2 cups grated cucumber (from about 1 medium 10-ounce cucumber, no need to peel or seed the cucumber first, grate on the large holes of your box grater)
- 1 1/2 cups plain Greek yogurt
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons chopped fresh mint and/or dill
- 1 tablespoon lemon juice
- 1 medium clove garlic, pressed or minced
- 1/2 teaspoon fine sea salt

Instructions:

1. Grate the cucumber. Working with one big handful at a time, lightly squeeze the grated cucumber between your palms over the sink to remove excess moisture. Transfer the squeezed cucumber to a serving bowl and repeat with the remaining cucumber.
2. Add the yogurt, olive oil, herbs, lemon juice, garlic, and salt to the bowl, and stir to blend. Let the mixture rest for 5 minutes to allow the flavors to meld. Taste and add additional chopped fresh herbs, lemon juice, and/or salt, if necessary.
3. Serve tzatziki immediately or chill for later. Leftover tzatziki keeps well, chilled, for about 4 days.

Make it dairy free/vegan: Substitute an equal amount of cashew sour cream for the yogurt, and thin the tzatziki with a small splash of water if necessary.