

## Meal Two -West Bank (Middle East)

### Spotlight on the West Bank

- Region: Middle East (Palestine)
- Population: 2,514,845
- Life expectancy at birth: 74.78 years
- Population below poverty line: 46%
- Literacy Rate: 92.4%

### Local Recipes

(from [\*Food for Life: Recipes and Stories on the Right to Food\*](#))

#### Red Lentil Soup

Serves 4 people

Prep time: 15 minutes

Cooking time: 35 minutes

Ingredients:

- 1 large onion, finely chopped
- 1 ¾ cups red lentils
- 7 ½ cups vegetable stock
- 1 tsp cumin
- 1 small lemon- for juice
- Olive oil
- Salt and pepper
- Chopped parsley

In a saucepan, simmer onion, lentils, vegetable stock, and a dash of salt and pepper for half an hour or until lentils have disintegrated. Add water to thin the soup if necessary. Stir in cumin and add lemon juice to adjust seasoning to taste. Add a sprinkle of olive oil and parsley, and serve.

#### Tabbouleh

Serves 6 people

Prep time: 25 minutes

Ingredients:

- 1 cup finely cracked wheat
- 2 ½ cups finely chopped parsley
- 3 tomatoes cut into small cubes
- 1 cup finely chopped green onions
- ½- 1 cup chopped mint leaves
- 6 tbsp olive oil (more if desired)
- 4 tbsp lemon juice
- 1 ½ tsp salt
- ¼ tsp pepper

Wash the cracked wheat twice in cold water, then soak for about 15 minutes covered in water. Drain by pressing between cupped hands. Chop all vegetables finely and add to cracked wheat mixture. Prepare a dressing by mixing the olive oil and lemon juice and add to salad.

### **Hummus**

Serves 6-8 people

Prep time: 15 minutes

Cooking time: 10 minutes

Ingredients:

- 1 large can of chickpeas (approx. 1 lb dry)
- ¼ cup lemon juice
- 3 cloves of garlic (more if desired)
- 1/3 cup tahini (a paste made from ground sesame seeds)
- ¼ cup olive oil plus more for garnish
- ½ tsp salt

Cook chickpeas in liquid from can for 10 minutes on medium heat. Do not boil. Mix on low speed in a blender the oil, garlic and salt. Add the chickpeas, blend and then add tahini. Add the lemon juice last and mix well. Serve with pita bread.

### **Mussakhan**

Serves 4 people

Prep time: 15 minutes

Cooking time: 35 minutes

Ingredients:

- 5 chicken breast halves
- 4 pita breads or other flat bread
- 6 yellow onions, chopped
- ¼ cup olive oil
- ¼ tsp sumac (a spice made from the berries of a bush that grows wild in all Mediterranean areas)
- ¼ tsp salt
- ¼ tsp pepper
- 2 tsp allspice
- 1 cup pine nuts
- ¾ cups water

Preheat oven to 350° F. Spread a layer of onions on the bottom of a 9 X 12-inch baking dish. Place chicken breasts over the onions and sprinkle with olive oil. Add the remaining onions around the chicken breasts. Sprinkle the chicken and onions with salt, pepper and allspice.

Pour in water and bake for 25 minutes. When the chicken and onions are tender, remove from oven. Spread a layer of onions on each pita bread, add a chicken breast half, and cover it with a little more onion. Sprinkle the sumac and pine nuts over the chicken and put it back in the oven for another five minutes. When finished, remove from oven and serve.