

- *Chicken Kofta Kebabs*
- *Grilled Artichokes with Garlic Aioli Dipping Sauce*
- *Saffron Brown Rice*

Nutrition Facts

servings per container
Serving size 1 meal

Amount per serving
Calories **440**

% Daily Value*

Total Fat 11g 14%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 85mg 28%

Sodium 430mg 19%

Total Carbohydrate 53g 19%

Dietary Fiber 9g 32%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 33g

Vitamin D 0mcg 0%

Calcium 115mg 8%

Iron 4mg 20%

Potassium 1030mg 20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Chicken Kofta Kebabs

Makes 4 servings

Ingredients

- 1 pound 98% fat-free ground chicken breast
- 1 medium yellow onion, coarsely chopped
- 2 garlic cloves, coarsely chopped
- 1 bunch Italian parsley, stems removed (about 2 packed cups)
- 1 ½ tablespoons Sadaf Ground Kabob Seasoning (see Notes)
- Lemon wedges, for serving

Preparation

Preheat broiler to high (or use a grill pan over medium heat). If using the broiler, line a baking sheet with non-stick foil (if using a grill pan, coat with non-stick spray).

Add the onion, garlic, and parsley to a food processor. Process until finely chopped.

In a large bowl, mix together the onion-parsley mixture, chicken, and Kabob Seasoning until combined.

Take a large spoonful of the chicken mixture and place it on the baking sheet. (If using a grill pan, spoon the mixture directly onto the pan.) Spread the mixture into a strip about 1-inch wide, 3-inches long, and ¼-inch thick. Add another spoonful of the chicken mixture to the end of the strip to make a 6-inch long kebab. Repeat until all the chicken has been made into kebabs (8 kebabs total).

Broil until the kebabs are nicely browned on top, then flip and repeat with the other side until cooked through.

Serve with lemon wedges.

Notes: Sadaf Ground Kabob Seasoning is a spice blend that can be found in Middle Eastern markets, well-stocked supermarkets, or online. To make a salt-free version for this recipe, use 1 ½ teaspoons allspice, ½ teaspoon cayenne pepper, ½ teaspoon ground green cardamom, ½ teaspoon ground sumac, ½ teaspoon ground nutmeg, and ½ teaspoon paprika.

Nutrition Facts

4 servings per container

Serving size 2 kebabs

Amount per serving

Calories 160

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 85mg 28%

Sodium 310mg 13%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 7%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 27g

Vitamin D 0mcg 0%

Calcium 57mg 4%

Iron 2mg 10%

Potassium 593mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Grilled Artichokes with Garlic Aioli Dipping Sauce

Makes 4 servings

Ingredients

- 2 globe artichokes
- 1 tablespoon olive oil
- Freshly ground black pepper, to taste
- 2 tablespoons mayonnaise (ideally Japanese mayonnaise)
- 1 clove garlic, crushed
- 2 dashes Worcestershire sauce
- 2 teaspoons lemon juice

Preparation

To prepare each artichoke, trim the stem, cut off about ½-inch of the top, and trim the tips of the leaves using kitchen shears or scissors.

Using a pot large and deep enough for the artichokes to stand upright, add water until the artichokes are halfway submerged. Bring the water to a boil, then reduce heat to a simmer.

Simmer the artichokes for about 30 minutes or until the stems are very tender. Remove the artichokes from the water and drain well. Allow to cool slightly.

Meanwhile, prepare the dipping sauce by mixing together the mayonnaise, garlic, Worcestershire sauce, and lemon juice in a small bowl. Set aside.

Place the artichokes stem-side up on a cutting board, and slice each artichoke in half lengthwise (from stem to tip). Remove the sharp inner leaves from each artichoke half with your fingers. Using a knife or spoon, remove and discard the choke (the furry-looking fibers in the center of the artichoke).

Heat a grill pan over high heat. Brush each cut side of the artichokes with olive oil and season with black pepper. Grill the artichokes, cut side down, until grill marks appear. Serve the artichokes with the dipping sauce.

Notes: Always use a stainless-steel or glass pot when cooking artichokes. Iron or aluminum will turn artichokes an unappetizing blue or black color (though they are still safe to eat). For the same reason, never let aluminum foil come in contact with artichokes.

Nutrition Facts

4 servings per container

Serving size 1/2 artichoke and
2 teaspoons
dipping sauce

Amount per serving

Calories **100**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 120mg **5%**

Total Carbohydrate 9g **3%**

Dietary Fiber 4g **14%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 3g

Vitamin D 0mcg **0%**

Calcium 39mg **4%**

Iron 1mg **6%**

Potassium 310mg **6%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Saffron Brown Rice

Makes 4 servings

Ingredients

- About 20 saffron threads, finely chopped
- 2 tablespoons boiling water
- 1 cup brown rice

Preparation

Combine the saffron and boiling water in a small bowl. Crush the saffron to extract as much flavor as possible.

Rinse and drain the brown rice in a fine-mesh strainer. Transfer the rice and saffron water to a rice cooker. Add the requisite amount of water and cook the rice according to the rice cooker instructions. Serve hot.

Notes: No rice cooker? Bring 2 cups water to a boil in a medium saucepan, then stir in the rinsed rice and saffron water. Return to a boil, cover, and reduce heat to low. Cook until water is absorbed, about 40 minutes, keeping the lid on throughout cooking. Remove from heat and let sit, covered, for 5 minutes.

Nutrition Facts

4 servings per container

Serving size **3/4 cup**

Amount per serving

Calories 180

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 37g **13%**

Dietary Fiber 3g **11%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 19mg **2%**

Iron 1mg **6%**

Potassium 127mg **2%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.