

Heart-healthy Turkish Meal

- *Yogurt Dip*
- *Lentil Balls*
- *Summer Vegetable Tapa*

Nutrition Facts	
Amount Per Serving	
Calories 568	
Total Fat 28 g	
Saturated Fat 3 g	
Monounsaturated Fat 18 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 487 mg	
Potassium 2036 mg	
Total Carbohydrate 67 g	
Dietary Fiber 26 g	
Sugars 24 g	
Added Sugars 3 g	
Protein 18 g	
Vitamin A	113%
Vitamin C	230%
Calcium	21%
Iron	42%

Yogurt Dip

Makes about 2 ½ cups; serving size is 2 tablespoons

Ingredients

1 ½ cups plain nonfat yogurt
2 to 3 garlic cloves
½ cup walnuts
1 tablespoon tomato paste
⅔ cup whole-wheat bread crumbs
2 to 3 tablespoons olive oil
Juice of 1 lemon
¼ teaspoon salt
¼ teaspoon ground black pepper

Preparation

Add all ingredients to a food processor. Process until a thick, smooth paste forms (about the consistency of hummus).
Serve with raw or blanched vegetables.

Nutrition Facts	
Amount Per Serving	
Calories 54	
Total Fat 3 g	
Saturated Fat 0 g	
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 50 mg	
Potassium 85 mg	
Total Carbohydrate 5 g	
Dietary Fiber 1 g	
Sugars 2 g	
Added Sugars 0 g	
Protein 2 g	
Vitamin A	0%
Vitamin C	2%
Calcium	4%
Iron	1%

Lentil Balls (Mercimek Köftesi)

Makes 6 servings

Ingredients

- 1 cup red lentils
- 3 cups water
- 1 ½ cups fine bulgur
- ¼ cup olive oil, divided
- 1 onion, finely diced or grated
- 2 tablespoons tomato paste
- Juice of 1 large lemon, plus additional lemon wedges for serving
- 1 bunch Italian parsley, chopped
- 1 bunch green onions, finely chopped
- 1 to 2 teaspoons ground cumin, to taste
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- Aleppo pepper, to taste
- Lettuce leaves, for serving
- Arugula, for serving

Preparation

In a large pot, bring the lentils and water to a boil. Reduce heat, cover, and simmer until the lentils are disintegrated, about 20 minutes. Remove from heat. Stir in the bulgur, and let the mixture rest, covered, for 20 to 30 minutes.

In a medium skillet, heat 2 tablespoons olive oil over medium heat, and sauté the onion until translucent, 3 to 5 minutes. Add tomato paste, and continue cooking for another 3 to 5 minutes. Add the onion-tomato mixture and the remaining 2 tablespoons olive oil to the lentils and mix well. Add the lemon juice, parsley, green onion, cumin, salt, black pepper, and Aleppo pepper, and stir well to combine.

Form the mixture into 24 oval balls. Serve the lentil balls wrapped in lettuce leaves, topped with arugula and additional lemon juice.

Notes: Aleppo peppers are primarily grown in Turkey and Northern Syria. The spice is sold as crushed chili flakes and has a tangy flavor and moderate heat. Look for it at Penzeys Spices or at well-stocked supermarkets, or substitute four parts sweet paprika mixed with one part cayenne pepper.

Nutrition Facts	
Amount Per Serving	
Calories	241
Total Fat 10 g	
Saturated Fat 1 g	
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 259 mg	
Potassium 662 mg	
Total Carbohydrate 28 g	
Dietary Fiber 11 g	
Sugars 4 g	
Added Sugars 0 g	
Protein 10 g	
Vitamin A	41%
Vitamin C	40%
Calcium	8%
Iron	26%

Summer Vegetable Tapa

Makes 4 servings

Ingredients

- ¼ cup red wine vinegar, plus more for serving
- ¼ cup olive oil
- 1 tablespoon sugar
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 eggplant, trimmed
- 2 zucchini, trimmed
- 1 red bell pepper, stemmed and seeded
- 1 white onion, thinly sliced
- 3 tomatoes, finely chopped
- 5 large garlic cloves, chopped
- 1 bunch Italian parsley, chopped
- 1 bay leaf
- Chopped dill, for serving (optional)

Preparation

In a small bowl, stir together the vinegar, olive oil, sugar, salt, and pepper until the sugar and salt are dissolved. Set aside.

Cut the eggplant, zucchini, and bell pepper into elongated pieces (larger than a julienne cut). Arrange the vegetables in a large pot along with the onion and tomatoes. Sprinkle with garlic, parsley, and the bay leaf. Pour the reserved vinegar mixture over the vegetables, and bring everything to a boil. Reduce heat, cover, and simmer for 45 minutes.

Remove from heat, and let cool to room temperature. Serve with additional red wine vinegar and chopped dill, if desired.

Nutrition Facts	
Amount Per Serving	
Calories 273	
Total Fat 15 g	
Saturated Fat 2 g	
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 178 mg	
Potassium 1289 mg	
Total Carbohydrate 34 g	
Dietary Fiber 14 g	
Sugars 18 g	
Added Sugars 3 g	
Protein 6 g	
Vitamin A	72%
Vitamin C	188%
Calcium	9%
Iron	15%