Social Media Communication

Summer outdoor fresh recipe idea

Afnan Chikhani

Fontbonne University

Summer—a time to relax, soak in the sun, but also eat. A common tradition, especially during this current quarantine, for most families is enjoying a nice BBQ or grilled dinner. However, a lot of the time, these meals are filled with fatty sauces or sides. Here, you’ll find side dishes that will not only satisfy your summer cravings but also filled your body with nutritious vitamins and minerals as you indulge in burgers, steak, or kebobs.

Eggplant Dip/Mutabal

This eggplant dip’s main ingredient being eggplant is a vegetable that includes many health benefits. The eggplant contains nutrients such as potassium, vitamin C, vitamin B-6, and various antioxidants. Also, this recipe uses ingredients like tahini and olive oil, which are both plant-based fats that are good at supporting heart health. Additionally, they are both free of cholesterol. Yogurt is known to be high in probiotics, leading to a healthier gut.

Ingredients

* 1 big eggplant (about 1 pound)
* 1/4 cup tahini
* 1/4 cup yogurt
* 3 gloves mashed garlic
* 1 teaspoon lemon juice
* Salt to taste.

Garnishes:

* 1 tablespoon olive oil
* Minced parsley for garnish

Directions

1. Bake or grill the eggplant until it’s perfectly done and very soft all through. When they are done, let them cool then peel them.
2. In a mixing bowl, add all the eggplant, tahini, yogurt, garlic, lemon juice, and salt; then mix well.
3. Cut the eggplant into rough chunks and add to the previous mixture.
4. Scoop in a serving platter and drizzle with olive oil and parsley.
5. It tastes best when it is cool, so you can store it in the refrigerator and then take out and set aside a few minutes before serving.
6. Mutabal is known as a wonderful addition to any grilled dishes

Tabbouleh

Ingredients:

¼ cup extra fine bulgur wheat

 2 bunches parsley about 2 cups chopped

1-2 vine-ripe firm tomatoes

2 green onions both green and white part

Salt to taste

1/3 cup extra virgin olive oil

½ a tablespoons lemon juice

½ a head of lettuce (optional)

Instructions

* Whisk together olive oil, lemon juice, and bulgur until well combined. Let it soak until it is soft and plumped about 15 minutes.
* Meanwhile, finely mince the parsley and dice the tomatoes.
* Then, prepare the onions by finely chopping them.
* Place the parsley, tomatoes, and onions in a large bowl. Season with salt and pour the bulgur and dressing mixture over. Gently toss to combine.
* Serve at room temperature or cold, with lettuce if desired.

Tips: everything it needs to be fine to get a fine tabbouleh.

<https://www.syriancooking.com/2009/08/11/mutabal-eggplant-dip/>

<https://feelgoodfoodie.net/recipe/traditional-lebanese-tabbouleh-salad/>

<https://www.medicalnewstoday.com/articles/279359#benefits>