

Diet

The diet of the Ottoman Turks was very healthy. It was similar to what today is called the Mediterranean diet. Staple foods included rice (or bulgur wheat in some regions), beans, fish, olives and olive oil, eggplant, garlic, nuts, and yogurt. Staple dishes included rice pilafs, kebabs (with meat or fish and vegetables), and soups.

Healthy recipe

Cilantro hummus (serves 8-12)

Ingredients

2 15-oz. cans chick peas (garbanzo beans), drained
4 large cloves garlic, quartered (or 8 medium size cloves, halved)
1 bunch cilantro, washed and stems removed
1 tbsp. tahini
2 tsp. ground cumin
1 tbsp. lemon juice, or to taste
1 tbsp. olive oil
Salt, to taste

Directions

1. Pour all ingredients but the olive oil into a food processor and pulse for 1 minute
2. Gradually add the olive oil and continue pulsing until mixture is at the desired smoothness
3. Taste and add salt (if desired) and more lemon juice (if desired)
4. Serve as a dip with flat breads such as pita, and/or raw vegetables