

Diet

The diet of the ancient Nubians and Egyptians was healthy, with beer consumed in moderation. Food staples were coarse bread (made from emmer wheat), fermented beer, meat stews (of roast oxen, goose, pigeon, or duck and vegetables), vegetable complements (mainly green onions and garlic), nuts, and dates.

Healthy recipe

Date salad (serves 6-8)

Ingredients

5-6 oz. baby spinach leaves (washed, dried, and stemmed) or chopped romaine lettuce*

3.5 oz. pkg. pitted dates (quartered)

Bunch green onions (diced)

1 tbsp. olive oil

1 tbsp. red wine vinegar (or to taste)

2 cloves crushed garlic

Salt and pepper (to taste)

½ cup chopped walnuts or pecans (unsalted)

Directions

1. Mix spinach (or lettuce), dates, and onions in a bowl
2. Mix olive oil, garlic, and vinegar (adjust ingredients to taste)
3. Pour dressing over salad and add salt/pepper to taste
4. Top with the almonds
5. Serve with heavily crusted whole wheat bread

*The Nubians were more likely to have used lettuce, as it was more commonly available, but spinach is preferred in this recipe.