**Potluck Recipes for Spring Fling 2024**

*(*[*CLICK HERE*](#Recipes) *to jump down to the 10 recipes)*

Spring Fling brings together the BFM community for a potluck lunch

and fundraiser to benefit Ramallah Friends School.

**April 21, 2024 12:15-1:30 PM**

**If you like, you can use the recipes below to bring potluck food with a mid-East theme.**

**Bring your dish to the Groome building at 10:30 a.m. to be refrigerated or reheated by kitchen staff.**

Our potluck fund raiser is an opportunity to provide financial aid for qualified students in Palestine to attend Ramallah Friends School on the West Bank.

Please consider making a donation at potluck to benefit Ramallah Friends School.

No donation is required, but a love offering of $5-10 for each child or adult lunch would be appreciated.



[www.bethesdafriends.org](http://www.bethesdafriends.org)

<https://www.bethesdafriends.org/Spring-Fling-2024/>

**Potluck Recipes for Spring Fling**

1. [**Spicy Chickpeas**](#r1)
2. [**Middle Eastern Potato Salad**](#r2)
3. [**Rice with Zucchini**](#r3)
4. [**Rooz Ma Lahem (Rice with Meat)**](#r4)
5. [**Rice Pilaf with Raisins and Cashews**](#r5)
6. [**Famous Chicken Marbella**](#r6)
7. [**Couscous Salad with Chicken and Apricots**](#r7)
8. [**Chickpea Orzo Pilaf**](#r8)
9. [**Zucchini and Bean Salad with Bulgur**](#r9)
10. [**Pumpkin-Date Corn Bread**](#r10)

**Spicy Chickpeas**

* 4 cans (15oz. each) canned chickpeas, or 7 cups dried chickpeas cooked
* 6 large tomatoes chopped (or 2 cans of 28 oz whole tomatoes, drained)
* 2 large onions chopped
* 2 T. lemon juice
* 6 T. olive oil
* 2 t. cumin
* 1 t. red chili powder
* 1 t. cardamom
* 1 t. salt
* 2 sprigs fresh cilantro

In a large skillet, add olive oil and heat. Add onions, cumin, salt, red chili powder, and cardamom. Stir frequently over medium high heat until onions are tender.

Lower heat to medium-low. Add tomatoes and stir until juice begins to thicken. Add lemon juice, stir well.

Add chickpeas and stir well, cooking an additional five minutes. If you would like a thicker sauce, reserve about 1/3 of the chickpeas and mash with a food processor or blender. Add mashed chickpeas and stir well before adding remaining chickpeas.

Remove from heat and pour into serving dish. Sprinkle with fresh cilantro.

Can be served at room temperature.

**Middle Eastern Potato Salad**

* 6 lbs. red potatoes, cubed
* 3 cloves garlic, crushed
* 3/4 cup flat leaf parsley, finely chopped
* 7 T. lemon juice
* 3 T. olive oil
* salt and pepper or dukkah spice mixture

Cube potatoes and wash well under cold water. Place in large saucepan and boil for 25 minutes or until tender.

Drain potatoes and add garlic and parsley. Mix gently to avoid crushing the potatoes. Add lemon juice and olive oil and gently mix.

Place potato salad in serving dish and sprinkle with salt and pepper or dukkah spice mixture for extra flavor.

(Angie Parlin has dukkah spices to share, otherwise you can buy it at Whole Foods)

**Rice with Zucchini**

* 4 cups rice (the 20 minute version)
* 9 cups water
* 3 lbs. zucchini, peeled and sliced
* 2 cloves garlic, crushed
* 2 large onions, coarsely chopped
* 2 t. kosher salt
* 12 oz. can tomato paste
* 4 T. olive oil

In a large saucepan, bring 8 cups water to a boil. Add rice, stir, cover and allow to simmer for 20 minutes or until done.

While rice is cooking, heat olive oil in large sauté pan on medium heat.

Add zucchini, garlic, and onion. Add kosher salt and tomato paste and 1 cup water. Stir until tomato paste and water are mixed and coat vegetables well.

Add rice to zucchini and combine well. The rice should take on a light red/brown color and be mixed well with vegetables.

**Rooz Ma Lahem (Rice with Meat)**

* 10 cups cooked rice
* 2 T. olive oil
* 1 lb. ground beef **or** 1 lb. ground lamb **or** 1 lb. ground turkey
* 2/3 cup diced onion
* 6 garlic cloves
* 2 15 oz. cans chick peas
* 1 1/2 t. allspice
* 2/3 t. cinnamon
* 2t. garlic powder
* 1 T. salt
* 1 t. black pepper
* 1/2 cup diced red pepper (for color)

Set cooked rice aside.

In a pot, heat olive oil -- then add onions, chopped garlic, seasonings, and the ground meat. Cook until browned. Break up any large clumps of meat, for a “tacolike” consistency.

Once meat is almost brown, add drained cans of chickpeas then let meat brown throughly.

Drain any fat from pan. Add rice and stir until well blended.

**Rice Pilaf with Raisins and Cashews**

* 2 (6-8oz.) boxes plain rice pilaf
* 1/2 c. golden raisins
* 1/4 c. chopped roasted cashews
* 1t. ground cumin

Cook the rice pilaf according to package directions. Stir in the raisins, cashews and cumin before serving.

**Famous Chicken Marbella**

* 4 chickens, 2½ lbs. each, quartered (or to make it simpler, 10 lbs of
* chicken in parts)
* 1 whole head of garlic, peeled and finely chopped
* 1/4 cup dried oregano
* coarse salt and freshly ground black pepper to taste
* 1/2 cup red wine vinegar
* 1/2 cup olive oil
* 1 cup chopped pitted prunes
* 1/2 cup pitted Spanish green olives
* 1/2 cup capers with a bit of juice
* 6 bay leaves
* 1 cup brown sugar
* 1 cup white wine
* 1/4 cup Italian parsley or cilantro finely chopped

In a large bowl combine chicken parts, garlic, oregano, pepper and coarse salt to taste, vinegar, olive oil, prunes, olives, capers and juice, and bay leaves. Cover and let marinate, refrigerated, overnight.

Preheat oven to 350 degrees.

Arrange chicken in a single layer in one or two large shallow baking pans and spoon marinade over it evenly. Sprinkle chicken pieces with brown sugar and pour white wine around them.

Bake for 50 minutes to 1 hour, basting frequently with pan juices. Sprinkle with cilantro or parsley.

**Couscous Salad with Chicken and Apricots**

* 1 1/2 cups instant couscous (uncooked)
* 1/4 t. ground cinnamon
* 1/4 t. ground cumin
* kosher salt and black pepper
* 1 cup finely chopped fresh parsley leaves, plus 6 sprigs
* 1 cup finely chopped fresh mint leaves
* 6 T. olive oil
* 1 rotisserie chicken with meat taken off and shredded
* 3 fresh apricots (or ripe nectarines, peaches, or plums) pitted and chopped
* 1 small shallot, thinly sliced in rings
* 1/2 cup unsalted pistachio nuts, shelled
* 2 T. balsamic vinegar

Place the couscous in medium bowl. Bring 1 1/2 cups of water to a boil and stir in the cinnamon, cumin, 1/2 t. salt, and 1/4 t. pepper.

Pour the mixture over the couscous. Cover and let stand until the couscous is soft, about 5 minutes. Uncover and fluff with fork.

Stir in the parsley, mint and 2 T. of the oil. Set aside.

In medium bowl, combine the chicken, apricots, shallot and pistachios. Drizzle with the vinegar and remaining 4 T. olive oil. Season with salt and pepper.

Place the couscous on bottom of large serving dish. Arrange the chicken mixture over the couscous. Garnish with the parsley sprigs and serve.

Serves 6

**Chickpea Orzo Pilaf**

* 6 T. olive oil
* 2 cups chopped onion
* 2 medium carrots diced
* 4 garlic cloves minced
* 3 t. curry powder
* 3 t. dried thyme
* 2 cups orzo—uncooked (rice-shaped pasta)
* 11 cups chicken broth
* 2 (15.5 oz) cans chickpeas, well drained
* 4 T. chili sauce

Heat oil over medium heat in deep skillet with lid. Sauté the onion, carrot and garlic with the curry powder and thyme until the onion is soft. Add the uncooked orzo and sauté just until the pasta is lightly browned.

Stir in the chicken broth, chickpeas and chili sauce. Bring to a boil. Cover with a tight-fitting lid and reduce the heat to low. Simmer the stew 12 minutes, stirring occasionally, or until the orzo is fully cooked and water is absorbed.

**Zucchini and Bean Salad with Bulgur**

* 1/2 cup olive oil
* 4 T. red wine vinegar
* kosher salt and pepper
* 4 medium zucchini halved and thinly sliced
* 2 (15.5 oz) cans kidney beans, rinsed
* 2 small shallots
* 1/2 cup chopped salted roasted almonds
* 1/2 cup chopped fresh dill
* 2 cups bulgur (uncooked)
* 2 cups crumbled goat cheese (8 oz.)

Whisk together the oil, vinegar, 1 1/2 t. salt, and 1/2 t. pepper in a large bowl.

Add the zucchini, beans, shallot, almonds and dill and toss to combine. Let stand, tossing occasionally until the zucchini softens slightly, 10-15 minutes.

Meanwhile, place the bulgur in a separate large heatproof bowl. Add 4 cups of boiling water, cover, and let stand until tender, 12 - 15 minutes. Drain.

Serve the bulgur topped with the zucchini salad and sprinkled with the goat cheese.

**Pumpkin-Date Corn Bread**

(To make two)

* 4 cups flour
* 2 cups yellow cornmeal
* 1 1/3 cups firmly packed brown sugar
* 4 t. baking powder
* 4 t. baking soda
* 2 t. ground cinnamon
* 1 t. salt
* 2 cups dates, chopped and pitted
* 2 cups canned pumpkin
* 2 cups milk
* 1/2 cup canola oil
* 4 eggs, beaten

Heat oven to 350 degrees. Lightly coat 2 (5X9 inch) loaf pans with vegetable cooking spray.

Combine the flour, cornmeal, sugar, baking powder, baking soda, cinnamon and salt in a large bowl. Stir in the dates, then the pumpkin, milk, oil and eggs until well blended.

Pour into the two pans, distributing equally.

Bake 50 minutes or until a toothpick inserted in the center of the loaves comes out clean.

Turn onto a wire rack to cool.