

Homemade: Made Healthy & Whole- A Flavor of Lebanese Cooking and Other Healthy Recipes

Sara Farhat Jarrar

March 2026 Cookbook Edits

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INTRODUCTORY CHAPTERS (Chapter Number, Heading/Paragraph, Page Number)

Chapter 2, Red Meat - 4	Added Phrase: I have found that mixing ground turkey to my ground beef in dishes works very nicely, and is a nice subtle way to decrease the quantity of red meat consumed.
Chapter 2, Contains Less Salt - 5	Added Phrase: I have started incorporating Himalayan salt recently in our diet due to it being richer in minerals and less processed than traditional table salt. Since it doesn't contain Iodine, I still cook with traditional iodized table salt, but I do add it to salads and use it to sprinkle extra salt on our food at meals.
Chapter 4, Mastic - 13	Added Phrase: Mastic is best stored in the refrigerator to keep chilled. It will pound up into a powder better when chilled, otherwise, it will be sticky.
Chapter 4, Vermicelli - 17	Added Phrase: Organic whole wheat orzo is now available in stores.
Chapter 6, Butter - 26	Added Phrase: If one enjoys eating/cooking with butter, I suggest aiming for grass-fed butter, if accessible and affordable.
Chapter 7, Arsenic in Rice - 32	Added Phrase: Soaking rice in water for about 30 to 120 minutes then rinsing well is also a highly recommended strategy in decreasing the amount of arsenic present in rice. But again, there will be some loss of water-soluble micronutrients.
Chapter 7, Dairy Debate - 32	Added Phrase: The new Guidelines for Americans (2025-2030) recommend consuming full-fat dairy, while stressing that it have no added sugar. If one enjoys consuming/cooking with full-fat dairy, I suggest aiming for grass-fed products, if accessible and affordable.
Chapter 7, Egg Debate - 33	Added Phrase: The new Guidelines for Americans (2025-2030) don't suggest anything new regarding egg consumption, stating the recommendation of consuming a variety of protein foods from different animal sources, including eggs and

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	<p>poultry, as well as plant-sourced protein foods. If one enjoys consuming/cooking with eggs (and poultry for that matter), I suggest aiming for pasture-raised products, if accessible and affordable.</p>	
Chapter 7, Red Meat Debate - 33	<p>Added Phrase: The new Guidelines for Americans (2025-2030) don't suggest anything new regarding red meat consumption, stating the recommendation of consuming a variety of protein foods from different animal sources, including red meat and poultry, as well as plant-sourced protein foods. If one enjoys consuming/cooking with red meat (and poultry for that matter), I suggest aiming for grass-fed and pasture-raised products, if accessible and affordable.</p>	
Chapter 7, Cast Iron - 36	<p>Added Phrase: Cheap enameled cast iron may not be safe for baking since the cheap coating may crack under sudden high temperatures and/or high prolonged temperatures. Also, many coatings may not be non-stick, so with time, the coating is prone to scratching and thus cracking/chipping from excessive scrubbing.</p>	
Chapter 7, Going Organic - 35	<p>Here are the updated EWG's "Dirty Dozen" and "Clean Fifteen" lists for the year 2026.</p> <p>2026 "Dirty Dozen" List:</p> <ol style="list-style-type: none"> 1. Spinach 2. Kale, Collard, and Mustard Greens 3. Strawberries 4. Grapes 5. Nectarines 6. Peaches 7. Cherries 8. Apples 9. Blackberries 10. Pears 11. Potatoes 12. Blueberries 	<p>2026 EWG's "Clean Fifteen" List:</p> <ol style="list-style-type: none"> 1. Pineapples 2. Sweet Corn (fresh and frozen) 3. Avocados 4. Papayas 5. Onions 6. Sweet Peas (frozen) 7. Asparagus 8. Cabbage 9. Cauliflower 10. Watermelon 11. Mangoes 12. Bananas 13. Carrots 14. Mushrooms 15. Kiwi
Chapter 11 - 47	<p>Added Paragraph: For longer recipes that continue on the next page, the 'grayed out' instruction steps on the second page indicates steps that the reader would have already completed on the first page of the recipe.</p>	

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RECIPE PAGES (Recipe Name, Page Number)	
Chicken Veggie Soup - 59	<p>Instructions, edit to step 3: Decrease the cooking time to 10 minutes.</p> <p>Instructions, edit to step 4: Increase the cooking time to 15 minutes.</p> <p>Added Notes:</p> <ul style="list-style-type: none">- Adding 2 to 3 bay leaves to the pot of soup in step 2 adds a nice light flavor.- If vermicelli is to be used instead of orzo, cooking time in step 4. can remain at 10 minutes.- This soup thickens a bit as it cools and sits, so one may want to add extra chicken broth or water as desired.
Barley Soup - 61	<p>Added Notes:</p> <ul style="list-style-type: none">- Adding 2 to 3 bay leaves to the pot of soup in step 3 adds a nice light flavor.- Using chicken broth instead of water in this recipe works on enhancing overall flavors, too
Tomato Soup - 63	<p>Added Note: Oven roasting the tomatoes, onions, and garlic offers a nice stronger flavor to this soup.</p>
Corn Soup - 67	<p>Instructions, step 1: In a large pot, covered, cook the <u>yellow</u> onions with the olive oil on low heat for 20 minutes, stirring occasionally.</p>
Tabbooli Salad - 79	<p>Added Notes:</p> <ul style="list-style-type: none">- In step 2, one can keep ½ cup of the lemon juice to the side to add to the salad in step 4.- In step 4, extra lemon juice and olive oil can be added as desired for more flavor and juiciness.
Tuna Salad - 97	<p>Recipe Alternative, added comment: The addition of finely grated carrots or diced cucumbers is a nice option, too.</p>
Eggplant Dip - 105	<p>Added Notes:</p> <ul style="list-style-type: none">- Eggplants can vary slightly in flavor and water content. So, this recipe can vary in flavor and thickness depending on the eggplants used. Adjust the other ingredients in this recipe accordingly.- It is preferable to use male eggplants for this recipe, since female eggplants contain way more seeds. Male eggplants have a small and round dot on their bottom, while female eggplants have a larger, dash-shaped indentation.
Eggplant with Pita in Yogurt - 121	<p>Ingredients: 4 medium Italian eggplants (with skin, no ends) sliced <u>into finger-sized strips</u> (1,450 g)</p>
Rice with Orzo - 129	<p>Added Note: Soaking rice in water after rinsing for about 30 to 120 minutes is highly recommended in decreasing the amount of arsenic that could be present in rice. Refer to page 32 to learn more.</p>
Chickpeas and Eggplant - 155	<p>Ingredients: 4 medium Italian eggplants (with skin, no ends) sliced <u>into finger-sized strips</u> (1,450 g)</p>
Green Bean Stew - 181	<p>Added Note: One can add more tomato paste as desired, for a thicker and richer tomato-flavored sauce.</p>
Four-in-One Vegetable Stews - 183	<p>Added Note: One can add more tomato paste as desired, for a thicker and richer tomato-flavored sauce.</p>
Jew's Mallow Stew - 187	<p>Added Note: If dry leaves are to be used, one may want to increase the chicken broth by an extra 2 cups.</p>
Chickpea Stew - 191	<p>Added Note: If one is not a huge fan of cumin, decrease the amount of cumin called for in the recipe to 1 T.</p>

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Baked Pumpkin Kibbeh - 209	Instructions, step 3: Cook the onions <u>with the olive</u> in a large deep pan or skillet, covered, on low heat, for 45 minutes. Added Note: One can add spinach or Swiss chard to the filling. Add them in to step 3, half way into the cooking of the onions. Adjust the salt and spices of the filling, accordingly.
Whole Wheat Lasagna with Veggies - 233	Added Notes: - This recipe is very volatile! One can switch out the called for veggies for any other desired veggies. - Switching out the cottage cheese or the ricotta cheese with feta cheese is a nice modification.
Curry Chicken and Veggies - 243	Added Note: I also like making this dish with 2/3 parts coconut milk and 1/3 part cow milk.
Sweet and Sour Beef and Veggies - 247	Added Note: For added sauce strength, increase the ketchup to ¾ cup and the soy sauce to 1 cup.
Desserts - 254	Added Information for the 11th Bullet Point: - Not all baking powders work the same. If one uses baking powder that contains corn starch as a second or third ingredient, it will be stronger than the one I used when formulating my baked desserts. Thus, cut down the amount of baking powder called for in a recipe by half.
Rice Milk Pudding - 261	Added Note: One can bump up the cornstarch to 4T in this recipe to speed up the thickening of the pudding. Add 2T initially in step 3, then add the remaining 2T in step 6. Adjust the cooking times in steps 7 and 8 accordingly!
Date Anise Bars - 277	Added Notes: - If the dates are very soft, one can simply mash them up with ones hands instead of using a food processor. - One can also use the back of a big spoon to help with spreading of the date paste in step 7.
Ricotta-Stuffed Arabian Pancakes - 283	Instructions, step 8: Once the qatayef is formed and closed, press down lightly to spread around the nuts inside the closed pocket. Instructions, step 9: After baking, one can also broil them for 1-2 min Added Notes: - The mahlab can be substituted with vanilla powder in the pancake dough. - Adding ¼ tsp of vanilla powder to the filling adds a nice flavor! - The texture/thickness of the raw dough can differ slightly depending on the kitchen temperature. Adjust the thickness with a tsp or 2 of water. Also, once the batter has been poured onto the pan, one can spread it lightly with the back of a spoon to help flatten it a bit before the bubbles start forming.
Walnut-Stuffed Arabian Pancakes - 287	Added Notes: - The mahlab can be substituted with vanilla powder in the pancake dough. - The texture/thickness of the raw dough can differ slightly depending on the kitchen temperature. Adjust the thickness with a tsp or 2 of water. Also, once the batter has been poured onto the pan, one can spread it lightly with the back of a spoon to help flatten it a bit before the bubbles start forming.

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Avocado Chocolate Cake - 301	Added Notes: - Based on one's oven strength, one may need to bake the cake at 325°. - To make an avocado-free version, add ¼ cup coconut oil to step 3, and an extra egg to step 4.
Avocado Vanilla Cake - 303	Added Note: Based on one's oven strength, one may need to bake the cake at 325°.
Avocado Fruit Pudding - 313	Added Notes: - One can add a ½ tsp (or more as desired) of spirulina powder to the pudding for a stronger green color. - One can add more mint leaves as desired. - For added sweetness, one can add more honey to the pudding mixture, or drizzle extra honey over each bowl right before serving.
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