



## Meze Platter with Hummus, Shrimp Salad, and Cucumber Salad

READY IN



45 min.

SERVINGS



6

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 15 ounce garbanzo beans drained canned (chickpeas)
- ☐ 0.5 hothouse cucumber english unpeeled thinly sliced into rounds
- ☐ 3 ounces feta cheese crumbled
- ☐ 2 garlic cloves peeled
- ☐ 2 teaspoons ground cumin
- ☐ 16 unpitted kalamata olives
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon lemon zest packed finely grated ()

- ☐ 2 lemons cut into wedges
- ☐ 0.5 cup yogurt plain low-fat (preferably Greek-style\*)
- ☐ 6 ounce marinated artichoke hearts drained
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons olive oil plus additional extra-virgin for drizzling
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon paprika plus additional for sprinkling
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 4 to 6 pita breads
- ☐ 16 large shrimp with tails left intact cooked peeled
- ☐ 1 cup tomatoes diced seeded ( 3 medium)
- ☐ 2 tablespoons water

## Equipment

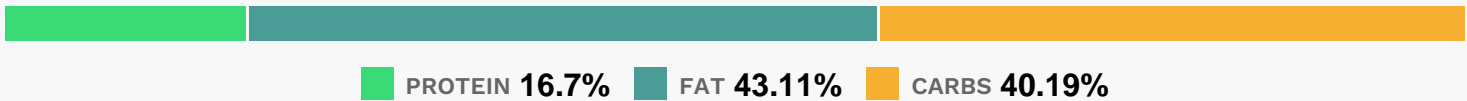
- ☐ bowl
- ☐ toaster

## Directions

- ☐ Place 1 tablespoon garbanzo beans in small bowl and reserve for garnish.
- ☐ Combine remaining garbanzo beans, lemon juice, 2 tablespoons water, 2 tablespoons oil, garlic, cumin, and 1 teaspoon paprika in processor and blend until smooth.
- ☐ Transfer to small bowl. Season to taste with salt and pepper.
- ☐ Sprinkle reserved garbanzo beans over. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Let stand at room temperature 1 hour before using.
- ☐ Drizzle hummus lightly with oil and sprinkle lightly with paprika.
- ☐ Combine all ingredients in medium bowl and toss to blend. Season to taste with salt and pepper. DO AHEAD: Can be made 4 hours ahead. Cover and refrigerate.
- ☐ Arrange cucumber slices on plate; sprinkle with salt and pepper. Spoon yogurt over.

- ☐ Sprinkle with feta cheese and oregano. DO AHEAD: Can be made 1 hour ahead. Cover and refrigerate.
- ☐ Place marinated artichokes in small bowl. Arrange bowls of hummus, shrimp salad, and artichokes and plate with cucumber salad on large platter.
- ☐ Garnish with lemon wedges.
- ☐ Toast pita breads in toaster, then cut into wedges. Arrange pita wedges on platter with salads and serve.
- ☐ \* Greek-style yogurt is a thick yogurt; sold at some supermarkets and at specialty foods stores (such as Trader Joe's and Whole Foods markets) and Greek markets.

## Nutrition Facts



## Properties

Glycemic Index:57.81, Glycemic Load:23.16, Inflammation Score:-8, Nutrition Score:16.984782607659%

## Flavonoids

Eriodictyol: 7.81mg, Eriodictyol: 7.81mg, Eriodictyol: 7.81mg, Eriodictyol: 7.81mg Hesperetin: 10.41mg, Hesperetin: 10.41mg, Hesperetin: 10.41mg, Hesperetin: 10.41mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

## Nutrients (% of daily need)

Calories: 391.78kcal (19.59%), Fat: 19.23g (29.59%), Saturated Fat: 4.16g (25.97%), Carbohydrates: 40.35g (13.45%), Net Carbohydrates: 33.61g (12.22%), Sugar: 3.87g (4.3%), Cholesterol: 56.77mg (18.92%), Sodium: 884.02mg (38.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.77g (33.54%), Manganese: 0.89mg (44.46%), Vitamin C: 34.92mg (42.33%), Vitamin K: 33.86µg (32.25%), Fiber: 6.75g (26.99%), Vitamin B6: 0.51mg (25.4%), Phosphorus: 251.2mg (25.12%), Calcium: 224.75mg (22.48%), Copper: 0.36mg (17.81%), Iron: 2.97mg (16.48%), Vitamin A: 791.98IU (15.84%), Magnesium: 58.83mg (14.71%), Vitamin B2: 0.24mg (13.96%), Vitamin E: 2.09mg (13.94%), Vitamin B1: 0.2mg (13.09%), Potassium: 454.35mg (12.98%), Zinc: 1.93mg (12.89%), Folate: 48.89µg (12.22%), Vitamin B5: 0.79mg (7.94%), Vitamin B3: 1.36mg (6.79%), Selenium: 4.69µg (6.69%), Vitamin B12: 0.35µg (5.9%)