



WHOLESOME IFTAR PARTY RECIPES

FLAVORFUL AND NUTRITIOUS CREATIONS



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Welcome to "Wholesome Iftar Party Recipes". As the sun sets and the day of fasting draws to a close, there's no better way to nourish your body and soul than with a spread of nutritious and delicious dishes.

This collection of recipes is curated specifically for those seeking wholesome options to elevate their Iftar parties during the holy month of Ramadan. From light and refreshing appetizers to hearty mains and guilt-free desserts, each recipe is thoughtfully crafted to provide a balance of flavor and nutrition.

Get ready to create memorable gatherings filled with joy, gratitude, and the goodness of wholesome ingredients. Let's embark on a journey to savor the essence of Ramadan through healthy and satisfying cuisine.



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01 Watermelon Feta Salad

Ingredients

- 4 cups cubed seedless watermelon
- 1 cup crumbled feta cheese
- 1/4 cup fresh mint leaves
- 2 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- Salt and black pepper to taste

Servings: 2-4



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Instructions:

Prepare the ingredients by washing and cubing the watermelon, crumbling the feta cheese, and chopping the fresh mint leaves. Combine them in a bowl and gently toss. Dress the salad with olive oil and optional balsamic vinegar, then season with salt and pepper to taste. Serve the salad in a dish, garnishing with extra mint leaves if desired.

Watermelon Feta Salad

Watermelon is a hydrating fruit, consisting of about 92% water, while feta cheese provides protein and calcium. The contrasting textures and flavors in this salad make it a popular dish in Mediterranean cuisine, perfect for refreshing summer gatherings or as a palate cleanser during an Iftar party.

Cost of Ingredients: USD \$6-10

Watermelon: \$1.00 - \$1.50

Feta Cheese: \$1.50 - \$2.50

Fresh Mint Leaves: \$0.25 - \$0.50

Extra Virgin Olive Oil: \$0.30 - \$0.60

Balsamic Vinegar (optional): \$0.20 - \$0.60

Cooking Time: 25 mins

Equipment:

Cutting board

Knife

Mixing bowl

Salad servers or tongs

Serving dish or plates



02 Falafel made from Chickpeas

Ingredients

- 1 cup dried chickpeas
- 1/2 large onion
- 2 cloves garlic
- 2 tbsp chopped fresh parsley
- 2 tbsp chopped fresh cilantro
- 1 tsp salt
- 1/2-1 tsp cayenne pepper
- 1 tsp cumin
- 1 tsp baking powder
- 4-6 tbsp flour
- Vegetable oil

Servings: 4-5

Instructions:

Soak dried chickpeas overnight, then blend with onion, garlic, parsley, cilantro, spices, and baking powder until finely ground. Mix in flour to bind, shape into balls or patties, and fry until golden brown and crispy. Serve hot with pita bread, tahini sauce, or hummus.



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Falafel made from Chickpeas

Falafel is believed to have originated in Egypt, where it was traditionally made with fava beans. Over time, the recipe evolved, and chickpeas became the primary ingredient, as they are now commonly used in falafel recipes worldwide. Falafel is a popular dish for iftar parties because it's delicious, satisfying, and easy to eat.

**Cost of Ingredients: USD
\$10-12**

Dried Chickpeas: \$1 - \$2
**Onion, Garlic, Parsley,
Cilantro: \$2 - \$3**
Spices and Flour: \$1 - \$2
Vegetable Oil: \$2 - \$3

Cooking Time: 35 mins

Equipment:

Food processor
Large bowl
Frying pan
Slotted spoon
Paper towels



03 Chicken Shawarma Skewers

Ingredients

- 1 lb boneless, skinless chicken thighs
- 2 cloves garlic
- 2 tbsp lemon juice
- 2 tbsp olive oil
- 1 tbsp plain yogurt
- 1 tsp ground cumin
- 1 tsp paprika
- 1/2 tsp ground turmeric
- Salt and black pepper to taste
- Skewers, soaked in water if using wooden ones

Servings: 4-5

Instructions:

Marinate chicken pieces in a blend of garlic, lemon juice, olive oil, yogurt, and spices for at least 1 hour or overnight. Thread onto skewers and grill or broil for 6-8 minutes per side until fully cooked. Enjoy flavorful chicken skewers hot off the grill.



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Chicken Shawarma Skewers

Chicken Shawarma Skewers are not only delicious but also provide a good source of protein. Including lean protein options like chicken in your iftar party menu can help keep guests feeling satisfied and energized throughout the evening. Plus, grilling the chicken adds a smoky flavor without excess oil, making it a healthier choice for indulging during iftar.

**Cost of Ingredients: USD
\$16-20**

**Chicken Thighs: \$4 - \$6
Garlic, Lemon, Olive Oil,
Yogurt, Spices: \$3 - \$5
Skewers: \$2 - \$5**

Cooking Time: 35 mins

Equipment:
Mixing bowl
skewers
grill or broiler



04 The Nicoyan Bowl

Ingredients

- 1 cup cooked quinoa
- 1 cup black beans
- 1 cup diced mango
- 1 cup diced avocado
- 1 cup shredded purple cabbage
- 1/2 cup diced red bell pepper
- 1/4 cup chopped cilantro
- Juice of 1 lime
- Salt and pepper to taste
- Optional: sliced jalapeños for heat, diced tomatoes for freshness

Servings: 4-5

Instructions:

Cook quinoa following package instructions, then let it cool slightly. In serving bowls, layer quinoa, black beans, mango, avocado, purple cabbage, red bell pepper, and any optional ingredients. Squeeze lime juice, sprinkle cilantro, and season with salt and pepper. Serve immediately and enjoy your flavorful quinoa bowl!



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The Nicoyan Bowl

It is packed with fiber, vitamins, and antioxidants from ingredients like quinoa, black beans, mango, avocado, and vegetables. Offering nutrient-rich dishes like this at an iftar party encourages guests to enjoy wholesome, nourishing foods that support their health and well-being. Plus, the vibrant colors and fresh flavors make it an attractive and satisfying option for breaking the fast.



Cooking Time: 35 mins

Equipment:

Saucepan (for cooking quinoa)

Cutting board

Knife

Mixing bowl

Serving bowls

**Cost of Ingredients: USD
\$10-12**

1 cup cooked quinoa: \$0.50 - \$1.00

1 cup black beans: \$0.50 - \$1.00

1 cup diced mango: \$1.00 - \$2.00

1 cup diced avocado: \$1.00 - \$2.00

1 cup shredded purple cabbage: \$0.50 - \$1.00

1/2 cup diced red bell pepper: \$0.50 - \$1.00

1/4 cup chopped cilantro: \$0.25 - \$0.50

Juice of 1 lime: \$0.50 - \$1.00

05 Saffron Cardamom Ice Cream

Ingredients

- 2 cups whole milk
- 1 cup heavy cream
- 1/2 cup granulated sugar
- Pinch of saffron threads
- 4-5 cardamom pods, crushed
- 4 large egg yolks
- 1 teaspoon vanilla extract
- Chopped pistachios for garnish (optional)

Servings: 8

Instructions:

In a saucepan, combine milk, cream, sugar, saffron, and cardamom. Simmer, then let steep for 15-20 minutes. Whisk egg yolks, gradually adding the milk mixture. Return to heat, cook until thickened. Strain, add vanilla, chill overnight. Churn in ice cream maker until soft-serve consistency. Freeze until firm. Serve scooped into bowls, garnish with chopped pistachios if desired.



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Saffron Cardamom Ice Cream

Arabic Saffron Cardamom Ice Cream offers a healthy dessert option for iftar parties, featuring natural ingredients like whole milk, heavy cream, eggs, and flavorful saffron and cardamom. By controlling portions and using limited added sugar, this homemade treat satisfies sweet cravings without excessive calories. Enjoying this delightful ice cream in moderation contributes to a balanced iftar menu that promotes both health and togetherness.

Equipment:

Saucepan

Whisk

Mixing bowls

Fine-mesh sieve

Ice cream maker

Freezer-safe container

Cost of Ingredients: USD \$25-30

Whole Milk: \$2 - \$3

Heavy Cream: \$3 - \$4

Sugar: \$1 - \$2

Saffron Threads: \$5 - \$8 (for a small amount)

Cardamom Pods: \$3 - \$5 (for a small amount)

Eggs: \$2 - \$3

Vanilla Extract: \$2 - \$3

Chopped Pistachios (optional): \$3 - \$5



Cooking Time: 45 mins

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