

Middle East Outline

I. Definition of the Middle East

A. Countries include: Sudan, Egypt, Líbya, Algeria, Morocco, Western Sahara, Mauritania, Tunisia, Lebanon, Israel, Jordan, Saudi Arabia, Yemen, Oman, Uníte Arab Emírates, Qatar, Bahrain, Kuwait, Turkey, Syria, Iraq, Iran and Afghanistan

II. Healthy Flavors of the Mediterranean

A. Healthy

- í. Vegetables, fruits and grains*
- íí. Minimal amounts of meat*
- ííí. Beans*
- íííí. Olive oil*

B. Ingredients

- í. Arborio rice*
- íí. Balsamic vinegar*
- ííí. Couscous*
- íííí. Feta cheese*
- ííííí. Olive oil*
- íííííí. Parmesan cheese*
- ííííííí. Pesto*
- íííííííí. Phyllo*
- ííííííííí. Pine nuts (pignoli)*

III. Greece

A. Staple Foods

B. Meal Patterns

C. Special Foods

IV. *Iraq*

A. *Staple Foods*

B. *Meal Patterns*

C. *Special Foods*

V. *Middle East in general*

A. *Staple Foods*

B. *Meal Patterns*

C. *Special Foods*