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Make yourself comfortable.

Hot and Spicy Mediterranean Menu

Appetizer: **Hummus and Spicy Garlic Chickpeas**

Main Dish: **Grilled Calamari Stuffed with Olives, Almonds, and Pepper**

Side Dish: **Mixed Salad with Orange, Lemon, Chile, and Honey Vinaigrette**

Hummus and Spicy Garlic Chickpeas

Olive oil
Extra virgin olive oil (optional)
Garlic
Aleppo or Maras pepper or hot red
pepper flakes
Cooked chickpeas
Sea salt
Hungarian paprika
Tahini (sesame paste)
Lemon
Freshly ground cumin

Grilled Calamari Stuffed with Olives, Almonds, and Pepper

8 to 10 medium calamari
(1-1/2 to 2 pounds), cleaned, bone
discarded, heads separated
Olive oil
Lemon (preferably organic)
Aleppo or Maras pepper or hot red
pepper flakes
Dried whole wheat bread crumbs or
ground barley paximadi
Raw almonds
Firm green olives (pitted)
Fresh thyme sprigs
Sea salt

Mixed Salad with Orange, Lemon, Chile, and Honey Vinaigrette

Romaine lettuce
1 small fennel bulb
1 bunch of arugula
2 small orange
6 to 8 small unsprayed nasturtium leaves
and a few flowers (optional)
2 or 3 kumquats, thinly sliced and seeded
(optional)
1 large or 2 small beets (about 1/2
pound)
Pine nuts
Lemon
Yellow mustard seeds (dry mustard)
Honey
Extra virgin olive oil
Fresh or pickled chile
Sea salt and freshly ground black pepper