

Turkish Meze Platter

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-meze-bread-recipe>

Ingredients:

- 2 beets medium, beetroot washed, raw
- 4 cloves garlic crushed
- 2 cups yogurt Turkish or Greek style*
- 4 sprigs parsley
- 1/2 pound olives good quality, mixed*
- 1/2 salad medium, red onion thinly sliced
- 2 cucumbers small Lebanese, halved lengthways, de-seeded
- 2 medium tomatoes de-seeded, cubed
- 1/2 cup parsley flat leafed, roughly chopped
- 2 tablespoons pomegranate molasses
- 2 tablespoons olive oil extra virgin
- 5/16 cup walnuts roasted, crushed
- 6 green bell peppers medium, capsicums red, whole
- 2 cloves garlic peeled, crushed
- 4 tablespoons vinegar good quality
- 1 tablespoon oregano leaves finely chopped
- sea salt
- 2 tablespoons parsley flat leafed, finely chopped
- 6 carrots medium, grated
- 1 tablespoon olive oil
- 1 cup yogurt Turkish or Greek style
- 2 cloves garlic chopped finely
- sea salt ground
- 2 olives green*
- 1/2 pound olives good quality, mixed

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 58 grams

3. Cholesterol: 20 milligrams
 4. Fat: 33 grams
 5. Fiber: 15 grams
 6. Protein: 14 grams
 7. SaturatedFat: 6 grams
 8. Sodium: 1590 milligrams
 9. Sugar: 30 grams
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