

Name _____

Exploring the Flavors of Lebanese Cuisine

Short Answer Key

1. Baba ghanoush is made with roasted eggplant, tahini (sesame paste), lemon juice, and garlic. It is typically served as a dip with pita bread or vegetables.
2. Lebanese cuisine is influenced by the Mediterranean diet, which emphasizes fresh, plant-based ingredients and olive oil. This influence is associated with health benefits such as heart health and longevity due to its focus on nutrient-rich foods.
3. Shawarma and kebabs incorporate protein through marinated and grilled meats (beef, chicken, or lamb). They are flavorful due to the marination process, which includes a blend of spices and often includes ingredients like garlic, yogurt, and lemon juice.

