



## March Special Natl Nutrition Month

# MEZE PLATE

Hummus, Moroccan Spiced Chicken, Crumbled Feta, Kalamata Olives,  
Cucumbers, Roasted Tomatoes, EVOO Drizzle

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Meze is a style of eating that's popular in the eastern Mediterranean, North Africa, the Balkans, Western Asia, and the Middle East. This includes countries such as Greece, Turkey, Egypt, Bulgaria, Cyprus, Lebanon, Iran, Dubai, Armenia and so many more.

In these regions, meze is a mixture of small plates often filled with bite-sized foods, dips like hummus and baba ghanoush, flatbreads, salads, and finger foods such as stuffed olives, tiny cured fish, hard cheeses, meatballs etc.



# MARDI GRAS!

Gumbo, Jambalaya,  
& Shrimp Po'boys