

healthy eating

TOP 10 MIDEAST RESTAURANTS

by *Howard Seftel* - Sept. 16, 2011
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Hummus. Whole grains. Pomegranates.

Much like the Mediterranean diet touted as being so healthful, the cuisine of the Middle East also integrates superfoods known for promoting longevity and wellness. Here are Howard Seftel's 10 favorite places to sample Middle Eastern cuisine in Greater Phoenix



1 Tasty Kabob

Impossibly fragrant Persian cuisine reflects the sophistication of one of the world's oldest civilizations. The stars include grilled kebabs, rich stews and polos (rice dishes). Don't forget to ask for tah dik, the prized rice scrapings from the bottom of the pot.

Details: 1250 E. Apache Blvd., Tempe. 480-966-0260, tastykabobaz.com.