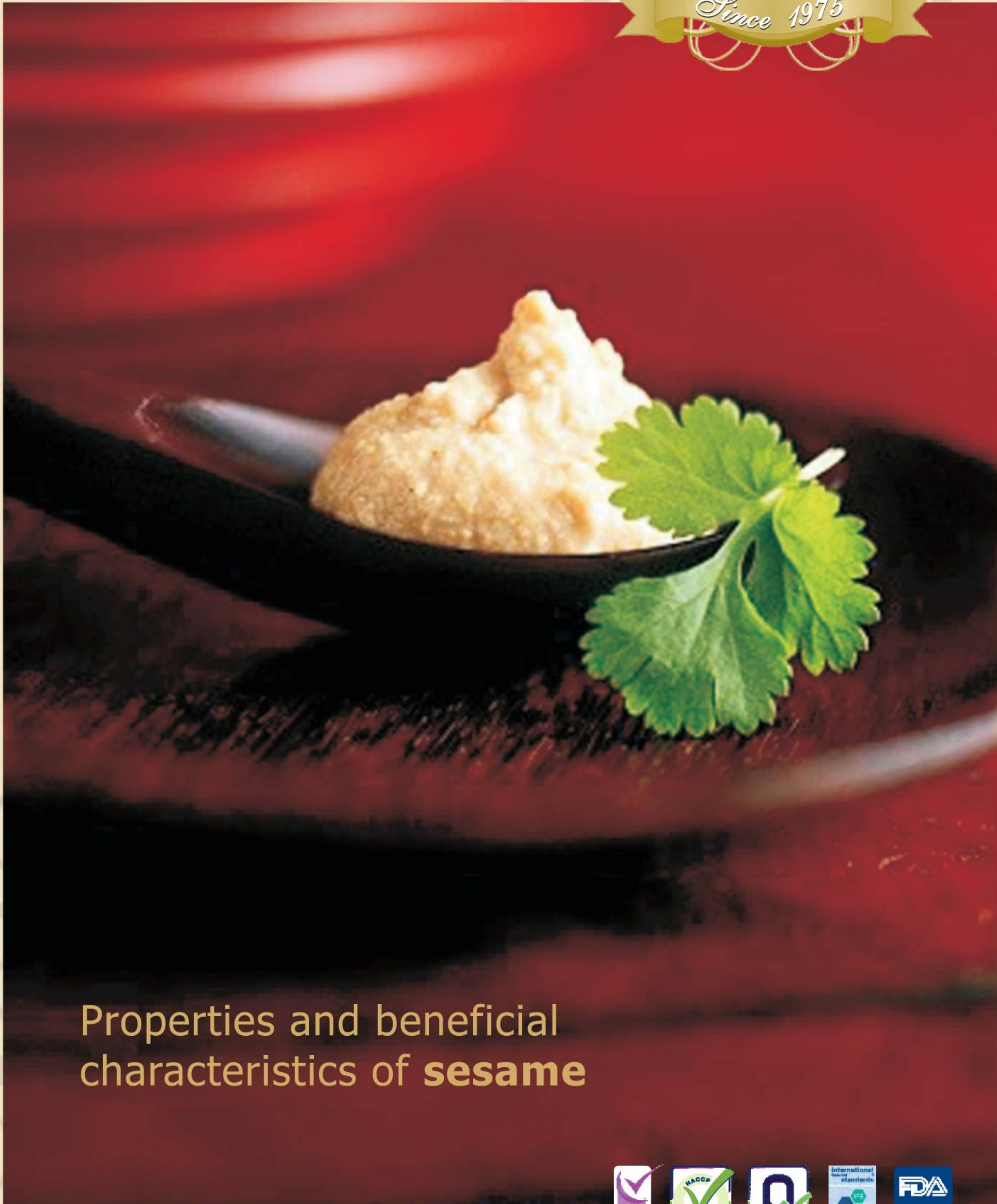


TAHINI

SALADS



Properties and beneficial characteristics of **sesame**

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■ **Sesame seeds** contain high amounts of powerful antioxidants. They are rich in metals that are necessary for many essential functions of human metabolism. Specifically they contain:

- **Proteins** rich in high quality amino acids.
- **Vitamins B1, B2 and niacin** (they help the heart, the blood vessels, the brain, they improve mental functions and memory).
- **Thiamine** (for better function of the nervous system).
- **Copper** (reduces pain in joints).
- It is a source of **Iron** (physical and mental well-being), **Calcium** (strong bones and teeth, against osteoporosis), **Zinc** (increases the body's defenses), **Magnesium** (soothing, calming, reduces headaches and migraines), **phosphorus** and **potassium**.
- It is rich in **antioxidants: Vitamin E** (in more than double the quantity present in oil, has inhibitory effect in chronic diseases), **Phytosterols & Lignanes** (act as antioxidants, detoxifying and pharmaceutical, help reduce cholesterol and hypertension) and **Selenium**.

■ **Tahini** is the pulp of grinded sesame seeds. The combination of sesame pulp with any legume is called '**Houmous**' (or 'Houmi', as it was called by the Ancient Greeks). It is a creamy spread containing tahini, grinded legumes, lemon and garlic. It contains significant amounts of **Ω6 acids** (they reduce "bad" cholesterol levels in the blood).

■ **Legumes** have high concentration of **natural fibers, proteins, complex carbohydrates, amino acids, vitamins B** (folic acid), **C, E, iron, phosphorus, magnesium** and **zinc**, as well as zero fat, sugar and salt, and therefore is considered as '**super food**'. When they are **combined with additional protein** such as tahini's, they **create a complete protein** that contains all of nine essential amino acids!

Attention: no product can replace medicine.

"The **antioxidant** factors protect the body cells, and particularly DNA, from damage caused by free oxygen radicals and sub products, generated by normal metabolism"

"**Tahini:** Results of scientific research indicate that there are no other natural substances able to stop both the absorption and the synthesis of cholesterol simultaneously"

"Combining **legumes with Tahini**, you get the same amount of **proteins as red meat!**"

■ The **ancient Greek soldiers** always carried sesame seeds, which gave them the high energy needed to cope with emergency situations.

■ The **ancient Assyrians** believed that their gods, before creating the world, drank wine made from sesame seeds.

■ The **Romans** ate a kind of houmous, made from sesame and cumin.

■ Nowadays is widely used in the **Middle East** as an appetizer.

■ Houmous

Chickpeas, tahini, lemon, Fresh garlic, vegetable oil

Yoghurt Houmous

Houmous with yoghurt & garlic

Olive Houmous

Houmous with “Kalamon” olive pate & basil

Vegetables Houmous

Houmous with Fresh onion & parsley

Red Pepper Houmous

Houmous with Fresh red pepper & sweet red pepper

Lentils Houmous

“Voiou” Lentils, tahini, wine vinegar, dried onion sauté, Fresh garlic, vegetable oil

Beans Houmous

“Voiou” Beans, tahini, Fresh carrots & garlic, dried onion sauté, Extra Virgine Olive Oil, lemon

■ Salad Tahini

Tahini, Fresh garlic, lemon, vegetable oil

Aubergine Tahini Salad

Roasted aubergine (own cultivation), tahini, Fresh garlic, lemon, vegetable oil



Sesame Properties

- Significant anti-aging properties
- Enhancing proper function of the immune system
- Significant antioxidant properties
- Contribution to the proper function of the liver and the nervous system
- Fight cholesterol
- Prevent eye cataract
- Help in diabetes treatment
- Fight hypertension
- Contribute to fight atherosclerosis

Houmous:
a product that
the ancient Greeks
used in their everyday
diet as a full meal!

HEALTHY
DIET



SERVING SUGGESTIONS

- **as an appetizer**, before the main course, in a deep dish with raw olive oil, plenty of lemon, chili flakes or paprika or oregano or zatar and garnished with sliced tomato, lemon or parsley
- **as a side dish** to roast meat
- **in a sandwich** with lettuce and avocado
- **as a dip** served in a bowl, with crackers or pita breads or tortilla chips or carrots or cucumber, for dipping

Hint: Houmous improves its flavor, if it stays out of the fridge for 30min before serving.

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