

Mediterranean Diet Cookbook for Beginners

**500 Quick, Easy, and Delicious Recipes with
a 30-Day Meal Plan, Full-Color Pictures to
Kickstart Your Healthy Lifestyle.**

Olivia Robson

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INTRODUCTION

Welcome to a culinary journey that promises not only to nourish your body but also to delight your senses. In this cookbook, Olivia Robson invites you to explore the vibrant flavors and wholesome nourishment of the Mediterranean Diet, a time-tested eating pattern cherished by some of the healthiest and happiest populations around the globe.

The Mediterranean Diet is celebrated not just as a nutritional plan, but as a lifestyle—one that emphasizes fresh, seasonal ingredients, a rich variety of flavors, and the joy of sharing meals with friends and family. Through these pages, Olivia opens a treasure trove of 500 quick, easy, and delicious recipes that showcase the incredible variety of the Mediterranean kitchen—from sun-drenched shores to rustic mountain villages, each dish tells a story of heritage and health.

Whether you are new to the Mediterranean Diet or looking to expand your recipe collection, Olivia's expert guidance makes it easy to incorporate this heart-healthy way of eating into your daily life. With recipes spanning from hearty breakfasts to delightful desserts, each meal is an opportunity to savor the rich, natural flavors of the finest ingredients like ripe tomatoes, fragrant herbs, zesty citrus, and extra virgin olive oil.

This cookbook is not just about eating well; it's about living well. Beyond the recipes, Olivia shares practical advice on how to embrace the Mediterranean lifestyle, from choosing the right ingredients at your local market to enjoying the simple pleasure of a shared meal. Each page is designed to inspire you, bringing the colours, aromas, and joy of Mediterranean cooking into your kitchen.

So, open this cookbook and let Olivia Robson guide you through the simple pleasures of the Mediterranean Diet. Cook, eat, and celebrate the abundance of the Mediterranean table—your journey to a healthier, more joyful way of eating starts here. Enjoy the adventure and the delicious meals you'll create!

Happy cooking, **Olivia Robson**



Chapter 1: Welcome to the Mediterranean Diet

Overview to the Mediterranean Diet

The Mediterranean Diet is more than just a way of eating; it's a lifestyle that has been cherished for centuries by the people living along the Mediterranean Sea, including countries like Italy, Greece, Spain, and southern France. Known for its rich flavors, vibrant colors, and health-promoting properties, the Mediterranean Diet is celebrated worldwide for its ability to promote well-being and longevity. At its core, this diet emphasizes whole, natural foods, mindful eating, and the joy of sharing meals with loved ones.

Core Components of the Mediterranean Diet

The Mediterranean Diet is based on the traditional dietary patterns of Mediterranean countries, and it includes a variety of nutritious and delicious foods. Here are the key components:

- **Fruits and Vegetables:** Abundant servings of fresh, seasonal produce form the foundation of the diet. Think leafy greens, tomatoes, peppers, cucumbers, and an array of fruits like oranges, berries, and grapes.
- **Whole Grains:** Whole grains like barley, oats, quinoa, and whole wheat bread are staples, providing essential fiber and nutrients.
- **Healthy Fats:** Olive oil is the primary

source of fat, rich in monounsaturated fats that support heart health. Nuts, seeds, and avocados are also included.

- **Lean Proteins:** The diet emphasizes plant-based proteins from legumes (beans, lentils, chickpeas) and moderate amounts of fish and seafood, which are rich in omega-3 fatty acids. Poultry, eggs, and dairy are consumed in smaller quantities, while red meat is limited.
- **Herbs and Spices:** Fresh herbs like basil, oregano, rosemary, and thyme are used to flavor dishes, reducing the need for salt.
- **Wine in Moderation:** A glass of red wine with meals is common, though it is always consumed in moderation.
- **Minimal Processed Foods:** The diet avoids processed foods and refined sugars, focusing instead on whole, unprocessed ingredients

Benefits of the Mediterranean diet for beginners

Numerous studies have highlighted the impressive health benefits of the Mediterranean Diet, which include:

- **Heart Health:** The diet's emphasis on healthy fats, whole grains, and fresh produce has been linked to a lower risk of heart disease and stroke.

- **Weight Management:** The focus on nutrient-dense foods helps with weight control and reduces the risk of obesity.
- **Longevity:** Populations following this diet often experience longer life expectancies and lower rates of chronic diseases.
- **Diabetes Prevention:** The Mediterranean Diet helps regulate blood sugar levels and reduce the risk of type 2 diabetes.
- **Mental Health:** The diet's rich supply of antioxidants, healthy fats, and nutrients supports brain health and reduces the risk of cognitive decline.
- **Inflammation Reduction:** The anti-inflammatory properties of the diet help reduce chronic inflammation, which is linked to many diseases.

Incorporating the Mediterranean Diet into Daily Life

Adopting the Mediterranean Diet can be simple and enjoyable with these practical tips:

- **Start with Small Changes:** Replace butter with olive oil and choose whole grains over refined ones. Add an extra serving of vegetables to your meals.
- **Plan Your Meals:** Prepare a weekly meal plan that includes a variety of Mediterranean dishes. This helps ensure a balanced intake of nutrients and prevents last-minute unhealthy choices.
- **Shop Smart:** Focus on fresh produce, whole grains, and lean proteins. Avoid processed foods and choose local, seasonal ingredients when possible.

- **Cook at Home:** Cooking meals from scratch allows you to control ingredients and portion sizes. Experiment with Mediterranean recipes that are simple yet flavorful.
- **Enjoy Your Meals:** Take the time to savor your food. Eat mindfully and share meals with family and friends whenever possible.
- **Stay Active:** Incorporate regular physical activity into your routine. Walking, cycling, and other forms of exercise complement the dietary habits of the Mediterranean lifestyle.

Embracing the Mediterranean Lifestyle

The Mediterranean Diet is not just about the food you eat; it's about how you live your life. This lifestyle encourages:

- **Social Connections:** Sharing meals with others fosters a sense of community and well-being.
- **Moderation:** Enjoying food in moderation helps maintain a healthy balance without feeling deprived.
- **Mindfulness:** Eating mindfully and savoring each bite can improve digestion and satisfaction.
- **Joy in Cooking:** Embrace the joy of preparing and cooking meals, which can be a relaxing and rewarding experience.

By adopting the Mediterranean Diet and lifestyle, you can experience a range of health benefits while enjoying delicious, wholesome foods. This approach to eating

not only nourishes the body but also enriches the soul, promoting a healthier, happier life. The Mediterranean Diet offers a delightful and sustainable way to eat and live well. Its emphasis on whole foods, healthy fats, and mindful eating aligns with modern nutritional science, making it an excellent choice for those seeking to improve their health and well-being. By incorporating the principles of this diet into your daily routine, you can enjoy the many benefits it offers and embrace a lifestyle that celebrates the joy of good food, good health, and good company.

Food to Avoid or Limit on the Mediterranean Diet

Certain foods can interfere with the health benefits of the Mediterranean diet. Here are the foods to avoid or limit, along with the reasons for these restrictions and tips for overcoming related challenges.

- 1. Processed Foods–Reasons to Avoid:** High in unhealthy fats, sugars, and sodium; low in nutrients.

Examples: Fast food, packaged snacks, sugary cereals.

Tips: Prepare meals at home using fresh ingredients; choose whole foods over processed options.

- 2. Refined Grains–Reasons to Avoid:** Stripped of fiber and essential nutrients; can cause blood sugar spikes.

Examples: White bread, white pasta, pastries.

Tips: Substitute with whole grain alternatives

like whole wheat bread and pasta.

- 3. Added Sugars–Reasons to Avoid:**

Contribute to weight gain, diabetes, and heart disease.

Examples: Sodas, candies, baked goods.

Tips: Sweeten foods naturally with fruits; read labels to avoid hidden sugars.

- 4. Unhealthy Fats–Reasons to Avoid:** Increase risk of heart disease and inflammation.

Examples: Trans fats, hydrogenated oils, excessive saturated fats.

Tips: Use olive oil instead of butter or margarine; choose lean meats and fish.

- 5. Excessive Red Meat–Reasons to Avoid:** Linked to higher risk of cardiovascular diseases and cancer.

Examples: Beef, pork, lamb.

Tips: Limit intake to occasional servings; focus on fish, poultry, and plant-based proteins.

- 6. High–Sodium Foods–Reasons to Avoid:** Contribute to high blood pressure and heart disease.

Examples: Canned soups, processed meats, salty snacks.

Tips: Use herbs and spices for flavor; choose low-sodium options.

Reading Food Labels for Mediterranean Diet Compliance

To ensure your food choices align with the

Mediterranean diet, it's essential to read food labels carefully. Here's what to look out for:

- **Ingredients List:** Choose products with whole, natural ingredients; avoid those with long lists of chemicals and additives.
- **Serving Size:** Pay attention to serving sizes to manage portion control.
- **Nutrient Content:** Focus on foods high in fiber, vitamins, and healthy fats; avoid those high in added sugars, unhealthy fats, and sodium.
- **Hidden Sugars and Fats:** Be aware of terms like high-fructose corn syrup, partially hydrogenated oils, and other names for added sugars and trans fats.

Practical Tips for Adopting the Mediterranean Diet

Transitioning to the Mediterranean diet can be straightforward with these practical tips:

- **Meal Planning:** Plan your meals around vegetables, whole grains, and lean proteins. Create a weekly menu to ensure a variety of nutrients.
- **Grocery Shopping:** Shop the perimeter of the store where fresh produce, fish, and dairy are located. Avoid aisles with processed and packaged foods.
- **Cooking Techniques:** Embrace grilling, roasting, and sautéing with olive oil. Use herbs and spices to enhance flavor.
- **Dining Out:** Choose restaurants that offer fresh, whole foods. Look for grilled, baked, or steamed dishes and request dressings and sauces on the side.

- **Experimenting with Recipes:** Try new recipes that incorporate Mediterranean ingredients. Enjoy discovering new flavors and combinations.

The Mediterranean diet offers a path to improved health, energy, and longevity through a balanced, nutrient-rich approach to eating. By focusing on fresh, whole foods and avoiding processed and unhealthy options, you can enjoy the numerous benefits of this time-tested diet. Empower yourself to make informed choices, experiment with delicious recipes, and embrace the Mediterranean way of life for a healthier, happier you.

Chapter 2: 30-Day Meal Plan

30-DAY MEAL PLAN				
Day	Breakfast	Lunch	Snack	Dinner
1	Smoked Salmon and Avocado Egg Toast	Hearty Mediterranean Lentil Soup with Spinach and Tomatoes	Spiced Roasted Almonds	Herb-Roasted Chicken Thighs with Lemon and Olives
2	Mediterranean Oats with Chia Seeds	Eggplant and Feta Flatbread Sandwich with Basil Pesto	Date and Nut Energy Balls	Beef Stew with Root Vegetables and Olives
3	Greek-Style Shakshuka	Butternut Squash Risotto with Sage and Pine Nuts	Ricotta and Lemon Biscotti	Mediterranean Tuna and Potato Salad
4	Creamy Polenta with Blueberries and Honey + Green Power Detox Juice	Falafel Pita Pockets with Tzatziki Sauce	Pistachio Baklava	Sea Bass with Artichokes and Capers
5	Spinach and Feta Scramble	Shrimp Scampi Linguine with Fresh Herbs + Parmesan Zucchini Coins	Chickpea and Avocado Smash	Pork Tenderloin with Apricots and Sage
6	Whole Grain Pancakes with Fruits	Classic Minestrone Soup + Roasted Garlic and Tomato Bruschetta	Mediterranean Poached Pears	Lamb Chops with Rosemary and Garlic
7	Red Pepper and Mushroom Breakfast Casserole	Lemon and Asparagus Risotto with Parmesan	Olive Oil and Lemon Cake	Grilled Salmon with Lemon-Dill Sauce
8	Yogurt Parfait with Fresh Figs and Pistachios	Mediterranean Seafood Stew with Saffron and Fresh Herbs	Greek Village Salad with Homemade Tzatziki Dressing	Roasted Duck with Orange and Rosemary
9	Mediterranean Veggie Omelette	Mediterranean Tuna Salad Sandwich with Olive Tapenade	Grilled Halloumi Skewers	Turkey and Spinach Meatballs in Tomato Basil Sauce
10	Quinoa Breakfast Bowl with Berries and Almonds	Classic Greek Avgolemono Soup with Lemon and Chicken	Tiramisu with Mascarpone and Espresso	Baked Cod with Olives and Cherry Tomatoes
11	Zucchini and Parmesan Baked Eggs	Tomato Basil Penne with Garlic and Olive Oil	Roasted Beet and Walnut Salad	Pork with Honey-Mustard and Eggplant
12	Breakfast-Cinnamon-Spiced Farro Porridge	Smoked Salmon and Avocado Wrap with Lemon-Dill Yogurt	Fennel and Orange Salad with Citrus Dressing	Beef Stroganoff with Mushrooms and Greek Yogurt
13	Hummus with Whole Grain Bread and Vegetables	Creamy Mushroom and Spinach Risotto	Avocado and Tomato Salad with Pine Nut Dressing	Seared Tuna with Olive Tapenade

30-DAY MEAL PLAN

Day	Breakfast	Lunch	Snack	Dinner
14	Greek Yogurt with Honey and Walnuts	Tuscan White Bean and Kale Stew + Roasted Garlic and Tomato Bruschetta	Carrot and Raisin Muffins with Whole Wheat Flour	Lamb Ribs with Zucchini
15	Homemade Granola with Dried Fruit and Nuts	Spicy Chickpea and Vegetable Tagine	Avocado Chocolate Mousse	Seafood Paella with Saffron and Fresh Herbs
16	Mediterranean Herb-Infused Egg Muffins	Grilled Chicken and Hummus Wrap with Fresh Veggies	Baked Apples with Cinnamon and Walnuts	Vegetarian Moussaka with Zucchini and Lentils
17	Tomato and Basil Frittata	Herbed Couscous with Pine Nuts	Chia Pudding with Coconut Milk and Mango	Mussels in White Wine Tomato Broth + Sauteed Green Beans with Garlic and Tomatoes
18	Tropical Mango and Pineapple Smoothie	Zucchini Noodles with Walnut Pesto	Burrata Caprese with Basil	Lamb Chops with Rosemary and Garlic
19	Smoked Salmon and Avocado Egg Toast	Garlic and Lemon Roasted Brussels Sprouts + Mediterranean Tapenade Crostini	Almond Butter and Banana Ice Cream	Dorado with Vegetables and Light Dressing
20	Mediterranean Oats with Chia Seeds	Mediterranean Vegetable Spaghetti	Orange and Almond Flourless Cake	Mediterranean Stuffed Chicken Breast with Spinach and Feta
21	Greek-Style Shakshuka	Mediterranean Meatballs with Tzatziki Sauce + Parmesan Zucchini Coins	Dark Chocolate and Sea Salt Almond Clusters	Garlic Butter Scallops with Spinach and Pine Nuts
22	Berry Bliss Breakfast Shake	Quinoa and Roasted Vegetable Salad + Prosciutto-Wrapped Melon	Salmon Tartare with Avocado	Cauliflower and Chickpea Curry with Fresh Cilantro
23	Cinnamon-Spiced Farro Porridge	Eggplant and Feta Flatbread Sandwich with Basil Pesto	Frozen Berry and Coconut Yogurt Popsicles	Mediterranean Shrimp Skewers with Tzatziki Sauce
24	Zucchini and Parmesan Baked Eggs	Greek Feta and Spinach Filo Pie	Sunrise Citrus Smoothie	Pork Tenderloin with Apricots and Sage
25	Yogurt Parfait with Fresh Figs and Pistachios	Creamy Mushroom and Spinach Risotto	Hummus and Veggie Sticks Platter	Grilled Salmon with Lemon-Dill Sauce
26	Whole Grain Pancakes with Fruits	Lemony Quinoa and Spinach Salad	Ricotta and Lemon Biscotti	Herb-Roasted Chicken Thighs with Lemon and Olives

30-DAY MEAL PLAN				
Day	Breakfast	Lunch	Snack	Dinner
27	Mediterranean Veggie Omelette	Mediterranean Seafood Stew with Saffron and Fresh Herbs	Date and Nut Energy Balls	Stuffed Bell Peppers with Quinoa and Black Beans
28	Creamy Polenta with Blueberries and Honey	Butternut Squash Tagine	Strawberry Sorbet	Beef Stroganoff with Mushrooms and Greek Yogurt + Garlic and Rosemary Roasted Potatoes
29	Green Power Detox Juice + Red Pepper and Mushroom Breakfast Casserole	Mediterranean Lentil Salad with Herb Vinaigrette	Stuffed Grape Leaves with Lemon and Dill	Baked Cod with Olives and Cherry Tomatoes + Roasted Pepper and Goat Cheese Bites
30	Greek Yogurt with Honey and Walnuts	Shrimp Scampi Linguine with Fresh Herbs	Avocado and Feta Stuffed Cherry Tomatoes	Crispy Chickpea and Spinach Pitas

Note: Welcome to your 30-Day Meal Plan, designed to introduce you to the vibrant and varied flavours of the Mediterranean Diet. This plan is crafted not just to guide you but to inspire you with meals that are as nutritious as they are delicious. Please note that the calorie counts provided are estimates and may vary based on specific ingredients used and portion sizes. Each day's menu is balanced with proteins, healthy fats, and carbohydrates to ensure that you receive a comprehensive spectrum of nutrients while still enjoying the rich tastes of Mediterranean cuisine. Should the estimated calorie counts not meet your personal dietary goals, feel free to adjust the portion sizes or ingredients according to your needs. This meal plan is flexible; customize your meals to match your preferences and dietary requirements. Embrace the journey of flavourful and heart-healthy eating. Enjoy every bite and make each meal a step towards a healthier lifestyle!



Chapter 3: Breakfast: Egg dishes



Mediterranean Veggie Omelette

Servings: 2 | **Prep Time:** 10 mins | **Cook Time:** 15 mins

Ingredients:

- 4 large eggs
- 1/4 cup milk (alternative: almond or oat milk)
- 1/2 cup chopped spinach
- 1/4 cup diced bell peppers (red and yellow)
- 1/4 cup diced tomatoes
- 1/4 cup crumbled feta cheese
- 2 tablespoons chopped olives (Kalamata or black)
- 1 tablespoon chopped fresh basil (alternatives: oregano, parsley, or thyme)
- 2 teaspoons olive oil
- Salt and pepper to taste
- Optional: 1/4 teaspoon chili flakes or paprika for a spicy kick

Instructions:

- **Prepare the Vegetables:** Wash and chop the spinach, bell peppers, and tomatoes into small pieces.
- **Beat the Eggs:** In a mixing bowl, whisk together eggs, milk, salt, and pepper until well combined.
- **Cook the Vegetables:** Heat olive oil in a skillet over medium heat. Add the bell peppers and sauté for 2-3 minutes until slightly softened. Add the spinach and tomatoes and cook for another 2 minutes until the spinach wilts.
- **Add the Eggs:** Pour the beaten egg mixture over the cooked vegetables in the skillet. Reduce the heat to low. Sprinkle the chopped olives and basil over the top. Allow the mixture to cook undisturbed for 7-8 minutes, or until the eggs are just set.
- **Add Cheese:** Sprinkle feta cheese over the half of the omelette. Fold the other half over the cheese and let cook for another 2 minutes.
- **Serve:** Carefully slide the omelette onto a plate. If desired, sprinkle with chili flakes or paprika.

Nutritional Information (per serving):

Calories: 320 | Protein: 18g | Carbohydrates: 8g | Fats: 24g | Fiber: 2g | Cholesterol: 372mg | Sodium: 580 mg | Potassium: 297mg



Greek-Style Shakshuka

Servings: 2 | **Prep Time:** 10 mins | **Cook Time:** 20 mins

Ingredients:

- 4 large eggs
- 1 can (14 oz) diced tomatoes
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 bell pepper, chopped
- 1/2 cup crumbled feta cheese
- 1/4 cup pitted Kalamata olives, sliced
- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- 1/2 teaspoon cumin
- Salt and pepper to taste
- Optional: 1/4 teaspoon crushed red pepper flakes for heat
- 2 tablespoons fresh parsley, chopped (alternative: dill or cilantro)
- Juice of 1/2 a lemon

Instructions:

- **Sauté Vegetables:** Heat olive oil in a large skillet over medium heat. Add chopped onion and bell pepper, sauté until softened, about 5 minutes. Add minced garlic and cook for another minute until fragrant.
- **Add Tomatoes and Spices:** Stir in diced tomatoes, smoked paprika, cumin, salt, pepper, and optional red pepper flakes. Simmer the mixture for about 10 minutes, allowing the flavours to meld and the sauce to slightly thicken.
- **Prepare Eggs:** Make four wells in the tomato mixture. Crack an egg into each well. Sprinkle salt and pepper over the eggs.
- **Cover and Cook:** Reduce heat to low, cover the skillet, and cook for 5-7 minutes, or until the eggs are cooked to your liking.
- **Add Toppings:** Sprinkle crumbled feta cheese and sliced olives over the shakshuka. Cover again for 1-2 minutes to warm the toppings.
- **Garnish and Serve:** Remove from heat. Drizzle lemon juice and sprinkle chopped parsley over the top.

Nutritional Information (per serving):

Calories: 410 | Protein: 22g | Carbohydrates: 20g | Fats: 28g | Fiber: 5g | Cholesterol: 372mg | Sodium: 890mg | Potassium: 700mg



Mediterranean Herb-Infused Egg Muffins

Servings: 6 muffins | **Prep Time:** 10 mins | **Cook Time:** 20 mins

Ingredients:

- 6 large eggs
- 1/4 cup unsweetened almond milk (or any milk of choice)
- 1/2 cup zucchini, finely grated and excess moisture squeezed out
- 1/4 cup red bell pepper, finely diced
- 1/4 cup kalamata olives, pitted and chopped
- 1/4 cup sun-dried tomatoes, chopped
- 1/4 cup fresh herbs (such as basil, dill, and parsley, finely chopped)
- 2 tablespoons olive oil (extra for greasing muffin tins)
- Salt and pepper to taste
- Optional: Pinch of chili flakes or dried oregano for added flavour

Instructions:

- **Preheat the Oven:** Set the oven to 375°F (190°C).
- **Prepare Muffin Tin:** Grease the cups of a muffin tin with olive oil to prevent sticking.
- **Combine Ingredients:** In a large mixing bowl, whisk together the eggs and almond milk. Add salt, pepper, and any optional spices. Stir in the grated zucchini, diced bell pepper, chopped olives, sun-dried tomatoes, and fresh herbs until well combined.
- **Fill Muffin Cups:** Evenly distribute the egg mixture into the greased muffin cups, filling each about three-quarters full.
- **Bake:** Place the muffin tin in the oven and bake for about 20 minutes, or until the tops are firm and the eggs have fully set.
- **Cool and Serve:** Allow the muffins to cool for a few minutes before removing them from the tin. Serve warm.

Nutritional Information (per muffin):

Calories: 140 | Protein: 9g | Carbohydrates: 3g | Fats: 10g | Fiber: 1g | Cholesterol: 190mg | Sodium: 220mg | Potassium: 150mg



Tomato and Basil Frittata

Servings: 4 | **Prep Time:** 10 mins | **Cook Time:** 20 mins

Ingredients:

- 6 large eggs
- 1/4 cup milk (can use almond milk for a dairy-free option)
- 1 cup cherry tomatoes, halved
- 1/2 cup fresh basil leaves, chopped
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1/4 cup grated Parmesan cheese (optional, omit for dairy-free)
- 2 tablespoons olive oil
- Salt and pepper to taste
- Optional: 1/2 teaspoon dried oregano or red pepper flakes for extra flavour

Instructions:

- **Preheat the Oven:** Preheat your oven to 375°F (190°C).
- **Sauté Onion and Garlic:** Heat olive oil in an oven-safe skillet over medium heat. Add the onion and garlic, sauté until the onion is translucent, about 5 minutes.
- **Add Tomatoes:** Incorporate the cherry tomatoes into the skillet, cooking until they are just softened, about 3 minutes.
- **Prepare Egg Mixture:** In a mixing bowl, whisk together eggs, milk, salt, pepper, and any optional spices. Stir in the chopped basil and half of the grated Parmesan (if using).
- **Combine and Cook:** Pour the egg mixture over the sautéed tomatoes in the skillet. Cook over medium heat until the edges begin to set, about 5 minutes.
- **Bake:** Sprinkle the remaining Parmesan cheese on top (if using) and transfer the skillet to the oven. Bake for 10-15 minutes, or until the frittata is fully set and lightly golden on top.
- **Cool and Serve:** Let the frittata cool for a few minutes before slicing. Serve warm.

Nutritional Information (per serving):

Calories: 220 | Protein: 14g | Carbohydrates: 6g | Fats: 16g | Fiber: 1g | Cholesterol: 280mg | Sodium: 320mg | Potassium: 200mg



Zucchini and Parmesan Baked Eggs

Servings: 2 | **Prep Time:** 10 mins | **Cook Time:** 20 mins

Ingredients:

- 4 large eggs
- 1 large zucchini, grated
- 1/2 cup grated Parmesan cheese
- 2 tablespoons olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon fresh thyme leaves (or 1/2 teaspoon dried thyme)
- Salt and pepper to taste
- Optional: 1/4 teaspoon red pepper flakes for added heat
- Optional: Fresh basil or parsley for garnish

Instructions:

- **Preheat the Oven:** Set your oven to 400°F (200°C).
- **Prepare Ingredients:** Grate the zucchini and squeeze out excess moisture using a clean kitchen towel.
- **Sauté Vegetables:** In an oven-proof skillet, heat olive oil over medium heat. Add chopped onion and sauté until translucent, about 5 minutes. Add minced garlic and grated zucchini and cook for another 5 minutes until the zucchini is tender.
- **Add Flavourings:** Stir in thyme, salt, pepper, and optional red pepper flakes.
- **Prepare for Baking:** Spread the zucchini mixture evenly in the skillet. Sprinkle half of the Parmesan cheese over the zucchini.
- **Crack Eggs:** Make four wells in the zucchini mixture and crack an egg into each well. Sprinkle the remaining Parmesan around the eggs.
- **Bake:** Transfer the skillet to the oven and bake for 10-15 minutes, depending on how runny you prefer your eggs.
- **Garnish and Serve:** Once baked, remove from the oven, garnish with fresh basil or parsley if desired, and serve immediately.

Nutritional Information (per serving):

Calories: 360 | Protein: 22g | Carbohydrates: 8g | Fats: 28g | Fiber: 2g | Cholesterol: 390mg | Sodium: 4580 mg | Potassium: 450mg



Red Pepper and Mushroom Breakfast Casserole

Servings: 6 | **Prep Time:** 15 mins | **Cook Time:** 35 mins

Ingredients:

- 8 large eggs
- 1 cup unsweetened almond milk (for a dairy-free option)
- 2 medium red bell peppers, diced
- 1 cup fresh mushrooms, sliced
- 1/2 cup arugula, roughly chopped
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1/4 cup fresh basil, chopped
- 2 tablespoons olive oil
- 2 teaspoons dried thyme
- Salt and pepper to taste
- Optional: 1/4 teaspoon red pepper flakes for added heat

Instructions:

- **Preheat the Oven and Prepare the Dish:** Set your oven to 375°F (190°C). Lightly oil a 9x13 inch baking dish with olive oil.
- **Sauté the Vegetables:** Heat olive oil in a skillet over medium heat. Add the onion and garlic, sautéing until the onion is soft, about 3 minutes. Add the red bell peppers and mushrooms, and cook until they are tender, about 5 minutes. Stir in the arugula just until wilted.
- **Mix the Ingredients:** In a large bowl, whisk the eggs with the almond milk, thyme, salt, pepper, and optional red pepper flakes. Fold in the sautéed vegetables and fresh basil.
- **Assemble and Bake:** Transfer the mixture to the prepared baking dish, spreading evenly. Bake for about 35 minutes, or until the eggs are set and the top is slightly golden.
- **Serve:** Allow the casserole to cool for a few minutes before cutting. Garnish with additional basil if desired.

Nutritional Information (per serving):

Calories: 200 | Protein: 14g | Carbohydrates: 6g | Fats: 14g | Fiber: 1g | Cholesterol: 270mg | Sodium: 220mg | Potassium: 250mg



Spinach and Feta Scramble

Servings: 2 | **Prep Time:** 5 mins | **Cook Time:** 10 mins

Ingredients:

- 4 large eggs
- 2 cups fresh spinach, roughly chopped
- 1/2 cup feta cheese, crumbled
- 1/4 cup onions, finely diced
- 2 cloves garlic, minced
- 1/4 cup cherry tomatoes, halved
- 2 tablespoons olive oil
- Salt and pepper to taste
- Optional: 1 tablespoon fresh dill or parsley, chopped (alternatives: thyme or oregano)
- Optional: 1/4 teaspoon crushed red pepper flakes for heat

Instructions:

- **Prep Ingredients:** Chop the spinach, dice the onions, mince the garlic, and halve the cherry tomatoes. If using, chop your choice of herbs.
- **Sauté Onions and Garlic:** Heat olive oil in a skillet over medium heat. Add onions and garlic, sautéing until the onions are translucent, about 3 minutes.
- **Cook Spinach and Tomatoes:** Add the spinach and cherry tomatoes to the skillet. Cook until the spinach is wilted, about 2 minutes.
- **Scramble Eggs:** In a mixing bowl, beat the eggs with salt, pepper, and optional red pepper flakes. Pour the eggs over the sautéed vegetables in the skillet. Stir gently with a spatula, allowing the eggs to cook and scramble for about 5 minutes.
- **Add Feta:** When the eggs are nearly set, sprinkle crumbled feta cheese and optional herbs over the scramble. Cook for an additional minute to allow the feta to warm through.
- **Final Seasoning:** Adjust seasoning with additional salt and pepper if needed.

Nutritional Information (per serving):

Calories: 345 | Protein: 20g | Carbohydrates: 8g | Fats: 27g



Smoked Salmon and Avocado Egg Toast

Servings: 2 | **Prep Time:** 10 mins | **Cook Time:** 5 mins

Ingredients:

- 2 large eggs
- 2 slices of whole-grain bread
- 4 slices of smoked salmon (about 100 grams)
- 1 ripe avocado
- 1 tablespoon capers
- 2 teaspoons fresh dill, chopped
- 2 tablespoons olive oil
- Salt and black pepper to taste
- Optional: Squeeze of lemon juice for added zest

Instructions:

- **Toast Bread:** Begin by toasting the whole-grain bread slices to your preferred crispness using a toaster or a grill.
- **Cook Eggs:** Heat olive oil in a skillet over medium heat. Crack the eggs into the skillet and fry until the whites are set but the yolks are still runny, about 3-4 minutes. Season with salt and pepper.
- **Prepare Avocado:** While the eggs are cooking, halve the avocado and remove the pit. Scoop the flesh into a bowl and mash with a fork. Season with salt and black pepper. Optionally, add a squeeze of lemon juice to enhance the flavour and prevent browning.
- **Assemble Toast:** Spread the mashed avocado evenly over each slice of toasted bread. Place two slices of smoked salmon on each piece of toast.
- **Add Final Touches:** Place a cooked egg on top of the salmon for each toast. Sprinkle capers and chopped dill over the top.
- **Serve:** Serve immediately while the toast is warm, and the egg is still runny.

Nutritional Information (per serving):

Calories: 400 | Protein: 23g | Carbohydrates: 27g | Fats: 23g | Fiber: 7g | Cholesterol: 185mg | Sodium: 610mg | Potassium: 750mg

Chapter 4: Breakfast: Smoothies and Juices



Berry Bliss Breakfast Shake

Servings: 2 | **Prep Time:** 5 mins | **Cook Time:** 0 mins

Ingredients:

- 1 cup mixed berries (blueberries, strawberries, raspberries, blackberries – fresh or frozen)
- 1 banana
- 1/2 cup Greek yogurt (use dairy-free yogurt for a vegan option)
- 1 cup almond milk (or any other plant-based milk)
- 1 tablespoon chia seeds
- 1 tablespoon honey (or another natural sweetener like maple syrup)
- 1/4 teaspoon cinnamon
- Optional: A few mint leaves or a pinch of cardamom for added flavour

Instructions:

- **Prepare Ingredients:** If using fresh berries, wash them thoroughly. Peel the banana.
- **Blend the Shake:** Place the berries, banana, Greek yogurt, almond milk, chia seeds, honey, and cinnamon in a blender. Add mint leaves or cardamom if using. Blend on high until smooth and creamy.
- **Check Consistency:** If the shake is too thick, add a little more almond milk and blend again to reach the desired consistency.
- **Serve:** Pour the shake into glasses and serve immediately for the freshest flavour.

Nutritional Information (per serving):

Calories: 210 | Protein: 8g | Carbohydrates: 36g | Fats: 4.5g | Fiber: 6g | Cholesterol: 10mg | Sodium: 95mg | Potassium: 400mg



Green Power Detox Juice

Servings: 2 | **Prep Time:** 10 mins | **Cook Time:** 0 mins

Ingredients:

- 1 large cucumber
- 2 cups spinach leaves
- 1 green apple, cored and sliced
- 1/2 lemon, peeled
- 1 inch piece of ginger, peeled
- A handful of fresh parsley or cilantro
- 1 stalk of celery
- Optional: 1/4 teaspoon turmeric or a pinch of cayenne pepper for an extra kick

Instructions:

- **Prepare Ingredients:** Wash all the vegetables and fruits thoroughly. Cut the cucumber, apple, and celery into pieces small enough to fit through the juicer.
- **Juice the Ingredients:** Start with the softer ingredients like spinach and parsley. Then add the cucumber, celery, apple, and ginger to the juicer. Finish by squeezing the lemon directly into the juicer or by juicing the peeled lemon segment.
- **Mix and Taste:** After juicing, stir the mixture to blend the flavours evenly. Taste and if desired, add turmeric or cayenne pepper for additional health benefits and spice.
- **Serve Immediately:** Pour the juice into glasses and serve immediately to ensure maximum nutrient intake.

Nutritional Information (per serving):

Calories: 120 | Protein: 2g | Carbohydrates: 29g | Fats: 0.5g | Fiber: 5g | Cholesterol: 0mg | Sodium: 70mg | Potassium: 650mg



Tropical Mango and Pineapple Smoothie

Servings: 2 | **Prep Time:** 5 mins | **Cook Time:** 0 mins

Ingredients:

- 1 cup fresh mango, diced
- 1 cup fresh pineapple, diced
- 1 banana
- 1/2 cup Greek yogurt (use coconut yogurt for a vegan option)
- 1 cup coconut water (can substitute with almond milk for a creamier texture)
- 1 tablespoon chia seeds
- 1 tablespoon honey (substitute with agave syrup for a vegan option)
- Optional: A pinch of ground ginger or a few mint leaves for added flavour

Instructions:

- **Prepare Ingredients:** Peel and dice the mango and pineapple. Peel the banana. Measure out all other ingredients.
- **Blend the Smoothie:** Place all the ingredients—mango, pineapple, banana, Greek yogurt, coconut water, chia seeds, and honey—into a blender. Add ginger or mint if using. Blend on high until smooth.
- **Adjust Consistency:** If the smoothie is too thick, add a bit more coconut water and blend again. For a thicker smoothie, add more banana or a scoop of Greek yogurt and blend until desired consistency is achieved.
- **Serve Immediately:** Pour the smoothie into glasses and serve immediately to enjoy the fresh flavours.

Nutritional Information (per serving):

Calories: 250 | Protein: 5g | Carbohydrates: 55g | Fats: 3g
 | Fiber: 5g | Cholesterol: 0mg | Sodium: 45mg | Potassium: 600mg



Sunrise Citrus Smoothie

Servings: 2 | **Prep Time:** 5 mins | **Cook Time:** 0 mins

Ingredients:

- 1 orange, peeled and segmented
- 1/2 grapefruit, peeled and segmented
- 1 carrot, peeled and chopped
- 1/2 cup Greek yogurt (or plant-based yogurt for a vegan option)
- 1/2 teaspoon fresh ginger, grated
- 1 tablespoon honey (or agave syrup for a vegan option)
- 1/2 cup water or orange juice (for a sweeter taste)
- Ice cubes (optional, for a chilled smoothie)
- Optional: A pinch of turmeric or cinnamon for added health benefits

Instructions:

- **Prepare Fruits:** Peel and segment the orange and grapefruit, ensuring to remove any seeds. Peel and chop the carrot into small pieces for easier blending.
- **Blend Ingredients:** In a blender, combine the orange segments, grapefruit segments, chopped carrot, Greek yogurt, ginger, honey, and water or orange juice. Add ice cubes if using.
- **Enhance Flavour:** If desired, add a pinch of turmeric or cinnamon. These spices not only add flavour but also offer anti-inflammatory benefits.
- **Blend Until Smooth:** Blend on high until the mixture is smooth. If the smoothie is too thick, add more water or orange juice to reach your desired consistency.
- **Serve Immediately:** Pour the smoothie into glasses and serve immediately for the freshest taste.

Nutritional Information (per serving):

Calories: 180 | Protein: 6g | Carbohydrates: 36g | Fats: 2g
 | Fiber: 3g | Cholesterol: 5mg | Sodium: 40mg | Potassium: 400mg

Chapter 5: Breakfast: Yogurt and Wholesome Grain



Greek Yogurt with Honey and Walnuts

Servings: 2 | **Prep Time:** 5 mins | **Cook Time:** 0 mins

Ingredients:

- 1 cup Greek yogurt (full fat for richness or low-fat for a lighter option)
- 2 tablespoons honey (preferably raw or organic)
- 1/4 cup walnuts, roughly chopped
- Optional: A pinch of cinnamon or freshly grated nutmeg for added flavour
- Optional: A few fresh berries or sliced fruits for topping

Instructions:

- **Prepare Ingredients:** Measure the Greek yogurt and place it in a mixing bowl. Roughly chop the walnuts if they are not already in smaller pieces.
- **Combine the Yogurt and Honey:** Add the honey to the Greek yogurt and mix well until the honey is thoroughly incorporated. If you like a sweeter taste, you can adjust the amount of honey according to your preference.
- **Add Walnuts:** Stir the chopped walnuts into the yogurt mixture. If using cinnamon or nutmeg, sprinkle it in now and mix well.
- **Serve:** Divide the yogurt mixture into two serving bowls. If using optional fresh berries or sliced fruits, arrange them on top of the yogurt.
- **Garnish and Serve:** Optionally, you can sprinkle a little more cinnamon or nutmeg on top for extra flavour.

Nutritional Information (per serving):

Calories: 250 | Protein: 12g | Carbohydrates: 18g | Fats: 15g | Fiber: 1g | Cholesterol: 10mg | Sodium: 35mg | Potassium: 200mg



Mediterranean Oats with Chia Seeds

Servings: 2 | **Prep Time:** 10 mins | **Cook Time:** No cooking needed (rest overnight)

Ingredients:

- 1 cup rolled oats (gluten-free if preferred)
- 2 tablespoons chia seeds
- 1 cup unsweetened almond milk (or any other plant-based milk)
- 1/2 cup Greek yogurt (use coconut yogurt for a vegan version)
- 2 tablespoons honey (or agave syrup for vegan option)
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon
- Optional: Pinch of cardamom or nutmeg for added spice
- Toppings: Sliced figs, chopped walnuts, and a sprinkle of sesame seeds

Instructions:

- **Combine Base Ingredients:** In a mixing bowl, stir together the rolled oats, chia seeds, almond milk, Greek yogurt, honey, vanilla extract, and cinnamon. Mix thoroughly until all ingredients are well combined. Add a pinch of cardamom or nutmeg if desired for additional flavour.
- **Transfer to Containers:** Evenly divide the oat mixture between two mason jars or airtight containers. Secure the lids to ensure the containers are closed tightly.
- **Refrigerate Overnight:** Place the jars in the refrigerator to rest overnight. This allows the oats and chia seeds to absorb the liquid and flavours, softening them to a pudding-like consistency.
- **Prepare Toppings:** Next morning, slice figs and chop walnuts if not already prepped.
- **Add Toppings and Serve:** Before serving, stir the oat mixture to check consistency, adding a little more almond milk if too thick. Top each serving with sliced figs, chopped walnuts, and a sprinkle of sesame seeds.

Nutritional Information (per serving):

Calories: 350 | Protein: 10g | Carbohydrates: 55g | Fats: 10g | Fiber: 9g | Cholesterol: 0mg | Sodium: 80mg | Potassium: 350mg



Quinoa Breakfast Bowl with Berries and Almonds

Servings: 2 | **Prep Time:** 5 mins | **Cook Time:** 15 mins

Ingredients:

- 1 cup quinoa (rinsed)
- 2 cups water
- 1/2 cup fresh blueberries
- 1/2 cup fresh strawberries, sliced
- 1/4 cup almonds, chopped
- 2 tablespoons chia seeds
- 1/4 cup Greek yogurt (or a dairy-free alternative)
- 2 tablespoons honey (or maple syrup)
- 1/2 teaspoon cinnamon
- Optional: A pinch of cardamom or vanilla extract for added flavour

Instructions:

- **Cook Quinoa:** In a saucepan, combine rinsed quinoa and water. Bring to a boil over high heat. Reduce heat to low, cover, and simmer for about 15 minutes, or until the quinoa is tender and the water is absorbed. Remove from heat and let sit covered for 5 minutes. Fluff with a fork.
- **Prepare the Berries and Almonds:** While the quinoa cooks, wash and slice the strawberries and measure out the blueberries. Roughly chop the almonds if they are not already chopped.
- **Assemble the Bowl:** Divide the cooked quinoa into two serving bowls. Top each bowl evenly with Greek yogurt, blueberries, sliced strawberries, chopped almonds, and chia seeds. Drizzle honey over each bowl and sprinkle with cinnamon. Add a pinch of cardamom or a few drops of vanilla extract if desired.
- **Serve:** Serve the breakfast bowls immediately while the quinoa is still warm or at room temperature.

Nutritional Information (per serving):

Calories: 480 | Protein: 15g | Carbohydrates: 75g | Fats: 15g | Fiber: 10g | Cholesterol: 2.5mg | Sodium: 30mg | Potassium: 600mg



Homemade Granola with Dried Fruit and Nuts

Servings: 10 (serving size approximately 1/2 cup) | **Prep Time:** 10 mins | **Cook Time:** 30 mins

Ingredients:

- 3 cups rolled oats (use gluten-free if preferred)
- 1/2 cup almonds, roughly chopped
- 1/2 cup walnuts, roughly chopped
- 1/4 cup sunflower seeds
- 1/4 cup pumpkin seeds
- 1/2 cup unsweetened shredded coconut
- 1/4 cup honey (or maple syrup for a vegan option)
- 1/4 cup olive oil
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 cup dried apricots, chopped
- 1/2 cup dried figs, chopped
- Optional: Pinch of nutmeg or cardamom

Instructions:

- **Preheat the Oven and Prepare Baking Sheet:** Preheat your oven to 300°F (150°C). Line a baking sheet with parchment paper.
- **Mix Dry Ingredients:** In a large mixing bowl, combine the rolled oats, almonds, walnuts, sunflower seeds, pumpkin seeds, and shredded coconut.
- **Prepare Wet Ingredients:** In a small saucepan over medium heat, combine the honey, olive oil, vanilla extract, cinnamon, salt, and optional nutmeg or cardamom. Heat just until the mixture is warm and fluid, stirring well to integrate.
- **Combine and Bake:** Pour the warm honey mixture over the dry ingredients in the bowl. Stir thoroughly until the dry ingredients are evenly coated. Spread the granola mixture onto the prepared baking sheet in an even layer. Bake in the preheated oven for 30 minutes, stirring halfway through to ensure even toasting.
- **Add Dried Fruit:** Once toasted, remove the granola from the oven and while still warm, stir in the chopped dried apricots and figs.
- **Cool and Store:** Allow the granola to cool completely on the baking sheet. It will crisp up as it cools. Store the granola in an airtight container at room temperature for up to 2 weeks.

Nutritional Information (per serving, about 1/2 cup):

Calories: 300 | Protein: 6g | Carbohydrates: 34g | Fats: 16g | Fiber: 5g | Cholesterol: 0mg | Sodium: 120mg | Potassium: 300mg



Cinnamon-Spiced Farro Porridge

Servings: 2 | **Prep Time:** 10 mins | **Cook Time:** 30 mins

Ingredients:

- 1 cup whole farro, rinsed
- 3 cups water
- 1 cinnamon stick (or 1 tsp ground cinnamon)
- 1/4 tsp nutmeg, freshly grated
- 1/4 tsp cardamom
- 2 tbsp honey or to taste
- 1/2 cup almond milk (or any plant-based milk)
- 1/4 cup chopped dates
- 1/4 cup chopped walnuts
- Fresh or dried fruit for topping (e.g., sliced apples, pears, or dried apricots)
- Optional: a pinch of salt

Instructions:

- **Cook the Farro:** In a medium saucepan, combine the rinsed farro, water, cinnamon stick, nutmeg, and cardamom. Bring to a boil over high heat. Once boiling, reduce the heat to low and simmer uncovered for about 25-30 minutes, or until the farro is tender and creamy. Stir occasionally to prevent sticking. Remove from heat and discard the cinnamon stick if used.
- **Add Flavors and Milk:** Stir in the almond milk and honey. Return the pot to low heat and cook for an additional 5 minutes, allowing the flavours to meld. If the porridge is too thick, add more milk to reach your desired consistency.
- **Prepare Toppings:** While the porridge is cooking, toast the chopped walnuts in a dry skillet over medium heat for 3-4 minutes until fragrant and slightly browned.
- **Serve:** Spoon the porridge into bowls. Top with chopped dates, toasted walnuts, and fresh or dried fruits of your choice.
- **Garnish (Optional):** Drizzle with a little more honey or sprinkle with extra cinnamon if desired.

Nutritional Information (per serving):

Calories: 320 | Protein: 7g | Carbohydrates: 60g | Fats: 8g | Fiber: 9g | Cholesterol: 0mg | Sodium: 50mg | Potassium: 240mg



Yogurt Parfait with Fresh Figs and Pistachios

Servings: 2 | **Prep Time:** 10 mins | **Cook Time:** None

Ingredients:

- 1 cup Greek yogurt (low-fat or full fat, depending on preference)
- 4 fresh figs, washed and quartered
- 1/4 cup pistachios, shelled and roughly chopped
- 2 tbsp honey, preferably local
- 1/2 tsp ground cardamom or cinnamon (optional)
- A few mint leaves for garnish (optional)

Instructions:

- **Prepare Ingredients:** If your pistachios are not already roasted, you can lightly toast them in a dry skillet over medium heat for 3-4 minutes, stirring frequently until fragrant. Allow to cool before chopping.
- **Assemble the Parfaits:** In two serving glasses or bowls, spoon a layer of Greek yogurt at the bottom. Add a layer of quartered figs over the yogurt. Sprinkle a layer of chopped pistachios. Drizzle honey over the pistachios. If using, sprinkle a light dusting of cardamom or cinnamon on top. Repeat the layering if desired or depending on the size of your serving glasses.
- **Garnish and Serve:** Garnish with fresh mint leaves. Serve immediately or chill in the refrigerator for up to an hour before serving to allow the flavours to meld.

Nutritional Information (per serving):

Calories: 290 | Protein: 15g | Carbohydrates: 40g | Fats: 10g | Fiber: 5g | Cholesterol: 8mg | Sodium: 65mg | Potassium: 380mg



Creamy Polenta with Blueberries and Honey

Servings: 2 | **Prep Time:** 5 mins | **Cook Time:** 15 mins

Ingredients:

- 1/2 cup polenta (cornmeal)
- 2 cups water or low-fat milk (for creamier texture)
- 1/4 teaspoon salt
- 1/2 cup fresh blueberries
- 2 tablespoons honey, or to taste
- 1/4 teaspoon ground cinnamon (optional)
- 1 tablespoon unsalted butter (optional for richness)
- Fresh mint leaves for garnish (optional)

Instructions:

- **Cook the Polenta:** In a medium saucepan, bring water or milk to a boil. Add salt. Gradually whisk in the polenta, reducing heat to a simmer to avoid lumps forming. Continue to cook, stirring frequently, until the polenta is soft and has thickened, about 10-15 minutes depending on the grain size.
- **Add Flavors:** Once the polenta is cooked, remove from heat and stir in butter if using, until melted and mixed through. Stir in the cinnamon for a hint of spice.
- **Prepare the Blueberry Topping:** In a separate small pan, heat blueberries and honey over medium heat until the berries begin to burst and the sauce is warm, about 5 minutes. Stir gently to avoid breaking the berries too much.
- **Serve:** Spoon the creamy polenta into bowls. Top with the warm blueberry and honey mixture. Garnish with mint leaves if desired.
- **Garnish (Optional):** Add a few whole blueberries and a drizzle of honey on top before serving.

Nutritional Information (per serving):

Calories: 280 | Protein: 4g | Carbohydrates: 57g | Fats: 4 g (if using butter) | Fiber: 3g | Cholesterol: 10mg (if using butter) | Sodium: 310mg | Potassium: 105mg



Multigrain Breakfast Bars with Dates and Hazelnuts

Servings: 12 bars | **Prep Time:** 20 mins | **Cook Time:** 25 mins

Ingredients:

- 1 cup rolled oats
- 1/2 cup whole wheat flour
- 1/2 cup almond meal
- 1/4 cup flaxseed meal
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 cup olive oil
- 1/4 cup honey
- 1/4 cup apple sauce (unsweetened)
- 1 teaspoon vanilla extract
- 1/2 cup dates, pitted and chopped
- 1/2 cup hazelnuts, chopped and lightly toasted
- Optional: zest of 1 orange for added flavour

Instructions:

- **Preheat Oven and Prepare Pan:** Preheat your oven to 350°F (175°C). Line an 8-inch square baking pan with parchment paper, leaving an overhang on the sides for easy removal.
- **Mix Dry Ingredients:** In a large bowl, combine oats, whole wheat flour, almond meal, flaxseed meal, salt, and cinnamon. Stir well to mix.
- **Combine Wet Ingredients:** In another bowl, whisk together olive oil, honey, apple sauce, and vanilla extract. If using, add the orange zest here.
- **Combine Wet and Dry Mixtures:** Pour the wet ingredients into the dry ingredients and stir until just combined.
- **Add Dates and Hazelnuts:** Fold in the chopped dates and hazelnuts until evenly distributed.
- **Bake:** Spread the mixture evenly in the prepared baking pan, pressing down with a spatula to compact it. Bake in the preheated oven for 25 minutes, or until the edges are golden brown.
- **Cool and Slice:** Remove from the oven and let cool completely in the pan on a wire rack. Once cool, use the parchment paper to lift the bars out of the pan. Cut into 12 even bars.

Nutritional Information (per serving):

Calories: 230 | Protein: 4g | Carbohydrates: 29g | Fats: 12g | Fiber: 4g | Cholesterol: 0mg | Sodium: 100mg | Potassium: 200mg



Whole Grain Pancakes with Fruits

Servings: 4 | **Prep Time:** 10 mins | **Cook Time:** 20 mins

Ingredients:

- 1 cup whole wheat flour
- 1/2 cup oat flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 tablespoon honey (or to taste)
- 1 egg, beaten
- 1 cup low-fat milk (or almond milk for a dairy-free option)
- 2 tablespoons extra virgin olive oil (plus extra for cooking)
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon (optional)
- 2 cups mixed fresh fruits (such as blueberries, sliced strawberries, and sliced bananas)

Instructions:

- **Prepare the Pancake Batter:** In a large mixing bowl, whisk together the whole wheat flour, oat flour, baking powder, and salt. In another bowl, mix the beaten egg, milk, olive oil, honey, vanilla extract, and cinnamon if using. Stir the wet ingredients into the dry ingredients until just combined. Let the batter sit for 5 minutes to thicken slightly.
- **Cook the Pancakes:** Heat a skillet or griddle over medium heat and brush with a little olive oil. Pour 1/4 cup of batter for each pancake onto the hot skillet. Cook for about 2-3 minutes until small bubbles form on the surface, then flip and cook for another 2 minutes until golden brown and cooked through. Repeat with the remaining batter.
- **Prepare the Fruit Topping:** While pancakes are cooking, prepare the fresh fruits by washing and slicing them as needed.
- **Serve:** Serve the pancakes hot, topped with a generous helping of fresh fruits.

Nutritional Information (per serving):

Calories: 320 | Protein: 9g | Carbohydrates: 49g | Fats: 10g (healthy fats primarily from olive oil) | Fiber: 6g | Cholesterol: 47mg | Sodium: 300mg | Potassium: 350mg



Hummus with Whole Grain Bread and Vegetables

Servings: 4 | **Prep Time:** 20 mins | **Cook Time:** 0 minutes (assuming hummus and bread are ready-made or store-bought)

Ingredients:

- For the Hummus:**
 - 1 can (15 oz) chickpeas, drained and rinsed
 - 1/4 cup tahini (sesame paste)
 - 1/4 cup lemon juice
 - 2 cloves garlic, minced
 - 2 tablespoons extra virgin olive oil
 - 1/2 teaspoon ground cumin
 - Salt and black pepper to taste
- Optional:** 1 tablespoon fresh parsley or cilantro, chopped for garnish
- For Serving:**
 - 4 slices of whole grain bread
 - 1 cucumber, sliced
 - 2 carrots, peeled and sliced
 - 1 bell pepper, sliced
 - Additional olive oil and paprika for drizzling and sprinkling

Instructions:

- **Make the Hummus:** Place the chickpeas, tahini, lemon juice, garlic, olive oil, cumin, salt, and black pepper in a food processor. Blend until smooth, adding a little water if needed to achieve the desired consistency. Taste and adjust seasoning if necessary.
- **Prepare the Vegetables:** Wash and slice the cucumber, carrots, and bell pepper.
- **Toast the Bread:** Toast the whole grain bread slices until they are golden and crisp.
- **Assemble the Platter:** Spread the hummus onto a serving platter. Arrange the toasted bread slices and sliced vegetables around the hummus. Drizzle the hummus with a little more olive oil and sprinkle with paprika for added colour and flavour. Garnish with chopped parsley or cilantro if using.

Nutritional Information (per serving):

Calories: 350 | Protein: 12g | Carbohydrates: 45g | Fats: 15g (healthy fats from olive oil and tahini) | Fiber: 12g | Cholesterol: 0mg | Sodium: 400mg (varies based on the salt content of the bread and hummus ingredients) | Potassium: 450mg

Chapter 6: Lunch: Risotto and Pasta



Lemon and Asparagus Risotto with Parmesan

Servings: 4 | **Prep Time:** 10 mins | **Cook Time:** 30 mins

Ingredients:

- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 cup Arborio rice
- 1/2 cup dry white wine
- 4 cups low-sodium vegetable broth, kept warm
- 1 pound asparagus, trimmed and cut into 1-inch pieces
- Zest and juice of 1 lemon
- 1/2 cup grated Parmesan cheese
- Salt and black pepper to taste
- Fresh basil or parsley, chopped (optional for garnish)

Instructions:

- **Prepare the Asparagus:** Blanch the asparagus pieces in boiling water for 2-3 minutes until bright green and just tender. Drain and set aside.
- **Cook the Risotto:** In a large skillet or saucepan, heat the olive oil over medium heat. Add the chopped onion and garlic, sautéing until the onion is translucent, about 5 minutes. Add the Arborio rice to the pan, stirring to coat the rice with the oil and toast slightly for about 2 minutes. Pour in the white wine, stirring continuously, until the wine has mostly absorbed. Begin adding the warm vegetable broth, one ladle at a time, allowing each addition to absorb before adding the next. Stir frequently to encourage a creamy texture. Continue this process until the rice is al dente and creamy, approximately 18-20 minutes.
- **Finish the Dish:** Stir in the blanched asparagus, lemon zest, and lemon juice. Cook for another 2-3 minutes to heat the asparagus through. Remove from heat and stir in the grated Parmesan cheese. Season with salt and pepper to taste.
- **Garnish and Serve:** Serve the risotto warm, garnished with fresh basil or parsley if desired.

Nutritional Information (per serving):

Calories: 380 | Protein: 12g | Carbohydrates: 54g | Fats: 10g
| Fiber: 4g | Cholesterol: 11mg | Sodium: 300mg | Potassium: 404mg



Mediterranean Vegetable Spaghetti

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 20 mins

Ingredients:

- 12 ounces whole wheat spaghetti
- 2 tablespoons olive oil
- 1 red onion, thinly sliced
- 2 cloves garlic, minced
- 1 zucchini, sliced into half-moons
- 1 yellow bell pepper, sliced
- 1 cup cherry tomatoes, halved
- 1/4 cup black olives, pitted and sliced
- 2 tablespoons capers, rinsed
- 1/2 cup artichoke hearts, quartered
- 1 teaspoon dried oregano
- 1/2 teaspoon red pepper flakes (optional)
- Salt and black pepper to taste
- 1/4 cup fresh basil, chopped
- Grated Parmesan cheese, for serving (optional)

Instructions:

- **Cook the Pasta:** Bring a large pot of salted water to a boil. Add the spaghetti and cook according to package instructions until al dente. Drain, reserving 1/2 cup of pasta water.
- **Sauté the Vegetables:** While the pasta cooks, heat the olive oil in a large skillet over medium heat. Add the red onion and garlic, sautéing until the onion becomes translucent, about 3-4 minutes. Add the zucchini and bell pepper, cooking until they start to soften, about 5 minutes. Stir in the cherry tomatoes, olives, capers, and artichoke hearts, cooking for an additional 5 minutes until the tomatoes are just starting to break down.
- **Combine Pasta and Vegetables:** Add the cooked spaghetti to the skillet with the vegetables. Toss to combine, adding a bit of reserved pasta water if the mixture seems dry. Season with oregano, red pepper flakes, salt, and black pepper. Cook for another 2-3 minutes to let the flavours meld together.
- **Serve:** Remove from heat and stir in the fresh basil. Serve hot, topped with grated Parmesan cheese if desired.

Nutritional Information (per serving):

Calories: 350 | Protein: 12g | Carbohydrates: 60g | Fats: 10g
| Fiber: 10g | Cholesterol: 0mg | Sodium: 200mg | Potassium: 450mg



Creamy Mushroom and Spinach Risotto

Servings: 4 | Prep Time: 10 mins | Cook Time: 30 mins

Ingredients:

- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1-pound mushrooms, sliced (such as cremini or shiitake)
- 1 cup Arborio rice
- 1/2 cup dry white wine
- 4 cups vegetable broth, kept warm
- 2 cups fresh spinach, roughly chopped
- 1/2 teaspoon dried thyme
- Salt and black pepper to taste
- 1/4 cup grated Parmesan cheese
- Fresh parsley, chopped (for garnish)

Instructions:

- **Sauté the Base:** In a large skillet or saucepan, heat the olive oil over medium heat. Add the onion and garlic, cooking until the onion is translucent, about 3-4 minutes. Add the mushrooms and sauté until they are browned, and their moisture has evaporated, about 7-8 minutes.
- **Toast the Rice:** Stir in the Arborio rice, toasting it lightly until the edges become translucent, about 2 minutes.
- **Deglaze:** Pour in the white wine, stirring constantly, until the wine is mostly absorbed.
- **Add the Broth:** Start adding the warm vegetable broth, one ladle at a time, stirring frequently. Wait until each addition is almost completely absorbed before adding the next ladle. Continue this process until the rice is creamy and just tender, about 18-20 minutes.
- **Incorporate Spinach:** Stir in the spinach and thyme during the last few minutes of cooking, allowing the spinach to wilt.
- **Season and Serve:** Remove from heat and stir in the grated Parmesan cheese. Season with salt and black pepper to taste. Serve hot, garnished with chopped fresh parsley.

Nutritional Information (per serving):

Calories: 350 | Protein: 10g | Carbohydrates: 52g | Fats: 8g | Fiber: 3g | Cholesterol: 5mg | Sodium: 300mg | Potassium: 450mg



Shrimp Scampi Linguine with Fresh Herbs

Servings: 4 | Prep Time: 10 mins | Cook Time: 20 mins

Ingredients:

- 12 ounces linguine
- 2 tablespoons olive oil
- 1 pound shrimp, peeled and deveined
- 4 cloves garlic, minced
- 1/2 teaspoon red pepper flakes (adjust to taste)
- 1/2 cup dry white wine
- Juice and zest of 1 lemon
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh basil, chopped
- Salt and black pepper to taste
- Grated Parmesan cheese, for garnish (optional)

Instructions:

- **Cook the Linguine:** Bring a large pot of salted water to a boil. Cook the linguine according to package directions until al dente. Drain, reserving 1/2 cup of the pasta water.
- **Cook the Shrimp:** While the pasta cooks, heat the olive oil in a large skillet over medium heat. Add the shrimp, and sauté until they are pink and opaque, about 2-3 minutes per side. Remove the shrimp from the skillet and set aside.
- **Make the Sauce:** In the same skillet, add the minced garlic and red pepper flakes. Sauté for about 1 minute until the garlic is fragrant. Add the white wine, and let it simmer until reduced by half, about 3-4 minutes. Stir in the lemon juice and zest.
- **Combine Ingredients:** Return the shrimp to the skillet. Add the cooked linguine, parsley, and basil. Toss everything together, adding reserved pasta water a little at a time to create a light sauce that clings to the pasta. Season with salt and black pepper to taste.
- **Serve:** Serve the linguine immediately, garnished with grated Parmesan cheese if desired.

Nutritional Information (per serving):

Calories: 400 | Protein: 28g | Carbohydrates: 50g | Fats: 10g | Fiber: 3g | Cholesterol: 180mg | Sodium: 300mg | Potassium: 350mg



Tomato Basil Penne with Garlic and Olive Oil

Servings: 4 | **Prep Time:** 10 mins | **Cook Time:** 20 mins

Ingredients:

- 12 ounces whole wheat penne pasta
- 1/4 cup extra virgin olive oil
- 4 cloves garlic, thinly sliced
- 2 cups cherry tomatoes, halved
- 1/2 teaspoon red pepper flakes (optional for heat)
- Salt and black pepper to taste
- 1 cup fresh basil leaves, torn
- 1/4 cup Parmesan cheese, freshly grated (optional)
- Additional fresh basil for garnish

Instructions:

- **Cook the Pasta:** Bring a large pot of salted water to a boil. Add the penne and cook according to package instructions until al dente. Drain and set aside, reserving 1/2 cup of the pasta water.
- **Sauté Garlic and Tomatoes:** Heat the olive oil in a large skillet over medium heat. Add the garlic and sauté until golden and fragrant, about 1-2 minutes. Add the cherry tomatoes and red pepper flakes (if using). Cook until the tomatoes are soft and begin to break down, about 5-7 minutes. Season with salt and black pepper.
- **Combine Pasta and Tomato Mixture:** Add the drained penne to the skillet with the tomato and garlic mixture. Toss well to coat the pasta. If the mixture is dry, add a little of the reserved pasta water to help create a light sauce.
- **Add Fresh Basil and Cheese:** Remove the skillet from heat. Stir in the torn basil leaves and grated Parmesan cheese until well combined.
- **Serve:** Divide the pasta among plates. Garnish with additional basil leaves and more grated Parmesan if desired.

Nutritional Information (per serving):

Calories: 410 | Protein: 14g | Carbohydrates: 65g | Fats: 12g | Fiber: 10g | Cholesterol: 4mg | Sodium: 200mg | Potassium: 350mg



Butternut Squash Risotto with Sage and Pine Nuts

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 40 mins

Ingredients:

- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 medium butternut squash (about 2 pounds), peeled, seeded, and cut into 1/2-inch cubes
- 1 cup Arborio rice
- 1/2 cup dry white wine
- 4 cups vegetable broth, kept warm
- 1/4 cup pine nuts, toasted
- 1/4 cup grated Parmesan cheese
- 2 tablespoons fresh sage, chopped
- Salt and black pepper to taste
- Additional sage leaves for garnish

Instructions:

- **Prepare the Ingredients:** Heat the vegetable broth in a saucepan and keep it warm over low heat. Toast the pine nuts in a dry skillet until golden, then set aside.
- **Cook the Squash:** In a large skillet or saucepan, heat the olive oil over medium heat. Add the onion and garlic, cooking until the onion is translucent, about 3-4 minutes. Add the butternut squash cubes and cook for about 10 minutes, or until they start to soften.
- **Toast the Rice:** Add the Arborio rice to the skillet, stirring to coat it with oil and cook until the edges become translucent, about 2 minutes.
- **Deglaze and Cook the Risotto:** Pour in the white wine, stirring constantly, until it is fully absorbed. Begin adding the warm vegetable broth one ladle at a time, stirring frequently, waiting until each addition is almost fully absorbed before adding the next. Continue until the rice is creamy and just tender, about 25-30 minutes.
- **Finish the Dish:** Stir in the toasted pine nuts, grated Parmesan, and chopped sage. Season with salt and black pepper to taste.
- **Serve:** Spoon the risotto into bowls and garnish with additional sage leaves. Serve immediately.

Nutritional Information (per serving):

Calories: 450 | Protein: 9g | Carbohydrates: 65g | Fats: 15g | Fiber: 6g | Cholesterol: 5mg | Sodium: 300mg | Potassium: 500mg

Chapter 7: Lunch: Sandwiches and Wraps



Grilled Chicken and Hummus Wrap with Fresh Veggies

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 10 mins

Ingredients:

- 2 boneless, skinless chicken breasts
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- Salt and black pepper to taste
- 4 whole wheat wraps
- 1 cup hummus
- 1 cup mixed greens (like spinach and arugula)
- 1 cucumber, thinly sliced
- 1 red bell pepper, thinly sliced
- 1/4 cup red onion, thinly sliced
- Optional: feta cheese, crumbled
- Optional: olives, sliced

Instructions:

- **Marinate and Grill the Chicken:** Preheat a grill or grill pan over medium-high heat. Rub the chicken breasts with olive oil, oregano, salt, and pepper. Grill the chicken for 5 minutes on each side, or until fully cooked and internal temperature reaches 165°F (74°C). Let it rest for a few minutes before slicing thinly.
- **Prepare the Wraps:** Warm the whole wheat wraps on the grill for about 30 seconds each side to make them pliable.
- **Assemble the Wraps:** Spread each wrap with a generous layer of hummus. Add a layer of mixed greens, followed by cucumber slices, red bell pepper, red onion, and grilled chicken. If using, add crumbled feta cheese and olives.
- **Roll and Serve:** Fold in the sides of the wrap and roll tightly to secure the fillings. Cut each wrap in half diagonally and serve immediately.

Nutritional Information (per serving):

Calories: 350 | Protein: 28g | Carbohydrates: 34g | Fats: 12g | Fiber: 6g | Cholesterol: 60mg | Sodium: 400mg | Potassium: 500mg



Smoked Salmon and Avocado Wrap with Lemon-Dill Yogurt

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 0 mins

Ingredients:

- For the Lemon-Dill Yogurt:**
 - 1 cup Greek yogurt
 - 2 tablespoons fresh dill, finely chopped
 - Juice and zest of 1 lemon
 - Salt and black pepper to taste
 - 8 ounces smoked salmon, thinly sliced
 - 2 avocados, sliced
 - 1 cucumber, thinly sliced
 - 1/2 red onion, thinly sliced
 - 1 cup mixed greens or baby spinach
 - Optional: capers or sliced radishes for extra flavour and crunch
- For the Wrap:**
 - 4 whole wheat tortillas

Instructions:

- **Prepare the Lemon-Dill Yogurt:** In a small bowl, combine the Greek yogurt, chopped dill, lemon juice, and lemon zest. Season with salt and black pepper to taste. Mix well and set aside.
- **Assemble the Wraps:** Lay out the whole wheat tortillas on a clean surface. Spread a generous amount of lemon-dill yogurt over each tortilla. Arrange the smoked salmon slices evenly across the tortillas. Top with sliced avocado, cucumber, red onion, and mixed greens. If using, add capers or radishes.
- **Roll the Wraps:** Carefully roll each tortilla tightly to enclose the fillings. If necessary, use toothpicks to secure the wraps.
- **Serve:** Cut each wrap in half diagonally and serve immediately.

Nutritional Information (per serving):

Calories: 400 | Protein: 23g | Carbohydrates: 35g | Fats: 20g | Fiber: 8g | Cholesterol: 20mg | Sodium: 600mg | Potassium: 800mg



Mediterranean Tuna Salad Sandwich with Olive Tapenade

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 0 mins

Ingredients:

- 2 cans (5 ounces each) tuna in olive oil, drained
- 1/4 cup red onion, finely chopped
- 1/4 cup celery, finely chopped
- 1/4 cup fresh parsley, chopped
- Juice of 1 lemon
- Salt and black pepper to taste
- 8 slices of whole grain bread, lightly toasted
- 1/2 cup olive tapenade
- 1 cup arugula or mixed greens

Olive Tapenade:

- 1 cup pitted Kalamata olive
- 2 tablespoons capers, rinsed
- 2 cloves garlic
- 2 tablespoons lemon juice
- 3 tablespoons olive oil
- Fresh thyme or basil (optional)

Instructions:

- **Make the Olive Tapenade:** In a food processor, combine the Kalamata olives, capers, garlic, lemon juice, and olive oil. Blend until smooth. For additional flavor, add fresh thyme or basil if desired. Set aside.
- **Prepare the Tuna Salad:** In a mixing bowl, combine the drained tuna, red onion, celery, parsley, and lemon juice. Mix well and season with salt and black pepper to taste.
- **Assemble the Sandwiches:** Spread each slice of toasted bread with olive tapenade. On four slices of bread, place an even layer of the tuna salad. Top the tuna with arugula or mixed greens. Close the sandwiches with the remaining slices of bread, tapenade side down.
- **Serve:** Cut the sandwiches in half and serve immediately.

Nutritional Information (per serving):

Calories: 400 | Protein: 25g | Carbohydrates: 35g | Fats: 20g | Fiber: 6g | Cholesterol: 30mg | Sodium: 800mg | Potassium: 300mg



Roasted Red Pepper and Mozzarella Panini

Servings: 4 | **Prep Time:** 10 mins | **Cook Time:** 10 mins

Ingredients:

- 8 slices whole-grain bread
- 2 large red bell peppers, roasted and sliced
- 8 ounces fresh mozzarella cheese, sliced
- 1/4 cup fresh basil leaves
- 2 tablespoons olive oil
- 1 clove garlic, minced
- Salt and black pepper to taste
- Optional: 1 tablespoon balsamic vinegar for drizzling
- Optional: arugula or spinach for added greens

Instructions:

- **Prepare the Ingredients:** If not using store-bought roasted red peppers, roast the red bell peppers by broiling them in the oven until the skin blisters and blackens. Place in a bowl and cover with plastic wrap for 10 minutes, then peel and slice.
- **Flavour the Oil:** In a small bowl, mix olive oil with minced garlic, and set aside for a few minutes to infuse the flavour.
- **Assemble the Panini:** Brush one side of each bread slice with the garlic-infused olive oil. Layer mozzarella slices, roasted red pepper, and fresh basil on the non-oiled side of four bread slices. Season with salt and black pepper. If using, drizzle a little balsamic vinegar over the filling and add arugula or spinach. Top with the remaining bread slices, oiled side up.
- **Grill the Panini:** Heat a Panini press or a large skillet over medium heat. Place the sandwiches in the press and grill until the bread is toasted and the cheese is melted, about 5-7 minutes. If using a skillet, press down with a spatula or another heavy skillet, flipping halfway through cooking.
- **Serve:** Cut each panini in half and serve hot.

Nutritional Information (per serving):

Calories: 390 | Protein: 20g | Carbohydrates: 30g | Fats: 22g | Fiber: 5g | Cholesterol: 45mg | Sodium: 540mg | Potassium: 200mg



Falafel Pita Pockets with Tzatziki Sauce

Servings: 4 | **Prep Time:** 30 mins (plus overnight soaking for chickpeas) | **Cook Time:** 10 mins

Ingredients:

For the Falafel:

- 1 cup dried chickpeas, soaked overnight
- 1/2 onion, roughly chopped
- 2 cloves garlic, minced
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh cilantro, chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon baking soda
- Oil for frying (olive oil or a neutral oil like canola)

For the Tzatziki Sauce:

- 1 cup Greek yogurt
- 1 cucumber, seeded and finely grated, excess water squeezed out
- 2 cloves garlic, minced
- 2 tablespoons fresh dill, chopped
- Juice of 1/2 lemon
- Salt and pepper to taste

To Assemble:

- 4 whole wheat pita breads
- 1 tomato, sliced
- 1 small red onion, thinly sliced
- 1/2 cup mixed greens or lettuce

Instructions:

- **Make the Falafel:** Drain and rinse the soaked chickpeas. In a food processor, combine the chickpeas, onion, garlic, parsley, cilantro, cumin, coriander, salt, pepper, and baking soda. Process until mixture is coarse. Form the mixture into small balls or patties, about 1.5 inches in diameter.
- **Fry the Falafel:** Heat oil in a deep skillet or a fryer to 350°F (175°C). Fry the falafel balls in batches until golden and crispy, about 4-5 minutes. Remove with a slotted spoon and drain on paper towels.
- **Prepare the Tzatziki Sauce:** In a bowl, mix Greek yogurt, grated cucumber, garlic, dill, lemon juice, salt, and pepper. Chill until ready to use.
- **Assemble the Pita Pockets:** Warm the pita breads in the oven or on a skillet. Cut each pita in half to make pockets. Open each pita pocket gently and spread a generous amount of tzatziki sauce inside. Add a few falafel balls to each pocket, followed by slices of tomato, red onion, and greens.
- **Serve:** Serve the falafel pita pockets immediately while falafel is still warm.

Nutritional Information (per serving):

Calories: 560 | Protein: 18g | Carbohydrates: 75g | Fats: 25g | Fiber: 12g | Cholesterol: 5mg | Sodium: 800mg | Potassium: 450mg



Eggplant and Feta Flatbread Sandwich with Basil Pesto

Servings: 4 | **Prep Time:** 20 mins | **Cook Time:** 20 mins

Ingredients:

For the Basil Pesto:

- 2 cups fresh basil leaves
- 1/3 cup pine nuts
- 2 garlic cloves
- 1/2 cup extra-virgin olive oil
- 1/2 cup grated Parmesan cheese
- Salt and pepper to taste

For the Sandwich:

- 1 large eggplant, sliced into 1/2-inch rounds

- 2 tablespoons olive oil
- Salt and black pepper to taste
- 4 flatbreads (such as pita or naan)
- 1 cup crumbled feta cheese
- 1 red onion, thinly sliced
- 1/2 cup arugula or spinach leaves
- Optional: sliced tomatoes or roasted red peppers

Instructions:

- **Make the Basil Pesto:** In a food processor, combine basil leaves, pine nuts, and garlic. Pulse until coarsely chopped. While the processor is running, gradually add olive oil until the mixture is smooth. Transfer to a bowl, stir in Parmesan cheese, and season with salt and pepper. Set aside.
- **Prepare the Eggplant:** Preheat the oven to 400°F (200°C). Brush both sides of the eggplant slices with olive oil and season with salt and pepper. Arrange eggplant slices on a baking sheet lined with parchment paper. Roast in the oven for 15-20 minutes, turning once, until golden and tender.
- **Assemble the Sandwiches:** Warm the flatbreads in the oven for 2-3 minutes. Spread a generous amount of basil pesto on each flatbread. Layer roasted eggplant slices, crumbled feta, red onion, and arugula or spinach on half of each flatbread. If using, add sliced tomatoes or roasted red peppers. Fold the flatbread over to create a sandwich.
- **Serve:** Cut each sandwich in half and serve warm.

Nutritional Information (per serving):

Calories: 550 | Protein: 15g | Carbohydrates: 45g | Fats: 35g | Fiber: 8g | Cholesterol: 25mg | Sodium: 650mg | Potassium: 400mg

Chapter 8: Lunch: Soups and Stews



Hearty Mediterranean Lentil Soup with Spinach and Tomatoes

Servings: 6 | **Prep Time:** 10 mins | **Cook Time:** 45 mins

Ingredients:

- 2 tablespoons olive oil
- 1 large onion, diced
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1/2 teaspoon red pepper flakes (optional)
- 1 cup dried lentils, rinsed
- 1 can (28 ounces) diced tomatoes
- 6 cups vegetable broth
- 3 cups fresh spinach leaves
- Salt and black pepper to taste
- Juice of 1 lemon
- Fresh parsley, chopped, for garnish

Instructions:

- **Sauté Vegetables:** Heat olive oil in a large pot over medium heat. Add onion, carrots, and celery. Cook until the vegetables are softened, about 5 minutes. Add garlic, thyme, oregano, and red pepper flakes, and cook for another minute until fragrant.
- **Add Lentils and Tomatoes:** Stir in the lentils and canned tomatoes with their juices. Pour in the vegetable broth and bring the mixture to a boil.
- **Simmer the Soup:** Reduce heat to low and let simmer, partially covered, for about 30-35 minutes or until the lentils are tender.
- **Add Spinach:** Stir in the fresh spinach and continue to simmer until the spinach wilts, about 2-3 minutes. Season with salt and black pepper to taste.
- **Finish with Lemon:** Remove from heat and stir in the fresh lemon juice.
- **Serve:** Ladle the soup into bowls and garnish with chopped parsley.

Nutritional Information (per serving):

Calories: 240 | Protein: 12g | Carbohydrates: 38g | Fats: 5g | Fiber: 15g | Cholesterol: 0mg | Sodium: 300mg | Potassium: 800mg



Classic Greek Avgolemono Soup with Lemon and Chicken

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 45 mins

Ingredients:

- 6 cups chicken broth
- 1/2 cup uncooked orzo or rice
- 2 cups cooked, shredded chicken (preferably from a roasted or poached chicken)
- 3 large eggs
- Juice of 2 lemons
- Salt and black pepper to taste
- Fresh dill or parsley, chopped for garnish
- Optional: 1 carrot, diced (for added nutrition and flavour)
- Optional: 1 stalk celery, diced

Instructions:

- **Cook the Orzo:** In a large pot, bring the chicken broth to a boil. Add the orzo (or rice) and cook until just tender, about 10 minutes. If using carrot and celery, add them with the orzo to cook.
- **Add Chicken:** Reduce the heat to low and stir in the cooked, shredded chicken. Allow it to heat through.
- **Prepare the Egg-Lemon Mixture:** In a medium bowl, whisk the eggs until frothy. Add the lemon juice gradually while continuing to whisk.
- **Temper the Eggs:** Slowly ladle about a cup of the hot broth into the egg-lemon mixture, whisking continuously to prevent the eggs from curdling. This tempers the eggs.
- **Combine and Thicken the Soup:** Slowly pour the egg-lemon-broth mixture back into the pot, stirring constantly. Heat the soup gently (do not boil) until it thickens slightly, which should take about 5-7 minutes.
- **Season and Serve:** Season the soup with salt and black pepper to taste. Remove from heat. Serve hot, garnished with chopped fresh dill or parsley.

Nutritional Information (per serving):

Calories: 290 | Protein: 26g | Carbohydrates: 20g | Fats: 10g | Fiber: 1g | Cholesterol: 160mg | Sodium: 800mg | Potassium: 300mg



Tuscan White Bean and Kale Stew

Servings: 6 | Prep Time: 15 mins | Cook Time: 40 mins

Ingredients:

- 2 tablespoons olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1/2 teaspoon red pepper flakes (optional, adjust to taste)
- 4 cups vegetable broth
- 2 cans (15 ounces each) white beans (cannellini or great northern), rinsed and drained
- 4 cups chopped kale; stems removed
- 1 can (14.5 ounces) diced tomatoes, with juice
- Salt and black pepper to taste
- Juice of 1 lemon
- Fresh parsley, chopped for garnish
- Grated Parmesan cheese (optional, for serving)

Instructions:

- **Sauté Vegetables:** In a large pot, heat the olive oil over medium heat. Add the onion, garlic, carrots, and celery. Cook, stirring occasionally, until the vegetables are softened, about 5-7 minutes.
- **Add Herbs and Spices:** Stir in the thyme, rosemary, and red pepper flakes. Cook for another minute until fragrant.
- **Simmer the Stew:** Pour in the vegetable broth and bring to a simmer. Add the white beans and continue to simmer for 15 minutes.
- **Add Kale and Tomatoes:** Add the chopped kale and diced tomatoes with their juice. Season with salt and black pepper. Simmer for another 15-20 minutes, or until the kale is tender and the flavours have melded together.
- **Finish with Lemon:** Stir in the fresh lemon juice just before serving to brighten the flavours.
- **Serve:** Ladle the stew into bowls and garnish with chopped parsley. Serve with grated Parmesan cheese if desired.

Nutritional Information (per serving):

Calories: 230 | Protein: 12g | Carbohydrates: 35g | Fats: 5g | Fiber: 9g | Cholesterol: 0mg | Sodium: 600mg | Potassium: 700mg



Mediterranean Seafood Stew with Saffron and Fresh Herbs

Servings: 6 | Prep Time: 20 mins | Cook Time: 30 mins

Ingredients:

- 2 tablespoons olive oil
- 1 large onion, finely chopped
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 1 fennel bulb, thinly sliced
- 1/2 teaspoon saffron threads
- 1 teaspoon smoked paprika
- 1/2 cup white wine
- 1 can (14 ounces) diced tomatoes
- 4 cups fish or vegetable broth
- 1 pound firm white fish (like cod or halibut), cut into chunks
- 1-pound mussels, scrubbed and de-bearded
- 1/2-pound large shrimp, peeled and deveined
- Salt and black pepper to taste
- Juice of 1 lemon
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh basil

Instructions:

- **Sauté Aromatics:** In a large pot, heat the olive oil over medium heat. Add the onion, garlic, red bell pepper, and fennel. Sauté until the vegetables are softened, about 5-7 minutes.
- **Add Spices and Deglaze:** Stir in the saffron and smoked paprika, cooking for 1 minute until fragrant. Pour in the white wine and scrape any bits off the bottom of the pot.
- **Simmer the Base:** Add the diced tomatoes and broth. Bring to a simmer and cook for 15 minutes, allowing the flavours to meld.
- **Add Seafood:** Add the chunks of white fish to the pot, simmering gently for 5 minutes. Then add the mussels and shrimp, cooking until the mussels open and the shrimp are opaque, about 5 more minutes. Discard any mussels that do not open.
- **Season and Finish:** Season the stew with salt and black pepper. Stir in the lemon juice, parsley, and basil just before serving.
- **Serve:** Ladle the stew into bowls, making sure each serving has a good mix of fish, shrimp, and mussels.

Nutritional Information (per serving):

Calories: 300 | Protein: 28g | Carbohydrates: 15g | Fats: 10g | Fiber: 3g | Cholesterol: 85mg | Sodium: 600mg | Potassium: 700mg



Classic Minestrone Soup

Servings: 6 | **Prep Time:** 15 mins | **Cook Time:** 40 mins

Ingredients:

- 2 tablespoons olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 1 zucchini, diced
- 1 small yellow squash, diced
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 bay leaf
- 1 can (28 ounces) diced tomatoes, with juice
- 6 cups vegetable broth
- 1 can (15 ounces) cannellini beans, rinsed and drained
- 1 cup chopped fresh spinach or kale
- 1/2 cup small pasta (like ditalini or orzo)
- Fresh parsley, chopped for garnish
- Grated Parmesan cheese (optional, for serving)

Instructions:

- **Sauté the Vegetables:** In a large pot, heat the olive oil over medium heat. Add the onion, garlic, carrots, and celery. Cook until the vegetables are softened, about 5 minutes. Add zucchini and yellow squash and continue cooking for another 5 minutes.
- **Add Herbs and Tomatoes:** Stir in the salt, pepper, oregano, basil, and bay leaf. Add the diced tomatoes with their juice. Cook for a few minutes to blend the flavours.
- **Simmer the Soup:** Pour in the vegetable broth and bring the mixture to a boil. Once boiling, reduce the heat to low and let simmer for 20 minutes.
- **Add Beans and Pasta:** Stir in the cannellini beans and pasta. Continue to simmer until the pasta is cooked, about 10 minutes.
- **Add Greens:** Add the chopped spinach or kale in the last few minutes of cooking, allowing it to wilt.
- **Finish and Serve:** Remove the bay leaf. Adjust seasoning with more salt and pepper if needed. Ladle the soup into bowls and garnish with chopped parsley. Serve with grated Parmesan cheese if desired.

Nutritional Information (per serving):

Calories: 260 | Protein: 10g | Carbohydrates: 40g | Fats: 7g | Fiber: 9g | Cholesterol: 0mg | Sodium: 800mg | Potassium: 600mg



Spicy Chickpea and Vegetable Tagine

Servings: 6 | **Prep Time:** 20 mins | **Cook Time:** 40 mins

Ingredients:

- 2 tablespoons olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon cayenne pepper (adjust according to spice preference)
- 1 teaspoon smoked paprika
- 1 teaspoon turmeric
- 1 cinnamon stick
- 2 cups vegetable broth
- 1 can (28 ounces) diced tomatoes
- 1 can (15 ounces) chickpeas, drained and rinsed
- 2 large carrots, peeled and sliced
- 2 medium zucchinis, sliced
- 1 red bell pepper, cut into chunks
- 1 cup dried apricots, chopped
- Salt and black pepper to taste
- Fresh cilantro, chopped for garnish
- Cooked couscous or quinoa, for serving

Instructions:

- **Sauté Aromatics:** Heat the olive oil in a large tagine or a heavy-bottomed pot over medium heat. Add the onion and garlic, cooking until the onion is translucent, about 5 minutes.
- **Add Spices:** Stir in the cumin, coriander, cayenne pepper, smoked paprika, turmeric, and cinnamon stick. Cook for another 2 minutes to release the flavours.
- **Simmer the Base:** Pour in the vegetable broth and diced tomatoes with their juices. Bring to a simmer.
- **Add Vegetables and Chickpeas:** Add the chickpeas, carrots, zucchinis, red bell pepper, and dried apricots to the pot. Stir well to combine.
- **Cook the Tagine:** Cover and simmer gently for about 30 minutes, or until the vegetables are tender.
- **Final Seasoning:** Season with salt and black pepper to taste. Remove the cinnamon stick before serving.
- **Serve:** Spoon the tagine over cooked couscous or quinoa. Garnish with chopped cilantro.

Nutritional Information (per serving):

Calories: 320 | Protein: 9g | Carbohydrates: 58g | Fats: 7g | Fiber: 13g | Cholesterol: 0mg | Sodium: 400mg | Potassium: 800mg

Chapter 9: Snacks and Appetizers: Quick and healthy snacks



Spiced Roasted Almonds

Servings: 8 | **Prep Time:** 5 mins | **Cook Time:** 10 mins

Ingredients:

- 2 cups raw almonds
- 1 tablespoon olive oil
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper (adjust based on spice preference)
- 1/2 teaspoon sea salt
- Optional: 1/2 teaspoon garlic powder or 1/4 teaspoon finely grated lemon zest for added flavour

Instructions:

- **Preheat Oven:** Preheat your oven to 350°F (175°C).
- **Season the Almonds:** In a mixing bowl, toss the almonds with olive oil until evenly coated. Combine the smoked paprika, cumin, cayenne pepper, and sea salt (add garlic powder or lemon zest if using) in a small bowl. Sprinkle the spices over the almonds and toss again to ensure all almonds are evenly coated with the spice mixture.
- **Roast the Almonds:** Spread the almonds in a single layer on a baking sheet lined with parchment paper. Roast in the preheated oven for 10 minutes, stirring halfway through to ensure even roasting. Be careful to avoid burning the nuts.
- **Cool and Serve:** Remove the almonds from the oven and let them cool on the baking sheet. They will continue to get crunchier as they cool.
- **Storage:** Once completely cooled, store the spiced almonds in an airtight container at room temperature.

Nutritional Information (per serving):

Calories: 210 | Protein: 8g | Carbohydrates: 8g | Fats: 18g | Fiber: 4g | Cholesterol: 0mg | Sodium: 150mg | Potassium: 260mg



Zucchini and Olive Mini Frittatas

Servings: 12 frittatas | **Prep Time:** 15 mins | **Cook Time:** 20 mins

Ingredients:

- 6 large eggs
- 1/4 cup milk
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon olive oil
- 1 small zucchini, grated
- 1/2 cup pitted Kalamata olives, chopped
- 1/4 cup sun-dried tomatoes, chopped
- 1/4 cup feta cheese, crumbled
- 2 tablespoons fresh basil, chopped
- Optional: 1 teaspoon dried oregano or thyme for added flavour

Instructions:

- **Preheat Oven and Prepare Muffin Tin:** Preheat your oven to 375°F (190°C). Grease a 12-cup muffin tin with olive oil or line with muffin papers.
- **Prepare Vegetable Mixture:** Heat olive oil in a skillet over medium heat. Sauté the grated zucchini for about 5 minutes until soft. Set aside to cool slightly.
- **Mix the Eggs:** In a large bowl, whisk together the eggs, milk, salt, and black pepper. Stir in the cooled zucchini, chopped olives, sun-dried tomatoes, crumbled feta, and fresh basil. Add dried herbs if using.
- **Assemble Frittatas:** Divide the mixture evenly among the prepared muffin cups.
- **Bake:** Bake in the preheated oven for 15-20 minutes, or until the frittatas are set and lightly golden on top.
- **Cool and Serve:** Let the frittatas cool in the pan for a few minutes before removing. Serve warm or at room temperature.

Nutritional Information (per serving):

Calories: 90 | Protein: 5g | Carbohydrates: 3g | Fats: 7g | Fiber: 1g | Cholesterol: 95mg | Sodium: 220mg | Potassium: 125mg



Avocado and Feta Stuffed Cherry Tomatoes

Servings: 24 stuffed tomatoes | **Prep Time:** 20 mins | **Cook Time:** 0 mins

Ingredients:

- 24 large cherry tomatoes
- 1 ripe avocado, peeled and pitted
- 1/2 cup crumbled feta cheese
- 2 tablespoons chopped fresh basil
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- Optional: 1/2 teaspoon dried oregano or a pinch of red pepper flakes for extra flavour

Instructions:

- **Prepare the Tomatoes:** Slice a small portion off the top of each cherry tomato to create a flat surface. Carefully scoop out the seeds and inner pulp to create a hollow space inside each tomato. Set the hollowed-out tomatoes aside.
- **Make the Filling:** In a medium bowl, mash the avocado with a fork until creamy. Add the crumbled feta cheese, chopped basil, lemon juice, salt, and black pepper. Mix well until combined. Add oregano or red pepper flakes if using.
- **Stuff the Tomatoes:** Using a small spoon or a piping bag, fill each hollowed-out cherry tomato with the avocado and feta mixture.
- **Chill and Serve:** Place the stuffed tomatoes on a serving platter. Chill in the refrigerator for at least 30 minutes before serving to allow the flavours to meld.

Nutritional Information (per serving of 4 stuffed tomatoes):

Calories: 70 | Protein: 2g | Carbohydrates: 4g | Fats: 5g | Fiber: 2g
| Cholesterol: 5mg | Sodium: 150mg | Potassium: 200mg



Chickpea and Avocado Smash

Servings: 4 | **Prep Time:** 10 mins | **Cook Time:** 0 mins

Ingredients:

- 1 can (15 ounces) chickpeas, rinsed and drained
- 1 ripe avocado
- Juice of 1 lemon
- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon crushed red pepper flakes (optional)
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh cilantro (or basil, depending on preference)
- Optional: 1/4 cup crumbled feta cheese

Instructions:

- **Prepare the Chickpeas:** In a medium bowl, mash the chickpeas using a fork or a potato masher until mostly smooth with some chunky texture remaining.
- **Combine with Avocado:** Halve the avocado, remove the pit, and scoop the flesh into the bowl with the mashed chickpeas. Continue to mash the mixture to combine.
- **Add Flavors:** Stir in lemon juice, olive oil, minced garlic, salt, black pepper, and red pepper flakes if using. Mix until all ingredients are well incorporated.
- **Mix in Herbs:** Gently fold in the chopped parsley and cilantro (or basil).
- **Optional Cheese:** If using, sprinkle crumbled feta cheese over the mixture and lightly mix.
- **Serve:** Serve immediately, or chill in the refrigerator if preferred cold.

Nutritional Information (per serving):

Calories: 230 | Protein: 6g | Carbohydrates: 20g | Fats: 15g | Fiber: 7g | Cholesterol: 0mg (unless feta cheese is added) | Sodium: 300mg | Potassium: 500mg



Mediterranean Tapenade Crostini

Servings: 24 crostini | **Prep Time:** 15 mins | **Cook Time:** 10 mins

Ingredients:

For the Tapenade:

- 1 cup pitted Kalamata olive
- 1/4 cup capers, rinsed and drained
- 2 anchovy fillets (optional)
- 2 cloves garlic, minced
- 1/4 cup fresh parsley, chopped
- 1 teaspoon lemon zest
- 2 tablespoons lemon juice

- 1/3 cup olive oil

- Salt and pepper to taste (be cautious with salt due to the olives and capers)

For the Crostini:

- 1 baguette, sliced into 1/4-inch-thick slices
- 1/4 cup olive oil
- Optional: 1 clove garlic, cut in half

Instructions:

- **Prepare the Tapenade:** In a food processor, combine the Kalamata olives, capers, anchovy fillets (if using), minced garlic, chopped parsley, lemon zest, and lemon juice. Pulse until coarsely chopped. With the processor running, gradually add the olive oil until the mixture forms a coarse paste. Season with pepper and adjust salt if necessary.
- **Make the Crostini:** Preheat the oven to 375°F (190°C). Brush both sides of the baguette slices with olive oil and arrange on a baking sheet. Bake in the preheated oven until golden and crisp, about 5-7 minutes per side. Optionally, rub the toasted crostini with the cut side of a garlic clove for extra flavour.
- **Assemble the Crostini:** Spread a generous amount of tapenade over each crostino.
- **Serve:** Arrange the tapenade crostini on a platter and serve immediately.

Nutritional Information (per serving):

Calories: 110 | Protein: 1g | Carbohydrates: 8g | Fats: 8g | Fiber: 1g
| Cholesterol: 1mg | Sodium: 200mg | Potassium: 20mg



Hummus and Veggie Sticks Platter

Servings: 6 | **Prep Time:** 15 mins | **Cook Time:** 0 mins

Ingredients:

For the Hummus:

- 1 can (15 ounces) chickpeas, drained and rinsed
- 1/4 cup tahini (sesame paste)
- 1/4 cup lemon juice
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1/2 teaspoon ground cumin
- Salt to taste
- Optional: Paprika or chopped parsley for garnish

For the Veggie Sticks:

- 2 carrots, peeled and cut into sticks
- 2 celery stalks, cut into sticks
- 1 cucumber, cut into sticks
- 1 bell pepper (any color), cut into sticks
- Optional additions: cherry tomatoes, radishes, or other crisp vegetables

Instructions:

- **Make the Hummus:** In a food processor, combine the chickpeas, tahini, lemon juice, minced garlic, olive oil, and cumin. Blend until smooth. Taste and adjust seasoning with salt. Add a little water if needed to achieve a creamy consistency.
- **Prepare the Veggie Sticks:** Wash and prepare all vegetables by cutting them into long, thin sticks suitable for dipping.
- **Assemble the Platter:** Spoon the hummus into a shallow serving bowl. Smooth the top and, if desired, drizzle with a little more olive oil and sprinkle with paprika or chopped parsley. Arrange the veggie sticks around the bowl of hummus on a large platter.
- **Serve:** Present the platter immediately for the freshest taste or cover and refrigerate until ready to serve.

Nutritional Information (per serving):

Calories: 220 | Protein: 8g | Carbohydrates: 23g | Fats: 12g | Fiber: 6g
| Cholesterol: 0mg | Sodium: 300mg | Potassium: 450mg

Chapter 10: Snacks and Appetizers: Tasty



Prosciutto-Wrapped Melon

Servings: 6 | **Prep Time:** 10 mins | **Cook Time:** 0 mins

Ingredients:

- 1 ripe cantaloupe or honeydew melon
- 12 thin slices of prosciutto (about 6 ounces)
- Optional: Balsamic glaze
- for drizzling
- Optional: Fresh mint or basil leaves for garnish

Instructions:

- **Prepare the Melon:** Cut the melon in half and remove the seeds. Peel the melon and cut it into 12 equal wedges.
- **Wrap the Melon:** Wrap each melon wedge with a slice of prosciutto. Arrange the prosciutto so it covers part of the melon while leaving some of the flesh exposed.
- **Garnish and Serve:** Arrange the wrapped melon slices on a serving platter. If desired, drizzle with balsamic glaze and garnish with fresh mint or basil leaves just before serving.

Nutritional Information (per serving):

Calories: 100 | Protein: 7g | Carbohydrates: 8g | Fats: 4g | Fiber: 1g | Cholesterol: 20mg | Sodium: 450mg | Potassium: 300mg



Roasted Pepper and Goat Cheese Bites

Servings: 24 bites | **Prep Time:** 15 mins | **Cook Time:** 25 mins

Ingredients:

- 3 large bell peppers (red, yellow, and green for variety)
- 1 tablespoon olive oil
- 150 grams (approximately 5 ounces) goat cheese, softened
- 1/4 cup chopped fresh basil
- 2 tablespoons chopped fresh parsley
- 1 clove garlic, minced
- Salt and pepper to taste
- Optional: Crushed red pepper flakes for added spice
- Optional: Drizzle of balsamic glaze for garnish

Instructions:

- **Roast the Peppers:** Preheat the oven to 425°F (220°C). Cut the bell peppers into quarters, removing the seeds and membranes. Place the pepper quarters on a baking sheet, skin side up, and brush with olive oil. Roast in the preheated oven until the skins are charred and blistered, about 20-25 minutes. Remove from oven and place in a bowl. Cover with plastic wrap to steam for 10 minutes, then peel off the skins.
- **Prepare the Cheese Mixture:** In a small bowl, mix the softened goat cheese with the chopped basil, parsley, minced garlic, salt, and pepper. Add red pepper flakes if using.
- **Assemble the Bites:** Cut each roasted pepper quarter into smaller bite-sized pieces. Spoon a small amount of the goat cheese mixture onto each pepper piece.
- **Serve:** Arrange the filled pepper bites on a platter. If desired, drizzle with balsamic glaze for added flavour and a decorative touch. Serve immediately, or chill in the refrigerator before serving.

Nutritional Information (per bite):

Calories: 35g | Protein: 1g | Carbohydrates: 2g | Fats: 2.5g | Fiber: 0.5g | Cholesterol: 4mg | Sodium: 45mg | Potassium: 30mg



Grilled Halloumi Skewers

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 10 mins

Ingredients:

- 8 ounces halloumi cheese, cut into 16 cubes
- 1 large red bell pepper, cut into 16 pieces
- 1 large green bell pepper, cut into 16 pieces
- 1 large yellow bell pepper, cut into 16 pieces
- 1 large red onion, cut into chunks
- 16 cherry tomatoes
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- Salt and black pepper to taste
- Optional: Fresh mint or parsley for garnish
- Wooden or metal skewers (if using wooden skewers, soak in water for at least 30 minutes before grilling to prevent burning)

Instructions:

- **Marinate the Vegetables:** In a large bowl, combine olive oil, lemon juice, minced garlic, oregano, basil, salt, and black pepper. Add bell peppers, red onion, and cherry tomatoes to the marinade. Toss to coat evenly. Let marinate for at least 10 minutes.
- **Prepare the Skewers:** Thread the halloumi cheese, marinated vegetables, and cherry tomatoes alternately onto skewers.
- **Grill the Skewers:** Preheat the grill to medium-high heat. Grill the skewers, turning occasionally, until the vegetables are charred and tender, and the halloumi is golden-brown, about 8-10 minutes.
- **Serve:** Arrange the skewers on a platter. Garnish with fresh mint or parsley if desired. Serve immediately while the halloumi is still warm and soft.

Nutritional Information (per serving):

Calories: 290 | Protein: 14g | Carbohydrates: 15g | Fats: 20g | Fiber: 3g | Cholesterol: 35mg | Sodium: 600mg | Potassium: 350mg



Mediterranean Meatballs with Tzatziki

Servings: 4 | **Prep Time:** 20 mins | **Cook Time:** 25 mins

Ingredients:

For the Meatballs:

- 1 pound ground turkey or chicken
- 1/4 cup breadcrumbs
- 1 large egg
- 1/4 cup finely chopped onion
- 2 cloves garlic, minced
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh mint
- 1 teaspoon dried oregano
- 1/2 teaspoon cumin
- Salt and black pepper to taste
- 1 tablespoon olive oil (for cooking)

For the Tzatziki Sauce:

- 1 cup Greek yogurt
- 1 small cucumber, grated and excess moisture squeezed out
- 2 cloves garlic, minced
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 tablespoon chopped fresh dill
- Salt and pepper to taste

Instructions:

- **Prepare the Meatballs:** In a large bowl, combine the ground meat, breadcrumbs, egg, onion, garlic, parsley, mint, oregano, cumin, salt, and black pepper. Mix until well combined. Shape the mixture into 16 meatballs, approximately 1.5 inches in diameter.
- **Cook the Meatballs:** Heat olive oil in a large skillet over medium heat. Add the meatballs and cook, turning occasionally, until browned on all sides and cooked through, about 10-15 minutes.
- **Make the Tzatziki Sauce:** In a bowl, mix the Greek yogurt, grated cucumber, minced garlic, lemon juice, olive oil, dill, salt, and pepper. Stir until well combined and smooth. Chill in the refrigerator until ready to serve.
- **Serve:** Serve the meatballs hot, drizzled with or dipped into the tzatziki sauce.

Nutritional Information (per serving):

Calories: 350 | Protein: 27g | Carbohydrates: 12g | Fats: 20g | Fiber: 1g | Cholesterol: 125mg | Sodium: 300mg | Potassium: 400mg



Stuffed Grape Leaves with Lemon and Dill

Servings: 6 (about 30 stuffed grape leaves) | **Prep Time:** 45 mins | **Cook Time:** 1 hour

Ingredients:

- 1 jar (16 ounces) grape leaves in brine (about 50 leaves)
- 1 cup long-grain rice, rinsed and drained
- 1 large onion, finely chopped
- 1/4 cup olive oil
- 1/4 cup fresh dill, chopped
- 1/4 cup fresh parsley, chopped
- 2 tablespoons fresh mint, chopped
- 3 tablespoons lemon juice
- Zest of 1 lemon
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1/2 teaspoon ground cumin
- Optional: 1/4 cup pine nuts or currants
- 2 cups vegetable broth or water

Instructions:

- **Prepare the Grape Leaves:** Rinse the grape leaves in cold water to remove excess brine. Blanch in boiling water for 3-5 minutes to soften. Drain and set aside on towels.
- **Make the Filling:** Heat 2 tablespoons of olive oil in a skillet over medium heat. Add the chopped onion and cook until translucent, about 5-7 minutes. Add the rice and cook for another 3 minutes, stirring constantly. Remove from heat and stir in the dill, parsley, mint, lemon juice, lemon zest, salt, pepper, and cumin. Mix in pine nuts or currants if using.
- **Stuff and Wrap the Leaves:** Lay a grape leaf flat on a work surface, vein side up and stem towards you. Place a teaspoon of the rice mixture near the stem end of the leaf. Fold the stem end over the filling, fold in the sides, and roll tightly towards the top. Repeat with the remaining leaves and filling.
- **Cook the Stuffed Grape Leaves:** Arrange the stuffed leaves in layers in a large pot, seam side down. Drizzle the remaining olive oil over the top and cover with a small plate to keep them submerged. Pour vegetable broth or water over the leaves to just cover them. Bring to a boil, then reduce to a simmer, cover, and cook for 50-60 minutes until the rice is fully cooked.
- **Serve:** Let cool in the pot before transferring to a serving dish. Serve warm or at room temperature with additional lemon slices.

Nutritional Information (per serving):

Calories: 230 | Protein: 4g | Carbohydrates: 38g | Fats: 7g | Fiber: 4g | Cholesterol: 0mg | Sodium: 800mg | Potassium: 295mg



Roasted Garlic and Tomato Bruschetta

Servings: 6 | **Prep Time:** 15 mins | **Cook Time:** 45 mins

Ingredients:

- 1 whole garlic bulb
- 2 tablespoons olive oil, plus extra for brushing
- 4 large ripe tomatoes, diced
- 1/4 cup chopped fresh basil
- 2 tablespoons balsamic vinegar
- Salt and black pepper to taste
- 1 baguette, sliced into 1/2-inch-thick rounds

Instructions:

- **Roast the Garlic:** Preheat the oven to 400°F (200°C). Cut the top off the garlic bulb to expose the cloves. Drizzle with 1 tablespoon olive oil, wrap in foil, and roast in the oven for about 40 minutes, or until the cloves are soft and golden. Once cool, squeeze the roasted garlic cloves from their skins into a small bowl and mash with a fork.
- **Prepare the Tomato Topping:** In a mixing bowl, combine the diced tomatoes, chopped basil, balsamic vinegar, and the remaining tablespoon of olive oil. Add the mashed roasted garlic and mix thoroughly. Season with salt and black pepper.
- **Toast the Baguette Slices:** Brush each slice of baguette lightly with olive oil. Arrange on a baking sheet and toast in the oven at 400°F (200°C) for about 5 minutes or until crisp and lightly browned.
- **Assemble the Bruschetta:** Spoon a generous amount of the tomato mixture onto each toasted baguette slice.
- **Serve:** Serve immediately, garnished with additional fresh basil if desired.

Nutritional Information (per serving):

Calories: 180g | Protein: 4g | Carbohydrates: 27g | Fats: 6g | Fiber: 2g | Cholesterol: 0mg | Sodium: 300mg | Potassium: 250mg



Salmon Tartare with Avocado

Servings: 4 | **Prep Time:** 20 mins | **Cook Time:** 0 mins (raw prep)

Ingredients:

- 12 ounces of fresh salmon fillet, skinless, boneless, and sushi-grade
- 2 ripe avocados, peeled and diced
- 1 small red onion, finely chopped
- 2 tablespoons of capers, rinsed and chopped
- 1/4 cup of fresh cilantro, finely chopped (can substitute with parsley or dill based on preference)
- Juice of 1 large lemon
- 2 tablespoons extra virgin olive oil
- 1 teaspoon Dijon mustard
- 1/4 teaspoon freshly ground black pepper
- Salt to taste (optional, as Mediterranean Diet minimizes added salt)
- Optional: 1 teaspoon of crushed red pepper flakes for heat

Instructions:

- **Prepare the Salmon:** Start by checking the salmon for any bones and remove if necessary. Using a sharp knife, finely dice the salmon into small cubes. Place the salmon in a medium mixing bowl and keep chilled in the refrigerator.
- **Mix the Avocado Mixture:** In another bowl, combine the diced avocado, chopped red onion, capers, and cilantro. Gently toss to mix, taking care not to mash the avocado.
- **Prepare the Dressing:** In a small bowl, whisk together lemon juice, olive oil, Dijon mustard, black pepper, and red pepper flakes if using. Adjust the seasoning to taste.
- **Combine and Marinate:** Pour the dressing over the salmon cubes and gently mix to ensure all pieces are evenly coated. Allow to marinate in the refrigerator for about 10 minutes.
- **Assemble the Tartare:** Just before serving, gently fold the avocado mixture into the marinated salmon. Adjust seasoning if necessary.
- **Serve:** Serve immediately, using a ring mold or a small cup to plate the tartare in a neat stack. Garnish with additional herbs or a drizzle of olive oil if desired.

Nutritional Information (per serving):

Calories:290 | Protein: 18g | Carbohydrates: 9g | Fats: 22g | Fiber: 5g | Cholesterol: 40mg | Sodium: 180mg (varies if additional salt is added) | Potassium: 650mg



Burrata Caprese with Basil

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 0 mins

Ingredients:

- 2 large ripe tomatoes, sliced
- 8 oz (225 g) burrata cheese
- 1/4 cup fresh basil leaves, whole or torn
- 2 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar (optional for drizzling)
- Salt and freshly ground black pepper to taste
- Optional: a sprinkle of crushed red pepper flakes or freshly chopped herbs like oregano for added flavour

Instructions:

- **Prepare the Ingredients:** Wash and slice the tomatoes into evenly thick slices. Arrange them on a serving platter.
- **Assemble the Dish:** Place the burrata cheese in the centre of the platter surrounded by the sliced tomatoes. If the burrata is very large, you might consider cutting it into two or four pieces, but traditionally it's served whole.
- **Add Herbs and Seasonings:** Scatter the fresh basil leaves over the tomatoes and burrata. If using, sprinkle crushed red pepper flakes or other herbs for additional flavour.
- **Dress the Salad:** Drizzle the extra virgin olive oil evenly over the cheese and tomatoes. For a touch of sweetness and acidity, drizzle balsamic vinegar as well.
- **Season:** Season with salt and freshly ground black pepper to taste.
- **Serve:** Serve immediately, allowing guests to cut into the burrata at the table, ensuring that each portion gets an equal share of the creamy interior and the firmer outer layer.

Nutritional Information (per serving):

Calories:230 | Protein: 14g | Carbohydrates: 5g | Fats: 18g (predominantly healthy fats from olive oil and burrata) | Fiber: 1g | Cholesterol: 40mg | Sodium: 180mg (varies based on the amount of added salt) | Potassium: 200mg

Chapter 11: Salads: Fresh and Flavourful Salads



Greek Village Salad with Homemade Tzatziki Dressing

Servings: 4 | **Prep Time:** 20 mins | **Cook Time:** 0 min

Ingredients:

For the Salad:

- 3 medium ripe tomatoes, cut into wedges
- 1 cucumber, sliced into thick half-moons
- 1 red onion, thinly sliced
- 1 green bell pepper, sliced
- 1/2 cup Kalamata olives
- 200 grams (about 7 ounces) feta cheese, sliced or crumbled
- 2 tablespoons extra virgin olive oil
- 1 teaspoon dried oregano

For the Tzatziki Dressing:

- 1 cup Greek yogurt
- 1 small cucumber, grated and excess water squeezed out
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 tablespoon white vinegar
- 1 tablespoon fresh dill, chopped
- Salt and black pepper to taste

Instructions:

- **Prepare the Salad:** In a large salad bowl, combine the tomato wedges, sliced cucumbers, red onion, green bell pepper, and Kalamata olives. Gently place the feta cheese on top of the salad. Drizzle with olive oil and sprinkle with dried oregano.
- **Make the Tzatziki Dressing:** In a medium bowl, combine the Greek yogurt, grated cucumber, minced garlic, olive oil, white vinegar, and chopped dill. Mix until all ingredients are well blended. Season with salt and black pepper to taste.
- **Serve the Salad:** Drizzle the tzatziki dressing over the salad just before serving or serve it on the side for guests to add as they please.

Nutritional Information (per serving):

Calories: 320 | Protein: 12g | Carbohydrates: 15g | Fats: 24g | Fiber: 3g | Cholesterol: 30mg | Sodium: 580mg | Potassium: 400mg



Roasted Beet and Walnut Salad

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 45 mins

Ingredients:

- 4 medium beets, scrubbed and trimmed
- 1/2 cup walnuts, roughly chopped
- 1/4 cup crumbled feta cheese
- 1/4 cup fresh parsley, chopped
- 2 tablespoons olive oil, plus extra for roasting beets
- 2 tablespoons balsamic vinegar
- 1 teaspoon honey
- Salt and black pepper to taste
- Optional: 1/4 teaspoon crushed red pepper flakes for a spicy kick

Instructions:

- **Roast the Beets:** Preheat the oven to 400°F (200°C). Wrap each beet individually in aluminium foil with a drizzle of olive oil and a pinch of salt. Place the wrapped beets on a baking sheet and roast in the oven for about 45 minutes, or until they are tender and can be easily pierced with a fork. Once roasted, allow the beets to cool slightly before peeling and cutting them into bite-sized cubes.
- **Prepare the Dressing:** In a small bowl, whisk together 2 tablespoons olive oil, balsamic vinegar, honey, salt, and black pepper. Add red pepper flakes if using.
- **Assemble the Salad:** In a large salad bowl, combine the roasted beet cubes, chopped walnuts, crumbled feta, and chopped parsley. Drizzle the dressing over the salad and toss gently to combine.
- **Serve:** Serve the salad immediately, or let it chill in the refrigerator for 30 minutes to allow flavours to meld.

Nutritional Information (per serving):

Calories: 270 | Protein: 6g | Carbohydrates: 18g | Fats: 20g | Fiber: 4g | Cholesterol: 11mg | Sodium: 200mg | Potassium: 440mg



Lemony Quinoa and Spinach Salad

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 15 mins

Ingredients:

- 1 cup quinoa
 - 2 cups water or vegetable broth
 - 3 cups fresh spinach, roughly chopped
 - 1 cup cherry tomatoes, halved
 - 1/2 cucumber, diced
 - 1/4 cup red onion, finely chopped
 - 1/4 cup Kalamata olives, pitted and sliced
 - 1/4 cup feta cheese, crumbled
 - 1/4 cup fresh parsley, chopped
- For the Dressing:**
- 1/4 cup extra virgin olive oil
 - Juice of 2 lemons (about 1/4 cup)
 - 1 clove garlic, minced
 - 1 teaspoon Dijon mustard
 - Salt and black pepper to taste

Instructions:

- **Cook the Quinoa:** Rinse quinoa under cold water until water runs clear. In a medium saucepan, bring the 2 cups of water or vegetable broth to a boil. Add quinoa and reduce heat to low. Cover and simmer for about 15 minutes, or until all liquid is absorbed and quinoa is fluffy.
- **Prepare the Salad:** In a large salad bowl, combine the cooked quinoa, chopped spinach, cherry tomatoes, diced cucumber, red onion, Kalamata olives, crumbled feta, and chopped parsley.
- **Make the Dressing:** In a small bowl, whisk together olive oil, lemon juice, minced garlic, Dijon mustard, salt, and black pepper.
- **Combine and Serve:** Pour the dressing over the salad and toss gently to combine. Adjust seasoning if necessary and serve immediately or chill in the refrigerator before serving.

Nutritional Information (per serving):

Calories: 340g | Protein: 10g | Carbohydrates: 35g | Fats: 18g | Fiber: 5g | Cholesterol: 8mg | Sodium: 200mg | Potassium: 450mg



Mediterranean Lentil Salad with Herb Vinaigrette

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 25 mins

Ingredients:

- 1 cup dried green lentils, rinsed
 - 4 cups water (for cooking lentils)
 - 1 red bell pepper, diced
 - 1 cucumber, diced
 - 1/2 red onion, finely chopped
 - 1/4 cup Kalamata olives, sliced
 - 1/4 cup crumbled feta cheese
 - 1/4 cup fresh parsley, chopped
 - 2 tablespoons fresh mint, chopped
- For the Herb Vinaigrette:**
- 1/3 cup extra virgin olive oil
 - 2 tablespoons red wine vinegar
 - Juice of 1 lemon
 - 1 clove garlic, minced
 - 1 teaspoon Dijon mustard
 - 1 teaspoon dried oregano
 - Salt and black pepper to taste

Instructions:

- **Cook the Lentils:** In a medium saucepan, bring 4 cups of water to a boil. Add the lentils and reduce heat to a simmer. Cook uncovered for 20-25 minutes, or until lentils are tender but still hold their shape. Drain any excess water and let the lentils cool.
- **Prepare the Vinaigrette:** In a small bowl, whisk together olive oil, red wine vinegar, lemon juice, minced garlic, Dijon mustard, oregano, salt, and black pepper.
- **Assemble the Salad:** In a large salad bowl, combine the cooled lentils, diced red bell pepper, cucumber, red onion, sliced olives, and herbs (parsley and mint). Pour the herb vinaigrette over the salad and toss gently to coat all ingredients evenly.
- **Finish and Serve:** Sprinkle crumbled feta cheese over the top of the salad. Serve immediately, or let the salad marinate in the refrigerator for 30 minutes to enhance the flavours.

Nutritional Information (per serving):

Calories: 380 | Protein: 16g | Carbohydrates: 37g | Fats: 20g | Fiber: 14g | Cholesterol: 8mg | Sodium: 280mg | Potassium: 720mg



Fennel and Orange Salad with Citrus Dressing

Servings: 4 | **Prep Time:** 20 mins | **Cook Time:** 0 mins

Ingredients:

For the Salad:

- 2 large fennel bulbs, thinly sliced
- 3 oranges, peeled and sectioned
- 1/2 red onion, thinly sliced
- 1/4 cup black olives, pitted and sliced
- 1/4 cup walnuts, toasted and chopped
- 1/4 cup fresh mint leaves, chopped

For the Citrus Dressing:

- 1/4 cup extra virgin olive oil
- Juice of 1 orange (about 1/4 cup)
- Juice of 1 lemon (about 2 tablespoons)
- 1 tablespoon honey
- 1 teaspoon Dijon mustard
- Salt and black pepper to taste

Instructions:

- **Prepare the Salad Components:** Using a mandoline or a sharp knife, thinly slice the fennel bulbs and red onion. Segment the oranges by cutting between the membranes to release the sections without any pith.
- **Toast the Walnuts:** In a dry skillet over medium heat, toast the walnuts for about 3-5 minutes, shaking the pan occasionally, until they are golden and fragrant. Allow to cool, then chop roughly.
- **Make the Citrus Dressing:** In a small bowl, whisk together the olive oil, orange juice, lemon juice, honey, and Dijon mustard. Season with salt and black pepper to taste.
- **Assemble the Salad:** In a large salad bowl, combine the sliced fennel, orange segments, sliced red onion, sliced olives, toasted walnuts, and chopped mint. Drizzle the citrus dressing over the salad and toss gently to combine all the ingredients well.
- **Serve:** Divide the salad among plates and serve immediately.

Nutritional Information (per serving):

Calories: 280 | Protein: 3g | Carbohydrates: 25g | Fats: 20g | Fiber: 6g | Cholesterol: mg | Sodium: 150mg | Potassium: 480mg



Avocado and Tomato Salad with Pine Nut Dressing

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 0 mins

Ingredients:

For the Salad:

- 2 large ripe avocados, peeled, pitted, and sliced
- 4 medium ripe tomatoes, sliced
- 1/4 cup red onion, thinly sliced
- 1/4 cup fresh basil leaves, torn
- Salt and black pepper to taste

For the Pine Nut Dressing:

- 1/4 cup pine nuts, toasted
- 3 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 1 clove garlic, minced
- 1 teaspoon Dijon mustard
- Salt and black pepper to taste

Instructions:

- **Prepare the Dressing:** In a blender or food processor, combine the toasted pine nuts, olive oil, balsamic vinegar, minced garlic, and Dijon mustard. Blend until smooth. Season with salt and black pepper according to taste. Set aside.
- **Assemble the Salad:** Arrange the sliced avocados and tomatoes on a serving platter. Scatter the thinly sliced red onion and torn basil leaves over the top. Drizzle the pine nut dressing evenly over the salad.
- **Serve:** Serve the salad immediately, seasoning with additional salt and black pepper if desired.

Nutritional Information (per serving):

Calories: 290 | Protein: 4g | Carbohydrates: 17g | Fats: 24g | Fiber: 7g | Cholesterol: 0mg | Sodium: 150mg | Potassium: 700mg

Chapter 12: Sides: Delicious Side Dishes



Garlic and Lemon Roasted Brussels Sprouts

Servings: 4 | Prep Time: 10 mins | Cook Time: 25 mins

Ingredients:

- 1.5 pounds Brussels sprouts, trimmed and halved
- 3 tablespoons extra virgin olive oil
- 4 cloves garlic, minced
- Zest of 1 lemon
- 2 tablespoons lemon juice
- Salt and black pepper to taste
- Optional: 1/4 teaspoon red pepper flakes for heat
- Optional: 2 tablespoons grated Parmesan cheese for garnish

Instructions:

- **Preheat the Oven:** Preheat your oven to 400°F (200°C).
- **Prepare the Brussels Sprouts:** In a large mixing bowl, toss the halved Brussels sprouts with olive oil, minced garlic, lemon zest, and lemon juice until evenly coated. Season with salt and black pepper and add red pepper flakes if using.
- **Roast the Brussels Sprouts:** Spread the Brussels sprouts in a single layer on a baking sheet. Roast in the preheated oven for 20-25 minutes, or until they are crispy on the outside and tender on the inside. Stir halfway through cooking to ensure even roasting.
- **Finish and Serve:** Transfer the roasted Brussels sprouts to a serving platter. If desired, sprinkle with grated Parmesan cheese and an extra squeeze of lemon juice before serving.

Nutritional Information (per serving):

Calories: 190 | Protein: 6g | Carbohydrates: 16g | Fats: 13g | Fiber: 6g | Cholesterol: 0mg (2 mg if adding Parmesan) | Sodium: 50mg | Potassium: 690mg



Herbed Couscous with Pine Nuts

Servings: 4 | Prep Time: 10 mins | Cook Time: 5 mins

Ingredients:

- 1 cup couscous
- 1 1/4 cups vegetable broth
- 1/4 cup pine nuts
- 1/4 cup fresh parsley, finely chopped
- 1/4 cup fresh mint, finely chopped
- 1/4 cup fresh basil, finely chopped
- 3 tablespoons olive oil
- Juice of 1 lemon
- Salt and black pepper to taste
- Optional: 1/4 teaspoon crushed red pepper flakes for added spice

Instructions:

- **Toast the Pine Nuts:** In a dry skillet over medium heat, toast the pine nuts until golden and fragrant, about 2-3 minutes. Remove from heat and set aside.
- **Prepare the Couscous:** In a medium saucepan, bring the vegetable broth to a boil. Stir in the couscous, cover, and remove from heat. Let it sit for 5 minutes, then fluff with a fork.
- **Combine Ingredients:** In a large mixing bowl, combine the fluffed couscous with the toasted pine nuts, chopped parsley, mint, basil, olive oil, and lemon juice. Season with salt, black pepper, and optional red pepper flakes. Mix well to incorporate all the flavours.
- **Serve:** Serve the couscous warm or at room temperature. It can be a perfect accompaniment to grilled vegetables, fish, or chicken.

Nutritional Information (per serving):

Calories: 280 | Protein: 6g | Carbohydrates: 33g | Fats: 14g | Fiber: 3g | Cholesterol: 0mg | Sodium: 150mg | Potassium: 150mg



Sautéed Green Beans with Garlic and Tomatoes

Servings: 4 | **Prep Time:** 10 mins | **Cook Time:** 15 mins

Ingredients:

- 1-pound fresh green beans, trimmed
- 2 tablespoons extra virgin olive oil
- 3 cloves garlic, minced
- 1-pint cherry tomatoes, halved
- Salt and black pepper to taste
- Optional: 1/2 teaspoon crushed red pepper flakes for heat
- Optional: 1/4 cup fresh basil, chopped for garnish

Instructions:

- **Blanch the Green Beans:** Bring a large pot of salted water to a boil. Add the green beans and cook for about 3 minutes until bright green and slightly tender. Drain and plunge into ice water to stop the cooking process. Drain again and set aside.
- **Sauté the Garlic and Tomatoes:** Heat the olive oil in a large skillet over medium heat. Add the minced garlic and sauté for 1 minute until fragrant. Add the cherry tomatoes and cook for about 5 minutes until they start to break down and release their juices.
- **Add the Green Beans:** Add the blanched green beans to the skillet with the tomatoes. Season with salt, black pepper, and optional red pepper flakes. Cook, stirring occasionally, for another 5 minutes until the green beans are heated through and coated with the tomato mixture.
- **Garnish and Serve:** Remove from heat and if using, sprinkle with fresh chopped basil. Serve warm as a side dish.

Nutritional Information (per serving):

Calories: 140 | Protein: 3g | Carbohydrates: 12g | Fats: 10g | Fiber: 4g | Cholesterol: 0mg | Sodium: 10 mg (depends on added salt) | Potassium: 350mg



Parmesan Zucchini Coins

Servings: 4 | **Prep Time:** 10 mins | **Cook Time:** 20 mins

Ingredients:

- 4 medium zucchinis, sliced into 1/4-inch-thick rounds
- 1/2 cup grated Parmesan cheese
- 1/4 cup fine breadcrumbs
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- Salt and black pepper to taste
- Optional: A pinch of red pepper flakes for added heat

Instructions:

- **Preheat the Oven:** Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.
- **Prepare the Zucchini:** In a large bowl, toss the zucchini coins with olive oil until evenly coated.
- **Mix Coating:** In a separate bowl, combine grated Parmesan cheese, breadcrumbs, oregano, garlic powder, salt, black pepper, and optional red pepper flakes.
- **Coat the Zucchini:** Dip each zucchini coin into the Parmesan mixture, pressing to coat both sides. Arrange the coated zucchini coins in a single layer on the prepared baking sheet.
- **Bake:** Bake in the preheated oven for about 20 minutes, or until the zucchini is tender and the coating is golden and crispy.
- **Serve:** Serve warm as a side dish or as a healthy snack.

Nutritional Information (per serving):

Calories: 150 | Protein: 7g | Carbohydrates: 12g | Fats: 9g | Fiber: 2g | Cholesterol: 11mg | Sodium: 220mg | Potassium: 450mg



Quinoa and Roasted Vegetable Salad

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 30 mins

Ingredients:

- 1 cup quinoa
 - 2 cups water or vegetable broth
 - 1 small zucchini, diced
 - 1 red bell pepper, diced
 - 1 small red onion, diced
 - 1 small eggplant, diced
 - 2 tablespoons olive oil
 - Salt and black pepper to taste
 - 1/4 cup fresh parsley, chopped
 - 1/4 cup fresh basil, chopped
 - 1/4 cup feta cheese, crumbled
- For the Dressing:**
- 3 tablespoons extra virgin olive oil
 - 2 tablespoons balsamic vinegar
 - 1 tablespoon lemon juice
 - 1 teaspoon Dijon mustard
 - Salt and black pepper to taste

Instructions:

- **Cook the Quinoa:** Rinse quinoa under cold water until the water runs clear. In a medium saucepan, bring 2 cups of water or vegetable broth to a boil. Add quinoa, reduce heat to low, cover, and simmer for 15 minutes or until all liquid is absorbed. Remove from heat and let stand for 5 minutes, then fluff with a fork.
- **Roast the Vegetables:** Preheat the oven to 400°F (200°C). Toss zucchini, red bell pepper, onion, and eggplant with 2 tablespoons of olive oil, salt, and black pepper. Spread the vegetables on a baking sheet in a single layer. Roast for about 20 minutes, stirring halfway through, until vegetables are tender and caramelized.
- **Prepare the Dressing:** In a small bowl, whisk together olive oil, balsamic vinegar, lemon juice, Dijon mustard, salt, and black pepper.
- **Combine the Salad:** In a large salad bowl, combine cooked quinoa, roasted vegetables, fresh parsley, and basil. Drizzle the dressing over the salad and toss to combine. Gently fold in crumbled feta cheese.
- **Serve:** Serve the salad warm or at room temperature.

Nutritional Information (per serving):

Calories: 350 | Protein: 10g | Carbohydrates: 45g | Fats: 16g | Fiber: 6g | Cholesterol: 8mg | Sodium: 300 mg | Potassium: 500mg



Garlic and Rosemary Roasted Potatoes

Servings: 4 | **Prep Time:** 10 mins | **Cook Time:** 20 mins

Ingredients:

- 2 pounds small new potatoes, halved or quartered if large
- 3 tablespoons extra virgin olive oil
- 4 cloves garlic, minced
- 2 tablespoons fresh rosemary, finely chopped
- Salt and black pepper to taste
- Optional: 1/2 teaspoon red pepper flakes for a spicy kick

Instructions:

- **Preheat the Oven:** Preheat your oven to 400°F (200°C).
- **Prepare the Potatoes:** Wash the potatoes and cut them into halves or quarters, depending on their size, to ensure they cook evenly.
- **Season the Potatoes:** In a large mixing bowl, toss the potatoes with olive oil, minced garlic, chopped rosemary, salt, and black pepper. Add red pepper flakes if desired for extra heat.
- **Roast the Potatoes:** Spread the potatoes in a single layer on a baking sheet. Make sure they are not overcrowded to allow them to roast properly. Roast in the preheated oven for about 35-40 minutes, or until golden and crispy. Stir halfway through the cooking time to ensure even browning.
- **Serve:** Remove the potatoes from the oven and transfer to a serving dish. Serve hot as a side dish with your choice of protein, such as grilled fish, chicken, or a plant-based alternative.

Nutritional Information (per serving):

Calories: 250 | Protein: 4g | Carbohydrates: 38g | Fats: 10g | Fiber: 4g | Cholesterol: 0mg | Sodium: 10 mg (varies with added salt) | Potassium: 925mg

Chapter 13: Desserts: Sweet Treats



Mediterranean Poached Pears

Servings: 4 | **Prep Time:** 10 mins | **Cook Time:** 25 mins

Ingredients:

- 4 ripe pears, peeled, halved, and cored
- 4 cups water
- 1/2 cup honey
- Juice of 1 lemon
- 2 cinnamon sticks
- 4 cloves
- 1 star anise
- Optional: 1/2 cup chopped walnuts for garnish
- Optional: 1/4 cup crumbled feta cheese for garnish

Instructions:

- **Prepare the Poaching Liquid:** In a large saucepan, combine water, honey, lemon juice, cinnamon sticks, cloves, and star anise. Bring the mixture to a simmer over medium heat, stirring occasionally to dissolve the honey.
- **Poach the Pears:** Add the pear halves to the simmering liquid, making sure they are submerged. Reduce heat to low and simmer gently for about 15-20 minutes, or until the pears are tender but not mushy. Carefully turn the pears occasionally to ensure even cooking.
- **Serve the Pears:** Using a slotted spoon, transfer the pears to serving dishes. Increase the heat under the poaching liquid and reduce it by half to create a syrup, about 5-10 minutes. Drizzle the reduced syrup over the pears.
- **Garnish and Finish:** Optional: Sprinkle chopped walnuts and crumbled feta cheese over the pears before serving.

Nutritional Information (per serving):

Calories: 240 | Protein: 2g | Carbohydrates: 57g | Fats: 3 g (if adding walnuts and feta) | Fiber: 5g | Cholesterol: 0mg | Sodium: 50 mg (if adding feta) | Potassium: 210mg



Tiramisu with Mascarpone and Espresso

Servings: 8 | **Prep Time:** 30 mins | **Chill Time:** 4 hours

Ingredients:

- 3 large eggs, separated
- 1/2 cup granulated sugar, divided
- 1 cup mascarpone cheese
- 1 cup strong espresso, cooled
- 1/2 cup coffee liqueur (optional, replace with espresso if omitted)
- 24 ladyfingers (preferably whole wheat if available)
- Unsweetened cocoa powder, for dusting
- Dark chocolate shavings, for garnish
- Optional: 1 teaspoon vanilla extract or a pinch of cinnamon for added flavour

Instructions:

- **Prepare the Egg Mixture:** In a large bowl, beat the egg yolks with 1/4 cup sugar until thick and pale. Incorporate the mascarpone until smooth. Add vanilla extract or cinnamon if using. In a separate bowl, with clean beaters, whisk the egg whites until soft peaks form. Gradually add the remaining 1/4 cup sugar, continuing to beat until stiff peaks form. Gently fold the egg whites into the mascarpone mixture.
- **Assemble the Tiramisu:** Combine the espresso and coffee liqueur in a shallow dish. Dip each ladyfinger into the espresso mixture for about 2 seconds on each side. Be careful not to soak them too long to avoid them falling apart. Arrange half of the soaked ladyfingers in a single layer in a 8x8-inch dish. Spread half of the mascarpone mixture over the ladyfingers. Repeat with another layer of soaked ladyfingers and mascarpone mixture. Smooth the top and cover with plastic wrap.
- **Chill:** Refrigerate the tiramisu for at least 4 hours, or overnight, to allow the flavours to meld together.
- **Serve:** Just before serving, dust the top with unsweetened cocoa powder and garnish with dark chocolate shavings.

Nutritional Information (per serving):

Calories: 340 | Protein: 7g | Carbohydrates: 33g | Fats: 18g | Fiber: 0.5g | Cholesterol: 120mg | Sodium: 75mg | Potassium: 60mg



Ricotta and Lemon Biscotti

Servings: 24 biscotti | **Prep Time:** 15 mins | **Cook Time:** 45 mins

Ingredients:

- 2 cups all-purpose flour (substitute with whole wheat flour for a healthier option)
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 3/4 cup granulated sugar
- 2 large eggs
- 1/2 cup ricotta cheese
- Zest of 2 lemons
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- Optional: 1/2 cup almonds, chopped (for texture and added nutrition)

Instructions:

- **Preheat the Oven:** Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
- **Mix Dry Ingredients:** In a bowl, whisk together the flour, baking powder, and salt.
- **Prepare Wet Ingredients:** In another large bowl, beat the sugar and eggs until well blended. Mix in the ricotta cheese, lemon zest, lemon juice, and vanilla extract until smooth.
- **Combine Ingredients:** Gradually add the dry ingredients to the wet mixture, stirring until just combined. Fold in the chopped almonds if using.
- **Shape the Dough:** Divide the dough in half. On the prepared baking sheet, form each half into a log about 12 inches long and 2 inches wide.
- **First Bake:** Bake for 25 minutes, or until the logs are lightly browned. Remove from the oven and let cool for 10 minutes.
- **Slice and Bake Again:** Reduce the oven temperature to 325°F (160°C). Cut the logs on a diagonal into 1/2-inch-thick slices. Lay the slices cut side down on the baking sheet. Bake for an additional 10 minutes on each side, or until the slices are dry and golden.
- **Cool and Serve:** Transfer the biscotti to a wire rack to cool completely.

Nutritional Information (per biscotto):

Calories: 110 | Protein: 3g | Carbohydrates: 16g | Fats: 3g | Fiber: 0.5g | Cholesterol: 20mg | Sodium: 70 mg | Potassium: 30mg



Dark Chocolate and Sea Salt Almond Clusters

Servings: 12 | **Prep Time:** 10 mins | **Cook Time:** 5 minutes (plus cooling time)

Ingredients:

- 8 ounces dark chocolate (70% cocoa or higher), chopped
- 1 1/2 cups whole almonds (preferably roasted, unsalted)
- 1/2 teaspoon coarse sea salt
- Optional: A pinch of crushed red pepper or cinnamon for a spicy or warm flavor

Instructions:

- **Melt the Chocolate:** Use a double boiler: Fill a pot with a couple of inches of water and bring to a simmer. Place a heatproof bowl over the pot, ensuring it doesn't touch the water. Add the chopped dark chocolate to the bowl, stirring occasionally until melted and smooth. Alternatively, you can melt the chocolate in the microwave in 20-second intervals, stirring in between, until fully melted.
- **Mix Almonds with Chocolate:** Add the whole almonds to the melted chocolate, stirring until all the almonds are evenly coated.
- **Form the Clusters:** Spoon out heaping tablespoons of the chocolate and almond mixture onto a baking sheet lined with parchment paper. Sprinkle a little sea salt over each cluster while the chocolate is still melted.
- **Cool the Clusters:** Allow the clusters to cool at room temperature or refrigerate for faster setting. They should harden within 30 minutes to 1 hour.
- **Serve or Store:** Once hardened, the clusters can be served immediately or stored in an airtight container for up to a week.

Nutritional Information (per serving):

Calories: 180 | Protein: 4g | Carbohydrates: 10g | Fats: 14g | Fiber: 3g | Cholesterol: 0mg | Sodium: 100 mg (from sea salt) | Potassium: 200mg



Pistachio Baklava

Servings: 24 | **Prep Time:** 30 mins | **Cook Time:** 50 mins

Ingredients:

For the Baklava:

- 1 package (16 oz) phyllo dough, thawed
- 2 cups pistachios, finely chopped
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cardamom

- 1 cup unsalted butter, melted

For the Syrup:

- 1 cup water
- 1 cup granulated sugar
- 1/2 cup honey
- 1 cinnamon stick
- 1 strip of lemon peel
- 1 strip of orange peel
- Juice of half a lemon

Instructions:

- **Preheat Oven and Prepare Pan:** Preheat the oven to 350°F (175°C). Grease a 9x13 inch baking dish with a little of the melted butter.
- **Prepare the Nut Mixture:** In a bowl, combine chopped pistachios, ground cinnamon, and cardamom.
- **Assemble the Baklava:** Layer 8 sheets of phyllo in the prepared dish, brushing each sheet generously with melted butter before adding the next. Sprinkle about 2 tablespoons of the nut mixture over the top. Repeat this process until all the nuts and phyllo are used, ending with about 6 layers of phyllo on top.
- **Cut the Baklava:** Using a sharp knife, cut into diamond or square shapes all the way to the bottom of the dish.
- **Bake:** Bake in the preheated oven for about 50 minutes, or until the baklava is golden and crisp.
- **Make the Syrup:** While the baklava is baking, combine water, sugar, honey, cinnamon stick, lemon peel, orange peel, and lemon juice in a saucepan. Bring to a boil, then reduce heat and let simmer for about 10 minutes. Remove from heat and let cool. Remove cinnamon stick and peels.
- **Finish the Baklava:** Remove the baklava from the oven and immediately pour the cooled syrup over the hot.

Nutritional Information (per serving):

Calories: 220 | Protein: 3g | Carbohydrates: 28g | Fats: 12g | Fiber: 1.5g | Cholesterol: 20mg | Sodium: 85 mg | Potassium: 95mg



Orange and Almond Flourless Cake

Servings: 8 | **Prep Time:** 15 mins | **Cook Time:** 60 mins

Ingredients:

- 2 large oranges
- 2 cups ground almonds (almond flour)
- 1 cup granulated sugar
- 6 eggs
- 1 teaspoon baking powder
- Optional: 1 teaspoon vanilla extract or a pinch of cinnamon for added flavour

Instructions:

- **Prepare the Oranges:** Wash the oranges and place them unpeeled in a large saucepan. Cover with water and bring to a boil. Reduce heat and simmer for about 2 hours or until soft. Remove the oranges from the water, allow them to cool, then cut them open, remove the seeds, and puree the oranges, including the peel, in a blender or food processor.
- **Preheat the Oven and Prepare Pan:** Preheat your oven to 375°F (190°C). Grease and line the bottom and sides of an 8-inch springform pan with parchment paper.
- **Mix the Cake Batter:** In a large bowl, beat the eggs and sugar together until thick and pale. Add the ground almonds, baking powder, and orange puree. Add vanilla extract or cinnamon if using. Mix well until combined.
- **Bake the Cake:** Pour the cake batter into the prepared pan. Bake in the preheated oven for about 60 minutes, or until a skewer inserted into the centre comes out clean. If the top of the cake starts to brown too quickly, cover it with aluminium foil.
- **Cool and Serve:** Remove the cake from the oven and let it cool in the pan for 10 minutes, then turn it out onto a wire rack to cool completely.

Nutritional Information (per serving):

Calories: 350 | Protein: 10g | Carbohydrates: 33g | Fats: 21g | Fiber: 4g | Cholesterol: 140mg | Sodium: 80 mg | Potassium: 200mg

Chapter 14: Desserts: Healthy Desserts



Chia Pudding with Coconut Milk and Mango

Servings: 4 | **Prep Time:** 10 mins | **Chill Time:** 4 hours or over-night

Ingredients:

- 1/4 cup chia seeds
- 1 cup unsweetened coconut milk
- 1 tablespoon honey or maple syrup (adjust based on sweetness preference)
- 1 teaspoon vanilla extract
- 1 ripe mango, peeled and diced
- Optional: A pinch of ground cardamom or cinnamon for extra flavor
- Optional for garnish: A few mint leaves or toasted coconut flakes

Instructions:

- **Mix the Chia Pudding:** In a medium bowl, combine the chia seeds, coconut milk, honey (or maple syrup), and vanilla extract. Stir well to mix. If using, add a pinch of ground cardamom or cinnamon to enhance the flavour.
- **Chill the Pudding:** Cover the bowl with a lid or plastic wrap. Refrigerate for at least 4 hours, or overnight, allowing the chia seeds to absorb the liquid and form a gel-like consistency.
- **Prepare the Mango:** While the pudding chills, peel and dice the mango. Store in the refrigerator until ready to use.
- **Assemble the Pudding:** Once the chia pudding has set, stir it well to break up any clumps. Spoon the pudding into serving dishes or glasses.
- **Add Toppings:** Top each serving with diced mango. Optionally, garnish with mint leaves or toasted coconut flakes for added flavor and texture.

Nutritional Information (per serving):

Calories: 180 | Protein: 3g | Carbohydrates: 24g | Fats: 8g
| Fiber: 5g | Cholesterol: 0mg | Sodium: 15 mg | Potassium:
200mg



Carrot and Raisin Muffins with Whole Wheat Flour

Servings: 12 muffins | **Prep Time:** 15 mins | **Cook Time:** 20–25 min

Ingredients:

- 1 1/2 cups whole wheat flour
- 1/2 cup rolled oats
- 3/4 cup brown sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup grated carrots
- 1/2 cup raisins
- 1/2 cup chopped walnuts (optional)
- 2 large eggs
- 1/2 cup olive oil
- 1/2 cup plain yogurt
- 1 teaspoon vanilla extract

Instructions:

- **Preheat the Oven and Prepare Muffin Tin:** Preheat your oven to 375°F (190°C). Line a 12-cup muffin tin with paper liners or grease the cups lightly with olive oil.
- **Mix Dry Ingredients:** In a large mixing bowl, combine whole wheat flour, rolled oats, brown sugar, baking powder, baking soda, salt, cinnamon, and nutmeg. Stir well to blend.
- **Add Carrots and Raisins:** Mix in the grated carrots, raisins, and optional walnuts to the dry ingredients, ensuring they are well coated and distributed.
- **Combine Wet Ingredients:** In another bowl, whisk together the eggs, olive oil, yogurt, and vanilla extract until smooth.
- **Make the Batter:** Add the wet ingredients to the dry ingredients, stirring just until the flour is moistened. Be careful not to overmix to keep the muffins light and fluffy.
- **Bake the Muffins:** Spoon the batter into the prepared muffin cups, filling each about three-quarters full. Bake for 20-25 minutes, or until a toothpick inserted into the centre of a muffin comes out clean.
- **Cool and Serve:** Let the muffins cool in the pan for 5 minutes, then transfer them to a wire rack to cool completely.

Nutritional Information (per serving):

Calories: 230 | Protein: 4g | Carbohydrates: 30g | Fats: 11g | Fiber:
3g | Cholesterol: 35mg | Sodium: 220mg | Potassium: 150mg



Baked Apples with Cinnamon and Walnuts

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 30 mins

Ingredients:

- 4 large firm apples (such as Granny Smith or Honeycrisp)
- 1/4 cup chopped walnuts
- 1/4 cup raisins or dried cranberries
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 2 tablespoons honey or maple syrup
- 1/2 cup apple juice or water
- Optional: 1/4 teaspoon ground cardamom or ginger for extra spice

Instructions:

- **Preheat the Oven:** Preheat your oven to 350°F (175°C).
- **Prepare the Apples:** Wash the apples and remove the cores, leaving the bottom intact to create a well. Slice a small amount off the bottom of each apple to ensure they sit flat in the baking dish.
- **Mix the Filling:** In a small bowl, combine the chopped walnuts, raisins (or dried cranberries), cinnamon, nutmeg, and optional cardamom or ginger. Drizzle with honey or maple syrup and mix until everything is well coated.
- **Stuff the Apples:** Spoon the filling into the hollowed-out center of each apple, pressing down slightly to pack it in.
- **Bake the Apples:** Place the stuffed apples in a baking dish. Pour the apple juice or water into the bottom of the dish around the apples. Bake in the preheated oven for about 30 minutes, or until the apples are tender but not collapsing.
- **Serve:** Serve the baked apples warm, spooning some of the cooking juices over the top.

Nutritional Information (per serving):

Calories: 210 | Protein: 2g | Carbohydrates: 40g | Fats: 5g | Fiber: 5g | Cholesterol: 0mg | Sodium: 5 mg | Potassium: 250mg



Frozen Berry and Coconut Yogurt Popsicles

Servings: 8 popsicles | **Prep Time:** 10 mins | **Freeze Time:** 4 hours

Ingredients:

- 2 cups mixed berries (such as strawberries, blueberries, raspberries)
- 2 cups Greek yogurt, unsweetened
- 1/2 cup coconut milk
- 1/4 cup honey or maple syrup (adjust sweetness to taste)
- 1 teaspoon vanilla extract
- Optional: a pinch of ground cinnamon or mint leaves for extra flavour

Instructions:

- **Prepare the Berries:** If using strawberries, hull and slice them. Leave smaller berries whole or halve them if they're large. Optionally, you can lightly mash the berries with a fork for a more integrated flavour and texture.
- **Blend the Mixture:** In a blender, combine the Greek yogurt, coconut milk, honey (or maple syrup), vanilla extract, and optional cinnamon or mint. Pulse a few times to mix. You can choose to blend until smooth or leave some chunks for texture.
- **Add the Berries:** Stir the berries into the yogurt mixture or layer them in the molds for a varied texture.
- **Fill the Popsicle Molds:** Spoon the mixture into popsicle molds. Insert sticks. Tap the molds gently on the counter to remove any air bubbles.
- **Freeze the Popsicles:** Freeze for at least 4 hours, or until firm.
- **Serve:** Run warm water over the outside of the molds for a few seconds to easily release the popsicles.

Nutritional Information (per serving):

Calories: 120 | Protein: 4g | Carbohydrates: 18g | Fats: 3g | Fiber: 2g | Cholesterol: 5mg | Sodium: 20 mg | Potassium: 150mg



Olive Oil and Lemon Cake

Servings: 8 | **Prep Time:** 15 mins | **Cook Time:** 35 mins

Ingredients:

- 1 1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup granulated sugar
- Zest of 2 lemons (about 2 tablespoons)
- 3/4 cup extra virgin olive oil
- 2 large eggs, at room temperature
- 1/2 cup plain yogurt
- 1/4 cup lemon juice
- 1 teaspoon vanilla extract
- Optional: 1 tablespoon fresh thyme or rosemary, finely chopped, for a herbal note

Instructions:

- **Preheat the Oven and Prepare the Pan:** Preheat your oven to 350°F (175°C). Grease a 9-inch round cake pan and line the bottom with parchment paper.
- **Mix Dry Ingredients:** In a medium bowl, whisk together the flour, baking powder, and salt.
- **Combine Sugar and Lemon Zest:** In a large mixing bowl, rub the granulated sugar and lemon zest together with your fingers until the sugar is moistened and fragrant.
- **Add Wet Ingredients:** To the sugar and zest mixture, whisk in the olive oil, eggs, yogurt, lemon juice, and vanilla extract until smooth. If using, stir in the optional chopped herbs.
- **Combine the Mixtures:** Gradually add the dry ingredients to the wet ingredients, stirring until just combined.
- **Bake the Cake:** Pour the batter into the prepared pan and smooth the top. Bake for about 35 minutes, or until a toothpick inserted into the centre comes out clean.
- **Cool the Cake:** Let the cake cool in the pan for 10 minutes, then turn out onto a wire rack to cool completely.

Nutritional Information (per serving):

Calories: 380 | Protein: 4g | Carbohydrates: 40g | Fats: 23g
 | Fiber: 1g | Cholesterol: 55mg | Sodium: 300mg | Potassium: 50mg



Avocado Chocolate Mousse

Servings: 4 | **Prep Time:** 15 mins | **Chill Time:** 1 hour

Ingredients:

- 2 ripe avocados, peeled and pitted
- 1/4 cup unsweetened cocoa powder
- 1/4 cup high-quality dark chocolate, melted
- 1/4 cup honey or maple syrup (adjust sweetness to preference)
- 1/3 cup coconut milk (for creaminess)
- 1 teaspoon vanilla extract
- Pinch of salt
- Optional: a pinch of chili powder or cinnamon for a unique twist

Instructions:

- **Prepare Ingredients:** Melt the dark chocolate gently using a double boiler or in the microwave in short bursts, stirring until smooth.
- **Blend the Mousse:** In a food processor, combine the avocados, cocoa powder, melted chocolate, honey (or maple syrup), coconut milk, vanilla extract, and salt. Blend until the mixture is very smooth and creamy. If desired, add chili powder or cinnamon and blend again.
- **Chill:** Transfer the mousse to a bowl or individual serving dishes. Cover and refrigerate for at least 1 hour to thicken and cool.
- **Serve:** Serve the mousse chilled with a garnish of fresh berries, a sprinkle of toasted nuts, or coconut flakes if desired.

Nutritional Information (per serving):

Calories: 290 | Protein: 4g | Carbohydrates: 34g | Fats: 18g
 | Fiber: 7g | Cholesterol: 0mg | Sodium: 75mg | Potassium: 487mg



Almond Butter and Banana Ice Cream

Servings: 4 | **Prep Time:** 10 mins | **Freeze Time:** 2 hours

Ingredients:

- 4 large ripe bananas, sliced and frozen
- 2 tablespoons almond butter
- 1/4 cup almond milk (adjust as needed for consistency)
- 1 teaspoon vanilla extract
- Optional: Pinch of cinnamon or nutmeg for extra flavour

Instructions:

- **Prepare Bananas:** Slice the bananas and place them in a single layer on a baking sheet lined with parchment paper. Freeze the banana slices until solid, at least 2 hours or overnight.
- **Blend the Ingredients:** Place the frozen banana slices in a food processor or high-powered blender. Add the almond butter, almond milk, and vanilla extract. Blend until the mixture is smooth and creamy, resembling soft serve ice cream. You may need to add a little more almond milk if the mixture is too thick or doesn't blend easily.
- **Optional Flavouring:** If desired, add a pinch of cinnamon or nutmeg and blend again to distribute the spice evenly.
- **Serve Immediately or Freeze:** For a soft-serve texture, serve the ice cream immediately. For a firmer consistency, transfer the ice cream to a freezer-safe container and freeze for an additional hour.

Nutritional Information (per serving):

Calories: 180 | Protein: 3g | Carbohydrates: 30g | Fats: 6g
 | Fiber: 4g | Cholesterol: 0mg | Sodium: 20 mg | Potassium:
 422mg



Date and Nut Energy Balls

Servings: 12 | **Prep Time:** 15 mins | **Cook Time:** None (Requires chilling)

Ingredients:

- 1 cup Medjool dates, pitted (about 10-12 dates)
- 1/2 cup raw almonds
- 1/2 cup walnuts
- 1/4 cup shredded unsweetened coconut
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract
- Optional: 1/4 teaspoon ground cinnamon or cardamom for added flavour

Instructions:

- **Prepare Ingredients:** If the dates are not soft, soak them in warm water for 10 minutes, then drain and pat dry.
- **Process Nuts:** In a food processor, pulse the almonds and walnuts until they are finely chopped but not ground into a powder.
- **Add Dates and Flavourings:** Add the pitted dates, shredded coconut, chia seeds, vanilla extract, and optional spices to the food processor. Process until the mixture forms a sticky, cohesive dough.
- **Shape the Energy Balls:** Using clean hands, roll the mixture into small balls, about the size of a walnut. Roll each ball in extra shredded coconut or crushed nuts if desired for a decorative finish.
- **Chill:** Place the energy balls on a baking sheet lined with parchment paper. Refrigerate for at least 1 hour to set, making them easier to handle and more cohesive.

Nutritional Information (per serving):

Calories: 150 | Protein: 3g | Carbohydrates: 18g | Fats: 8g
 | Fiber: 3g | Cholesterol: 0mg | Sodium: 5mg | Potassium:
 200mg



Strawberry Sorbet

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 0 mins

Ingredients:

- 4 cups fresh strawberries, hulled
- Juice of 1 large lemon
- 1/3 cup fresh basil leaves, finely chopped (optional for a unique twist)
- Optional: 1-2 tablespoons honey or agave syrup, adjusted to taste if more sweetness is desired

Instructions:

- **Prepare the Strawberries:** Wash and hull the strawberries. If they are very large, cut them into halves or quarters to ensure even blending.
- **Blend the Ingredients:** Place the strawberries, lemon juice, and optional basil leaves into a blender or food processor. Blend until the mixture is completely smooth. Taste and add honey or agave syrup if a sweeter sorbet is desired. Blend again if sweetener is added.
- **Freeze the Sorbet:** Pour the strawberry mixture into a freezer-safe container. Freeze for about 2 hours, then stir vigorously with a fork to break up any ice crystals. Return to the freezer and freeze until solid, about 1 more hour.
- **Serve:** Remove the sorbet from the freezer about 10-15 minutes before serving to soften slightly, making it easier to scoop. Serve in small bowls or dessert glasses.

Nutritional Information (per serving):

Calories: 70 | Protein: 1g | Carbohydrates: 17g (natural sugars from strawberries) | Fats: 0g | Fiber: 3g | Cholesterol: 0mg | Sodium: 2mg | Potassium: 220mg



Ricotta and Honey Tart

Servings: 8 | **Prep Time:** 20 mins | **Cook time:** 50 mins

Ingredients:

For the Crust:

- 1 1/2 cups whole wheat flour
- 1/4 teaspoon salt
- 1/4 cup olive oil
- 1/4 cup cold water

For the Filling:

- 2 cups ricotta cheese

- 1/4 cup honey, plus extra for drizzling
- 2 large eggs
- Zest of 1 lemon
- 1 teaspoon vanilla extract
- Optional: 1/2 teaspoon ground cinnamon or fresh nutmeg

Instructions:

- **Prepare the Tart Crust:** In a large mixing bowl, combine whole wheat flour and salt. Add olive oil and mix with a fork until the mixture resembles coarse crumbs. Gradually add cold water, stirring until the dough comes together. Press the dough into a flat disk, wrap in plastic wrap, and chill in the refrigerator for 30 minutes. Once chilled, press the dough evenly into the bottom and up the sides of a 9-inch tart pan. Preheat your oven to 375°F (190°C).
- **Make the Filling:** In another bowl, whisk together ricotta cheese, honey, eggs, lemon zest, vanilla extract, and optional cinnamon or nutmeg until smooth.
- **Assemble and Bake the Tart:** Pour the ricotta mixture into the prepared crust. Smooth the top with a spatula. Bake in the preheated oven for about 45-50 minutes, or until the filling is set and the crust is golden brown.
- **Cool and Serve:** Allow the tart to cool in the pan on a wire rack. Once cool, remove the tart from the pan. Drizzle with additional honey before serving.

Nutritional Information (per serving):

Calories: 280 | Protein: 10g | Carbohydrates: 30g | Fats: 14g (primarily healthy fats from olive oil) | Fiber: 3g | Cholesterol: 70mg | Sodium: 150mg | Potassium: 125mg

Chapter 15: Dinner: Vegetarian Dinners



Zucchini Noodles with Walnut Pesto

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 5mins

Ingredients:

- 4 medium zucchinis
- 1 cup fresh basil leaves
- 1/2 cup walnuts, toasted
- 2 cloves garlic
- 1/2 cup grated Parmesan cheese
- 1/3 cup extra virgin olive oil
- Juice of 1 lemon
- Salt and pepper to taste
- Optional: Red pepper flakes for heat

Instructions:

- **Prepare Zucchini Noodles:** Use a spiralizer to turn the zucchinis into noodles. Place the noodles in a colander, sprinkle with a little salt, and let them sit to draw out excess moisture. Pat dry with paper towels before cooking.
- **Make Walnut Pesto:** In a food processor, combine the basil, toasted walnuts, garlic, and Parmesan cheese. Pulse until coarsely chopped. With the processor running, gradually add the olive oil and lemon juice until the mixture is smooth. Season with salt and pepper to taste. For a spicier pesto, add red pepper flakes if using.
- **Cook Zucchini Noodles:** In a large skillet over medium heat, sauté the zucchini noodles in a drizzle of olive oil for 2-3 minutes until just tender.
- **Combine and Serve:** Remove the skillet from heat. Add the walnut pesto to the zucchini noodles and toss to combine evenly. Serve immediately, garnished with additional Parmesan cheese and a sprinkle of red pepper flakes if desired.

Nutritional Information (per serving):

Calories: 290 | Protein: 8g | Carbohydrates: 8g | Fats: 26g
| Fiber: 3g | Cholesterol: 11mg | Sodium: 200 mg | Potassium: 512mg



Butternut Squash Tagine

Servings: 6 | **Prep Time:** 20 mins | **Cook Time:** 45 min

Ingredients:

- 1 medium butternut squash, peeled, seeded, and cubed (about 4 cups)
- 2 tablespoons olive oil
- 1 large onion, finely chopped
- 3 garlic cloves, minced
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon cayenne pepper (optional for heat)
- 1 can (14.5 ounces) diced tomatoes
- 1 can (15 ounces) chickpeas, drained and rinsed
- 1 cup vegetable broth
- 1/2 cup dried apricots, chopped
- Salt and pepper to taste
- Fresh cilantro or parsley, chopped (for garnish)
- Optional: Sliced almonds or pine nuts for garnish

Instructions:

- **Sauté Vegetables:** Heat the olive oil in a large skillet or tagine over medium heat. Add the onion and garlic, sautéing until the onion becomes translucent, about 5 minutes.
- **Add Spices and Squash:** Stir in the cumin, coriander, cinnamon, and cayenne pepper. Cook for 1 minute until fragrant. Add the cubed butternut squash, tossing to coat with the spices.
- **Simmer the Tagine:** Add the diced tomatoes (with their juices), chickpeas, vegetable broth, and dried apricots. Bring the mixture to a boil, then reduce the heat to low and cover. Simmer gently for about 30-35 minutes, or until the squash is tender.
- **Final Seasoning:** Season with salt and pepper to taste. Adjust seasoning if necessary.
- **Serve:** Spoon the tagine into bowls and garnish with fresh cilantro or parsley and optional nuts for added texture.

Nutritional Information (per serving):

Calories: 250 | Protein: 6g | Carbohydrates: 45g | Fats: 7g |
Fiber: 9g | Cholesterol: 0mg | Sodium: 300mg | Potassium: 600mg



Stuffed Bell Peppers with Quinoa and Black Beans

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 30 mins

Ingredients:

- 4 large bell peppers, tops cut off and seeds removed
- 1 cup cooked quinoa
- 1 can (15 ounces) black beans, rinsed and drained
- 1 cup chopped tomatoes
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/4 cup chopped fresh parsley or cilantro
- 1/4 cup feta cheese, crumbled
- 2 tablespoons olive oil
- Salt and pepper to taste
- Optional: 1/4 cup pine nuts or sliced almonds for crunch

Instructions:

- **Preheat Oven:** Preheat your oven to 375°F (190°C).
- **Prepare the Peppers:** Cut the tops off the bell peppers and remove the seeds and membranes. Place the peppers upright in a baking dish that fits them snugly.
- **Cook the Filling:** Heat the olive oil in a skillet over medium heat. Sauté the onion and garlic until soft, about 3-4 minutes. Add the tomatoes, cumin, and chili powder, and cook for another 2 minutes. Stir in the cooked quinoa and black beans, and heat through. Remove from heat and stir in the chopped parsley or cilantro, and season with salt and pepper.
- **Stuff the Peppers:** Spoon the quinoa and bean mixture into each pepper, packing it down to fill the cavity completely. Sprinkle the crumbled feta cheese on top of each stuffed pepper. Optional: Add pine nuts or almonds on top for added texture.
- **Bake:** Cover the baking dish with aluminium foil. Bake in the preheated oven for about 25-30 minutes, or until the peppers are tender and the filling is hot.
- **Serve:** Serve the stuffed peppers hot, with additional fresh herbs or a drizzle of extra virgin olive oil if desired.

Nutritional Information (per serving):

Calories: 290 | Protein: 10g | Carbohydrates: 45g | Fats: 10g | Fiber: 9g | Cholesterol: 11mg | Sodium: 320 mg | Potassium: 640mg



Crispy Chickpea and Spinach Pitas

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 20 mins

Ingredients:

- 2 cups cooked chickpeas (or 1 can, drained and rinsed)
- 4 whole wheat pitas
- 2 cups fresh spinach, roughly chopped
- 1 large onion, thinly sliced
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons olive oil
- 1/2 cup plain Greek yogurt
- Juice of 1 lemon
- 1 tablespoon tahini
- Optional: Fresh herbs (e.g., cilantro or parsley), chopped tomatoes, or cucumber slices for garnish

Instructions:

- **Prepare Chickpeas:** Preheat your oven to 400°F (200°C). Pat the chickpeas dry with paper towels. Toss them with 1 tablespoon olive oil, cumin, smoked paprika, salt, and pepper. Spread the chickpeas on a baking sheet and roast in the oven for 15-20 minutes until crispy.
- **Sauté Vegetables:** While chickpeas are roasting, heat the remaining olive oil in a skillet over medium heat. Add the onion and garlic, sautéing until the onions are translucent. Add the spinach and cook until just wilted. Remove from heat.
- **Prepare Yogurt Sauce:** In a small bowl, combine Greek yogurt, lemon juice, and tahini. Stir until smooth.
- **Assemble Pitas:** Warm pitas in the oven or on a skillet just until they are pliable. Cut the top off each pita to open the pocket. Spoon some of the spinach and onion mixture into each pita, add crispy chickpeas, and drizzle with the yogurt sauce.
- **Garnish and Serve:** Garnish with fresh herbs, chopped tomatoes, or cucumber slices if desired. Serve immediately while the chickpeas are still crispy.

Nutritional Information (per serving):

Calories: 350 | Protein: 12g | Carbohydrates: 55g | Fats: 10g | Fiber: 9g | Cholesterol: 1mg | Sodium: 300 mg | Potassium: 450mg



Mediterranean Stuffed Portobello Mushrooms

Servings: 4 | **Prep Time:** 20 mins | **Cook Time:** 25 mins

Ingredients:

- 4 large portobello mushroom caps, stems removed
- 1 cup cooked quinoa
- 1 cup spinach, chopped
- 1/2 cup cherry tomatoes, halved
- 1/4 cup kalamata olives, chopped
- 1/4 cup crumbled feta cheese
- 2 cloves garlic, minced
- 1/4 cup red onion, finely diced
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Fresh parsley, for garnish

Instructions:

- **Preheat Oven:** Preheat your oven to 375°F (190°C).
- **Prepare the Mushrooms:** Gently clean the mushrooms with a damp towel and scoop out the gills with a spoon. Brush each mushroom cap with olive oil and set them on a baking sheet.
- **Make the Filling:** In a large bowl, combine the cooked quinoa, chopped spinach, cherry tomatoes, kalamata olives, feta cheese, garlic, and red onion. Drizzle with olive oil and balsamic vinegar, then season with oregano, salt, and pepper. Mix well until all ingredients are evenly distributed.
- **Stuff the Mushrooms:** Spoon the quinoa mixture into each mushroom cap, pressing down to pack the filling.
- **Bake:** Bake in the preheated oven for about 20-25 minutes, or until the mushrooms are tender and the filling is heated through.
- **Garnish and Serve:** Garnish with fresh parsley before serving.

Nutritional Information (per serving):

Calories: 200 | Protein: 6g | Carbohydrates: 18g | Fats: 12g
 | Fiber: 3g | Cholesterol: 8mg | Sodium: 300 mg | Potassium: 400mg



Greek Feta and Spinach Filo Pie

Servings: 6 | **Prep Time:** 20 mins | **Cook Time:** 40 mins

Ingredients:

- Filo Pastry: 10 sheets
- Spinach: 600 grams, fresh or frozen (thawed and drained)
- Feta Cheese: 200 grams, crumbled
- Ricotta Cheese: 100 grams
- Eggs: 3, beaten
- Onion: 1 large, finely chopped
- Garlic: 2 cloves, minced
- Olive Oil: 50 ml, plus extra for brushing
- Fresh Dill: 2 tablespoons, chopped
- Fresh Parsley: 2 tablespoons, chopped
- Nutmeg: A pinch, grated
- Salt and Pepper: To taste

Instructions:

- **Preheat Oven:** Preheat your oven to 350°F (175°C).
- **Prepare the Filling:** In a large skillet, heat olive oil over medium heat. Sauté the onion and garlic until soft and translucent. Add the spinach and cook until wilted. Let it cool slightly, then mix in the feta, ricotta, dill, parsley, nutmeg, beaten eggs, salt, and pepper.
- **Assemble the Pie:** Brush a baking dish (approximately 9x13 inches) with olive oil. Lay down two sheets of filo, brushing each with olive oil before adding the next. Let the edges of the filo hang over the sides of the dish. After laying down 6 sheets, spread the spinach and cheese mixture evenly. Cover the mixture with the remaining filo sheets, brushing each with oil. Fold the overhanging filo over the top and brush the entire top with olive oil.
- **Bake:** Place in the oven and bake for 40 minutes or until the filo is golden and crisp.
- **Cool and Serve:** Let the pie cool for several minutes before cutting into squares. Serve warm.

Nutritional Information (per serving):

Calories: 350 | Protein: 15g | Carbohydrates: 28g | Fats: 21g
 | Fiber: 3g | Cholesterol: 110mg | Sodium: 600mg | Potassium: 450mg



Vegetarian Moussaka with Zucchini and Lentils

Servings: 6 | **Prep Time:** 30 mins | **Cook Time:** 1 Hour

Ingredients:

- Green Lentils: 1 cup, dry
 - Zucchini: 3 medium, thinly sliced
 - Eggplant: 2 medium, thinly sliced
 - Olive Oil: 3 tablespoons, divided
 - Onion: 1 large, finely chopped
 - Garlic: 3 cloves, minced
 - Crushed Tomatoes: 1 can (400 grams)
 - Fresh Basil: 2 tablespoons, chopped
 - Cinnamon: 1 teaspoon
 - Allspice: ½ teaspoon
 - Salt and Pepper: To taste
- For the Béchamel Sauce:**
- Butter: 2 tablespoons
 - Flour: 2 tablespoons
 - Milk: 2 cups
 - Nutmeg: A pinch
 - Salt and Pepper: To taste
 - Parmesan Cheese: 50 grams, grated

Instructions:

- **Preheat Oven and Prepare Vegetables:** Preheat your oven to 375°F (190°C). Brush the eggplant and zucchini slices with 2 tablespoons olive oil and season with salt and pepper. Arrange on baking sheets and bake for 20 minutes or until soft.
- **Cook Lentils:** Rinse lentils and boil in water for 15-20 minutes until tender. Drain and set aside.
- **Prepare the Sauce:** Heat the remaining olive oil in a pan over medium heat. Sauté the onion and garlic until translucent. Add the crushed tomatoes, basil, cinnamon, allspice, salt, and pepper. Simmer for 10 minutes. Stir in the cooked lentils.
- **Make the Béchamel Sauce:** In a saucepan, melt the butter over medium heat. Add the flour and whisk for 1-2 minutes. Gradually add milk, stirring continuously until the sauce thickens. Season with nutmeg, salt, and pepper. Remove from heat and stir in half of the grated Parmesan.
- **Assemble the Moussaka:** In a baking dish, layer half the roasted vegetables, followed by the lentil sauce. Repeat the layers. Pour the béchamel sauce over the top and sprinkle with the remaining Parmesan.
- **Bake:** Bake in the preheated oven for 30 minutes, or until the top is golden and bubbly.
- **Serve:** Let cool for 10 minutes before serving. Can be served with a side of mixed greens.

Nutritional Information (per serving):

Calories: 350 | Protein: 14g | Carbohydrates: 45g | Fats: 14g | Fiber: 9g | Cholesterol: 20mg | Sodium: 300 mg | Potassium: 800mg



Cauliflower and Chickpea Curry with Fresh Cilantro

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 25 mins

Ingredients:

- Cauliflower: 1 large head, cut into florets
- Chickpeas: 1 can (400 grams), drained and rinsed
- Olive Oil: 2 tablespoons
- Onion: 1 large, diced
- Garlic: 3 cloves, minced
- Ginger: 1 tablespoon, freshly grated
- Tomatoes: 2 large, diced
- Coconut Milk: 1 can (400 ml)
- Turmeric Powder: 1 teaspoon
- Cumin Powder: 1 teaspoon
- Coriander Powder: 1 teaspoon
- Garam Masala: 1/2 teaspoon
- Chili Powder: 1/2 teaspoon (optional)
- Fresh Cilantro: 1/4 cup, chopped
- Salt and Pepper: To taste
- Lemon Juice: From 1 lemon

Instructions:

- **Prepare the Ingredients:** Heat olive oil in a large skillet over medium heat. Sauté onion, garlic, and ginger until onion is translucent and fragrant.
- **Cook the Spices:** Add turmeric, cumin, coriander, garam masala, and chili powder. Cook for 1 minute until spices are fragrant.
- **Add Vegetables and Chickpeas:** Add the cauliflower and chickpeas to the skillet. Stir well to coat with the spices. Add diced tomatoes and cook for 5 minutes until tomatoes start to break down.
- **Simmer the Curry:** Pour in the coconut milk and bring to a simmer. Reduce heat and let simmer for 15 minutes, or until the cauliflower is tender. Season with salt and pepper to taste.
- **Finish with Cilantro and Lemon:** Stir in chopped cilantro and lemon juice before removing from heat.
- **Serve:** Serve hot, garnished with additional cilantro. Ideal with steamed rice or flatbread.

Nutritional Information (per serving):

Calories: 280 | Protein: 9g | Carbohydrates: 30g | Fats: 16g | Fiber: 8g | Cholesterol: 0mg | Sodium: 300 mg | Potassium: 650mg

Chapter 16: Dinner: Seafood Dinners



Sea Bass with Artichokes and Capers

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 20 mins

Ingredients:

- Sea Bass Fillets: 4 (about 6 ounces each)
- Artichoke Hearts: 1 cup, quartered (canned or frozen and thawed)
- Capers: 2 tablespoons
- Olive Oil: 3 tablespoons
- Garlic: 3 cloves, minced
- White Wine: 1/2 cup
- Lemon Juice: 2 tablespoons
- Fresh Parsley: 1/4 cup, chopped
- Cherry Tomatoes: 1 cup, halved
- Salt and Pepper: To taste
- Lemon Slices: For garnish

Instructions:

- **Prepare the Ingredients:** Preheat the oven to 375°F (190°C). Pat the sea bass fillets dry and season with salt and pepper.
- **Sauté the Aromatics:** In a large oven-safe skillet, heat 2 tablespoons of olive oil over medium heat. Add the garlic and sauté until fragrant, about 1 minute.
- **Cook the Sea Bass:** Add the sea bass fillets to the skillet, skin side down, and cook until the skin is crispy, about 3-4 minutes. Carefully flip the fillets and cook for an additional 2 minutes.
- **Add Vegetables and Liquids:** Scatter the artichoke hearts, cherry tomatoes, and capers around the fish. Pour in the white wine and lemon juice.
- **Bake the Dish:** Transfer the skillet to the preheated oven. Bake until the fish is cooked through, and the vegetables are tender, about 10 minutes.
- **Garnish and Serve:** Sprinkle chopped parsley over the cooked fish and vegetables. Serve with lemon slices for an extra zest.

Nutritional Information (per serving):

Calories: 280 | Protein: 22g | Carbohydrates: 8g | Fats: 16g | Fiber: 3g | Cholesterol: 60mg | Sodium: 450 mg | Potassium: 500mg



Grilled Salmon with Lemon-Dill Sauce

Servings: 4 | **Prep Time:** 10 mins | **Cook Time:** 15 min

Ingredients:

- Salmon Fillets: 4 (6 ounces each)
- Olive Oil: 2 tablespoons
- Salt: 1/2 teaspoon
- Black Pepper: 1/4 teaspoon
- Fresh Dill: 3 tablespoons, chopped
- Lemon Juice: 3 tablespoons
- Garlic: 2 cloves, minced
- Greek Yogurt: 1/2 cup
- Cucumber: 1/2 cup, finely diced
- Lemon Zest: 1 teaspoon

Instructions:

- **Prepare the Grill:** Preheat your grill to medium-high heat.
- **Prepare the Salmon:** Brush the salmon fillets with 1 tablespoon of olive oil. Season both sides with salt and pepper.
- **Make the Lemon-Dill Sauce:** In a small bowl, combine Greek yogurt, lemon juice, remaining olive oil, chopped dill, garlic, cucumber, and lemon zest. Mix thoroughly until smooth and well combined. Chill in the refrigerator until ready to serve.
- **Grill the Salmon:** Place the salmon on the grill, skin side down. Grill for 6-7 minutes per side or until the salmon is fully cooked and flakes easily with a fork.
- **Serve:** Place each grilled salmon fillet on a plate. Spoon a generous amount of the lemon-dill sauce over the salmon. Garnish with additional dill or lemon slices if desired.

Nutritional Information (per serving):

Calories: 290 | Protein: 23g | Carbohydrates: 3g | Fats: 20g | Fiber: 1g | Cholesterol: 60mg | Sodium: 350mg | Potassium: 550mg



Mussels in White Wine Tomato Broth

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 20 mins

Ingredients:

- Fresh Mussels: 2 pounds, cleaned and debearded
- Olive Oil: 2 tablespoons
- Garlic: 3 cloves, finely chopped
- Shallots: 2, finely chopped
- Dry White Wine: 1 cup
- Canned Tomatoes: 14 ounces, diced
- Fresh Basil: 1/4 cup, chopped
- Fresh Parsley: 1/4 cup, chopped
- Red Pepper Flakes: 1/2 teaspoon (optional)
- Salt: To taste
- Black Pepper: To taste
- Lemon Wedges: For serving

Instructions:

- **Prepare the Ingredients:** Heat olive oil in a large pot over medium heat. Add garlic and shallots, sautéing until soft and fragrant, about 3-4 minutes.
- **Cook the Mussels:** Pour in the white wine and bring to a simmer. Add the cleaned mussels to the pot, cover, and cook for about 5-7 minutes until the mussels open up. Discard any that do not open.
- **Add Tomatoes and Herbs:** Stir in the diced tomatoes with their juice and continue to simmer. Add the chopped basil, parsley, red pepper flakes, salt, and black pepper. Cook for another 5 minutes, allowing flavours to meld.
- **Finish and Serve:** Taste and adjust seasoning if necessary. Serve the mussels and broth in deep bowls, accompanied by lemon wedges and a sprinkle of fresh herbs.

Nutritional Information (per serving):

Calories: 240 | Protein: 20g | Carbohydrates: 15g | Fats: 10g | Fiber: 2g | Cholesterol: 50mg | Sodium: 290 mg | Potassium: 700mg



Mediterranean Shrimp Skewers with Tzatziki Sauce

Servings: 4 | **Prep Time:** 20 mins (plus marinating time) | **Cook Time:** 10 mins

Ingredients:

- **For the Shrimp Skewers:**
 - Large Shrimp: 1 pound, peeled and deveined
 - Olive Oil: 2 tablespoons
 - Garlic: 2 cloves, minced
 - Lemon Juice: 2 tablespoons
 - Dried Oregano: 1 teaspoon
 - Paprika: 1 teaspoon
 - Salt: 1/2 teaspoon
 - Black Pepper: 1/4 teaspoon
- **For the Tzatziki Sauce:**
 - Wooden or Metal Skewers: 4-8, depending on size
 - Greek Yogurt: 1 cup
 - Cucumber: 1 small, grated and excess water squeezed out
 - Garlic: 1 clove, minced
 - Lemon Juice: 1 tablespoon
 - Fresh Dill: 2 tablespoons, finely chopped
 - Salt and Pepper: To taste

Instructions:

- **Marinate the Shrimp:** In a bowl, combine olive oil, garlic, lemon juice, oregano, paprika, salt, and pepper. Add the shrimp and toss to coat evenly. Cover and refrigerate for at least 30 minutes to marinate.
- **Prepare the Tzatziki Sauce:** In a separate bowl, mix Greek yogurt, grated cucumber, minced garlic, lemon juice, and dill. Season with salt and pepper to taste. Chill in the refrigerator until ready to serve.
- **Prepare and Cook the Skewers:** Preheat the grill or grill pan over medium-high heat. Thread the marinated shrimp onto skewers. Grill the shrimp for 2-3 minutes per side or until opaque and slightly charred.
- **Serve:** Serve the grilled shrimp skewers with a side of tzatziki sauce. Garnish with additional dill or lemon wedges if desired.

Nutritional Information (per serving):

Calories: 230 | Protein: 24g | Carbohydrates: 6g | Fats: 12g | Fiber: 1g | Cholesterol: 183mg | Sodium: 420 mg | Potassium: 240mg



Seafood Paella with Saffron and Fresh Herbs

Servings: 6 | **Prep Time:** 20 mins | **Cook Time:** 40 mins

Ingredients:

- Olive Oil: 3 tablespoons
- Onion: 1 large, finely chopped
- Garlic: 3 cloves, minced
- Red Bell Pepper: 1, diced
- Tomatoes: 2 medium, diced
- Short-grain Rice: 2 cups
- Chicken Broth: 4 cups
- Saffron Threads: A pinch, crushed
- Paprika: 1 teaspoon
- Salt: To taste
- Fresh Ground Pepper: To taste
- Mixed Seafood: 1 pound (including peeled shrimp, mussels, and squid rings)
- Peas: 1 cup, frozen
- Fresh Parsley: 1/4 cup, chopped
- Lemon Wedges: For serving

Instructions:

- **Prepare the Ingredients:** Heat the olive oil in a large skillet or paella pan over medium heat. Add the onion and garlic, sautéing until the onion is translucent. Stir in the red bell pepper and tomatoes, cooking until they are softened.
- **Cook the Rice:** Add the rice to the pan, stirring to coat it in the oil and vegetables. Pour in the chicken broth, bringing the mixture to a simmer. Sprinkle in the crushed saffron and paprika, seasoning with salt and pepper.
- **Add the Seafood:** Nestle the mixed seafood into the rice, distributing it evenly. Reduce the heat, cover, and let simmer for about 20 minutes, or until the rice is tender and the seafood is cooked through.
- **Finish the Paella:** Stir in the frozen peas, cooking until they are just heated through. Remove from heat and let the paella sit, covered, for 10 minutes to allow the flavours to meld.
- **Serve:** Garnish with fresh chopped parsley and serve with lemon wedges on the side.

Nutritional Information (per serving):

Calories: 380 | Protein: 28 | Carbohydrates: 52g | Fats: 10g | Fiber: 3g | Cholesterol: 95mg | Sodium: 780 mg | Potassium: 600mg



Garlic Butter Scallops with Spinach and Pine Nuts

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 10 mins

Ingredients:

- Sea Scallops: 1 pound, cleaned and patted dry
- Salt: ½ teaspoon
- Black Pepper: ¼ teaspoon
- Olive Oil: 2 tablespoons
- Unsalted Butter: 3 tablespoons
- Garlic: 4 cloves, minced
- Fresh Spinach: 4 cups
- Pine Nuts: ¼ cup, toasted
- Lemon Juice: From 1 lemon
- Fresh Parsley: 2 tablespoons, chopped
- Red Pepper Flakes: Optional, to taste

Instructions:

- **Prepare the Ingredients:** Season the scallops with salt and black pepper.
- **Cook the Scallops:** Heat olive oil in a large skillet over medium-high heat. Add scallops to the skillet, searing for about 2 minutes on each side until golden and cooked through. Remove scallops from the skillet and set aside.
- **Make the Garlic Butter Sauce:** In the same skillet, reduce the heat to medium and add butter. Once melted, stir in minced garlic, cooking for 1 minute until fragrant.
- **Add Spinach and Pine Nuts:** Add the fresh spinach to the skillet, sautéing until just wilted. Stir in the toasted pine nuts and cook for an additional minute.
- **Combine and Serve:** Return the scallops to the skillet, sprinkle with lemon juice, parsley, and red pepper flakes if using. Toss gently to combine and heat through.

Nutritional Information (per serving):

Calories: 295 | Protein: 20g | Carbohydrates: 6g | Fats: 22g | Fiber: 2g | Cholesterol: 55mg | Sodium: 485mg | Potassium: 480mg



Seared Tuna with Olive Tapenade

Servings: 4 | **Prep Time:** 20 mins | **Cook Time:** 10 mins

Ingredients:

- Tuna Steaks: 4 (6-ounce each), about 1-inch thick
 - Salt: ½ teaspoon
 - Freshly Ground Black Pepper: ¼ teaspoon
 - Olive Oil: 2 tablespoons for searing
 - Fresh Parsley: ¼ cup, chopped
 - Lemon Juice: 2 tablespoons
 - Garlic Cloves: 2, minced
 - Anchovy Fillets: 2 (optional)
 - Extra Virgin Olive Oil: 3 tablespoons
 - Fresh Thyme: 1 teaspoon or to taste
- For the Olive Tapenade:**
- Pitted Kalamata Olives: 1 cup
 - Capers: 2 tablespoons, drained

Instructions:

- **Prepare the Tapenade:** In a food processor, combine Kalamata olives, capers, parsley, lemon juice, garlic, anchovy fillets (if using), and thyme. Pulse until coarsely chopped. While processing, gradually add 3 tablespoons of olive oil until the mixture is well combined but still slightly chunky. Set aside.
- **Season and Sear the Tuna:** Pat the tuna steaks dry and season both sides with salt and pepper. Heat 2 tablespoons of olive oil in a skillet over high heat until just smoking. Sear the tuna steaks for about 1-2 minutes on each side for medium-rare, or longer depending on desired doneness.
- **Serve:** Slice the tuna steaks thinly and arrange on plates. Spoon a generous amount of olive tapenade over the top of each steak.

Nutritional Information (per serving):

Calories: 410 | Protein: 40g | Carbohydrates: 5g | Fats: 24g | Fiber: 2g | Cholesterol: 65mg | Sodium: 780 mg | Potassium: 600mg



Mediterranean Tuna and Potato Salad

Servings: 4 | **Prep Time:** 20 mins | **Cook Time:** 20 mins

Ingredients:

- 4 medium-sized red potatoes, scrubbed and cut into bite-sized pieces
- 2 cans (each 5 oz) of tuna in olive oil, drained
- 1 small red onion, thinly sliced
- 1 cup cherry tomatoes, halved
- 1/2 cup black olives, pitted and halved
- 1/4 cup capers, rinsed
- 2 hard-boiled eggs, peeled and quartered
- 1/4 cup fresh parsley, finely chopped
- 1/4 cup fresh basil leaves, torn
- Juice of 1 lemon
- 3 tablespoons extra virgin olive oil
- 1 clove garlic, minced
- Salt and freshly ground black pepper to taste
- Optional: crushed red pepper flakes for heat

Instructions:

- **Cook the Potatoes:** Place the potatoes in a large pot and cover with water. Bring to a boil over high heat, then reduce to a simmer. Cook until the potatoes are tender, about 15-20 minutes. Drain and let cool slightly.
- **Prepare the Salad Components:** In a large mixing bowl, combine the sliced red onion, cherry tomatoes, black olives, capers, and herbs (parsley and basil).
- **Make the Dressing:** In a small bowl, whisk together lemon juice, olive oil, minced garlic, salt, pepper, and red pepper flakes if using. Adjust the seasoning as needed.
- **Assemble the Salad:** Add the slightly cooled potatoes to the mixing bowl with the vegetables and herbs. Pour the dressing over the salad and gently toss to coat all ingredients. Flake the drained tuna and gently fold it into the salad, maintaining some chunkiness.
- **Finish and Serve:** Arrange the hard-boiled eggs around the salad or gently mix them in. Adjust seasoning if necessary.

Nutritional Information (per serving):

Calories: 350 | Protein: 22g | Carbohydrates: 33g | Fats: 15g (mostly from olive oil, which is a healthy fat) | Fiber: 4g | Cholesterol: 100mg | Sodium: 300 mg (varies based on the addition of salt and capers) | Potassium: 800mg



Baked Cod with Olives and Cherry Tomatoes

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 20 mins

Ingredients:

- Cod Fillets: 4 (6-ounce each)
- Cherry Tomatoes: 1 cup, halved
- Pitted Kalamata Olives: ½ cup, halved
- Garlic Cloves: 3, minced
- Extra Virgin Olive Oil: 3 tablespoons
- Fresh Basil: ¼ cup, chopped
- Dried Oregano: 1 teaspoon
- Salt: ½ teaspoon
- Black Pepper: ¼ teaspoon
- Lemon Zest: 1 teaspoon
- Lemon Juice: 2 tablespoons
- White Wine: ¼ cup (optional)

Instructions:

- **Preheat the Oven and Prepare the Baking Dish:** Preheat your oven to 400°F (200°C). Lightly grease a baking dish with 1 tablespoon of olive oil.
- **Season the Cod:** Pat the cod fillets dry with paper towels. Season both sides of the cod with salt, pepper, and dried oregano.
- **Assemble the Dish:** Place the cod fillets in the prepared baking dish. Scatter the cherry tomatoes, olives, and minced garlic around and over the cod. Drizzle the remaining olive oil and lemon juice over the cod and vegetables. If using, pour the white wine into the dish.
- **Bake:** Bake in the preheated oven for about 15-20 minutes, or until the cod is flaky and fully cooked.
- **Garnish and Serve:** Sprinkle chopped fresh basil and lemon zest over the baked cod. Serve immediately.

Nutritional Information (per serving):

Calories: 290 | Protein: 27 | Carbohydrates: 6g | Fats: 17g | Fiber: 2g | Cholesterol: 60mg | Sodium: 390 mg | Potassium: 600mg



Dorado with Vegetables and Light Dressing

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 15 mins

Ingredients:

- 4 Dorado (Mahi Mahi) fillets, about 6 oz each
- 2 tablespoons extra virgin olive oil
- 2 zucchinis, sliced into half-moons
- 2 red bell peppers, seeded and sliced
- 1 large red onion, sliced
- 2 cloves garlic, minced
- 1 lemon, juice and zest
- 1 tablespoon fresh thyme leaves (or 1 teaspoon dried thyme)
- 1 tablespoon fresh basil, chopped (optional: parsley or dill)
- Salt and freshly ground black pepper to taste
- Optional: a pinch of crushed red pepper flakes for heat

Instructions:

- **Preheat the Oven and Prepare the Baking Sheet:** Preheat your oven to 400°F (200°C). Line a baking sheet with aluminium foil or parchment paper for easy cleanup.
- **Prepare the Vegetables:** In a large bowl, toss the zucchini, red bell peppers, and red onion with 1 tablespoon of olive oil, salt, and pepper.
- **Roast the Vegetables:** Spread the vegetables evenly on the prepared baking sheet and roast in the oven for about 15 minutes, until tender and slightly caramelized.
- **Cook the Dorado:** While the vegetables are roasting, heat the remaining tablespoon of olive oil in a large skillet over medium-high heat. Season the Dorado fillets with salt, pepper, and optional red pepper flakes. Place the fillets in the skillet, skin-side down, and cook for about 4 minutes. Flip the fillets and cook for an additional 3-4 minutes or until the fish is opaque and flakes easily with a fork.
- **Make the Dressing:** In a small bowl, combine lemon juice, lemon zest, minced garlic, thyme, and basil. Whisk together to blend the flavours.
- **Assemble the Dish:** Arrange the roasted vegetables on a serving platter or individual plates. Place the cooked Dorado fillets on top of the vegetables.
- **Serve:** Drizzle the lemon herb dressing over the fish and vegetables just before

Nutritional Information (per serving):

Calories: 280 | Protein: 32g | Carbohydrates: 12g | Fats: 12g (mostly healthy fats from olive oil) | Fiber: 3g | Cholesterol: 125mg | Sodium: 150mg (varies based on the amount of added salt) | Potassium: 840mg

Chapter 17: Dinner: Meat and Poultry Dinners



Mediterranean Stuffed Chicken Breast with Spinach and Feta

Servings: 4 | **Prep Time:** 20 mins | **Cook Time:** 30 mins

Ingredients:

- Chicken Breasts: 4 large, boneless and skinless
- Fresh Spinach: 3 cups, chopped
- Feta Cheese: 1 cup, crumbled
- Sun-Dried Tomatoes: ¼ cup, chopped
- Garlic: 2 cloves, minced
- Olive Oil: 2 tablespoons
- Lemon Juice: 2 tablespoons
- Dried Oregano: 1 teaspoon
- Salt: ½ teaspoon
- Black Pepper: ¼ teaspoon
- Pine Nuts: 2 tablespoons (optional)
- Fresh Basil: ¼ cup, chopped

Instructions:

- **Prepare Chicken:** Preheat your oven to 375°F (190°C). Make a horizontal cut through the thickest part of each breast to create a pocket. Be careful not to cut all the way through.
- **Cook Spinach:** Heat 1 tablespoon of olive oil in a skillet over medium heat. Add garlic and sauté for 1 minute. Add spinach and cook until wilted, about 3-4 minutes. Remove from heat and let cool slightly.
- **Stuff Chicken:** In a bowl, mix the sautéed spinach, feta cheese, sun-dried tomatoes, pine nuts (if using), and half of the basil. Spoon the mixture into each chicken breast pocket and secure with toothpicks.
- **Season and Cook Chicken:** Brush the chicken with the remaining olive oil and season with salt, pepper, and dried oregano. Place chicken in a baking dish and sprinkle with lemon juice. Bake for 25-30 minutes, or until the chicken is thoroughly cooked.
- **Garnish and Serve:** Garnish with the remaining fresh basil before serving.

Nutritional Information (per serving):

Calories: 350 | Protein: 38g | Carbohydrates: 9g | Fats: 18g | Fiber: 2g | Cholesterol: 105mg | Sodium: 590mg | Potassium: 500mg



Herb-Roasted Chicken Thighs with Lemon and Olives

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 45 min

Ingredients:

- Chicken Thighs: 8 pieces, bone-in and skin-on
- Lemon: 1, thinly sliced
- Fresh Rosemary: 2 tablespoons, chopped
- Fresh Thyme: 1 tablespoon, leaves picked
- Garlic: 4 cloves, minced
- Green Olives: ½ cup, pitted
- Olive Oil: 3 tablespoons
- Paprika: 1 teaspoon
- Salt: 1 teaspoon
- Black Pepper: ½ teaspoon
- Red Onion: 1 large, sliced
- White Wine: ½ cup

Instructions:

- **Preheat Oven:** Preheat your oven to 375°F (190°C).
- **Prepare Chicken:** In a large bowl, combine olive oil, garlic, paprika, salt, pepper, rosemary, and thyme. Add chicken thighs and toss to coat evenly.
- **Layer Ingredients:** In a large roasting pan, spread sliced onions and lemon slices. Place marinated chicken thighs on top.
- **Add Olives and Wine:** Scatter olives around the chicken. Pour white wine into the pan.
- **Roast:** Place in the oven and roast for 45 minutes, or until the chicken is golden and fully cooked (internal temperature should reach 165°F).
- **Serve:** Garnish with additional fresh herbs if desired before serving.

Nutritional Information (per serving):

Calories: 420 | Protein: 35g | Carbohydrates: 9g | Fats: 28g | Fiber: 2g | Cholesterol: 142mg | Sodium: 800mg | Potassium: 450mg



Pork Tenderloin with Apricots and Sage

Servings: 4 | **Prep Time:** 20 mins | **Cook Time:** 30 mins

Ingredients:

- Pork Tenderloin: 1.5 pounds
- Dried Apricots: 1 cup, chopped
- Fresh Sage: 3 tablespoons, finely chopped
- Garlic: 3 cloves, minced
- Olive Oil: 2 tablespoons
- White Wine: ½ cup
- Chicken Broth: 1 cup
- Salt: 1 teaspoon
- Black Pepper: ½ teaspoon
- Red Onion: 1, thinly sliced
- Balsamic Vinegar: 1 tablespoon

Instructions:

- **Preheat the Oven:** Preheat your oven to 375°F (190°C).
- **Prepare the Pork:** Season the pork tenderloin with salt and black pepper. In a large skillet, heat olive oil over medium-high heat. Sear the pork on all sides until golden brown, about 2-3 minutes per side.
- **Make the Apricot Mixture:** In the same skillet, add the sliced onions and minced garlic, sautéing until softened. Add the chopped apricots, sage, and balsamic vinegar, cooking for another 2 minutes.
- **Deglaze and Roast:** Pour in white wine and chicken broth to deglaze the pan, scraping up any browned bits. Return the pork to the skillet and spoon some of the apricot mixture over it. Transfer the skillet to the preheated oven and roast for 20-25 minutes, or until the pork reaches an internal temperature of 145°F.
- **Rest and Serve:** Let the pork rest for 5 minutes before slicing. Serve with the apricot and sage sauce from the skillet.

Nutritional Information (per serving):

Calories: 380 | Protein: 30g | Carbohydrates: 22g | Fats: 18g | Fiber: 3g | Cholesterol: 85mg | Sodium: 620 mg | Potassium: 700mg



Turkey and Spinach Meatballs in Tomato Basil Sauce

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 25 mins

Ingredients:

- Ground Turkey: 1 pound
- Fresh Spinach: 2 cups, finely chopped
- Garlic: 2 cloves, minced
- Egg: 1, beaten
- Breadcrumbs: 1/3 cup
- Parmesan Cheese: 1/4 cup, grated
- Fresh Basil: 1/4 cup, chopped, plus extra for garnish
- Salt: 1 teaspoon
- Black Pepper: 1/2 teaspoon
- Olive Oil: 2 tablespoons
- Onion: 1, finely chopped
- Canned Crushed Tomatoes: 2 cups
- Dried Oregano: 1 teaspoon
- Red Pepper Flakes: 1/4 teaspoon (optional)

Instructions:

- **Preheat the Oven:** Preheat your oven to 400°F (200°C).
- **Mix Meatballs:** In a large bowl, combine the ground turkey, chopped spinach, minced garlic, beaten egg, breadcrumbs, grated Parmesan, chopped basil, salt, and black pepper. Mix until evenly combined.
- **Shape Meatballs:** Form the mixture into 1-inch meatballs and place them on a baking sheet lined with parchment paper.
- **Bake Meatballs:** Bake the meatballs in the preheated oven for 15-20 minutes, or until they are browned and cooked through.
- **Prepare Tomato Basil Sauce:** While the meatballs bake, heat olive oil in a large skillet over medium heat. Add the chopped onion and cook until translucent, about 5 minutes. Stir in the crushed tomatoes, dried oregano, and red pepper flakes. Simmer for 10 minutes. Taste and adjust seasoning as needed.
- **Combine and Simmer:** Add the baked meatballs to the tomato basil sauce and let them simmer together for an additional 5 minutes, allowing the flavours to meld.
- **Serve:** Serve the meatballs and sauce hot, garnished with fresh basil.

Nutritional Information (per serving):

Calories: 350 | Protein: 28g | Carbohydrates: 18g | Fats: 18g | Fiber: 4g | Cholesterol: 95mg | Sodium: 700mg | Potassium: 550mg



Beef Stew with Root Vegetables and Olives

Servings: 6 | Prep Time: 20 mins | Cook Time: 2 hours

Ingredients:

- Beef Chuck: 2 pounds, cut into 1-inch cubes
- Carrots: 3, peeled and sliced
- Parsnips: 2, peeled and sliced
- Potatoes: 2 large, peeled and cubed
- Onion: 1 large, chopped
- Garlic: 3 cloves, minced
- Beef Broth: 4 cups
- Canned Diced Tomatoes: 1 can (14.5 oz)
- Kalamata Olives: 1/2 cup, pitted and halved
- Fresh Rosemary: 2 teaspoons, minced
- Fresh Thyme: 2 teaspoons, minced
- Bay Leaves: 2
- Olive Oil: 2 tablespoons
- Salt: to taste
- Black Pepper: to taste
- Red Wine: 1/2 cup (optional)

Instructions:

- **Brown the Beef:** In a large pot or Dutch oven, heat the olive oil over medium-high heat. Season the beef chunks with salt and pepper. Add them to the pot and cook until browned on all sides, about 5-7 minutes. Remove the beef and set aside.
- **Sauté Vegetables:** In the same pot, add the onion and garlic, sautéing until the onion is translucent, about 5 minutes. Add carrots, parsnips, and potatoes, cooking for another 5 minutes.
- **Deglaze and Simmer:** Pour in the red wine (if using) to deglaze the pot, scraping up any browned bits from the bottom. Return the beef to the pot. Add diced tomatoes, beef broth, rosemary, thyme, and bay leaves. Bring to a boil.
- **Slow Cook:** Reduce the heat to low, cover, and simmer for 1.5 hours, or until the beef is tender.
- **Add Olives:** Stir in the Kalamata olives and simmer for an additional 30 minutes. Adjust seasoning with salt and pepper as needed.
- **Finalize:** Remove the bay leaves before serving.

Nutritional Information (per serving):

Calories: 450 | Protein: 35g | Carbohydrates: 35g | Fats: 20g | Fiber: 6g | Cholesterol: 90mg | Sodium: 700 mg | Potassium: 950mg



Beef Stroganoff with Mushrooms and Greek Yogurt

Servings: 6 | Prep Time: 15 mins | Cook Time: 30 mins

Ingredients:

- Beef Sirloin: 1.5 pounds, cut into thin strips
- Mushrooms: 2 cups, sliced
- Onion: 1 large, chopped
- Garlic: 3 cloves, minced
- Greek Yogurt: 1 cup (preferably full fat for creaminess)
- Beef Broth: 2 cups
- Dijon Mustard: 2 tablespoons
- Worcestershire Sauce: 1 tablespoon
- Olive Oil: 2 tablespoons
- Butter: 2 tablespoons
- Flour: 2 tablespoons (optional, for thickening)
- Paprika: 1 teaspoon
- Salt: to taste
- Black Pepper: to taste
- Fresh Parsley: 2 tablespoons, chopped (for garnish)

Instructions:

- **Prepare the Beef:** Season the beef strips with salt and pepper. In a large skillet, heat 1 tablespoon of olive oil over medium-high heat. Add the beef strips and cook until browned, about 3-4 minutes per side. Remove the beef from the skillet and set aside.
- **Sauté Vegetables:** In the same skillet, add the remaining olive oil and butter. Add the chopped onion and cook until translucent, about 5 minutes. Add the minced garlic and sliced mushrooms, cooking until the mushrooms are tender and have released their moisture, about 7-8 minutes.
- **Create the Sauce:** Sprinkle the flour over the mushroom mixture (if using) and stir to combine. Slowly pour in the beef broth, stirring constantly to avoid lumps. Add the Dijon mustard, Worcestershire sauce, and paprika. Stir to combine. Bring the mixture to a simmer and cook until slightly thickened, about 5-7 minutes.
- **Combine Ingredients:** Return the beef strips to the skillet and cook for another 5 minutes, allowing the beef to heat through. Remove the skillet from the heat and stir in the Greek yogurt until the sauce is creamy and well combined.
- **Season and Garnish:** Taste and adjust seasoning with salt and pepper as needed. Garnish with freshly chopped parsley.

Nutritional Information (per serving):

Calories: 320 | Protein: 32g | Carbohydrates: 12g | Fats: 16g | Fiber: 2g | Cholesterol: 90mg | Sodium: 480 mg | Potassium: 780mg



Roasted Duck with Orange and Rosemary

Servings: 4 | **Prep Time:** 20 mins | **Cook Time:** 2 hours

Ingredients:

- Duck: 1 whole (approximately 4-5 pounds)
- Oranges: 2, thinly sliced
- Rosemary: 4 sprigs, fresh
- Garlic: 4 cloves, minced
- Olive Oil: 2 tablespoons
- Salt: 1 teaspoon
- Black Pepper: 1 teaspoon
- Orange Juice: 1/2 cup (freshly squeezed)
- Honey: 2 tablespoons
- Balsamic Vinegar: 1 tablespoon

Instructions:

- Preheat Oven:** Preheat your oven to 375°F (190°C).
- Prepare Duck:** Rinse the duck under cold water and pat dry with paper towels. Trim any excess fat and remove the giblets from the cavity. Rub the duck inside and out with olive oil, salt, and black pepper. Place half of the orange slices and two sprigs of rosemary inside the duck cavity.
- Prepare Orange-Rosemary Mixture:** In a small bowl, mix the minced garlic, orange juice, honey, and balsamic vinegar.
- Roasting:** Place the duck on a rack in a roasting pan, breast side up. Brush the duck with the orange-rosemary mixture. Arrange the remaining orange slices and rosemary sprigs around the duck in the roasting pan.
- Cooking:** Roast the duck in the preheated oven for about 2 hours or until the internal temperature reaches 165°F (74°C). Baste the duck with the pan juices every 30 minutes to keep it moist and flavourful. In the last 30 minutes of roasting, increase the oven temperature to 400°F (200°C) to crisp the skin.
- Resting:** Remove the duck from the oven and let it rest for 15 minutes before carving.

Nutritional Information (per serving):

Calories: 450 | Protein: 30g | Carbohydrates: 12g | Fats: 32g | Fiber: 1g | Cholesterol: 150mg | Sodium: 350 mg | Potassium: 500mg



Lamb Chops with Rosemary and Garlic

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 20 mins

Ingredients:

- Lamb Chops: 8 (about 1 inch thick)
- Olive Oil: 3 tablespoons
- Garlic: 4 cloves, minced
- Fresh Rosemary: 2 tablespoons, chopped
- Salt: 1 teaspoon
- Black Pepper: 1 teaspoon
- Lemon Juice: 2 tablespoons (optional for added zest)
- Red Pepper Flakes: 1/4 teaspoon (optional for a bit of heat)

Instructions:

- Marinate the Lamb Chops:** In a bowl, mix olive oil, minced garlic, chopped rosemary, salt, black pepper, and lemon juice (if using). Rub the mixture evenly over the lamb chops, ensuring they are well coated. Let the lamb chops marinate for at least 30 minutes at room temperature or up to 2 hours in the refrigerator.
- Preheat Skillet or Grill:** Preheat a large skillet or grill over medium-high heat.
- Cooking:** If using a skillet, add a small amount of olive oil to the hot skillet. Place the lamb chops in the skillet or on the grill. Cook for about 4-5 minutes on each side for medium-rare, or until they reach your desired doneness. For well-done lamb chops, cook for an additional 2-3 minutes per side.
- Resting:** Remove the lamb chops from the heat and let them rest for about 5 minutes before serving. This helps the juices redistribute throughout the meat.

Nutritional Information (per serving):

Calories: 320 | Protein: 25g | Carbohydrates: 1g | Fats: 24g | Fiber: 0g | Cholesterol: 85mg | Sodium: 310mg | Potassium: 370mg



Lamb Ribs with Zucchini

Servings: 4 | **Prep Time:** 15 mins | **Cook Time:** 1 hours 20 mins

Ingredients:

- 2 lbs of lamb ribs
- 4 medium zucchinis, sliced into half-inch rounds
- 4 cloves of garlic, minced
- 1/4 cup of fresh rosemary, finely chopped
- 2 tablespoons of fresh thyme, finely chopped
- 1/4 cup of extra virgin olive oil
- Juice of 1 lemon
- Salt and freshly ground black pepper to taste
- Optional: crushed red pepper flakes for added heat

Instructions:

- **Marinate the Lamb:** In a large mixing bowl, combine the minced garlic, half of the rosemary, thyme, half of the olive oil, lemon juice, salt, and black pepper. Add the lamb ribs and coat them thoroughly with the marinade. Let sit for at least 30 minutes at room temperature or up to overnight in the refrigerator for deeper flavour.
- **Preheat the Oven:** Preheat your oven to 325°F (163°C).
- **Prepare the Zucchini:** Toss the sliced zucchini with the remaining olive oil, rosemary, salt, and pepper (and red pepper flakes if using) in a mixing bowl.
- **Roast the Lamb and Zucchini:** Place the marinated lamb ribs in a large roasting pan. Spread the seasoned zucchini around the lamb. Cover the pan with aluminium foil and roast in the preheated oven for about 1 hour. Remove the foil and increase the oven temperature to 375°F (190°C). Continue roasting for another 20 minutes or until the lamb is tender and the zucchini is golden and caramelized.
- **Final Seasoning:** Check for seasoning and adjust with more salt and pepper, if necessary, right before serving.

Nutritional Information (per serving):

Calories: 650 | Protein: 40g | Carbohydrates: 10g | Fats: 50g (includes healthy fats from olive oil) | Fiber: 3g | Cholesterol: 120mg | Sodium: 200 mg (varies based on the amount of added salt) | Potassium: 700mg



Pork with Honey-Mustard and Eggplant

Servings: 4 | **Prep Time:** 20 mins | **Cook Time:** 40 mins

Ingredients:

- 4 pork chops (about 1-inch thick)
- 2 medium eggplants, cut into 1/2-inch-thick slices
- 1/4 cup honey
- 2 tablespoons Dijon mustard
- 3 tablespoons extra virgin olive oil
- 2 cloves garlic, minced
- 1 teaspoon fresh rosemary, chopped (or 1/2 teaspoon dried)
- 1 teaspoon fresh thyme, chopped (or 1/2 teaspoon dried)
- Salt and freshly ground black pepper to taste
- Optional: red pepper flakes for added heat

Instructions:

- **Preheat the Oven and Prepare Eggplant:** Preheat your oven to 400°F (200°C). Arrange the sliced eggplant on a large baking sheet. Brush both sides of the eggplant slices with 2 tablespoons of olive oil and season with salt and pepper. Roast in the preheated oven for 20 minutes, turning once halfway through, until tender and golden.
- **Prepare the Honey-Mustard Glaze:** In a small bowl, combine honey, Dijon mustard, garlic, rosemary, thyme, and optional red pepper flakes. Mix well.
- **Cook the Pork:** While the eggplant is roasting, heat the remaining olive oil in a grill pan over medium-high heat. Season the pork chops with salt and pepper. Grill the pork chops for about 4-5 minutes on each side or until they reach an internal temperature of 145°F (63°C). In the last 2 minutes of grilling, brush the pork chops with the honey-mustard glaze, allowing it to caramelize slightly.
- **Final Assembly:** Once the eggplant and pork are cooked, arrange the eggplant slices on a platter and top with the glazed pork chops.

Nutritional Information (per serving):

Calories: 450 | Protein: 35g | Carbohydrates: 30g | Fats: 22g | Fiber: 6g | Cholesterol: 90mg | Sodium: 300 mg | Potassium: 800mg

Chapter 18: Shopping Lists and Index

Grocery shopping list

Breakfast Ingredients

- Eggs
- Vegetables: bell peppers, mushrooms, spinach, zucchini, onions, garlic, tomatoes
- Smoked salmon
- Fresh herbs: basil, parsley, dill
- Greek yogurt
- Oats
- Chia seeds
- Quinoa
- Dried fruits and nuts: walnuts, almonds, hazelnuts
- Honey
- Cinnamon, cardamom
- Figs
- Polenta
- Berries: strawberries, blueberries
- Bananas
- Mango, pineapple
- Citrus fruits: oranges, grapefruit
- Carrots
- Whole wheat flour
- Oat flour
- Baking powder

Lunch Ingredients

- Chicken breasts
- Tuna
- Chickpeas
- Hummus

- Pasta: whole wheat, penne
- Risotto rice
- Asparagus
- Cream, Parmesan, mozzarella cheese
- Feta cheese
- Flatbread
- Pita pockets
- Tzatziki sauce

Snack and Appetizer Ingredients

- Almonds
- Olives
- Sun-dried tomatoes
- Halloumi cheese
- Grape leaves
- Capers
- Prosciutto
- Melon
- Avocado
- Cherry tomatoes
- Hummus
- Crudites vegetables: carrots, celery

Salad Ingredients

- Mixed greens
- Lentils
- Beets
- Fennel
- Quinoa
- Pine nuts
- Citrus dressing ingredients

Side Dish Ingredients

- Brussels sprouts
- Couscous
- Green beans
- Zucchini
- Potatoes
- Dessert Ingredients
- Pears
- Mascarpone
- Espresso
- Dark chocolate
- Baklava ingredients: phyllo dough, pistachios
- Almond flour
- Coconut milk
- Dates
- Raisins
- Lemon
- Ricotta cheese

Dinner Ingredients (Vegetarian)

- Zucchini
- Butternut squash
- Quinoa
- Black beans
- Portobello mushrooms
- Lentils
- Cauliflower

Dinner Ingredients (Seafood)

- Sea bass
- Salmon
- Mussels
- Shrimp
- Scallops

- Tuna
- Cod
- Dorado

Dinner Ingredients (Meat and Poultry)

- Chicken breast, thighs
- Pork tenderloin
- Turkey
- Beef for stew and stroganoff
- Duck
- Lamb chops, ribs

General Pantry Items

- Olive oil
- Various spices: thyme, rosemary, sage, oregano
- Vegetable and chicken broth
- Canned tomatoes
- Rice, various types
- Dried herbs
- Balsamic vinegar
- Red and white wine

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- Quinoa Breakfast Bowl with Berries and Almonds, 22
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