

MEDITERRANEAN DIET COOKBOOK FOR BEGINNERS

**100+ Delicious and Easy to
Make Recipes for a Healthy Life
with a 21-Day Meal Plan|
Shopping List and Beautiful
Full-Color**



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1.The Mediterranean Diet: Origins, Principles, and Health Benefits

1.1. Brief History and Origins

The Mediterranean diet is not just a set of products but a way of life based on the traditional culinary habits of the countries washed by the Mediterranean Sea: Greece, Italy, Spain, France, and others. This type of diet is not new but reflects these regions' thousand-year history and culture.

Origins: Geographical location: The rich soils and warm climate of the Mediterranean contributed to the cultivation of abundant fruits, vegetables, olive oil, grains, and seafood.

Traditions: The culinary traditions of these regions have been formed over centuries passed down from generation to generation.

Scientific research: In the mid-20th century, scientists began to study the relationship between nutrition and the health of Mediterranean residents and found that they had a significantly lower risk of developing cardiovascular disease and other chronic diseases.

1.2. What is the Mediterranean diet aimed at?

Balanced nutrition: A combination of carbohydrates, proteins, and fats in an optimal ratio.

The diet mainly consists of plant foods: Vegetables, fruits, legumes, and whole grains.

Limitation of red meat and saturated fats: The emphasis is on fish, poultry, and olive oil.

Moderate alcohol consumption: Mainly red wine.

Regular meals: Small portions and frequent snacks.

Social component: Meals are eaten with family and friends, contributing to emotional well-being.

1.3. Health benefits

Numerous studies confirm that the Mediterranean diet has a positive effect on health:

Reduced risk of cardiovascular diseases: Due to the high monounsaturated fats, antioxidants, and fiber content.

Preventing type 2 diabetes: Lowering blood sugar levels and improving insulin sensitivity.

Reducing the risk of certain cancers, especially colon and breast cancer.

Improving brain function: The high antioxidants and polyunsaturated fatty acids content.

Reducing inflammation in the body: This helps prevent many chronic diseases.

Preventing obesity: Due to foods' high fiber content and low energy density.

Improving mood and quality of life: Regularly consuming various foods and the social component of nutrition improves overall well-being.

It is important to note that the Mediterranean diet is not strict but rather a way of life. It can be adapted to your taste preferences and national characteristics.

The main principles of the Mediterranean diet:

Olive oil: The primary source of fats.

Vegetables and fruits: Every day in large quantities.

Whole grains: A source of complex carbohydrates.

Legumes: Rich in protein and fiber.

Nuts and seeds: A source of healthy fats and vitamins.

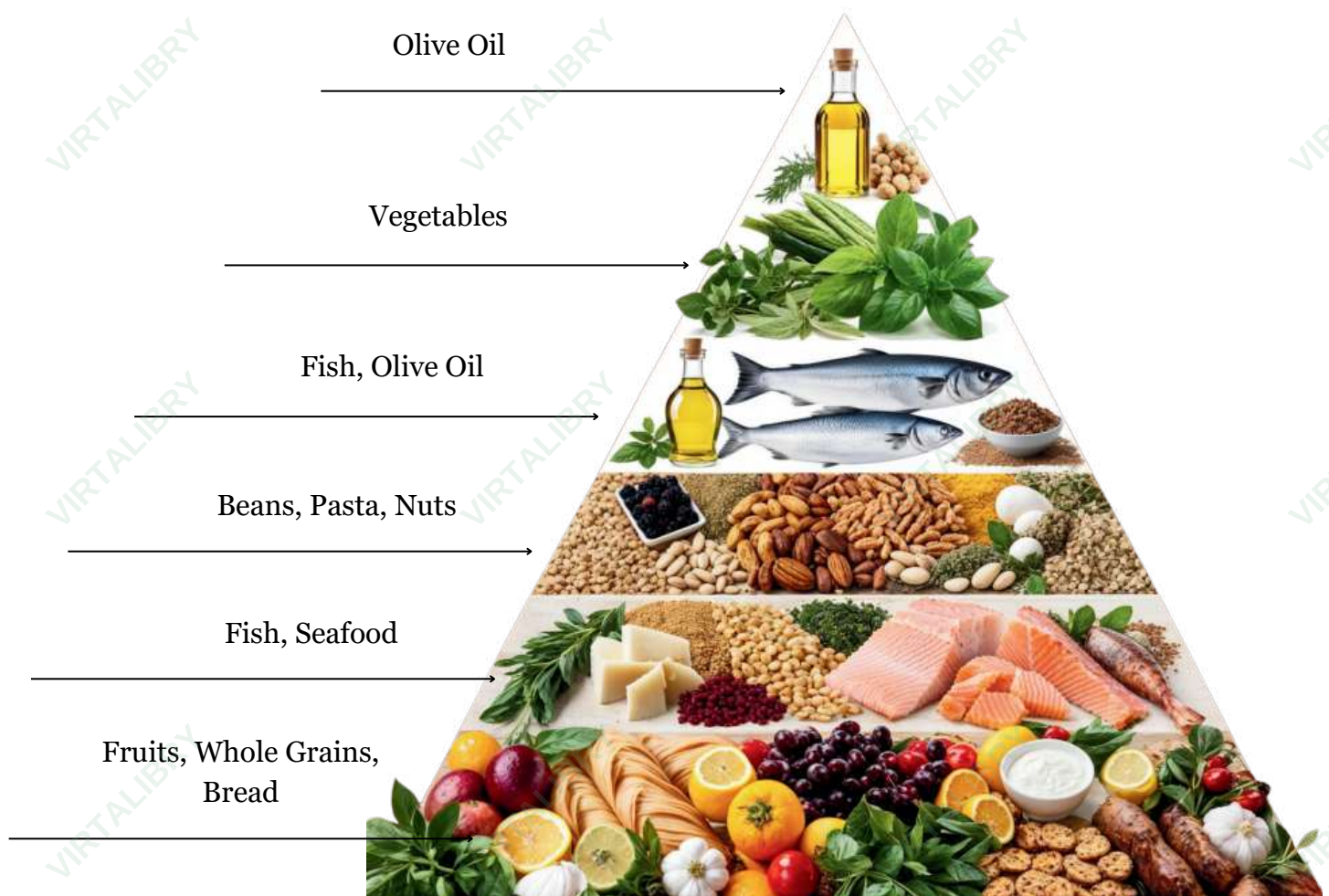
Fish and seafood: Several times a week.

Poultry and eggs: In moderation.

Dairy products: Low-fat.

Red wine: In moderation. I recommend consulting a nutritionist if you want to learn more about the Mediterranean diet.

Mediterranean Diet Pyramid.



2. Why this Cookbook?

My cookbook specifically targets individuals looking to improve heart health and lose weight. It provides over 100 easy-to-follow recipes that align with weight loss goals and heart-healthy diets.

21-Day Meal Plan & Shopping List:

This feature makes it easy for readers to commit to a structured program, simplifying meal planning and grocery shopping. It's especially beneficial for those who want to start eating healthier without feeling overwhelmed by choices.

2.1. Unique selling points

Accessible Recipes:

The cookbook offers recipes that are both healthy and easy to make. This approach removes the intimidation often associated with Mediterranean cooking, making it more accessible for everyday meals.

Diverse Regional Flavors:

Although centered around Mediterranean cuisine, your book may explore diverse flavors from Spain, Italy, Greece, Turkey, and more. This introduces a variety of tastes without being repetitive, keeping the cooking experience fresh and exciting.

Special Dietary Considerations:

The book could emphasize plant-based, gluten-free, and dairy-free recipes catering to various dietary needs. It appeals to those with dietary restrictions who want to enjoy flavorful meals.

Weight Loss Focus, but Not Restrictive:

The emphasis on healthy eating rather than strict dieting makes this book appealing to those who want to lose weight gradually and sustainably, enjoying food rather than feeling deprived.

2.2. Target audience

Beginners:

The easy-to-follow recipes and meal plans are perfect for novice cooks who may be intimidated by Mediterranean cuisine but want to incorporate healthier meals into their routine.

Health-Conscious Individuals:

Those seeking to improve their heart health, manage weight, or prevent lifestyle diseases will find value in the carefully curated recipes that promote wellness.

Busy Professionals and Families:

The 21-day meal plan and shopping list cater to busy people who need quick, efficient meal solutions. Focusing on simple yet nutritious meals is excellent for families aiming to eat healthier.

People with Dietary Restrictions:

Your cookbook, with options for various dietary needs, will appeal to vegans, vegetarians, gluten-sensitive individuals, and dairy-free diet followers.

Experienced Cooks Looking for Inspiration:

Even seasoned chefs who love Mediterranean cuisine will appreciate the fresh meal ideas, unique combinations, and structured meal plans for a balanced lifestyle.

3. Getting Started The Mediterranean diet is renowned for its health benefits and delicious flavors.

Here's how to start cooking this vibrant cuisine:

3.1 Pantry Staples: Essential ingredients to stock your kitchen. The Most Important Ingredients for Your Kitchen
The heart of Mediterranean cooking lies in fresh, simple ingredients. Stock your kitchen with these staples: Olive Oil is the cornerstone of Mediterranean cooking, used for everything from dressings to frying. Opt for extra virgin olive oil for its superior flavor and health benefits. Fresh Produce: Prioritize seasonal fruits and vegetables like tomatoes, cucumbers, peppers, onions, garlic, eggplant, zucchini, grapes, figs, and citrus fruits. Herbs and Spices: Flavor is critical! Stock up on oregano, basil, thyme, rosemary, mint, parsley, garlic, paprika, cumin, and cinnamon. Legumes: Beans, lentils, and chickpeas are excellent sources of protein and fiber. Grains: Choose whole grains like quinoa, barley, farro, and whole wheat bread. Seafood: Fresh fish and shellfish are popular in coastal Mediterranean regions. Dairy: Yogurt and cheeses like feta, halloumi, and mozzarella are used in moderation. Nuts and Seeds: Almonds, walnuts, pistachios, and sesame seeds add healthy fats and flavor.

3.2 Equipment: Basic tools for Mediterranean cooking: You don't need fancy equipment to cook Mediterranean food. Here are some essentials:

Good quality knives: A chef's knife, paring knife, and serrated knife are essential for chopping vegetables, slicing bread, and filleting fish. Cutting board: A sturdy wooden or plastic will protect your countertops.

Mixing bowls: A set of various sizes will come in handy for preparing salads, marinades, and doughs. Mortar and pestle: Ideal for grinding spices and making pesto. Large skillet: A cast iron or stainless steel skillet is perfect for sautéing vegetables and cooking fish. Baking sheet: Useful for roasting vegetables and baking bread. Grill pan:

This is used to achieve those delicious grill marks on vegetables and meats.

3.3 Tips & Techniques: Helpful advice for meal prepping, ingredient substitutions, and cooking methods. Valuable Tips on Preparing Mediterranean Dishes, Ingredient Substitutions, and Cooking Methods Embrace simplicity:

Mediterranean cuisine focuses on fresh, high-quality ingredients. Let their natural flavors shine. Use herbs and spices liberally:

Don't be afraid to experiment with different flavor combinations. Cook with olive oil: Use it for sautéing, roasting, grilling, and making dressings. Grill, bake, or sauté:

These cooking methods are healthy and preserve the flavors of the ingredients. Make your dressings and sauces:

Avoid store-bought options often high in sodium and unhealthy fats. Don't overcook vegetables:

They should be tender-crisp to retain nutrients and flavor. Ingredient Substitutions:

If you can't find a specific ingredient, don't worry! Here are a few substitutions:

Fresh herbs: 1 tablespoon fresh herbs = 1 teaspoon dried herbs Lemon juice: 1 tablespoon lemon juice = 1/2 tablespoon white wine vinegar Feta cheese:

Goat cheese or ricotta salata can be used as substitutes. By following these tips and stocking your kitchen with the essential ingredients and tools, you'll be well on your way to enjoying the delicious and healthy flavors of the Mediterranean!

4. Recipe Chapters

4.1. Breakfast



1. Greek Yogurt with Honey and Walnuts



Prep time:

15 min



Cook Time:

15 min



Servings:

2

Ingredients

- 1 cup plain Greek yogurt
- 1/4 cup chopped walnuts
- 2 tablespoons honey
- 1 teaspoon cinnamon (optional)
- A pinch of ground nutmeg (optional)

Fresh fruit, such as berries or sliced figs (optional)

Instructions:

Layer half the Greek yogurt, half the toasted walnuts, and 1 tablespoon of honey in two serving bowls or glasses. Repeat layers with the remaining ingredients. Add flavor: Sprinkle with cinnamon and a pinch of nutmeg for an extra layer of heat, if desired. Garnish and serve: Top with fresh fruit, such as berries or sliced figs, for added sweetness and visual appeal.



Note: Calories: 285 kcal

2. Shakshuka with Feta



Prep time:

15 min



Cook Time:

25 min



Servings:

4

Ingredients

- 2 tablespoons extra virgin olive oil
- 1 large onion, chopped
- 1 red bell pepper, seeded and chopped
- 2 cloves garlic, minced
- 1 teaspoon paprika (sweet or smoked, for a deeper flavor)
- 1/2 teaspoon cumin
- 1/4 teaspoon cayenne pepper
- 1 can crushed tomatoes
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1/2 cup vegetable broth
- 1 teaspoon sugar Salt and freshly ground black pepper, to taste 8 large eggs 4 ounces feta cheese, crumbled Fresh herbs for garnish (parsley, cilantro, or mint)

Instructions:

Gather all ingredients. In a large skillet, sauté the vegetables over medium heat with olive oil.

Saute the bell peppers and onion until soft, about 6 minutes.

Add the garlic and cook for another 1.5 minutes, until fragrant. To make the sauce, add the paprika, cumin, and cayenne.

Add your favorite diced tomatoes, vegetable broth, sugar, salt, and pepper.

Cook until the sauce thickens.

Boil the eggs: Using the back of a spoon, make eight indentations in the tomato sauce. Crack an egg into each indentation.

Preheat the oven to 190°C and bake for 10–15 minutes until the whites are set.

Sprinkle the finished dish with crumbled feta cheese and fresh herbs. Serve immediately with warm whole-grain bread or pita for dipping. Add your favorite spices if desired.



Note: Calories: 350 kcal

3. Spinach and Feta Omelet



Prep time:

5 min



Cook Time:

5-7 min



Servings:

1

Ingredients

- two large eggs
 - one tablespoon of milk or water
 - one-quarter teaspoon salt
 - black pepper to taste
 - one teaspoon of extra virgin olive oil
 - one clove of garlic, minced
 - one cup of baby spinach
 - one-quarter cup of feta cheese
 - one tablespoon of fresh dill
- cherry tomatoes and Kalamata olives

Instructions:

1. If desired, beat the eggs with water or milk and add your favorite spices, salt, and pepper.
2. Sauté the spinach and garlic for about 40 seconds until the appropriate format appears.
3. Cook until the spinach has wilted, about 2 minutes.
4. Add the egg mixture to the pan.
5. When the egg is done, fold it in half and lift it to drain.
6. Add the feta: When the omelet is almost set, sprinkle half with cheese.
7. To serve:
Fold the omelet in half with a spatula.
Cook for a few minutes, garnish with fresh herbs.
Serve immediately with cherry tomatoes and Kalamata olives.



Note: Calories: 350-400 kcal

4. Avocado Toast with Smoked Salmon



Prep time:

10 min



Cook Time:

5 min



Servings:

2

Ingredients

two slices whole grain bread
two tablespoons extra virgin olive oil
one ripe avocado
one tablespoon of lemon juice
fourth teaspoon of sea salt
fourth teaspoon of black pepper
four ounces of smoked salmon
one fourth cup cherry tomatoes
one-fourth red onion
two tablespoons allspice
one tablespoon capers
pinch of red pepper flakes for spice

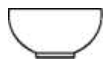
Instructions:

1. Before putting the bread in the toaster or oven, brush it with olive oil
2. Make the avocado puree:
Sprinkle the avocado with lemon juice mash, and season with salt and pepper.
Assemble all ingredients as shown in the photo. Spread the avocado puree evenly over the toasted bread. Layer the filling: Arrange the smoked salmon slices on top of the avocado. Top with cherry tomatoes, red onion slices, fresh dill, and capers.
Add the finishing touch:
Sprinkle with red pepper flakes.



Note: Calories: 400-500 kcal

5. Quinoa with Berries and Almonds



Prep time:
10 min



Cook Time:
20 min



Servings:
2

Ingredients

- one cup of quinoa
- one and a half cups of water
- half cup almond milk
- one tablespoon olive oil
- half teaspoon ground cinnamon
- one-quarter teaspoon of ground cardamom
- Salt
- one cup of mixed berries (such as blueberries, raspberries, and strawberries)
- one quarter cup sliced almonds, toasted
- two tablespoons of honey or maple syrup

Mint leaves

Instructions:

1. Toast the almonds in a dry frying pan for 3 minutes or until fragrant and lightly golden.

Set aside. Prepare the quinoa: Once cooked, remove from heat and stir in the olive oil, cinnamon, cardamom, and, of course, the almond milk. Divide the quinoa between two bowls. Top with berries and almonds and drizzle with maple syrup or honey. Garnish with fresh mint leaves. Cook the quinoa in salted water, covered, for about 15 minutes.



Note: Calories: 400-450 kcal

6. Breakfast Wrap



Prep time:
10 min



Cook Time:
5 min



Servings:
1

Ingredients

One whole-wheat tortilla
two tablespoons hummus
one large egg
one teaspoon olive oil
¼ cup chopped cucumber
¼ cup chopped tomato
two tablespoons crumbled feta cheese
one tablespoon chopped fresh parsley
½ teaspoon za'atar seasoning (optional)
Pinch of salt and black pepper

Instructions:

Heat the olive oil in a small frying pan over medium heat to make the egg. Crack the egg into it and cook until the white is set and the yolk is still runny, or season with salt and pepper to your taste.

Heat the flatbread in a dry frying pan or the microwave for a few seconds. Assemble the breakfast by spreading the hummus evenly over the flatbread. Top with the boiled egg, cucumber, tomato, feta cheese, and parsley. Sprinkle with za'atar, if using. Wrap and eat: Fold the bottom of the flatbread over the filling, then fold the sides over and roll tightly.



Note: Calories: 450-500 kcal

7. Oatmeal with Figs and Dates



Prep time:

5 min



Cook Time:

10 min



Servings:

2



Ingredients

- one cup of rolled oats
 - two cups of water or milk
 - one-fourth cup chopped walnuts for dried figs,
 - four Medjool dates, chopped
 - one tablespoon of olive oil
 - one-fourth teaspoon ground cinnamon pinch of ground nutmeg
 - two tablespoons of honey or maple syrup
- sliced fresh figs and chopped walnuts for garnish

Instructions:

1. Combine oats, water, or milk, chopped walnuts, chopped figs, dates, olive oil, cinnamon, and nutmeg in a medium saucepan.
2. Bring the mixture to a boil and simmer for 6-7 minutes, stirring occasionally, until the oats are cooked to your desired consistency.
3. Add honey or maple syrup to taste.

Divide the oatmeal between two bowls. Top with fresh fig slices, chopped walnuts, and maple syrup or honey.

Note: Calories: 400 kcal

8. Citrus and Olive Oil Cake



Prep time:

20 min



Cook Time:

45-55 min



Servings:

10



Ingredients

- 1½ cups all-purpose flour
 - 1½ teaspoons baking powder
 - ½ teaspoon baking soda
 - ¼ teaspoon salt
 - 1 cup granulated sugar
 - ¾ cups extra-virgin olive oil, plus more for greasing three large eggs
 - ½ cup plain Greek yogurt
 - Zest one lemon
 - Zest one orange
 - ½ cup freshly squeezed orange juice one tablespoon freshly squeezed lemon juice
 - Optional toppings: 1 teaspoon vanilla extract
 - ½ teaspoon ground cinnamon or cardamom
- ¼ cup chopped pistachios or almonds

Instructions:

Mix dry ingredients (baking soda and salt, flour and baking powder). Whisk together sugar, eggs, yogurt, lemon zest, orange zest, orange juice, lemon juice and olive oil. If using, add vanilla extract and spices at this point. Mix: Gradually add dry and wet ingredients until combined. Stay undermixed.

Place a greased and floured 9-inch cake pan in a preheated 350°F oven. Depending on your oven, the cake will bake in 45 to 55 minutes. Let it cool in the pan for about ten minutes.

Note: Calories: 320 kcal

9. Turkish Menemen

Ingredients

two tablespoons extra virgin olive oil
one medium yellow onion
one green bell pepper
two cloves garlic, minced
one red bell pepper
four large ripe tomatoes or one can of diced tomatoes
one tablespoon of tomato paste
Eggs: eight large eggs
Seasoning:
one teaspoon of dried oregano
half a teaspoon dried thyme
one-quarter teaspoon of red pepper flakes
Salt and freshly ground black pepper to taste
Fresh parsley, chopped
Crumbled feta cheese (optional)



Prep time:

15 min



Cook Time:

20 min



Servings:

4

Instructions:

Prepare the vegetables: Saute the bell pepper and onion in olive oil for 5-7 minutes. Add the garlic and cook for another minute, until fragrant. Prepare the tomatoes: Add the chopped tomatoes (or canned), tomato paste (if using), oregano, thyme, and red pepper flakes. Add your favorite spices, salt and pepper. Once boiling, simmer for about 10 minutes; the sauce should become thick, and the tomatoes should soften. Prepare the eggs: Make eight small wells in the tomato mixture. Crack an egg into each hole. Season the eggs with salt and pepper. Cover the skillet and cook for 5-7 minutes. Sprinkle with fresh parsley and crumbled feta cheese (if using). Serve hot straight from the skillet with a crust of bread for dipping.



Note: Calories: 280 kcal

10. Labneh with Za'atar and Olive Oil

Ingredients

- Nine hundred seven grams of plain whole milk yogurt.
- Two tsp. kosher salt
- One-fourth cup of extra virgin olive oil
- Three tbsp. Za'atar spice mix
- Fresh vegetables are to be served (cucumber, bell peppers, carrots, cherry tomatoes).
- Optional: Pita bread or crackers for dipping



Prep time:

10 min



Cook Time:

5 min



Servings:

4

Instructions:

Pour the yogurt into a fine-mesh sieve with cheesecloth or a clean kitchen towel. Place the sieve over a large bowl. Combine the yogurt and salt. Pour this mixture into the lined sieve. Place everything in the refrigerator for 24 hours to allow the whey to drain while covering it with plastic wrap. Put olive oil and two tablespoons of za'atar on the fire and heat for about 6 minutes, stirring. Do not allow the oil to boil. Remove from heat and allow to cool. Assemble the labneh: Transfer the thickened labneh to a serving bowl after straining the yogurt. Make a well in the center of the labneh and pour the cooled olive oil-infused za'atar into it. Sprinkle the remaining za'atar on top. Serve and enjoy: Arrange the fresh vegetables around the bowl of labneh. Serve with pita bread or crackers, if desired.



Note: Calories: 250 kcal

4.2. Snacks and Appetizers



1. Hummus with Pita

Bread



Prep time:

20 min



Cook Time:

10-12 min



Servings:

6

Ingredients

- For the hummus:
- One can of chickpeas
- One-fourth cup of sesame tahini paste
- One-fourth cup of fresh lemon juice
- Two garlic cloves, minced
- One-half teaspoon ground cumin
- One-fourth teaspoon paprika
- Salt and freshly ground black pepper to taste
- One-fourth cup olive oil, plus two tablespoons chopped fresh parsley (or cilantro, dill)
- Optional:
- One-fourth cup of roasted red peppers
- For the pita bread:
- one cup of warm water
- one teaspoon sugar
- two teaspoons of active dry yeast
- two and a half cups whole wheat flour, plus more for topping
- one teaspoon salt
- two tablespoons of olive oil

Instructions:

1. Dissolve the sugar and yeast in the warm water to prepare the pita bread.

Let stand for 5 minutes to allow the yeast to foam. Then, add the flour, salt, and olive oil.

Knead the dough on a lightly floured surface for 5-7 minutes until smooth and elastic. Allow to rest for an hour.

Take the dough out, knead it lightly, and divide it into six equal pieces. Roll out each piece into a 6-inch-diameter circle.

Cook each pita on a grill or skillet for 2 to 3 minutes on each side until lightly browned.

2. To make hummus, combine chickpeas, tahini, paprika, salt and pepper, lemon juice, garlic, and cumin.

Stir until smooth.

Pour a thin stream of olive oil into a food processor to make a creamy mixture. Add your favorite herbs, such as red pepper (if using).

3. Assemble and serve:

Vigorously place hummus on a platter, and add a little olive oil, favorite herbs, and pepper.

Serve with fresh vegetables (cucumber, carrots, bell peppers) with warm pita bread or as a spread for sandwiches.



Note: Calories: 350 kcal

2. Baba Ghanoush



Prep time:

15 min



Cook Time:

30-40 min



Servings:

4

Ingredients

- One large eggplant
- One-fourth cup of tahini
- Two tablespoons of fresh lemon juice
- Two cloves of garlic, minced
- One-fourth teaspoon ground cumin.
- Salt and freshly ground black pepper to taste
- Two tablespoons of olive oil, plus an additional portion for sprinkling
- Two tablespoons chopped fresh parsley (or cilantro, mint)
- Optional: one-fourth cup chopped red onion, one tablespoon pomegranate seeds

Instructions:

1. Roast the Eggplant:

Preheat oven to 400°F (200°C).

Pierce the eggplant all over with a fork.

Place the eggplant directly on the oven rack or on a baking sheet lined with parchment paper.

Roast for 30-40 minutes, or until the eggplant is soft and the skin is blackened.

Remove from oven and let cool slightly.

2. Prepare the Baba Ghanoush:

Once cool enough to handle, cut the eggplant in half lengthwise. Scoop out the flesh into a colander and let it drain for about 10 minutes to remove excess moisture.

In a food processor, combine the eggplant flesh, tahini, lemon juice, garlic, cumin, salt, and pepper. Process until smooth.

With the motor running, slowly drizzle in olive oil until creamy.

3. Assemble and Serve:

Transfer Baba Ghanoush to a serving bowl.

Drizzle with olive oil and garnish with fresh parsley, red onion (if using), and pomegranate seeds (if using).

Serve with warm pita bread, fresh vegetables (carrots, cucumbers, bell peppers), or as part of a mezze platter.



Note: Calories: 170 kcal

3. Tzatziki



Prep time: **Cook Time:** **Servings:**

15 min

N/A

8

Ingredients

Greek yogurt (plain, full-fat or low-fat):

2 cups Cucumber (English or Persian, grated):

1 cup (about one medium cucumber) Garlic (minced):

2 cloves Extra virgin olive oil:

2 tablespoons Fresh lemon juice:

1 tablespoon Dill (fresh, chopped):

2 tablespoons (optional: use mint for variation)

Salt: 1/2 teaspoon (adjust to taste) Ground black pepper:

1/4 teaspoon White vinegar:

1 teaspoon (optional, for tanginess) Freshly grated lemon zest:

1/2 teaspoon (optional)

Instructions:

1. Prepare the cucumber: Grate the cucumber using a box

grater or a food processor. Once grated, place the

cucumber in a clean kitchen towel or cheesecloth

and squeeze out as much moisture as possible. Removing excess water ensures the Tzatziki stays thick and creamy.

2. Combine yogurt and olive oil: Mix the Greek yogurt and extra virgin olive oil until well incorporated in a medium bowl. Olive oil enhances the richness and health benefits of the Mediterranean diet by adding heart-healthy monounsaturated fats.

3. Add garlic and lemon: Stir in the minced garlic, fresh lemon juice, and optional lemon zest. Garlic adds a robust flavor, while lemon provides freshness and acidity to balance the dish.

4. Season and customize: Add the squeezed cucumber, chopped dill (or mint for a variation), salt, pepper, and vinegar (if using). Taste and adjust seasoning as needed. The fresh herbs give the Tzatziki its signature Mediterranean flavor, and you can customize it based on preference (e.g., using more mint or omitting vinegar for a milder taste).

5. Chill and rest: Let the Tzatziki sit in the fridge for at least 30 minutes before serving to allow the flavors to meld. If you have time, chilling it for a few hours is even better.



Note: Calories: 78 kcal

4. Dolmades



Prep time: **Cook Time:** **Servings:**

30 min

45 min

4-5

Ingredients

• Grape leaves (fresh or canned):

• Twenty large leaves, rinse and drain

• Short-grain rice:

• 1/2 cup (100 g)

• Extra virgin olive oil:

• One-quarter cup (60 ml) divided

• Yellow onion: one small onion, finely chopped

• Garlic: two cloves, chopped

• Fresh parsley: two tablespoons, finely chopped

• Fresh dill: two tablespoons, finely chopped

• Fresh mint (optional):

• One tablespoon finely chopped

• Lemon juice: one-quarter cup (60 ml), divided

• Tomatoes: one small, finely chopped (optional for extra moisture and flavor)

• Pine nuts (optional):

• Two tablespoons Currants (optional):

• One tablespoon Vegetable broth (or water):

• One cup (240 ml)

• Ground black pepper: one-half teaspoon.

• Salt: one-half teaspoon

Instructions:

1. Prepare the grape leaves: canned leaves are very

tender. Blanch the leaves for 2 minutes. Drain

and set them aside to cool.

2. Prepare the filling:

Fry the onion with the olive oil, add the garlic, and fry for about 5 minutes until softened. Stir in the rice, tomatoes (if using), pine nuts, currants, parsley, dill, and mint. Cook for a further 2 minutes.

Pour half a lemon and 1/2 cup vegetable broth (or water) into the juice.

Cook under a lid until the rice is semi-cooked, about 10 minutes.

Add your favorite spices, pepper, and salt to taste, then remove from heat and let the mixture cool slightly.

3. Stuff the grape leaves: Place one leaf on a flat surface, shiny side down. Put about one tablespoon of the rice mixture in the center near the end of the leaf stem. Wrap like a tiny burrito by folding the sides inward and rolling up tightly. Repeat with the remaining leaves and filling.

4. Arrange and prepare the dolmades: Line the bottom of a large pan with a few grape leaves without the filling so they don't stick. Place the rolled dolmades in the pan with the wrong side down, pressing them tightly together. Drizzle the dolmades with olive oil and lemon juice. Pour in the remaining 1/2 cup vegetable broth (or water). Cover the dolmades with an inverted heatproof plate so they don't open up during cooking. Simmer under the lid until the grape leaves are tender, about 35 to 45 minutes; the rice should be done.



Note: Calories: 220 kcal

5. Spanakopita



Prep time: 25 min **Cook Time:** 45 min **Servings:** 8

Ingredients

- For the stuffing:
- One pound (450 g) of fresh spinach (or 16 ounces of frozen spinach, thawed and drained)
- One medium yellow onion, finely chopped
- two garlic cloves, minced
- Two tablespoons of olive oil (extra virgin, cold-pressed)
- One-fourth cup fresh dill, chopped (or one tablespoon dried dill)
- One-fourth cup of fresh parsley,
- one-fourth cup fresh parsley (optional)
- one-fourth cup fresh mint (optional)
- one-half teaspoon ground nutmeg, eight ounces (225 g) feta cheese, crumbled
- ½ cup ricotta or cottage cheese
- two large eggs
- Salt and pepper to taste
- One-fourth teaspoon of red pepper flakes (optional for spiciness)
- For phyllo crust: 12 sheets of phyllo dough (thawed if frozen)
- One-third cup of olive oil (to grease the layers)

Instructions:

1. Preheat oven to 375°F. Grease a 9x13-inch baking dish with olive oil.
2. Finely chop the spinach and sauté in olive oil for about 3-5 minutes or until wilted. Remove excess liquid by pressing the spinach with a spatula or pouring it through a fine sieve. Set aside to cool slightly. If using frozen spinach, thaw and drain well, pressing to remove as much water as possible.
3. Sauté the aromatics: Heat 1 tablespoon olive oil, add the onion and garlic, and sauté until translucent, about 5 minutes. Set aside to cool slightly.
4. For the filling: Combine the cooked spinach, crumbled feta cheese, onion, garlic, ricotta (or cottage cheese), chopped herbs (dill, parsley, and mint), nutmeg, red pepper flakes (if using), and eggs. Stir well to combine. Season with salt and pepper to taste.
5. Assemble the Spanakopita: Place a sheet of filo dough in the bottom of a greased baking dish, letting the edges hang over the sides. Brush lightly with olive oil. Add another sheet of filo dough, brush with olive oil, and repeat until you have six sheets. Spread the spinach mixture evenly among the filo layers. Place 6 more filo sheets on top of the filling, brushing each sheet lightly with olive oil. Fold the edges of the filo around the filling.
6. Score the top: Using a sharp knife, lightly score the top layer of filo into squares or diamonds to make cutting easier after baking.
7. Bake the sSpanakopitafor 40 to 45 minutes until the top is golden brown and crisp. Check it at the 35-minuteSpanakopitavoid over-browning.
8. Cool and serve after 10 minutes. During this time, the filling will cool and thicken.



Note: Calories: 310 kcal

6. Fried Calamari with Lemon



Prep time: 20 min **Cook Time:** 10 min **Servings:** 4

Ingredients

- one pound of squid peeled and cut into rings, tentacles left whole
- half a cup of whole-grain flour
- one-fourth cup of corn flour
- half a teaspoon of dried oregano
- half a teaspoon of garlic powder
- one-fourth teaspoon smoked paprika
- one-fourth teaspoon salt
- one-fourth teaspoon of black pepper
- one-fourth cup of extra virgin olive oil
- Juice of one lemon
- half a tablespoon of chopped fresh parsley
- half a slice of lemon to serve
- Additional filling: a pinch of red pepper flakes for sharpness
- half a teaspoon of dried thyme
- one-fourth cup of grated parmesan cheese (for extra flavor)

Instructions:

1. Prepare the squid: Rinse the squid under cold water and pat dry.
2. Combine the dry ingredients: In a shallow bowl, combine the whole wheat flour, cornmeal, oregano, garlic powder, paprika, salt, and pepper.
3. Coat the squid: Dredge the squid rings and tentacles in the flour mixture, making sure they are evenly coated.
4. Fry the squid: Carefully add the squid to the hot olive oil in batches, carefully not to overcrowd the pan. Cook for a few minutes on each side or until golden and crisp.
5. Drain and season: Place the squid on a plate lined with paper towels to drain excess oil.
6. Toss with lemon and parsley: Transfer the squid to a serving bowl and toss with lemon juice and chopped parsley.
7. Serve immediately: Garnish with lemon wedges and serve hot. Serving Suggestions: Enjoy as an appetizer with marinara sauce or aioli. Serve over a bed of mixed greens for a light and filling salad – pair with a glass of crisp white wine.



Note: Calories: 280 kcal

7. Marinated Olives with

Lemon

Ingredients

One cup of pitted Kalamata olives
1 cup pitted green olives
(Castelvetro or Cerignola recommended)
1/4 cup extra virgin olive oil two
tablespoons lemon juice, freshly
squeezed two cloves garlic, thinly
sliced one tablespoon fresh rosemary,
finely chopped one teaspoon fresh
thyme leaves
1/2 teaspoon red pepper flakes
(optional)
Zest of 1 lemon Freshly ground black
pepper, to taste Customizable
elements:
Olives: Feel free to use your favorite
olive varieties.
A mix of colors and sizes adds visual
appeal.
Herbs: Experiment with other
Mediterranean herbs like oregano,
marjoram, or basil. Spices: Add a pinch
of coriander or fennel seeds for an
extra layer of flavor.



Prep time:

15 min



Cook Time:

None



Servings:

8



Instructions:

1. Combine olives, olive oil, lemon juice, garlic, rosemary, thyme, red pepper flakes, lemon zest, and black pepper and toss together.
2. Marinate: Toss thoroughly to coat olives evenly.
3. Refrigerate for 2 hours, preferably overnight, to allow the flavors to meld. The longer they marinate, the more intense the flavor.
4. Serve: Bring olives to room temperature before serving. Serving Suggestions: Enjoy as a simple appetizer with crusty bread or crackers. Add to salads for a savory, salty kick. Use as a topping for pizza or flatbreads. Include in a Mediterranean meze platter with hummus, feta, and pita.

Note: Calories: 100 kcal

8. White Bean Dip with

Rosemary and Garlic

Ingredients

- one (15-ounce) can of cannellini beans, rinsed and drained
- one-fourth cup extra-virgin olive oil, plus extra for drizzling
- one-fourth cup fresh rosemary leaves, finely chopped two cloves garlic, roasted or raw
- two tablespoons of lemon juice
- one-fourth teaspoon salt, or to taste
- one-fourth teaspoon black pepper, or to taste
- pinch red pepper flakes
- two tablespoons water, or as needed to achieve desired consistency. Additional toppings for individual garnish:
- one-fourth cup chopped fresh parsley or oregano one tablespoon chopped sun-dried tomatoes
- one-fourth cup pitted Kalamata olives, chopped two tablespoons crumbled feta cheese



Prep time:

10 min



Cook Time:

5 min



Servings:

6



Instructions:

1. Prepare the garlic: If using roasted garlic, preheat oven to 400°F (200°C). Roast the garlic in foil for 20 to 25 minutes or until softened. Once the roasted garlic has cooled, squeeze out the skins. If using raw garlic, mince it finely.
2. Combine ingredients: In a food processor, combine rinsed and drained cannellini beans, olive oil, rosemary, garlic (roasted or raw), lemon juice, salt, pepper, and red pepper flakes, if desired.
3. Blend until smooth: Pulse mixture until completely smooth, stopping to combine.
4. Adjust consistency: Add water, one tablespoon at a time, until thickened.
5. Taste and adjust: Taste the sauce and adjust seasonings as needed. You can add more salt, pepper, lemon juice, or herbs.
6. Chill and serve: For best flavor, cover the sauce and refrigerate for 30 minutes. Then serve.

Note: Calories: 200 kcal

9. Roasted Red Pepper and Walnut Dip

Ingredients

- three large red bell peppers
- one cup of walnuts, toasted
- two tablespoons extra virgin olive oil, plus more for sprinkling
- three tablespoons breadcrumbs (whole grain or gluten-free)
- two tablespoons of pomegranate molasses
- one clove of garlic, minced
- one tablespoon of lemon juice
- one teaspoon of ground cumin
- half a teaspoon Aleppo pepper or
- one-quarter teaspoon of red pepper flakes
- Salt and freshly ground black pepper to taste

Optional: one or two tablespoons of chopped fresh parsley or mint for garnish



Prep time:

15 min



Cook Time:

20-25 min



Servings:

6

Instructions:

1. Roast the peppers: Preheat oven to 450°F (230°C).

Wash and dry the bell peppers. Place them on a parchment-lined baking sheet. Cook until skins are blistered, about 20 to 25 minutes.

2. Steam the peppers: Remove them from the oven and immediately place them in a bowl covered with plastic wrap. Let them sit for 10 minutes so the skins can peel easily.

3. Once cool, peel and seed the peppers.

4. Toss the peppers with toasted walnuts, olive oil, bread crumbs, pomegranate molasses, garlic, lemon juice, cumin, Aleppo pepper (your favorite spice), salt, and pepper.

5. Blend until smooth. 6. If the sauce is too thick, add a tablespoon of water or olive oil until you reach your desired consistency.

7. Garnish and serve: Transfer the sauce to a serving bowl. If desired, add a few drops of extra virgin olive oil, parsley, or mint.



Note: Calories: 200 kcal

10. Tomato Bruschetta

Ingredients

- One baguette, sliced into 1/2-inch thick rounds
- or one pound of ripe tomatoes, diced
- one-fourth cup extra-virgin olive oil, plus extra for drizzling
- one-fourth cup fresh basil leaves, minced
- two cloves garlic, minced
- two tablespoons balsamic vinegar
- one-fourth teaspoon of sea salt
- one-fourth teaspoon of black pepper
- Optional: one-fourth cup pitted Kalamata olives, chopped

Optional: two tablespoons of crumbled feta cheese



Prep time:

15 min



Cook Time:

10 min



Servings:

4

Instructions:

1. Prepare the bread: Place the baguette slices on a baking sheet. Drizzle with olive oil. Bake for 8-10 minutes until golden brown and crisp in a preheated oven at 200°C.

2. Add diced tomatoes, basil, garlic, balsamic vinegar, olive oil, salt, and pepper. Gently toss. If using Kalamata olives, add them at this stage.

3. Assemble the bruschetta: Once the bread is toasted, remove it from the oven. Rub each slice with a cut garlic clove. Drizzle with the tomato mixture.

4. Serve: Drizzle with extra virgin olive oil and sprinkle with feta cheese, if desired. Serve immediately.

Personalization:

Herbs: Experiment with other Mediterranean herbs like oregano, thyme, or marjoram for a spicy kick or red pepper flakes.

Optionally, sprinkle with toasted pine nuts for a nice crunch. Serving Suggestions: Enjoy as an appetizer or snack.

Pair with a chilled white wine like Pinot Grigio or Sauvignon Blanc.



Note: Calories: 250 kcal

4.3. Salad Recipes



1. Greek Salad



Prep time:

15 min



Cook Time:

None



Servings:

4

Ingredients

For the salad:

one cucumber, diced
one pint of cherry or grape tomatoes,
one green bell pepper,
half a red onion, thinly sliced
half a cup of Kalamata olives, pitted
and halved four ounces of feta
cheese,

two tablespoons fresh parsley,

Optional:

one tablespoon fresh oregano,
chopped

one tablespoon of fresh mint,

For the dressing:

one-third cup of extra-virgin olive oil
three tablespoons of red wine
vinegar

one lemon, juiced

one teaspoon of Dijon mustard

two cloves garlic, minced

half a teaspoon spoons dried
oregano

one-quarter teaspoon salt

one-quarter teaspoon black pepper.

Instructions:

1. Prepare the vegetables: Wash and dry all vegetables. Dice the cucumber and bell pepper, halve the tomatoes, thinly slice the red onion, pit and halve the olives.
2. Prepare the dressing by mixing Dijon mustard, olive oil, red wine vinegar, lemon juice, crushed garlic, dried oregano, salt, and pepper together.
3. Combine the salad ingredients: cucumber, tomatoes, bell pepper, red onion, olives, and fresh herbs (parsley, oregano, and mint, if desired).
4. Toss and serve: Pour the dressing over the salad and toss gently to coat. Drizzle with feta cheese before serving.

Customize: Feel free to vary the amount of herbs and spices to suit your taste. Add red pepper flakes if you like spicy peppers. Serving Suggestions: This Greek salad goes perfectly with grilled fish, chicken, or lamb. It can also be served with bread for sifting.



Note: Calories: 290 kcal

2. Caprese Salad



Prep time:

15 min



Cook Time:

0 min



Servings:

4

Ingredients

- two large ripe tomatoes, heirloom or beefsteak, sliced about 1/4 inch thick
- eight ounces fresh mozzarella cheese, preferably buffalo mozzarella, sliced about 1/4 inch thick
- 1/2 cup fresh basil leaves
- one-fourth cup Kalamata olives, pitted and halved
- two tablespoons extra-virgin olive oil
- two tablespoons balsamic vinegar
- Sea salt and freshly ground black pepper, to taste
- Optional toppings:
 - one clove of garlic, minced
 - one-fourth red onion, thinly sliced
 - two tablespoons chopped fresh oregano or thyme
- one-fourth cup of sun-dried tomatoes, packed in oil, drained, and crushed

Instructions:

1. Arrange tomato and mozzarella slices alternately on a platter.
2. Add basil: Sandwich fresh basil leaves between tomato and mozzarella slices.
3. Garnish with olives: Scatter Kalamata olives over the salad.
4. Drizzle a few drops of olive oil and balsamic vinegar over the salad.
5. Season: Season with sea salt and freshly ground black pepper to taste.
6. Optional toppings: If using, top the salad with minced garlic, red onion slices, oregano/thyme, or sun-dried tomatoes. Suggestions: Serve immediately as a light lunch, appetizer, or side dish. Pair with crusty bread for dipping in the flavorful juices. For a heartier meal, add pan-fried fish or chicken.



Note: Calories: 250-300 kcal

3. Tabbouleh

Ingredients

- For quinoa:
- one cup, rinsed
- two cups of water
- half a teaspoon of salt.
- For the salad:
- two cups finely chopped fresh parsley (about 2 bunches)
- one cup of finely chopped fresh mint leaves (about one bunch)
- one cup of finely chopped English cucumbers (about 1 cucumber)
- one cup finely chopped ripe tomatoes (about 2 medium)
- ½ cup finely chopped red onion (about 1 small)
- one-fourth cup of extra virgin olive oil
- one-fourth cup of freshly squeezed lemon juice (about 2 lemons)
- two cloves garlic, minced
- one teaspoon of ground cumin
- ½ teaspoon salt
- one-fourth teaspoon of black pepper
- Optional toppings:
- one-fourth cup chopped fresh dill
- one-fourth cup chopped green onions
- One-fourth cup chopped Kalamata olives and a pinch of red pepper flakes for spice.

 **Prep time:** 20 min

 **Cook Time:** 15 min

 **Servings:** 6

Instructions:

1. Add salt and water to the quinoa. Cook for 15 minutes on low heat under a closed lid until the water evaporates. Fluff with a fork and set aside to cool.
2. finely chop the herbs (parsley, mint, cucumber, tomatoes, and red onion) while cooking the quinoa. If you are using any additional additives, chop them as well.
3. For the dressing, mix lemon juice, garlic, cumin, salt, pepper, and, of course, olive oil.
4. Mix the salad: add the cooled quinoa, chopped vegetables, herbs, and additional additives to the dressing. Gently mix until everything is combined.
5. Put the dish in the refrigerator for 30 minutes so the flavors do not mix.



Note: Calories: 350 kcal

4. Fattoush Salad

Ingredients

- For the salad:
- two whole-grain pitas, cut into triangles
- two tablespoons extra virgin olive oil
- 1/2 teaspoon ground sumac
- one head of romaine lettuce, chopped
- one cucumber, diced
- two cups cherry tomatoes, halved
- 1/2 red onion, thinly sliced
- 1/2 cup fresh parsley, chopped
- 1/4 cup fresh mint, chopped
- Optional:
- 1/2 cup sliced bell pepper (red, yellow, or orange)
- For the dressing:
- one-quarter cup extra virgin olive oil,
- one-quarter cup lemon juice (freshly squeezed),
- two tablespoons pomegranate molasses (optional, but it adds a nice tangy sweetness),
- one clove garlic, minced,
- one teaspoon ground sumac,
- half teaspoon salt,
- one-quarter teaspoon black pepper.

 **Prep time:** 20 min

 **Cook Time:** 5 min

 **Servings:** 4

Instructions:

1. Prepare the pita chips: Preheat oven to 375°F (190°C). Brush pita triangles with olive oil and sprinkle with sumac. Place on a baking sheet and bake for 5-7 minutes until golden brown and crisp.
 2. Make the salad: Combine red onion, parsley, mint, lettuce, cucumber, and tomatoes to make a salad.
 3. Add olive oil, lemon juice, pomegranate molasses, garlic, sumac, salt, and pepper for the dressing.
 4. Assemble the salad: Add pita chips to a salad bowl. Drizzle with dressing and toss to combine.
- Makes a light lunch or a side dish for chicken, falafel, and fried fish. For a heartier meal, add chickpeas or fried halloumi cheese. Customization: Herbs: Feel free to experiment with other fresh herbs like dill, oregano, or cilantro. Red pepper flakes are a good option.



Note: Calories: 350-400 kcal

5. Chickpea Salad



Prep time:
15 min



Cook Time:
None



Servings:
4

Ingredients

- For the salad:
- two cans of chickpeas
- one cup of cherry or grape tomatoes
- one cucumber
- one red bell pepper
- half a red onion
- half a cup of Kalamata olives
- half a cup of crumbled feta cheese
- quarter cup of chopped fresh parsley
- quarter cup of chopped fresh mint
- For the dressing:
- quarter cup extra virgin olive oil
- three tablespoons of lemon juice
- one clove of garlic, minced
- one teaspoon of Dijon mustard
- half a teaspoon of dried oregano

Salt and freshly ground black pepper to taste

Instructions:

1. Combine the spices (oregano, salt, and pepper), olive oil, lemon juice, garlic, and Dijon mustard and toss to make the dressing.
2. combine the salad with parsley, mint, chickpeas, tomatoes, cucumber, bell pepper, red onion, olives, and feta cheese. Toss the salad with the dressing. Refrigerate for at least 30 minutes before serving.

Add your favorite herbs: Feel free to experiment with other fresh herbs, such as dill, basil, or chives. For a spicy kick, try red peppers.

Vegetables: Include other Mediterranean vegetables like artichokes, roasted red peppers, or sliced zucchini.

This dish is excellent as a main course. As a side dish, serve with whole grain bread or pitas. Enjoy with grilled fish, chicken, or lamb. It's a healthy, filling lunch on the go.



Note: Calories: 380 kcal

6. Lentil Salad with Feta and Herbs



Prep time:
20 min



Cook Time:
25 min



Servings:
6

Ingredients

- For the salad:
- one cup of brown or green lentils
- two cups of vegetable broth
- one cup of cherry or grape tomatoes,
- one cucumber, diced
- half red onion, finely chopped
- half cup pitted Kalamata olives, halved
- half cup crumbled feta cheese
- quarter cup chopped fresh parsley
- quarter cup chopped fresh mint
- two tablespoons chopped fresh dill
- For the dressing: quarter cup extra virgin olive oil
- three tablespoons of red wine vinegar
- one clove of garlic, minced
- half teaspoon Dijon mustard
- half a teaspoon of dried oregano

Salt and freshly ground black pepper to taste

Instructions:

1. Cook the lentils: Combine the lentils and vegetable broth in a medium saucepan and cook until tender but still holding their shape, about 20 to 25 minutes. Then let it cool.
 2. To make the dressing, stir together the Dijon mustard, olive oil, red wine vinegar, garlic, and spices (oregano, salt, and pepper).
 3. For the salad, combine the cooked lentils, cucumbers, red onion, olives, tomatoes, feta cheese, and your favorite herbs (parsley, mint, and dill).
 4. Dress the salad: Pour the dressing over the salad and toss gently to coat.
 5. For best flavor, chill the salad in the refrigerator for at least 30 minutes before serving.
- Use herbs of your choice, such as basil, oregano, or chives. Add a few red pepper flakes for a bit of heat, or if you don't like red peppers, add a pinch of cumin.

Vegetables: Other Mediterranean vegetables include bell peppers, roasted red peppers, or sliced zucchini. Lentils: Use French or black lentils for a different texture and flavor.



Note: Calories: 350 kcal

7. Roasted Vegetable

Salad

Ingredients

- Gemüse:
- 1 mittelgroße Zucchini, in Scheiben geschnitten (ca. 1 Tasse)
- 1 mittelgroße rote Paprika, in Scheiben geschnitten (ca. 1 Tasse)
- eine mittelgroße Aubergine, gewürfelt (ca. 1 ½ Tassen)
- 1 mittelgroße rote Zwiebel, in Scheiben geschnitten (ca. 1 Tasse)
- eine Tasse Kirschtomaten, halbiert
- zwei mittelgroße Karotten, gerieben (ca. 1 Tasse)
- Olivenöl und Gewürze:
- drei EL. Salz (nach Geschmack anpassen)

zwei Knoblauchzehen, gehackte Kräuter und Dressing:

¼ Tasse gehackte frische Petersilie (optional: frisches Basilikum oder Koriander ersetzen) 1 EL. Diäten: veganen Käse weglassen oder ersetzen)

1 Esslöffel geröstete Pinienkerne (optional: gehobelte Mandeln oder Sonnenblumenkerne ersetzen)



Prep time:

15 min



Cook Time:

30 min



Servings:

4

Instructions:

1. Heizen Sie den Backofen auf 220 °C vor, verwenden Sie ein großes Backblech, Sie können eine Silikon-Backmatte oder normales Backpapier verwenden.
2. Gemüse vorbereiten: Alle Gemüse waschen und trocknen. Zucchini, rote Paprika, Auberginen, rote Zwiebeln und Karotten nach Anweisung hacken. Die Kirschtomaten halbieren.
3. Zucchini, rote Paprika, Auberginen, rote Zwiebeln, Karotten und Tomaten vermischen. Fügen Sie 3 Esslöffel Olivenöl hinzu und fügen Sie unbedingt Gewürze (schwarzer Pfeffer, Oregano, Kreuzkümmel, geräuchertes Paprikapulver, Salz) und gehackten Knoblauch hinzu. Alles gründlich vermischen.
4. Legen Sie das Gemüse auf ein Backblech und stellen Sie es für 25–30 Minuten in den Ofen, wobei Sie nach der Hälfte der Zeit umrühren, bis das Gemüse leicht karamellisiert oder weich ist.
5. Dressing zubereiten: Während das Gemüse röstet, Zitronensaft, Balsamico-Essig und eine Prise Salz in einer kleinen Schüssel vermischen.
6. Den Salat zusammenstellen: Das geröstete Gemüse in eine große Servierschüssel geben. Mit Zitronen-Balsamico-Dressing beträufeln und vorsichtig umrühren. Mit gehackter Petersilie (oder Kräutern Ihrer Wahl) belegen. Fügen Sie zerbröckelten Feta-Käse und geröstete Pinienkerne (falls verwendet) hinzu, um zusätzliche Textur und Geschmack zu erhalten.
7. Der Salat sollte bei Zimmertemperatur serviert werden. Es kann als leichtes Mittagessen, als Beilage oder sogar als Hauptgericht zusammen mit Kichererbsen oder gebratenem Hähnchen verwendet werden.



Note: Calories: 210 kcal

8. Watermelon and

Feta Salad

Ingredients

- 4 Tassen gewürfelte kernlose Wassermelone
 - eine Tasse gewürfelte englische Gurke
 - eine halbe Tasse zerbröselten Feta-Käse
 - eine viertel Tasse Kalamata-Oliven
 - eine viertel Tasse rote Zwiebel
 - zwei Esslöffel frische Minzblätter
 - zwei Esslöffel frische Oreganoblätter, gehackt (oder 1 Teelöffel getrockneter Oregano)
 - zwei Esslöffel natives Olivenöl extra
 - zwei Esslöffel Zitronensaft
 - eine Knoblauchzehe, gehackt
 - ein halber Teelöffel Salz
 - ein viertel Teelöffel schwarzer Pfeffer
 - Zusätzliche Zusatzstoffe:
 - eine Avocado, gewürfelt
 - halbe Tasse Kirschtomaten, halbiert
- Rote Paprikaflocken



Prep time:

15 min



Cook Time:

0 min



Servings:

4

Instructions:

1. Wassermelone und Gurke in Würfel schneiden. Rote Zwiebel in dünnen Streifen.
 2. Die Oliven halbieren. Frische Kräuter hinzufügen.
 3. Zum Dressing nehmen Sie Olivenöl, Zitronensaft, gehackten Knoblauch, Salz und Pfeffer. Kombinieren Sie alle notwendigen Zutaten (Wassermelone, Gurke, Feta-Käse, Oliven, rote Zwiebeln und frische Kräuter).
 4. Mit dem Dressing vermischen und vorsichtig umrühren.
 5. Dieser Salat schmeckt gekühlt am besten als erfrischende Beilage oder leichtes Mittagessen.
 6. Dieser Salat passt gut zu gebratenem Fisch oder Hühnchen für ein komplettes mediterranes Mittagessen.
- Für mehr Geschmack und Knusprigkeit können Sie einige geröstete Pinienkerne hinzufügen.



Note: Calories: 220 kcal

9. Orange and Olive Salad

Ingredients

- For the salad:
- two large navel oranges, peeled and divided into wedges
- one cup of pitted Kalamata olives, halved
- one small red onion, thinly sliced
- one cucumber, thinly sliced
- ½ cup crumbled feta cheese (optional)
- one-fourth cup of fresh mint leaves, chopped
- one-fourth cup of fresh parsley leaves, chopped
- two tablespoons toasted pine nuts (optional)
- For the dressing:
- one-fourth cup of extra-virgin olive oil
- two tablespoons of red wine vinegar
- one tablespoon of fresh lemon juice
- one teaspoon of Dijon mustard
- ½ teaspoon dried oregano, salt, and freshly ground black pepper to taste.

Note: Calories: 220 kcal

10. Arugula Salad with Pears and Walnuts

Ingredients

- For the salad:
- 150 g baby rocket, washed and dried
- two ripe but firm pears, such as Bosc or Anjou, cored and thinly sliced
- ½ cup walnut halves
- ¼ cup crumbled feta cheese (optional, for a vegetarian option) Optional: a few fresh thyme leaves or a pinch of red pepper flakes
- For the lemon dressing:
- ¼ cup extra virgin olive oil
- two tablespoons of fresh lemon juice
- one tablespoon of Dijon mustard
- one small clove of garlic, crushed
- ½ teaspoon honey or maple syrup
- Salt and freshly ground black pepper to taste

Note: Calories: 280-300 kcal

 **Prep time:** 15 min  **Cook Time:** None  **Servings:** 4

Instructions:

1. Prepare the oranges: Peel the oranges and carefully remove the segments, removing all the white pith.
2. Gently toss the salad ingredients (orange segments, olives, red onion, cucumber, feta cheese), mint and parsley.
3. For the dressing, combine Dijon mustard, red wine vinegar, lemon juice, oregano, and olive oil. Season with salt and pepper to taste.
4. Dress the salad: Pour the dressing over the salad and toss gently to coat.
5. Add the finishing touch: sprinkle with toasted pine nuts (if using) before serving. Suggestions: Serve chilled with grilled fish or chicken as a refreshing side dish.

The salad can be eaten with whole-grain bread and white wine.



 **Prep time:** 15 min  **Cook Time:** 5 min  **Servings:** 4

Instructions:

1. Toast the walnuts in the oven at 175°C for 5-7 minutes or until fragrant and lightly browned. Set aside.
2. To make the dressing, combine Dijon mustard, olive oil, lemon juice, crushed garlic, honey (or maple syrup), salt and pepper and toss to combine.
3. Combine arugula and pear slices.
4. Add walnuts: Roughly chop walnuts and add to salad once cooled.
5. Toss with dressing: Drizzle lemon dressing over salad.
6. Add cheese (optional): Sprinkle crumbled feta cheese over salad if using.
7. Garnish and serve: For extra flavor, add your choice of herbs or spices (e.g., thyme or red pepper flakes). Serve immediately.

This salad is a refreshing lunch option that can be served with whole-grain bread, grilled fish or chicken, or on its own.



4.4. Grains, Pasta and Rice Recipes



1. Lemon Herb Orzo



Prep time:

10 min

Cook Time:

15 min

Servings:

4

Ingredients

- one cup of dry orzo pasta
- two cups low-sodium vegetable broth (or water for a lighter version)
- one tablespoon extra-virgin olive oil
- two cloves garlic, minced
- zest and juice of one large lemon (about three tablespoons of juice)
- two tablespoons fresh parsley, chopped (optional: basil, cilantro, or dill)
- one tablespoon fresh oregano, chopped (optional: thyme or rosemary)
- one tablespoon fresh mint, chopped (optional)
- one-fourth teaspoon of red pepper flakes (optional for a mild kick)
- salt and black pepper to taste
- one-fourth cup of crumbled feta cheese (optional for creaminess and Mediterranean flavor)
- one-fourth cup chopped dried tomatoes

one-fourth cup of toasted pine nuts or almonds

Instructions:

1. Cover and cook the orzo in the vegetable broth for about 10 minutes. Stir occasionally to prevent it from sticking to the bottom of the pan. Allow the water to evaporate.
2. Sauté the garlic in olive oil for 1-2 minutes, until fragrant but not browned.
3. Combine the orzo and lemon: Once the orzo is done, drain off any excess liquid if necessary, then transfer to the pan with the garlic. Add the lemon zest, lemon juice, and herbs (parsley, oregano, and mint, if using).
4. Season and season: Add salt, black pepper, and red pepper flakes (if using). For extra richness, add crumbled feta cheese, sun-dried tomatoes, or toasted pine nuts, depending on your preference.
5. Finish and serve: Serve warm, either as a main course or as a side dish with roast chicken, fish, or roasted vegetables. Add olive oil and your favorite herbs, if desired.



Note: Calories: 220 kcal

2. Pasta Puttanesca



Prep time:

15 min

Cook Time:

20 min

Servings:

4

Ingredients

- one pound whole wheat spaghetti
- one-quarter cup extra-virgin olive oil, six cloves garlic, minced, eight anchovy fillets, minced (optional, but adds depth of flavor)
- one teaspoon of red pepper flakes (or more, to taste)
- one (28-ounce) can of crushed tomatoes, preferably San Marzano
- one-half cup pitted Kalamata olives, halved
- one-quarter cup capers rinsed
- one-quarter cup chopped fresh parsley
- one-quarter cup grated Parmesan cheese
- Salt and freshly ground black pepper to taste
- Customizable Items:
- Add your favorite herbs (oregano, basil, or thyme)
- Spices: A pinch of smoked paprika or bay leaf can add another layer of flavor.
- Olives: Experiment with different varieties of olives, such as Castelvetrano or Nicoise. If you like your olives spicy, add red pepper flakes.

Instructions:

1. Cook the pasta until al dente. Reserve about 1 cup of the pasta water before cooking.
2. Cook the garlic and anchovies in a skillet, stirring frequently, until fragrant, about 1 minute.
3. For the sauce, toss the red pepper flakes in the skillet and cook for 30 seconds. Add the olives, capers, and chopped tomatoes and cook for 10 minutes, stirring frequently.
4. Mix and serve: Add the drained pasta to the sauce along with the chopped parsley. Stir to coat. Add some pasta water to achieve the desired consistency if the sauce is too thick. Salt and pepper to taste, and sprinkle with Parmesan if desired.

Serve with crusty whole-grain bread. For a lighter dish, use zucchini or spaghetti squash noodles. Cherry tomatoes and cucumbers with herbs dressed with a simple dressing can be served as a side dish.



Note: Calories: 550-600 kcal

3. Mushroom Risotto

Ingredients

- For the risotto:
- one tablespoon extra virgin olive oil
- one small yellow onion, finely chopped
- two cloves garlic, minced
- one pound of mixed mushrooms (cremini, shiitake, oyster), sliced
- one and a half cups arborio rice
- one and a half cups of dry white wine
- four cups of hot vegetable broth
- one teaspoon of fresh thyme leaves, or
- one and a half teaspoons dried
- one teaspoon fresh rosemary, chopped, or ½ teaspoon dried
- Salt and black pepper to taste
- ½ cup grated Parmesan cheese.

For garnish: two tablespoons chopped fresh parsley and one tablespoon lemon zest.

Note: Calories: 400-450 kcal

 **Prep time:** 20 min  **Cook Time:** 30 min  **Servings:** 4

Instructions:

1. Sauté the onion in a skillet with olive oil for about Five minutes, add the garlic, and cook for 1 minute more.
2. Cook the mushrooms: Add them to the skillet and cook, stirring occasionally, until they release moisture and are lightly browned, about 8 to 10 minutes. Season with salt and pepper to taste.
3. Toast the rice: Add the arborio rice to the skillet, coating it with the mushroom juices and oil. Let it cook for 1 to 2 minutes, stirring constantly. The rice should begin to brown.
4. Add white wine, if desired, and cook until it is absorbed by the rice.
5. Cook with broth: Add 1 cup of hot vegetable broth to the rice and stir constantly until it is absorbed. Continue stirring until the rice is al dente, about 20 to 25 minutes.
6. Add herbs and cheese: Add thyme, rosemary, and Parmesan cheese (if using). Season with salt and pepper to taste. 7. Serve warm with your favorite herbs and lemon zest.



4. Seafood Paella

Ingredients

- Seafood:
 - one pound mussels, cleaned and beards removed
 - one pound clams, cleaned
 - one pound large shrimp, cleaned and veined
 - one pound cod or other white fish fillet, cut into 1-inch pieces
 - ½ cup squid rings (optional)
 - Vegetables:
 - one tablespoon extra-virgin olive oil
 - one onion, chopped
 - two cloves garlic, minced
 - one red bell pepper, chopped
 - one yellow bell pepper, chopped
 - one cup of chopped tomatoes (fresh or canned)
 - one cup of frozen peas
 - ½ cup artichoke hearts, quartered
 - Rice and Seasonings:
 - 1½ cups paella rice (bomba or calasparra)
 - four cups fish stock or low-sodium chicken broth
 - 1/2 teaspoon saffron threads
 - 1 teaspoon smoked paprika
 - 1/2 teaspoon ground cumin
 - Salt and pepper to taste
 - Garnish: 1/2 cup chopped fresh parsley
- Lemon wedges

 **Prep time:** 30 min  **Cook Time:** 45 min  **Servings:** 6

Instructions:

1. Prepare the seafood: Rinse the mussels and clams under cold water. Discard any mussels that are open and do not close when tapped.
2. Saffron infusion: Soak the saffron threads in ½ cups hot fish stock for 15 minutes in a small bowl.
3. Saute the vegetables in a paella or shallow frying pan over medium heat. Add the onion and cook until softened about 5 minutes. Add the garlic, red and yellow bell peppers and cook for another 5 minutes, until slightly softened.
4. Add the rice, paprika, and cumin. Cook for 1 minute, stirring constantly, until fragrant.
5. Add the liquid and simmer: Pour the saffron infusion and remaining stock. Add the tomatoes, boil, reduce heat, and simmer for 15 minutes or until the rice is almost cooked.
6. Arrange the mussels, clams, shrimp, fish, and squid (if using) on top of the rice. Sprinkle with the peas and artichoke hearts. Cover and cook for 10 to 15 minutes, until the seafood is cooked and the mussels and clams have opened. Discard any mussels and clams that have not opened.
7. Rest and serve: Remove from heat and rest for 5 minutes before serving. Garnish with fresh parsley and lemon wedges.



Note: Calories: 480 kcal

5. Farro Salad with Roasted Vegetables

Ingredients

For the salad:

one cup farro, rinsed
two ¼ cups water or low-sodium vegetable broth

one medium zucchini, diced
one medium eggplant, diced
one medium red pepper, diced
one medium yellow pepper, chopped
one small red onion, sliced
two tablespoons extra-virgin olive oil
one teaspoon of dried oregano
half teaspoon ground cumin (optional, for warmth and depth)

Salt and black pepper to taste

one cup of cherry tomatoes, halved
one-fourth cup fresh parsley, chopped
one-fourth cup of crumbled feta cheese (optional; vegan feta cheese can be substituted)

For the dressing: two tablespoons extra-virgin olive oil

one tablespoon of fresh lemon juice
one tablespoon of red wine vinegar
one teaspoon of honey (optional or agave syrup for a vegan option)
one clove of garlic, minced
Salt and black pepper to taste.

 **Prep time:** 15 min
 **Cook Time:** 35 min
 **Servings:** 4

Instructions:

1. To cook the farro, you will need water or broth.

Let it simmer for 25-30 minutes or until the farro is chewy. Remove excess liquid and set aside to cool.

2. Roast the vegetables at 200 °C. Then combine diced bell peppers, zucchini, eggplant, and red onion, brush with two tablespoons of olive oil, and add your favorite herbs (dried oregano, cumin), salt, and black pepper.

The vegetables should be spread out in an even layer. Roast for 25-30 minutes, stirring halfway through, until soft and lightly caramelized. Remove from the oven and let them cool slightly.

3. For the dressing, combine two tablespoons of lemon juice, olive oil, red wine vinegar, honey (or agave syrup), minced garlic, salt, and black pepper. Taste and adjust seasoning as needed.

4. Combine all ingredients (farro, roasted vegetables, cherry tomatoes, and fresh parsley). Pour the dressing over the top and, if desired, sprinkle crumbled feta cheese on top.

5. Serve and enjoy: Serve the salad warm or at room temperature. For an extra kick, drizzle with olive oil and squeeze in fresh lemon juice before serving.



Note: Calories: 310 kcal

6. Quinoa with Chickpeas and Spinach

Ingredients

- one tablespoon extra-virgin olive oil
- one small red onion, finely chopped
- two cloves garlic, minced
- one cup quinoa, rinsed
- two cups of vegetable broth
- one (15-ounce) can chickpeas, drained and rinsed
- five ounces of baby spinach
- one-fourth cup chopped fresh parsley
- one-fourth cup chopped fresh dill
- one-fourth cup of crumbled feta cheese (optional)
- two tablespoons of lemon juice
- one teaspoon of dried oregano
- ½ teaspoon salt
- one-fourth teaspoon of black pepper
- Customizable Items:
- Favorite Herbs: Mint, basil, or thyme
- Spices: Red pepper flakes for heat
- Vegetables: Add bell peppers, zucchini, or cherry tomatoes for extra flavor and nutrients.

 **Prep time:** 15 min
 **Cook Time:** 25 min
 **Servings:** 4

Instructions:

1. Sauté the red onion in olive oil for about five minutes. Then add the minced garlic and cook for another minute or until fragrant.

2. Cook the quinoa: Add the rinsed and cook for a minute or two, stirring constantly, until lightly toasted.

3. Pour in the vegetable broth and simmer, covered, for 15 minutes or until the quinoa is cooked and the liquid has been absorbed.

4. Add the chickpeas and spinach: Add the chickpeas and spinach, cover, and cook for another 5 minutes or until the spinach has wilted.

5. Season and serve: Remove from heat and stir in the parsley, dill, feta cheese (optional), lemon juice, oregano, salt and pepper. Fluff with a fork and serve warm. Serving suggestions: Serve as a main course or side dish. Top with a dollop of Greek yogurt for extra creaminess. Pair with grilled chicken or fish for a complete protein meal. Enjoy as a filling and healthy lunchbox option.



Note: Calories: 350 kcal

7. Couscous with Dried Fruit and Nuts

Ingredients

- one cup of whole-grain couscous
- One and a half cups of vegetable broth
- Two tablespoons of extra virgin olive oil
- One small red onion, finely chopped
- two garlic cloves, minced
- ½ cup dried apricots, chopped
- ½ cup dried cranberries or cherries
- ½ cup toasted almonds
- ½ cup toasted almonds, coarsely chopped
- one-half cup toasted walnuts or pine nuts, coarsely chopped.
- Two tablespoons chopped fresh parsley
- Two tablespoons of chopped fresh mint
- One lemon, juice, and zest
- Salt black pepper to taste
- Additional spices:
- ½ teaspoon ground cumin
- ½ teaspoon ground cinnamon



Prep time:
15 min



Cook Time:
10 min



Servings:
4

Instructions:

1. Toast the nuts In a dry skillet set over medium heat, lightly toast the almonds and walnuts (or pine nuts) for several minutes until they release a pleasant aroma. Could you allow them to cool before setting aside?
2. Sauté aromatics: Warm olive oil in the same skillet over medium heat. Introduce the chopped red onion and sauté until it becomes tender, approximately 5 minutes. Add the minced garlic and continue cooking for an additional minute until fragrant.
3. Cook couscous: Bring vegetable broth to a boil in a saucepan. Stir in the couscous, cover the pot, and remove it from the heat. Let it sit for 5 minutes or until all the liquid has been absorbed. Fluff the couscous with a fork.
4. Combine ingredients: Transfer the couscous to a large mixing bowl. Incorporate the sautéed onions, garlic, dried apricots, cranberries (or cherries), toasted nuts, parsley, mint, lemon juice, and lemon zest. Season with salt and pepper according to your preference.
5. Add spices (optional): If desired, mix in ground cumin and/or cinnamon.
6. Serve: Enjoy the dish warm or cold as a side or a light meal.



Note: Calories: 400-450 kcal

8. Giant Couscous with Lemon and Herbs

Ingredients

- One cup of giant couscous, often called pearl couscous
- One and a half cups of low-sodium vegetable or chicken broth (or water)
- Two tablespoons of extra virgin olive oil
- Zest and juice of 1 large lemon
- Two garlic cloves, minced
- One-fourth cup finely chopped fresh parsley (you can use cilantro or basil to vary the flavor)
- Two tablespoons finely chopped fresh mint
- One tablespoon of finely chopped fresh dill (optional)
- half a teaspoon of ground cumin (optional)
- half a teaspoon of ground black pepper
- One-fourth teaspoon sea salt (to taste)
- one-fourth cup of crumbled feta cheese (optional for a creamy texture and protein)
- Two tablespoons toasted pine nuts or crushed almonds (optional for texture)
- One tablespoon of dried capers (optional for a salty flavor).



Prep time:
10 min



Cook Time:
15 min



Servings:
4

Instructions:

1. Prepare the couscous: Heat 1 tablespoon of olive oil over medium heat in a medium saucepan. Add the giant couscous and lightly toast it for 2-3 minutes until it becomes golden brown, enhancing its nutty flavor. Next, add broth or water, bring it to a boil, then lower the heat. Cover the saucepan and let it simmer for 10-12 minutes until the couscous has absorbed the liquid and is tender. Once finished, fluff it with a fork.
2. Create the herb and lemon dressing: While the couscous is cooking, combine lemon juice, lemon zest, the remaining tablespoon of olive oil, minced garlic, cumin (if desired), salt, and pepper in a small bowl. Whisk the ingredients together and set aside.
3. Combine the ingredients: Transfer the couscous to a large mixing bowl once it is cooked. Drizzle the lemon dressing over the couscous and mix well. Incorporate the chopped parsley, mint, dill, and other herbs you prefer. For additional flavor, gently mix optional ingredients such as crumbled feta, capers, or toasted pine nuts.
4. Final adjustments: Taste the dish and modify the seasoning as necessary, adding more salt or lemon juice to suit your preference. You may also garnish with extra herbs or nuts for an enhanced presentation.



Note: Calories: 240 kcal

9. Rice Pilaf with Saffron



Prep time:
15 min



Cook Time:
30 min



Servings:
6

Ingredients

- two tablespoons of olive oil
- one medium onion, chop
- two garlic cloves, minced
- One cup of long-grain rice, such as basmati or brown rice.
- one-half teaspoon of saffron threads, chop
- Two cups of vegetable broth
- one-half cup chopped fresh parsley
- one-fourth cup of chopped fresh mint
- One-fourth cup of dried cranberries or currants (optional)
- One-fourth cup toasted pine nuts (optional)
- Salt and freshly ground black pepper to taste

Instructions:

1. Saffron infusion method: Place the saffron threads in a small bowl and pour 1/4 cup of hot vegetable broth over them. Allow the threads to infuse for 10 minutes to develop their rich color and flavor fully.
2. Flavorful sauté: Heat olive oil in a Dutch oven (if available). Add the chopped onion and fry for about 5 minutes until soft. Toss the chopped garlic in with the onions and cook for another minute until it gives off a pleasant aroma.
3. Cooking the rice: Pour the rice into the skillet so it is well coated with the oil and flavor mixture. Fry the rice for a few minutes until it becomes slightly translucent.
4. Braising process: Add the saffron infusion and vegetable stock. Season with salt and pepper to taste. Bring the mixture to a boil, turn down the heat, cover the pot and simmer for 15-20 minutes, or until the liquid is absorbed and the rice is cooked through.
5. Stirring and serving: Once the rice is cooked, remove it from the heat and let it rest, covered with a lid, for about 5 minutes. Finish by whisking the rice with a fork.



Note: Calories: 230 kcal

10. Barley Salad with Tomatoes and Cucumber



Prep time:
15 min



Cook Time:
25 min



Servings:
4

Ingredients

- Pearl barley:
- One cup, unprocessed (or peeled barley for a nuttier flavor and high fiber content)
- Water: three cups
- Cucumber: one medium cucumber, diced
- Cherry tomatoes: one cup, cut in half (or grape tomatoes)
- Red onion: one-fourth of a medium onion, finely chopped
- Kalamata olives: one-third cup, peeled and cut in half
- Feta cheese: one-half cup, crumbled (for vegan version: omit or substitute vegetable cheese)
- Extra Virgin Olive Oil: two tablespoons
- Lemon juice: two tablespoons (freshly squeezed)
- Red wine vinegar: one tablespoon
- Garlic: two cloves, minced
- Fresh parsley: one-fourth cup, finely chopped (optional: substitute fresh mint or basil)
- Dried oregano: one teaspoon (or use fresh if you prefer)
- Sea salt: half a teaspoon (to taste)
- Black pepper: one-fourth teaspoon (to taste)
- Cumin (optional): half a teaspoon for extra heat and depth

Instructions:

1. Prepare the Barley: Rinsing 1 cup of pearl barley under cold water. Bring 3 cups of water to a boil in a medium saucepan, then add the rinsed barley. Reduce the heat, cover the saucepan, and allow it to simmer for about 25 minutes, or until the barley is tender but still has a slight bite. If using hulled barley, increase the cooking time to approximately 40 minutes. Once cooked, drain any excess water and set the barley aside to cool.
2. Chop the Vegetables: While the barley is cooking, dice the cucumber, halve the cherry tomatoes, finely chop the red onion, and slice the Kalamata olives. Reserve these vegetables for later.
3. Prepare the Dressing: In a small bowl, whisk together 2 tablespoons of extra virgin olive oil, 2 tablespoons of lemon juice, 1 tablespoon of red wine vinegar, and 2 minced garlic cloves. Add 1 teaspoon of dried oregano, 1/2 teaspoon of sea salt, and 1/4 teaspoon of black pepper. For an added depth of flavor, you may include 1/2 teaspoon of cumin.
4. Assemble the Salad: In a large mixing bowl, combine the cooled barley with the diced cucumber, halved cherry tomatoes, chopped red onion, and Kalamata olives. Pour the dressing over the mixture and toss until everything is evenly coated.
5. Incorporate Fresh Herbs and Cheese: Gently fold in the freshly chopped parsley or any preferred herbs, along with crumbled feta cheese, if desired.
6. Taste and Modify: Sample the salad and adjust the seasoning as necessary, adding more lemon juice, salt, or pepper to suit your taste.



Note: Calories: 250 kcal

4.5. Fish and Seafood



1. Grilled Salmon with Lemon and Herbs



Prep time:
10 min

Cook Time:
15 min

Servings:
4

Ingredients

- Four salmon fillets (6 ounces each).
- Two tablespoons of olive oil (extra virgin for an authentic Mediterranean flavor) Juice of one lemon (about three tablespoons).
- Zest one lemon
- Two cloves of garlic, minced
- One tablespoon of fresh oregano, chopped (or one teaspoon of dried oregano).
- one tablespoon of fresh parsley,
- one tablespoon of fresh parsley, chopped (or one teaspoon of dried parsley).
- One tablespoon of fresh dill, chopped (optional for a touch of freshness)
- One teaspoon of smoked paprika (for a smoky depth, optional)
- one teaspoon of sea salt (to taste)
- ½ teaspoon freshly ground black pepper
- Lemon slices for garnish
- Fresh parsley or dill sprigs for garnish (optional)

Instructions:

1. Begin by preparing the marinade: In a small bowl, combine the olive oil, lemon juice, lemon zest, minced garlic, oregano, parsley, smoked paprika (if desired), sea salt, and black pepper, whisking until well blended. This aromatic marinade elevates the taste of the salmon, creating a classic Mediterranean flavor profile.
2. Marinate the salmon: Arrange the salmon fillets in a shallow dish or a resealable bag. Pour the marinade over the fillets, ensuring each piece is thoroughly coated. Allow the salmon to marinate in the refrigerator for 15-30 minutes. If you're pressed for time, a minimum of 10 minutes will suffice.
3. Preheat the grill: Set your grill to medium-high heat, approximately 375-400°F (190-200°C). Alternatively, you can utilize a grill pan on the stovetop or broil the salmon in the oven.
4. Grill the salmon: Lightly oil the grates to prevent sticking. Place the marinated salmon fillets on the grill, skin-side down if applicable. Grill for 5-7 minutes on each side, adjusting based on the thickness of the fillets. When cooked, the salmon should develop beautiful grill marks and flake easily with a fork. Be cautious not to overcook to retain moisture. Consider squeezing fresh lemon juice over the salmon for added flavor while grilling.
5. Rest and garnish: After grilling, take the salmon off the grill and let it rest for 2 minutes. Decorate with lemon slices and fresh parsley or dill sprigs for an attractive presentation.



Note: Calories: 350 kcal

2. Baked Cod with Tomatoes and Olives



Prep time:
10 min

Cook Time:
20 min

Servings:
4

Ingredients

- Cod fillets:
- Four fillets (about 5-6 ounces each)
- Olive oil: two tbsp. (extra virgin, cold-pressed)
- Cherry tomatoes: two cups, cut in half
- Kalamata olives: one-half cup, cut in half.
- Garlic: three cloves, minced.
- Red onion: one small onion, thinly sliced.
- Capers: two tbsp, drained
- Lemon juice: two tbsp, freshly squeezed
- White wine (optional): one-fourth cup (to add depth of flavor)
- Fresh parsley: two tbsp. chopped
- Fresh basil (optional): two tbsp, chopped (or use oregano for variety)
- Dried oregano: one tsp. (or use thyme for variety)
- Red pepper flakes: one-fourth tsp. (optional for spiciness)
- Sea salt: one-half tsp. (to taste)
- Black pepper: half tsp, freshly ground

Instructions:

Preheating the oven to 400°F (200°C) to ensure it reaches the desired temperature while preparing the ingredients. Take a 9x13-inch baking dish and lightly coat it with 1 tablespoon of olive oil to prevent sticking and enhance flavor. In the greased dish, arrange the cherry tomatoes, olives, garlic, and red onion, then add the capers for an extra briny flavor. Use a paper towel to gently dry the cod fillets, eliminating excess moisture. Season both sides with sea salt, black pepper, and dried oregano or thyme, then place the fillets atop the vegetables. Drizzle the remaining tablespoon of olive oil over the cod and vegetables, and if desired, add lemon juice and white wine. Finish with fresh parsley, basil, or oregano, along with a pinch of red pepper flakes for a bit of heat. Transfer the baking dish to the preheated oven and bake for 15-20 minutes, adjusting the time based on the thickness of the cod fillets. The fish is ready when it becomes opaque and flakes easily with a fork. For a golden, caramelized finish, you may switch the oven to broil for 2-3 minutes, keeping a close eye to prevent burning. Serve the dish immediately, garnished with fresh herbs and a squeeze of lemon juice for an extra flavor.



Note: Calories: 260 kcal

3. Shrimp Scampi



Prep time:

15 min



Cook Time:

10 min



Servings:

4

Ingredients

- One pound of large shrimp peeled and deveined (with or without tails - your preference)
- One-fourth cup of olive oil
- Four garlic cloves, minced.
- One-fourth cup of dry white wine (or vegetable broth for a non-alcoholic version)
- two tablespoons of lemon juice,
- one-fourth cup chopped fresh parsley.
- Two tablespoons chopped fresh oregano.
- One-fourth teaspoon red pepper flakes (season to taste, if desired)
- Salt and freshly ground black pepper to taste
- One-fourth cup of crumbled feta cheese (optional)
- Lemon wedges to serve
- Customizable items:
- Herbs: Feel free to experiment with other Mediterranean herbs such as basil, thyme, or rosemary.
- Spices: Add a pinch of smoked paprika or ground cumin for a deeper flavor.

Instructions:

Prepare the shrimp: Use paper towels to dry them thoroughly and season them with salt and pepper. Next, sauté the garlic. In a large skillet, heat olive oil over medium heat. Add the garlic and sauté until it becomes fragrant, which should take about 30 seconds, ensuring it does not burn. Then, deglaze the pan: Pour the white wine or broth and simmer while scraping any browned bits from the skillet's bottom. Proceed to cook the shrimp: Add them to the skillet until they are pink and opaque, taking approximately 3 to 5 minutes. Enhance the flavor: Mix in lemon juice, parsley, oregano, and red pepper flakes if desired. Finally, serve: Take the skillet off the heat and, if you like, sprinkle feta cheese on top. Serve immediately with lemon wedges. Consider placing the dish over whole-wheat pasta, quinoa, or brown rice for serving suggestions. It pairs well with roasted vegetables such as zucchini, bell peppers, and eggplant, and a simple green salad dressed with lemon vinaigrette will beautifully complement the dish.



Note: Calories: 285 kcal

4. Mussels with White Wine and Garlic



Prep time:

20 min



Cook Time:

10 min



Servings:

4

Ingredients

- Two pounds of fresh mussels, peeled and skinned
- Three tablespoons of extra virgin olive oil
- Four garlic cloves, minced.
- One small shallot, finely chopped
- 1/2 cup dry white wine (e.g. Pinot Grigio or Sauvignon Blanc)
- One-fourth cup chopped fresh parsley
- One tablespoon of chopped fresh oregano.
- One-half teaspoon red pepper flakes (optional, adjust to taste)
- One lemon, peeled of zest and juice
- Salt and freshly ground black pepper to taste
- The crust of bread to serve

Instructions:

1. Start by preparing the mussels: Rinse them thoroughly under cold running water, using a stiff brush to remove any barnacles or debris. Pull the beards towards the hinge of each mussel to remove them. Discard any mussels that remain open after being tapped.
2. Sauté the aromatics: Heat olive oil over medium heat in a large pot or Dutch oven. Add minced garlic and shallots, cooking until tender, which should take about 2 minutes.
3. Add wine and seasonings: Pour in white wine, parsley, oregano, red pepper flakes (if desired), lemon zest, and a small amount of salt and pepper. Let the mixture simmer for 2 minutes to allow the flavors to meld.
4. Cook the mussels: Add them to the pot, cover them, and increase the heat to high. Cook for 3-5 minutes or until the mussels have opened, discarding any that do not.
5. Incorporate lemon juice: Stir in the lemon juice and adjust the seasoning to taste, adding more salt and pepper if needed.
6. Serve: Divide the mussels into bowls and ladle the broth over them. Serve immediately with crusty bread for dipping. Customizable options: Herbs: Add herbs like basil, thyme, or rosemary. Spices: A pinch of saffron or smoked paprika can enhance the flavor profile. Vegetables: Add diced tomatoes, bell peppers, or zucchini for texture and nutrition.



Note: Calories: 300-350 kcal

5. Tuna Steak with Olive Oil and Capers



Prep time:
10 min



Cook Time:
6-8 min



Servings:
2

Ingredients

Two tuna steaks (about 6 ounces each), about an inch thick, three tablespoons of olive oil, two tablespoons capers, drained
two cloves garlic, minced
one lemon, zested and juiced,
two tablespoons chopped fresh parsley, tablespoon chopped fresh oregano (or teaspoon dried oregano),
Salt and freshly ground black pepper, to taste

Instructions:

1. Prepare the tuna: Pat steaks dry with paper towels. Season both sides with salt and pepper.
2. Make the sauce: In a small bowl, combine the olive oil, capers, garlic, lemon zest, lemon juice, parsley, and oregano.
3. Sear the tuna: Heat a large skillet over medium-high heat. Add the tuna steaks and cook for 2-3 minutes per side for rare or longer for your desired doneness. Be careful not to overcook the tuna, as it can become dry.
4. Finish the dish: Remove the tuna from the skillet and let it rest for a minute. Top each steak with the caper sauce. Serving Suggestions:
Serve the tuna with roasted vegetables, such as zucchini, bell peppers, and eggplant, for a complete Mediterranean meal. A simple salad with fresh tomatoes, cucumbers, and olives is another excellent accompaniment. Quinoa or couscous make healthy and flavorful grain options.



Note: Calories: 350 kcal

6. Grilled Sardines



Prep time:
15 min



Cook Time:
10 min



Servings:
4

Ingredients

- eight fresh sardines, cleaned and gutted (about 450g total)
- two tbsp extra virgin olive oil
- two cloves garlic, crushed
- one lemon, zested and juiced
- one tbsp fresh parsley, chopped (optional: substitute coriander or basil)
- one tsp dried oregano (optional: substitute thyme or rosemary)
- one tsp smoked paprika (optional: regular paprika or chili flakes for extra heat)
- sea salt to taste
- freshly ground black pepper to taste
- one tbsp capers rinsed (optional, for a sharper flavor)
- four lemon wedges to serve
- Optional adjustments:
- Herb options: You can replace the parsley with fresh cilantro for a slightly different flavor or add basil for a sweeter twist.
- Zesty kick: Add chili flakes or cayenne pepper for extra heat.
- Vinegar drizzle: Finish the dressing with a splash of red wine vinegar for additional flavor.

Instructions:

1. Marinate the Sardines: In a small bowl, mix the olive oil, minced garlic, lemon zest, lemon juice, parsley, oregano, paprika, sea salt, and pepper. Coat the sardines in this marinade, making sure each fish is well-covered inside and out. Let them marinate for at least 10 minutes (or up to 30 minutes) in the refrigerator.
2. Prepare the Grill: Preheat your grill (or a grill pan if cooking indoors) to medium-high heat. Make sure the grates are clean and lightly oil them to prevent sticking.
3. Grill the Sardines: Place the sardines directly on the grill or in the preheated grill pan. Grill for 3-4 minutes per side, or until the skin is crispy and the flesh is opaque and cooked through. Be careful when turning them to avoid breaking the fish. You can use a spatula or fish tongs.
4. Serve: Once the sardines are done, remove them from the grill and drizzle with any leftover marinade. Garnish with chopped parsley and capers, if using, and serve with lemon wedges for squeezing over the top.



Note: Calories: 210 kcal

7. Seafood Stew



Prep time:
20 min

Cook Time:
30 min

Servings:
6

Ingredients

- Seafood:
- One pound cod or other white fish, cut into 1-inch pieces
- One pound mussels, cleaned and deveined
- One-half pound shrimp, cleaned and deveined
- One-half pound scallops
- Vegetables: One tablespoon olive oil
- One onion, chopped
- Two cloves garlic, minced
- One red bell pepper, chopped
- One (28-ounce) can crushed tomatoes
- One cup vegetable broth
- One-half cup dry white wine
- One-fourth cup chopped fresh parsley
- One-fourth cup chopped fresh basil
- One teaspoon dried oregano
- One-half teaspoon red pepper flakes (optional)
- Salt and pepper to taste

Instructions:

1. Start by sautéing the vegetables: Heat olive oil over medium heat in a large pot or Dutch oven. Add the onion and cook until it softens, which should take about 5 minutes. Next, add the garlic and red bell pepper, cooking for 2 minutes.
2. Prepare the base: Stir in crushed tomatoes, vegetable broth, white wine, parsley, basil, oregano, red pepper flakes (if you like), and salt and pepper. Allow the mixture to reach a simmer.
3. Add the seafood: Incorporate the cod, mussels, and shrimp into the pot. Cover and let it simmer for 5 minutes or until the fish is cooked and the mussels have opened. Discard any mussels that do not open.
4. Finish with scallops: Add them and cook for 2-3 minutes until they are opaque.
5. Serve: Ladle the stew into bowls and, if desired, garnish with additional fresh herbs. Serving Suggestions: Pair with crusty bread for dipping and a side salad drizzled with olive oil and lemon juice. Enjoy with a glass of white wine.



Note: Calories: 350 kcal

8. Swordfish with Lemon and Oregano



Prep time:
15 min

Cook Time:
10-12 min

Servings:
2

Ingredients

- two swordfish steaks (about six ounces each), one inch thick
- one tablespoon extra virgin olive oil
- two cloves garlic, minced
- one tablespoon fresh oregano, minced (or one teaspoon dried)
- one lemon, peeled and juiced
- one fourth teaspoon salt
- fourth teaspoon of black pepper
- Optional: a pinch of red pepper flakes for spice

Instructions:

Prepare the marinade: In a shallow dish, combine olive oil, garlic, oregano, lemon zest, lemon juice, salt, and pepper. Marinate the swordfish: Add the swordfish steaks to the marinade, turning to coat both sides. Cover and refrigerate for at least 30 minutes or up to 2 hours. Cook the swordfish: Preheat a grill or grill pan to medium-high heat. Remove the swordfish from the marinade and discard the excess. Grill the swordfish for 5-6 minutes per side or until cooked through and opaque.

Serve: Transfer the swordfish to plates and serve immediately. Serving Suggestions: Pair with a simple Greek salad of tomatoes, cucumbers, olives, and feta cheese. Serve alongside roasted vegetables like zucchini, bell peppers, and eggplant. Enjoy with a side of quinoa or brown rice for a complete meal. Customizable elements: Herbs: Experiment with other Mediterranean herbs like thyme, rosemary, or basil. Spices: Add a pinch of red pepper flakes for a touch of heat, or use smoked paprika for a smoky flavor.



Note: Calories: 230 kcal

9. Calamari Salad with Celery and Olives



Prep time:
20 min

Cook Time:
5 min

Servings:
4

Ingredients

- For the squid:
- one pound squid, cleaned and cut into rings
- one tablespoon extra-virgin olive oil
- one clove of garlic, minced, pinch of red pepper flakes (optional)
- For the salad: two cups celery, thinly sliced on the bias
- one cup of pitted green olives, halved
- one-half cup red onion, thinly sliced
- one-half cup roasted red pepper, chopped (optional)
- one-fourth cup fresh parsley, chopped
- one-fourth cup fresh oregano, chopped (or 1 teaspoon dried oregano)
- juice of one lemon
- one-fourth cup extra-virgin olive oil, salt, and freshly ground black pepper, to taste

Instructions:

1. Prepare the calamari: Heat 1 tablespoon of olive oil over medium-high heat in a large skillet. Add the garlic and, if desired, red pepper flakes, sautéing until fragrant, which should take about 30 seconds. Then, add the calamari, stirring frequently until it turns opaque and tender, approximately 3-5 minutes. Be cautious not to overcook the calamari, as it can become burdensome.
2. Next, assemble the salad: In a large mixing bowl, combine the celery, olives, red onion, roasted red peppers (if desired), parsley, and oregano.
3. For the dressing: In a small bowl, whisk together the lemon juice, 1/4 cup of olive oil, salt, and pepper.
4. Finally, combine and serve: Add the cooked calamari to the salad mixture and toss with the dressing. Serve immediately or refrigerate for later enjoyment. Serving Suggestions: This salad makes for a refreshing light lunch or appetizer. It pairs excellently with crusty bread for dipping into the flavorful dressing. Additionally, it can be part of a more enormous Mediterranean feast alongside grilled fish, hummus, and pita bread.



Note: Calories: 350 kcal

10. Baked Salmon with Dill and Cucumber



Prep time:

15 min

Cook Time:

15-20 min

Servings:

4

Ingredients

- For the salmon:
- four salmon fillets (6 to 8 ounces each), skin on or off
- one tablespoon of olive oil
- one lemon, thinly sliced
- one-fourth cup of fresh dill, chopped
- one-fourth teaspoon salt
- one-fourth teaspoon black pepper.
-
- For the cucumber salad:
- one cucumber, thinly sliced
- half a red onion, thinly sliced
- one-fourth cup Kalamata olives, pitted and halved
- two tablespoons of red wine vinegar
- two tablespoons extra virgin olive oil
- one tablespoon fresh dill, chopped
- Salt and pepper to taste

Instructions:

Begin by preheating your oven to 400°F (200°C). Next, prepare the salmon fillets by rinsing them under cold water and drying them with a paper towel. Arrange the fillets in a baking dish, drizzle with olive oil and season generously with salt and pepper. Place lemon slices on each fillet and finish with a sprinkle of fresh dill. Bake the salmon for 15-20 minutes, or until it is fully cooked and flakes easily when tested with a fork, ensuring the internal temperature reaches 145°F (63°C). While the salmon is in the oven, prepare the cucumber salad by mixing cucumber, red onion, and olives in a bowl. Whisk together red wine vinegar, olive oil, dill, salt, and pepper in a separate small bowl. Drizzle this dressing over the cucumber mixture and toss to combine. Once the salmon is ready, serve it hot, garnished with the fresh cucumber salad. You can customize the dish by trying herbs such as oregano, thyme, or parsley, adding a pinch of red pepper flakes for some heat, or incorporating vegetables like cherry tomatoes or bell peppers into the salad.



Note: Calories: 350-400 kcal

4.6. Poultry Recipes



1. Lemon Herb Roasted Chicken



Prep time:
20 min

Cook Time:
20 min

Servings:
4-6

Ingredients

- one (4-pound) whole chicken, giblets removed
- one lemon, peeled and halved
- four cloves garlic, minced
- two tablespoons extra-virgin olive oil
- one tablespoon fresh rosemary, minced
- one tablespoon fresh thyme, minced
- one teaspoon dried oregano
- half teaspoon salt
- one-fourth teaspoon black pepper
- one pound small potatoes, halved
- one onion, quartered
- two carrots, shredded
- Optional ingredients:
- half cup dry white wine
- A pinch of red pepper flakes for spice

Other Mediterranean herbs, such as marjoram or savory

Instructions:

Begin by preheating your oven to 400°F (200°C).

Next, prepare the chicken thoroughly inside and out, then pat it dry with paper towels. To create the herb rub,

mix lemon zest, minced garlic, olive oil, rosemary, thyme, oregano, salt, and pepper in a small bowl.

Add this herb mixture to the chicken, ensuring it gets under the skin. Stuff the cavity with halved lemons, and if you prefer, tie the legs together using kitchen twine. For the vegetables, combine potatoes, onion, and carrots in the roasting pan, tossing them with olive oil, salt, and pepper.

Position the chicken on a rack above the vegetables and roast for 1 hour and 20 minutes, or until a

meat thermometer reads 165°F (74°C) in the thickest part of the thigh. Optionally, you can add

white wine to the pan halfway through cooking. After roasting, allow the chicken to rest for 10

minutes before carving. Serve it alongside the roasted vegetables. Consider a simple green salad

with olive oil and lemon juice for an ideal accompaniment. For a more substantial meal, quinoa or

couscous works well, and crusty bread is excellent for soaking up the delicious pan juices.



Note: Calories: 450 kcal

2. Chicken Souvlaki



Prep time:
20 min

Cook Time:
20-25 min

Servings:
4

Ingredients

For the marinade:

one-fourth cup of extra virgin olive oil

one-fourth cup of lemon juice (freshly squeezed)

two cloves garlic, minced

one tablespoon of dried oregano

one teaspoon of dried rosemary

half a teaspoon smoked paprika

one-fourth teaspoon of black pepper

half a teaspoon sea salt

For the souvlaki: 1½ pounds of boneless, skinless chicken breasts cut into 1-inch cubes

one red onion cut into 1-inch pieces

one bell pepper (any color), cut into 1-inch pieces

one zucchini, cut into 1/2-inch rounds

one pint of cherry or grape tomatoes

eight to twelve metal or bamboo skewers

Optional Ingredients: 1 tablespoon Dijon mustard (for marinade) 1/4 cup chopped fresh parsley or dill (for marinade) pinch of red pepper flakes

Lemon wedges for serving

Instructions:

1. Prepare the marinade: In a large bowl, whisk together the olive oil, lemon juice, garlic, oregano, rosemary, paprika, pepper, and salt.

2. Marinate the chicken: Add the chicken cubes to the marinade and toss to coat. Cover and refrigerate for at least 30 minutes or overnight for maximum flavor.

3. Assemble the skewers: Thread the marinated chicken, red onion, bell pepper, zucchini, and tomatoes onto the skewers.

4. Cook the souvlaki. Grilling: Preheat your grill to medium-high heat. Grill the skewers for 5-7 minutes per side or until the chicken is cooked through and the vegetables are tender. Oven roasting: Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper. Arrange the skewers on the baking sheet and bake for 20-25 minutes, or until the chicken is cooked and the vegetables are tender. Pan-frying: Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Cook the skewers in batches for 5-7 minutes per side or until the chicken is cooked through and the vegetables are tender.

5. Serve the souvlaki hot, with lemon wedges on the side.



Note: Calories: 450-500 kcal

3. Chicken Tagine with Apricots and Almonds



Prep time:
15 min

Cook Time:
20 min

Servings:
4

Ingredients

- four boneless, skinless chicken thighs (about 1 ½ pounds)
- one large onion, finely chopped
- three cloves garlic, minced
- one tablespoon extra-virgin olive oil
- one teaspoon of ground cinnamon
- one teaspoon of ground cumin
- ½ teaspoon ground turmeric
- one teaspoon of ground ginger
- ½ teaspoon smoked paprika (optional for smoky flavor)
- ½ teaspoon red pepper flakes (optional, for spice)
- 1½ cups low-sodium chicken broth
- ten dried apricots, halved
- one-third cup raw almonds, toasted
- one tablespoon honey (optional for extra sweetness)
- Juice of ½ lemon
- Salt and black pepper to taste
- 2 tbsp fresh cilantro, chopped

Instructions:

1. Prepare the chicken: Pat the thighs dry with a paper towel. Season generously with salt and pepper on both sides.
2. Brown the chicken: Heat the olive oil in a large skillet or tagine (Moroccan clay pot) over medium-high heat. Sear the chicken thighs on both sides for 3–4 minutes per side until golden brown. Remove and set aside.
3. Cook the aromatics: Reduce the heat to medium in the same skillet. Add the chopped onions and garlic, cooking until soft and translucent, about 5 minutes.
4. Add spices: Stir in the ground cinnamon, cumin, turmeric, ginger, paprika, and red pepper flakes (if using). Cook for 1 minute until fragrant, stirring constantly.
5. Deglaze and simmer: Pour in the chicken broth, scraping up any browned bits from the bottom of the pan. Add the apricots, toasted almonds, and honey (if using). Return the chicken to the pan, nestling it into the liquid. Bring to a simmer.
6. Slow cook: Cover the skillet or tagine with a lid, reduce the heat to low, and let it simmer gently for 50–60 minutes. The chicken should be tender, and the sauce should thicken slightly.
7. Add fresh flavors: Once cooked, stir in the lemon juice, fresh cilantro, and parsley. Adjust seasoning with salt and pepper to taste. Serve: Serve the chicken tagine over couscous, quinoa, or a bed of cauliflower rice for a low-carb option.



Note: Calories: 375 kcal

4. Chicken with Olives and Capers



Prep time:
15 min

Cook Time:
25 min

Servings:
4

Ingredients

- one and a half pounds boneless, skinless chicken breasts cut into 1-inch pieces
 - two tablespoons extra-virgin olive oil
 - one medium onion, chopped
 - two garlic cloves, minced
 - 1 red bell pepper, seeded and chopped
 - one can (14.5 ounces) diced tomatoes, drained
 - ½ cup pitted Kalamata olives, halved
 - a quarter cup of capers, rinsed
 - a quarter glass of dry white wine (optional)
 - two tablespoons chopped fresh oregano (or 2 teaspoons dried)
 - a teaspoon of dried basil
 - a half teaspoon salt
 - a quarter teaspoon of black pepper
 - juice of one lemon
- fresh oregano sprigs for garnish (optional)

Instructions:

1. Begin by cooking the chicken: Heat 1 tablespoon of olive oil over medium-high heat in a large skillet. Add the chicken pieces until they are browned on all sides and fully cooked, which should take about 6–8 minutes. Once done, remove the chicken from the skillet and set it aside.
2. Prepare the vegetables: Add another tablespoon of olive oil in the same skillet. Incorporate the onion and bell pepper, cooking them until they become tender, approximately 5 minutes. Then, add the garlic and sauté for another minute until it releases its aroma.
3. Create the sauce: Mix the diced tomatoes, olives, capers, white wine (if using), oregano, basil, salt, and pepper. Allow the mixture to simmer and cook for about 10 minutes or until the sauce has thickened slightly.
4. Combine and complete: Place the chicken back into the skillet and stir to ensure it is well-coated with the sauce. Let it simmer for an additional 5 minutes to warm through. Just before serving, mix in the lemon juice.
5. Serve: If desired, garnish with fresh oregano sprigs. Suggested accompaniments include serving over brown rice, quinoa, or couscous alongside a simple green salad dressed with olive oil and lemon juice and roasted vegetables such as zucchini, eggplant, or carrots.



Note: Calories: 350 kcal

5. Chicken and Vegetable

Skewers

Ingredients

- Marinade for the chicken:
- one pound (450 g) boneless, skinless chicken breasts, cut into 1-inch cubes
- three tablespoons extra-virgin olive oil (a key ingredient in Mediterranean cooking)
- juice of one lemon (about three tablespoons)
- two cloves garlic, minced
- one teaspoon of dried oregano (or one tablespoon of fresh oregano, finely chopped)
- one teaspoon dried thyme (or one tablespoon fresh thyme, finely chopped)
- half a teaspoon ground cumin (optional for a warm, earthy flavor)
- half a teaspoon of paprika (or smoked paprika for more flavor)
- Salt and pepper to taste
- Vegetables: 1 medium red bell pepper, cut into 1-inch pieces
- one medium yellow bell pepper, cut into 1-inch pieces
- one small zucchini, sliced into 1/2-inch thick rounds
- one red onion, sliced into wedges
- 1 cup cherry tomatoes
- 1 tbsp extra-virgin olive oil
- Salt and pepper to taste
- Additional customizations:
- Add other vegetables, such as mushrooms, eggplant, or asparagus.

For garnish, use fresh herbs such as parsley, cilantro, or mint. For a spicy kick, add a pinch of red pepper flakes to the marinade.



Prep time:
20-30 min



Cook Time:
15 min



Servings:
4

Instructions:

1. Prepare the Chicken: In a spacious mixing bowl, blend olive oil, lemon juice, minced garlic, thyme, cumin, paprika, salt, and pepper. Introduce the chicken cubes into the mixture and stir well to ensure they are evenly coated. Cover the bowl and place it in the refrigerator for at least 30 minutes to allow the flavors to meld (if time is limited, marinating can be omitted, though it will improve the flavor).
2. Prepare the Vegetables: In a separate bowl, mix the bell peppers, zucchini, red onion, and cherry tomatoes. Drizzle with olive oil, season with salt and pepper, and toss to ensure an even coating.
3. Assemble the Skewers: Preheat your grill or skillet to medium-high heat. If using wooden skewers, soak them in water for 30 minutes to prevent burning. Alternate threading the chicken and vegetables onto the skewers for an attractive presentation.
4. Grill the Skewers: Position the skewers on the grill, turning them occasionally, and cook for about 12-15 minutes or until the chicken is fully cooked (internal temperature should reach 165°F or 75°C) and the vegetables are slightly charred and tender. For indoor cooking, a grill pan can be used, or you can set your oven to broil, cooking for a similar time and turning the skewers halfway through.



Note: Calories: 320 kcal

6. Roasted Chicken with Rosemary and Garlic



Prep time:
20 min



Cook Time:
15 min



Servings:
4

Ingredients

- one (3-4 pound) whole chicken
- one tablespoon of olive oil
- one lemon, peeled and halved
- four cloves garlic, minced
- two sprigs of fresh rosemary
- one teaspoon of dried oregano
- half teaspoon salt
- one-fourth teaspoon of black pepper
- one pound of small potatoes, halved
- one onion, quartered
- Optional: half cup of dry white wine

Instructions:

Preheat your oven to 375°F (190°C). Begin by rinsing the chicken inside and out, then patting it dry. Coat the entire surface of the chicken with a generous amount of olive oil. Mix lemon zest, minced garlic, rosemary, oregano, salt, and pepper in a small bowl for seasoning. Stuff the chicken's cavity with half the lemon halves and a sprig of rosemary, then rub the remaining herb mixture over the chicken's exterior. Combine the potatoes and onion in a large bowl and toss them with olive oil, salt, and pepper. Place the chicken in a roasting pan, arranging the seasoned potatoes and onions around it. Optionally, pour white wine into the bottom of the pan. Roast the chicken for approximately 1 hour and 15 minutes, or until a meat thermometer inserted into the thickest part of the thigh reads 165°F (74°C). After cooking, allow the chicken to rest for 10 minutes before carving. Serve it with the roasted potatoes and onions, drizzling the pan juices over the dish. For an enhanced dining experience, consider pairing it with quinoa or couscous, a fresh green salad with lemon vinaigrette, and a light-bodied red



Note: Calories: 450-500 kcal

7. Chicken with Lemon and Artichoke Hearts



Prep time:

15 min

Cook Time:

30 min

Servings:

4

Ingredients

- Chicken:
- Four boneless, skinless chicken breasts (4 to 6 ounces each)
- Artichokes and Vegetables:
- one (14 ounces) can of artichoke hearts, drained and halved
- one medium yellow onion, thinly sliced
- three cloves garlic
- one cup of cherry tomatoes, halved (optional for color and sweetness)
- Citrus and Liquids:
- two tablespoons extra virgin olive oil 1/3 cup dry white wine (or low-sodium chicken broth for a non-alcoholic version)
- juice of one large lemon (about three tablespoons)
- zest of one lemon
- Herbs and Spices:
- one teaspoon of dried oregano
- one teaspoon of dried thyme
- half teaspoon paprika
- one-fourth teaspoon red pepper flakes (optional for spice)
- Freshly ground black pepper and sea salt to taste
- Garnishes and individual herbs:
- Two tablespoons chopped fresh parsley (optional)

one tablespoon fresh dill or basil, finely chopped (optional)

Instructions:

1. Start by preparing the chicken. Rub the seasonings thoroughly into the meat for an even flavor. Then, heat one tablespoon of olive oil in a large skillet over medium-high heat. Once the oil is hot, add the chicken breasts and sear them on each side for 4-5 minutes until golden brown. After searing, remove the chicken from the skillet and set it aside, as it will finish cooking later.
2. To prepare the vegetables, add another tablespoon of olive oil to the same skillet and lower the heat to medium. Add the sliced onions and sauté for 3-4 minutes until soft and translucent. Then, add the minced garlic and cook for an additional minute until fragrant. Next, deglaze the pan by adding white wine or chicken broth, using a wooden spoon to scrape up any browned bits from the bottom. Allow the liquid to simmer for 2-3 minutes to evaporate the alcohol if using wine.
3. Then, incorporate the artichoke hearts, cherry tomatoes (if using), lemon juice, and lemon zest into the skillet. Cook for 2-3 minutes to warm the artichokes and melt the flavors. Then, return the seared chicken breasts to the skillet, placing them into the sauce and vegetables. Cover the skillet and let it simmer for 10-12 minutes or until the chicken reaches an internal temperature of 165°F (74°C). Finally, once the chicken is fully cooked, remove it from the heat and garnish with freshly chopped parsley and dill or basil, if desired.



Note: Calories: 330 kcal

8. Chicken with Grapes and Walnuts



Prep time:

20 min

Cook Time:

15 min

Servings:

4

Ingredients

- one and a half pounds of boneless and skinless chicken breasts cut into 2.5 cm thick pieces
- one tbsp olive oil
- one medium red onion, thinly sliced
- two garlic cloves, minced
- one cup of pitted red grapes, cut in half
- half a cup of walnuts, coarsely chopped
- one tbsp balsamic vinegar
- 1 tsp dried oregano
- one tsp dried thyme
- half a cup of chicken broth
- Salt and freshly ground black pepper to taste
- Fresh parsley, chopped (for decoration)
- Additional additives:
- half a cup of pitted Kalamata olives
- one red bell pepper, thinly sliced

A pinch of red pepper flakes for spice

Instructions:

1. Begin by searing the chicken: Heat olive oil over medium-high heat in a large skillet. Season the chicken with salt and pepper, then add it to the skillet. Cook until the chicken is golden brown on all sides, then remove it from the skillet and set it aside.
2. Next, sauté the aromatics. In the same skillet, add the red onion and cook for approximately 5 minutes until it becomes tender. Incorporate the garlic and continue cooking for an additional minute until it releases its aroma.
3. Combine the ingredients: Place the chicken back into the skillet. Add the grapes, walnuts, balsamic vinegar, oregano, thyme, and chicken broth. Allow the mixture to come to a simmer, lower the heat, cover, and let it cook for 20 minutes, or until the chicken is fully cooked and the sauce thickens slightly.
4. To serve: Garnish with fresh parsley and serve alongside brown rice, quinoa, or roasted vegetables. For an ideal pairing, a simple green salad with lemon vinaigrette complements this dish beautifully. Consider serving it with crusty bread for a more substantial meal to soak up the delicious sauce.



Note: Calories: 380 kcal

9. Chicken with Dates and Pistachios



Prep time:
20 min



Cook Time:
35 min



Servings:
4

Ingredients

- For the chicken:
- one and a half pounds of boneless and skinless chicken thighs cut into 2.5 cm thick pieces
- one tbsp olive oil
- one tsp ground cumin
- one tsp ground coriander
- half tsp paprika
- one-fourth tsp cinnamon
- one-fourth tsp turmeric
- Salt and freshly ground black pepper to taste
- For a mixture of dates and pistachios:
- one cup of pitted Medjool dates chopped half a
- cup of peeled pistachios, coarsely chopped
- one-fourth cup of fresh parsley, chopped
- two tablespoons of lemon juice
- one tbsp olive oil
- To serve: Cooked couscous or quinoa.
- Lemon slices

Instructions:

1. Marinate the Chicken: In a large bowl, combine the chicken pieces with olive oil, cumin, coriander, paprika, cinnamon, turmeric, salt, and pepper. Mix well and let it marinate for at least 15 minutes.
2. Prepare the Date and Pistachio Mixture: In a separate bowl, combine the chopped dates, pistachios, parsley, lemon juice, and olive oil. Mix well.
3. Cook the Chicken: Heat a large skillet over medium-high heat. Add the marinated chicken and cook, stirring occasionally, until golden brown and cooked through (about 6-8 minutes).
4. Combine and Serve: Add the date and pistachio mixture to the skillet with the cooked chicken. Toss to coat and cook for another minute until heated through.
5. Serve: Serve the chicken over cooked couscous or quinoa. Garnish with fresh parsley and lemon wedges. Customizable elements: Herbs and Spices: Feel free to experiment with herbs and spices like oregano, mint, or a pinch of red pepper flakes for added heat. Nuts: You can substitute pistachios with almonds, walnuts, or pine nuts. Dried Fruit: Try dried apricots or figs instead of dates.



Note: Calories: 480 kcal

10. Chicken with Figs and Balsamic Vinegar



Prep time:
15 min



Cook Time:
30 min



Servings:
4

Ingredients

- one and a half pounds of boneless and skinless chicken breasts cut into 2.5 cm thick pieces
- one tbsp olive oil
- one small red onion, thinly sliced
- two garlic cloves, minced
- one cup of dried figs, peeled from stalks and cut into quarters
- half a cup of balsamic vinegar
- one-fourth cup of chicken broth
- one tablespoon of honey
- one tsp fresh thyme leaves
- half tsp fresh rosemary, chopped
- Salt and freshly ground black pepper to taste
- Optional: a pinch of red pepper in flakes for spice

Instructions:

Prepare the chicken: Season the pieces with salt and pepper according to your preference. Next, sauté the aromatics. In a large skillet, heat olive oil over medium heat and add the red onion, cooking until it softens, which should take about 5 minutes. Then, add the garlic and sauté for approximately 30 seconds until fragrant. Now, prepare the balsamic glaze: Combine the figs, balsamic vinegar, chicken broth, honey, thyme, rosemary, and optional red pepper flakes in the skillet. Allow the mixture to simmer for 5 minutes until the sauce thickens slightly. Next, cook the chicken: Add the seasoned chicken to the skillet and cook for 6-8 minutes, or until the internal temperature reaches 165°F (74°C). Turn the chicken pieces occasionally to ensure even cooking, and thoroughly coat the sauce. Finally, serve the chicken hot, drizzling the fig and balsamic glaze over each serving. This dish pairs well with quinoa, couscous, or brown rice for a complete Mediterranean experience. A fresh salad with lemon vinaigrette and roasted vegetables such as zucchini, bell peppers, and eggplant will enhance the meal.



Note: Calories: 350 kcal

4.7. Meat Recipes



1. Lamb Kofta Kebabs

Ingredients

- one pound of minced lamb (preferably low-fat)
- half a cup of finely chopped red onion
- one-fourth cup chopped fresh parsley
- one-fourth cup of chopped fresh mint
- two garlic cloves
- minced through a meat grinder
- one teaspoon of ground cumin
- one teaspoon of ground coriander
- half a teaspoon of paprika
- one-fourth teaspoon cinnamon
- one-fourth teaspoon of cayenne pepper (optional for cooling)
- one-fourth cup whole grain breadcrumbs
- two tablespoons extra virgin olive oil
- salt and freshly ground black pepper to taste
- Optional:
- One-fourth cup of chopped pistachios or pine nuts adds texture and flavor.
- To serve: whole-grain pita bread or tortillas, green salad with tomatoes, cucumbers, and bell peppers.

Tzatziki sauce (Greek yogurt with cucumber, dill, and garlic).

 **Prep time:** 20 min
 **Cook Time:** 10-15 min
 **Servings:** 4

Instructions:

1. Combine ingredients: In a large bowl, combine ground lamb, red onion, parsley, mint, garlic, cumin, coriander, paprika, cinnamon, cayenne pepper (if using), breadcrumbs, 1 tablespoon olive oil, salt, and pepper.

Mix well with your hands until all ingredients are evenly incorporated.

2. Shape the kebabs: Divide the mixture into 12 equal portions. Shape each portion into an oblong kebab around 4 inches long and 1 inch thick.

3. Cooking options:

Grilling: Preheat the grill to medium-high heat. Thread the kebabs onto skewers and grill for 5-7 minutes per side until cooked.

Baking: Preheat oven to 400°F (200°C). Place the kebabs on a baking sheet lined with parchment paper. Bake for 15-20 minutes, or until cooked through. **Pan-frying:** Heat the remaining 1 tablespoon olive oil in a large skillet over medium-high heat. Add the kebabs and cook for 4-5 minutes per side or until browned and cooked through. **Serve:** Serve the koftas hot, wrapped in warm pita bread or flatbreads. Top with your favorite Mediterranean toppings, such as a mixed green salad, tzatziki sauce, or hummus.



Note: Calories: 350-400 kcal

2. Beef and Vegetable Stew

Ingredients

- one and a half pounds of braised lean beef cut into 1-inch cubes
- , two tablespoons olive oil
- one large onion, finely chopped
- three garlic cloves minced through a meat grinder
- one red bell pepper, finely chopped
- one green bell pepper, finely chopped
- one can of chopped tomatoes (28 ounces)
- one can of diced tomatoes (14.5 ounces) unpeeled
- one cup of low-calorie beef broth with sodium
- one cup of dry red wine (according to if desired, you can replace it with broth)
- one tablespoon of tomato paste
- two medium carrots, peeled and chopped
- two medium zucchini, chopped
- one cup of green beans, peeled and cut in half
- one teaspoon of dried oregano
- one teaspoon of dried thyme
- half a teaspoon of dried rosemary
- one-fourth teaspoon cinnamon
- salt and freshly ground black pepper to taste
- one bay leaf chopped fresh parsley (for decoration), pitted kalamata olives and cut in half (for decoration)

 **Prep time:** 20 min
 **Cook Time:** 2 hours
 **Servings:** 6

Instructions:

Begin by browning the beef: Heat olive oil over medium-high heat in a large Dutch oven or pot. Season the beef cubes with salt and pepper. In batches, brown the beef on all sides, remove it from the pot, and set it aside. Next, sauté the vegetables. Add the onion and garlic in the same pot, cooking until they are softened, which should take about 5 minutes. Then, incorporate the bell peppers and cook for 5 minutes until slightly tender.

Now, build the stew: Add crushed tomatoes, diced tomatoes, beef broth, red wine (if desired), tomato paste, carrots, oregano, thyme, rosemary, cinnamon, and a bay leaf. Bring the mixture to a simmer.

For the simmering process, Return the browned beef to the pot, cover it, and lower the heat. Allow it to simmer for 1.5 hours or until the meat becomes tender.

Next, add the remaining vegetables: Stir in the zucchini and green beans, and let it simmer for another 30 minutes or until the vegetables are tender.

Finally, season and serve: Remove the bay leaf and adjust the stew's seasoning with salt and pepper to your liking. Garnish with fresh parsley and Kalamata olives before serving hot.

Serving suggestions include pairing the stew with brown rice, quinoa, or whole-wheat couscous and a side of crusty bread for dipping. A simple green salad dressed with lemon vinaigrette will enhance the stew's rich flavors.



Note: Calories: 420 kcal

3. Moussaka



Prep time: 30 min **Cook Time:** 15 min **Servings:** 6

Ingredients

- For the meat sauce: one pound (450 g) of low-fat minced lamb or beef (or use a mixture for a richer taste), one large onion, finely chopped, three garlic cloves, minced through a meat grinder, one can of diced tomatoes (14.5 oz/400 g), one tablespoon of tomato paste, one teaspoon ground cinnamon, one teaspoon dried oregano (or 1 tbsp fresh oregano) half tsp ground allspice, half tsp ground black pepper, one-fourth tsp. Ground nutmeg, salt to taste, half a glass of red wine (optional, or use a low-sodium broth), two tablespoons extra virgin olive oil (main dish of Mediterranean cuisine)
- For eggplant and potatoes: two large eggplants (about one pound/450 g each), sliced lengthwise into ¼-inch thick slices two large potatoes, peeled and cut into ¼-inch thick circles, three tablespoons extra virgin olive oil
- Salt and pepper to taste
- For the Bechamel sauce:
3 tablespoons extra virgin olive oil (or butter for a richer flavor), three tablespoons of whole grain flour (or plain flour of the highest grade) two cups of low-fat milk (or unsweetened almond milk for the dairy-free version) one-fourth of a teaspoon of ground nutmeg half a cup of grated parmesan cheese (or its dairy-free version) one large beaten egg (for the vegan version, you can not add) Optional: Herbs: Fresh parsley or basil as spices for decoration: Add a pinch of chili flakes to add spice or smoked paprika to add piquancy Vegetarian option: Replace the meat with lentils, chopped tofu or vegetable-based minced meat Gluten-free option: Use gluten-free flour to make bechamel sauce and gluten-free breadcrumbs as a sprinkle.

Instructions:

1. Step 1: Prepare the Eggplant and Potatoes. Begin by preheating your oven to 400°F (200°C) and lining two baking sheets with parchment paper. Lightly brush both sides of the eggplant and potato slices with olive oil, then season them with salt and pepper. Arrange the slices in a single layer on the prepared baking sheets. Roast for 20-25 minutes until golden brown, flipping them halfway through. Once done, allow them to cool.

Step 2: Heat the Meat Sauce. Heat 2 tablespoons of olive oil over medium heat in a large skillet. Add the chopped onion and minced garlic, sautéing until they become soft, which should take about 5 minutes. Incorporate the ground lamb or beef, breaking it apart with a spoon, and cook until browned approximately 7 minutes. Stir in the cinnamon, allspice, black pepper, nutmeg, and oregano, cooking for an additional minute to enhance the flavors. Then, add the tomato paste, crushed tomatoes, and red wine (or broth). Bring the mixture to a simmer, reduce the heat, and cook for 15-20 minutes until it thickens. Adjust the seasoning with salt as needed, then set aside.

Step 3: Prepare the Béchamel Sauce. Heat 3 tablespoons of olive oil over medium heat in a medium saucepan. Whisk in the flour and cook for 2-3 minutes to form a roux, ensuring it does not brown. Gradually add the milk while whisking continuously to prevent lumps. Incorporate the nutmeg and cook for 5-7 minutes or until the sauce thickens. Remove from heat, stir in the Parmesan cheese, and season with salt and pepper. For added richness, you may whisk in a beaten egg if desired.

Step 4: Assemble the Moussaka. Reduce the oven temperature to 350°F (175°C). In a 9x13 inch (23x33 cm) baking dish, start with a layer of roasted potato slices at the bottom, followed by a layer of eggplant slices. Spread half of the meat sauce over the vegetables, then add another layer of eggplant and potatoes. Top with the remaining meat sauce. Finally, evenly spread the béchamel sauce over the top layer.



Note: Calories: 420 kcal

4. Lamb Chops with Rosemary and Garlic



Prep time: 20 min **Cook Time:** 20 -25 min **Servings:** 4

Ingredients

- four lamb rib chops (about 1 inch thick)
- two tablespoons extra virgin olive oil,
- two garlic cloves, minced,
- two sprigs of fresh rosemary, finely chopped,
- one lemon, peeled from the zest and juice,
- one teaspoon of dried oregano,

half a teaspoon of salt, half a teaspoon of black pepper
Optional: A pinch of ground red pepper for heating
Equipment: Large frying pan Meat tongs thermometer

Instructions:

Begin by marinating the lamb: In a shallow dish, mix together olive oil, garlic, rosemary, lemon zest, lemon juice, oregano, salt, and pepper. Add the lamb chops, ensuring they are well coated. Cover the dish and refrigerate for a minimum of 30 minutes or up to 4 hours for enhanced flavor. Next, prepare the skillet by heating a large pan over medium-high heat. Once heated, remove the lamb chops from the marinade, allowing any excess to drip off, and sear them in the skillet for 3-4 minutes on each side until they achieve a golden brown color and reach your preferred level of doneness. For precise cooking, use a meat thermometer: aim for 130-135°F (55-57°C) for medium-rare and 140-145°F (60-63°C) for medium. After cooking, transfer the lamb chops to a cutting board and let them rest for 5-10 minutes to allow the juices to redistribute, resulting in tender and flavorful meat. For serving, consider pairing the lamb chops with roasted vegetables like zucchini, bell peppers, and eggplant, seasoned with olive oil, herbs, and a sprinkle of feta cheese. A refreshing Greek salad with tomatoes, cucumbers, olives, and feta, olive oil and lemon juice, complements the dish well. For a more substantial meal, serve alongside quinoa or couscous.



Note: Calories: 350-400 kcal

5. Pastitsio

Ingredients

- One pound (450 g) low-fat minced turkey or minced chicken (substitute: vegetable minced meat for vegetarians)
- one medium onion, finely chopped
- three garlic cloves, minced through a meat grinder
- one tbsp extra virgin olive oil
- one can (15 oz / 425 g) chopped tomatoes (without added sugar)
- two tbsp. Tomato paste, half a cup of low-sodium vegetable or chicken broth, half tsp ground cinnamon, half tsp ground allspice, one tsp dried oregano, one tsp dried basil, one bay leaf, salt and pepper to taste
- Optional: A pinch of ground red pepper to warm up
- For a layer of pasta: twelve ounces (340 g) whole wheat flour penne or ziti pasta - one egg, one tbsp extra virgin olive oil, one-fourth cup grated Parmesan cheese (optional, to add flavor)

For Bechamel sauce: two tablespoons whole wheat flour, two tablespoons extra virgin olive oil (or butter for a thicker sauce), two cups unsweetened almond milk or low-fat milk, one-fourth tsp ground nutmeg, half a cup grated parmesan cheese, one beaten egg, salt and pepper to taste



Prep time: 25 min **Cook Time:** 50 min **Servings:** 6

Instructions:

1. Step 1: Bring a large saucepan of salted water to a boil.

Add the wholemeal pasta and cook according to the package instructions until it is al dente, which usually takes 9-10 minutes. To prevent the pasta from sticking, sprinkle it with

If desired, one tablespoon of olive oil is mixed with one beaten egg and parmesan cheese to enhance the taste.

Step 2: Prepare the meat sauce. Heat one tablespoon of olive oil over medium heat in a large frying pan or saucepan.

Add the chopped onion and fry for 4-5 minutes until soft. Then add the chopped garlic and cook for another minute until the flavor appears. Put the minced turkey (or chicken / vegetarian option) in a frying pan, breaking it with a spoon until it is browned and thoroughly cooked, which should take 5-7 minutes. Add tomato paste, chopped tomatoes, broth, cinnamon, allspice, oregano, basil, bay leaf, salt and pepper. To add piquancy, add red pepper flakes. Simmer the sauce over low heat for 15-20 minutes, stirring occasionally, until it thickens and the flavors mix. Remember to remove the bay leaf before you start cooking.

Step 3. Prepare the Bechamel sauce. Heat two tablespoons of olive oil over medium heat in a medium-sized saucepan.

Add the whole grain flour and cook for 1-2 minutes until golden and smooth. Gradually pour in the almond milk (or low-fat milk), whisking constantly to avoid lumps. Continue whisking until the sauce thickens; it will take 5-7 minutes.

Add the nutmeg, parmesan cheese, salt and pepper. Remove from the heat and let it cool down a little. In a separate bowl, whisk one egg and gradually add it to the bechamel sauce. Put it aside.

Step 4: Prepare the patio. Preheat the oven to 175°C. Spread half of the pasta evenly along the bottom in a 9x13-inch (23x33cm) baking dish. Put the meat sauce on the pasta, trying to spread it evenly.



Note: Calories: 420 kcal

6. Keftedes (Greek Meatballs)

Ingredients

- Meatballs: one pound (450 g) of low-fat ground beef (or a mixture of beef and pork), one small onion, finely grated, two cloves of garlic, minced through a meat grinder, one large egg, beaten, one-fourth cup whole grain breadcrumbs (or gluten-free breadcrumbs), one-fourth cup fresh parsley, finely chopped, two tbsp. l. fresh mint, finely chopped (optional, but for freshness)
- one tbsp. l. dried oregano (preferably Greek oregano), one tsp. Ground cumin half tsp. Ground cinnamon one-fourth cup of chopped feta cheese (optional for piquancy), two tablespoons extra virgin olive oil (for mixing and cooking)
- Salt and pepper to taste
- Juice of half a lemon (optional, for citrus notes)

You can use various herbs and spices: replace mint with dill or basil to give the dish a different herbal note. Add one-fourth tsp of chili flakes to add piquancy.



Prep time: 15 min **Cook Time:** 15-20 min **Servings:** 4

Instructions:

1. Prepare the Meatball Mixture: In a spacious bowl, blend the ground beef (or a combination of beef and pork) with the grated onion, minced garlic, and beaten egg. Incorporate the

breadcrumbs, fresh parsley, mint (if desired), dried oregano, ground cumin, and cinnamon. For a tangy twist, consider adding crumbled feta. Pour in 1 tablespoon of olive oil and season with salt and pepper according to your preference. A splash of lemon juice can enhance the flavor. Mix the ingredients thoroughly with your hands, being careful not to overmix, as this may lead to tougher meatballs.

2. Shape the Meatballs: To prevent the mixture from sticking, moisten your hands with water and shape the mixture into small balls, approximately 1 to 1.5 inches in diameter, yielding about 16-20 meatballs.

3. Cook the Meatballs. For Pan-Frying: Heat 1 tablespoon of olive oil in a large skillet over medium heat. Add the meatballs, ensuring they have enough space to cook evenly, and fry for 8-10 minutes, turning them occasionally until they are browned on all sides and fully cooked (internal temperature should reach 160°F/71°C). For Baking (a Healthier Alternative): Preheat your oven to 400°F (200°C). Place the meatballs on a baking sheet lined with parchment paper. Bake for 15-18 minutes, turning them halfway through until golden brown and cooked through.

4. Serving Suggestions: Serve the Keftedes warm alongside tzatziki (a Greek yogurt-cucumber sauce), a fresh Greek salad, or roasted vegetables. They also complement whole-grain pita bread or quinoa for a nutritious Mediterranean meal. For an extra burst of flavor, drizzle the meatballs with extra virgin olive oil and squeeze fresh lemon juice just before serving.



Note: Calories: 280 kcal

7. Pork Souvlaki



Prep time:
20 min

Cook Time:
15-20 min

Servings:
4

Ingredients

- For souvlaki: one and a half pounds of pork tenderloin, peeled and diced 1 inch thick, one-fourth cup extra virgin olive oil, one-fourth cup freshly squeezed lemon juice (from about one large lemon), two cloves of garlic, minced through a meat grinder, one tablespoon dried oregano, one teaspoon dried rosemary, half a teaspoon of ground cumin, one-fourth teaspoon of black pepper, one-fourth teaspoon of salt, 8-12 metal or soaked wooden skewers for serving (optional): Tzatziki sauce (see recipe below)

Greek salad of warm pita bread (tomatoes, cucumbers, onions, olives, feta cheese)

Instructions:

1. Start by marinating the pork. Add the pork cubes to the mixture and ensure they are evenly coated. Cover the bowl and refrigerate for at least two hours, ideally overnight, to enhance the flavor.
2. Prepare the skewers: If you use wooden skewers, dip them in water for at least 30 minutes so they do not burn during grilling. Thread the marinated pork cubes on a skewer, leaving a small gap between the pieces.
3. Prepare souvlaki: Preheat the grill to medium-high heat. Fry the kebabs for about 15-20 minutes, turning them over periodically, until the pork is completely fried and begins to be slightly charred. In addition, you can bake souvlaki in a preheated oven at 200 °C for 20-25 minutes or until fully cooked.
4. Serve: After cooking, remove the souvlaki from the grill or oven and let them stand for a few minutes before serving. They can be served hot, straight from the skewers, or with rice or quinoa. Serve with tzatziki sauce, warm pita bread, and crispy Greek salad.

For Tzatziki sauce: Mix one cup of plain Greek yogurt, half a grated cucumber (squeezed dry), two crushed garlic cloves, one tablespoon of chopped fresh dill, one tablespoon of lemon juice, and one tablespoon of extra virgin olive oil. Add salt and pepper to taste. Mix all the ingredients in a bowl and refrigerate for at least 30 minutes to allow the flavors to blend.



Note: Calories: 350-400 kcal

8. Lamb Tagine with Prunes and Almonds



Prep time:
20 min

Cook Time:
2 hours

Servings:
6

Ingredients

- One and a half pounds boneless shoulder of lamb, diced 1 inch thick, one tbsp olive oil, one large onion, chopped, three garlic cloves, crushed ginger 1 inch thick, grated, one tsp ground cumin, one tsp ground coriander, half tsp turmeric, half tsp. Cinnamon, one-fourth tsp. Saffron, crushed into crumbs, one cup of low-sodium chicken broth, 1 (14.5 oz) diced tomatoes, one cup of pitted prunes, half a cup of whole almonds, toasted half a cup of fresh cilantro, finely chopped salt, and freshly ground black pepper to taste.
- Additional additives: one tsp ras el hanga (a mixture of Moroccan spices), half a cup of dried apricots, one-fourth cup of crushed fresh mint, 1-2 tablespoons of honey or agave nectar (to add extra sweetness)

Instructions:

1. Prepare the lamb: Heat olive oil over medium-high heat in a large Dutch oven or tagine. Brown the lamb cubes on all sides. Remove the lamb from the pot and set aside.
 2. Sauté aromatics: In the same pot, sauté the onion until softened, about 5 minutes. Add garlic and ginger, and cook for 1 minute more.
 3. Bloom the spices: Stir in cumin, coriander, turmeric, cinnamon, and saffron. Cook for 30 seconds until fragrant.
 4. Combine ingredients: Return the lamb to the pot. Add chicken broth, diced tomatoes, and prunes. Bring to a simmer, then reduce heat to low, cover, and cook for 1.5 hours or until lamb is tender.
 5. Finish the tagine: Stir in the toasted almonds and half of the cilantro. Season with salt and pepper to taste. Simmer uncovered for 15 minutes to thicken the sauce.
 6. Serve: Garnish with the remaining cilantro and serve hot with couscous, quinoa, or brown rice.
- Equipment: Dutch oven or tagine Skillet (for toasting almonds). Serving suggestions: For a complete Mediterranean meal, serve with roasted vegetables, a simple salad with olive oil and lemon dressing, and whole-wheat pita bread. To add a touch of freshness, top with a dollop of plain Greek yogurt.



Note: Calories: 450 kcal

9. Beef Stifado



Prep time: 30 min **Cook Time:** 2.5 hours **Servings:** 6

Ingredients

- one and a half kg of low-fat stewed beef, such as brisket or rump, peeled and cut into 2-inch cubes,
- two tablespoons of extra virgin olive oil,
- one and a half kg of peeled pearl onions (or two large yellow onions, sliced),
- four cloves of garlic, minced through a meat grinder,
- one can of chopped tomatoes (400 g),
- one cup of dry red wine,
- half a cup of beef broth,
- two tablespoons of red wine vinegar,
- one stick of cinnamon,
- four whole cloves,
- one tsp dried oregano,
- half tsp ground nutmeg, salt, and freshly ground black pepper to taste
- Optional: one bay leaf, half tsp ground allspice, chopped fresh parsley for decoration

Instructions:

1. Sear the beef: Heat olive oil over medium-high heat in a large Dutch oven or heavy-bottomed pot. Work in batches to add the beef cubes, searing them on all sides until browned. Once done, remove the beef from the pot and set it aside.
2. Sauté the onions and garlic: Lower the heat to medium and add pearl or sliced onions and garlic to the pot. Stir occasionally, cooking until the onions are softened and lightly caramelized, which should take about 10 minutes.
3. Deglaze the pot: Introduce the red wine to the pot, scraping the browned bits from the bottom. Next, add the beef broth, red wine vinegar, a cinnamon stick, cloves, oregano, and nutmeg. Allow the mixture to come to a simmer.
4. Incorporate the beef and tomatoes: Return the beef to the pot and combine it with the chopped tomatoes. Season with salt and pepper to taste.
5. Simmer: Bring the stew to a boil, then reduce the heat to low, cover, and let it simmer for 2 to 2.5 hours or until the beef is exceptionally tender. (Optional: Include a bay leaf in the last hour of cooking.)
6. Serve: Before serving, remove the cinnamon stick and cloves. For garnish, you may add fresh parsley if you wish. Serving suggestions include presenting the stew hot over brown rice, quinoa, or whole-wheat couscous. It pairs well with steamed vegetables or a Greek salad, and crusty bread is ideal for savoring the sauce.



Note: Calories: 450 kcal

10. Shepherd's Pie (with ground lamb)



Prep time: 30 min **Cook Time:** 45 min **Servings:** 6

Ingredients

- For the filling:
- one tablespoon of olive oil
- one large onion, finely chopped
- two garlic cloves minced through a meat grinder
- one pound of minced lamb (or lean ground beef)
- one can of diced tomatoes (14.5 ounces), not peeled,
- one cup of vegetable broth
- one cup chopped carrots
- one cup of chopped zucchini
- half a cup chopped bell pepper (any color)
- half a cup of kalamata olives, pitted and cut in half
- one teaspoon of dried oregano
- half a teaspoon of dried rosemary
- one-fourth teaspoon of ground cinnamon, salt, and freshly ground black pepper to taste

For the filling: two pounds of reddish-brown potatoes, peeled and cut into quarters, one-fourth cup of milk (or unsweetened almond milk), two tablespoons of olive oil, one clove of garlic, crushed one-fourth cup of grated parmesan cheese, salt, and freshly ground black pepper to taste

Instructions:

1. Begin by preparing the potatoes: In a sizable pot, place the potatoes and cover them with cold water, adding a small amount of salt. Bring the water to a boil, lower the heat, and let it simmer until the potatoes are tender, which should take around 20 minutes. Once done, drain the water and return the potatoes to the pot for the mashed potato topping. Heat 1 tablespoon of olive oil in a small skillet over medium heat while the potatoes cook. Add minced garlic and sauté for approximately 30 seconds until aromatic. Incorporate the garlic-infused oil into the potatoes, milk, Parmesan cheese, salt, and pepper. Mash the mixture until it reaches a smooth and creamy texture, then set aside.
2. For the filling: Heat 1 tablespoon of olive oil in a large skillet or Dutch oven over medium heat. Add chopped onion and cook until it becomes tender about 5 minutes. Then, introduce the garlic and cook for an additional 30 seconds.
3. To brown the meat: Add ground lamb (or beef) to the skillet, cooking the meat while breaking it apart with a spoon until it is browned. Make sure to drain any excess fat.
4. Incorporate the vegetables and simmer: Mix in diced tomatoes, vegetable broth, diced carrots, zucchini, bell pepper, and olives, along with oregano, rosemary, cinnamon, salt, and pepper. Allow the mixture to simmer, reduce the heat, and continue cooking until the vegetables are tender, taking around 15 minutes.
5. Construct the pie: Preheat the oven to 375°F (190°C). Transfer the meat and vegetable mixture to a 9x13-inch baking dish, then spread the mashed potato topping evenly over the mixture.
6. Bake: Place the dish in the oven and bake for 25-30 minutes or until the topping is golden brown and the filling is bubbling.
7. Serve: Allow the pie to rest for 10 minutes before serving. For presentation, consider garnishing with fresh parsley or chopped Kalamata olives, and pair it with a Greek salad or roasted vegetables.



Note: Calories: 450-500 kcal

4.8. Vegetable Recipes



1. Ratatouille



Prep time: 30 min **Cook Time:** 45 min **Servings:** 6

Ingredients

- Vegetables:
 - one large eggplant (about 1 pound), diced
 - two medium zucchini
 - one red bell pepper
 - one yellow bell pepper
 - one large onion
 - four crushed garlic cloves
 - Minced canned tomatoes, diced, unpeeled herbs and spices:
 - Two tablespoons fresh thyme leaves (or 2 teaspoons dried)
 - two tablespoons chopped fresh basil leaves (or two teaspoons dried), one teaspoon dried oregano, half a teaspoon paprika, salt and freshly ground black pepper to taste
 - Other: one-fourth cup extra virgin olive oil
- two tablespoons balsamic vinegar (optional)

Instructions:

1. Begin by preparing the vegetables: Thoroughly wash and chop all the vegetables. If preferred, sprinkle salt on the eggplant and allow it to rest for 30 minutes to extract excess moisture, which helps maintain its texture during cooking. Afterward, rinse and pat the eggplant dry.
 2. Sauté the aromatics: Heat 2 tablespoons of olive oil over medium heat in a large Dutch oven or pot. Add the onion and sauté until it becomes tender, approximately 5 minutes. Incorporate the garlic and continue cooking for an additional minute until it releases its aroma.
 3. Incorporate the remaining vegetables: Add the bell peppers, zucchini, and eggplant to the pot. Cook for around 10 minutes, stirring occasionally, until the vegetables soften.
 4. Simmer the ratatouille: Introduce the canned tomatoes, thyme, oregano, paprika, salt, and pepper. Bring the mixture to a simmer, lower the heat, cover, and let it cook for 30 minutes or until the vegetables are tender.
 5. Complete and serve: Mix in the basil and balsamic vinegar, if desired. Taste and adjust the seasonings as necessary. Serve the dish warm or at room temperature.
- Cooking Techniques & Equipment:** Sautéing involves quickly cooking food in a small amount of fat over relatively high heat, as demonstrated in this recipe with the onions and garlic. Simmering entails gently cooking food in liquid just below boiling point, allowing the flavors of the vegetables and herbs to blend harmoniously in the ratatouille. A Dutch oven is a heavy pot with a tight-fitting lid, perfect for simmering and braising, as it evenly distributes heat and retains moisture, resulting in a tender and flavorful dish.



Note: Calories: 200 kcal

2. Roasted Eggplant with Garlic and Herbs



Prep time: 15 min **Cook Time:** 30 min **Servings:** 4

Ingredients

- two medium eggplants (about 1.5 pounds in total) cut into 1-inch cubes
 - one-fourth cup of extra virgin olive oil
 - four garlic cloves, minced two
 - tablespoons fresh oregano leaves
 - minced two
 - tablespoons fresh parsley, minced one
 - tablespoon lemon juice
 - one teaspoon of ground cumin
 - half a teaspoon of smoked paprika
 - one-fourth teaspoon red pepper (optional)
- Salt and freshly ground black pepper to taste

Instructions:

Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper for easier cleanup. Next, prepare the eggplant by placing the cubed pieces in a large bowl. Add olive oil, minced garlic, oregano, parsley, lemon juice, cumin, paprika, red pepper flakes (if desired), salt, and pepper. Mix thoroughly to ensure the eggplant is well-coated with the seasoning. Spread the eggplant in a single layer on the prepared baking sheet and roast for 30 minutes until it becomes tender and golden brown, turning it halfway through the cooking time. For serving, consider garnishing with extra fresh herbs, a drizzle of olive oil, or a sprinkle of feta cheese, if you like. This dish can be served as a side with grilled fish, chicken, or lamb or enjoyed as a main course over quinoa or couscous. It can also enhance salads, sandwiches, or wraps and serve as a delicious topping for pizzas or flatbreads. Feel free to customize the recipe by experimenting with herbs such as rosemary, thyme, or mint, adding spices like cinnamon or coriander for a richer flavor, or incorporating toppings like feta cheese, toasted pine nuts, or a dollop of Greek yogurt for added depth.



Note: Calories: 200 kcal

3. Greek Green Beans (Fassolakia)

Ingredients

- one pound of fresh green beans, chopped
 - one-fourth cup of extra virgin olive oil
 - one medium onion, chopped
 - two garlic cloves minced through a meat grinder
 - four large ripe tomatoes, grated or finely chopped
 - half a cup of water
 - one tbsp. 1. fresh dill, chopped
 - one tbsp fresh parsley, chopped
 - one tsp dried oregano
- Salt and freshly ground black pepper to taste if desired: 1-2 potatoes, peeled and diced (for a more satisfying dish)



Prep time:
15 min



Cook Time:
30 min



Servings:
4

Instructions:

1. Prepare the vegetables: Clean and trim the green beans. Dice the onion and finely mince the garlic. Either grate or finely chop the tomatoes. If you are including potatoes, peel and cut them into cubes.
2. Sauté the aromatics: Heat olive oil over medium heat in a large pot or Dutch oven. Add the diced onion and sauté until it becomes soft, which should take about 5 minutes. Incorporate the minced garlic and continue cooking for an additional minute until it releases its aroma.
3. Incorporate the remaining ingredients: Mix the grated tomatoes, water, dill, parsley, oregano, salt, and pepper. Allow the mixture to come to a simmer.
4. Simmer the green beans: Introduce the green beans (and potatoes, if included) into the pot. Cover and lower the heat, letting it simmer for approximately 20-30 minutes or until the green beans are tender yet slightly crisp. Stir occasionally to avoid sticking. If the sauce thickens too much, add a bit more water.
5. Taste and adjust: Sample the fassolakia before serving and modify the seasonings as necessary. You may wish to enhance the flavor with additional herbs, a touch of sugar if the tomatoes are overly acidic, or a splash of lemon juice for added brightness.



Note: Calories: 190 kcal

4. Stuffed Bell Peppers

Ingredients

- four large bell peppers (of any color, cut off the tops and remove the seeds)
 - one cup of boiled quinoa (or replace with boiled brown rice or couscous)
 - one can (15 oz) of chickpeas (peeled and rinsed)
 - one small red onion, cut into small cubes
 - two garlic cloves minced through a meat grinder
 - one medium zucchini, diced
 - one cup cherry tomatoes, cut in half
 - one-fourth cup of kalamata olives, pitted and finely chopped
 - one-fourth cup of chopped feta cheese (if desired, for the dairy-free version, you can abandon feta or use vegetable feta)
 - two tablespoons of extra virgin olive oil
 - one tablespoon chopped fresh parsley (optional: replace with basil or cilantro)
 - one tablespoon fresh mint, chopped (optional: replace with dill)
 - one tsp dried oregano
 - one tsp smoked paprika
 - half tsp cumin
 - salt and pepper to taste
 - juice of half a lemon.
- Additional ingredients:**
- Proteins: Add ½ pound of lean ground turkey or chicken for extra protein.
 - Cereals: Use bulgur or farro instead of quinoa.
- Herbs and spices:** Add Mediterranean spices such as thyme, rosemary, or coriander to taste.



Prep time:
15 min



Cook Time:
35 min



Servings:
4

Instructions:

1. Begin by preheating the oven to 375°F (190°C). Lightly grease a baking dish with olive oil or a non-stick spray to prepare it for use.
2. Next, remove the bell peppers and cut off their tops, removing the seeds. Set the prepared peppers aside for later.
3. Heat 2 tablespoons of olive oil over medium heat in a large skillet. Add the chopped onion and minced garlic, sautéing them until they become soft, which should take about 2-3 minutes. Then, incorporate the zucchini and continue cooking for 3-4 minutes. Add the cherry tomatoes, kalamata olives, oregano, smoked paprika, and cumin, and cook until the vegetables are tender and aromatic, for approximately 2 minutes.
4. Combine the sautéed vegetables with cooked quinoa and chickpeas in a large bowl. Mix in the lemon juice, along with fresh parsley and mint. Adjust the seasoning with salt and pepper to your preference. If desired, for a creamier consistency, gently fold in feta cheese.
5. Fill each bell pepper generously with the quinoa and vegetable mixture. Arrange the stuffed peppers in the greased baking dish and cover them with aluminum foil.
6. Place the baking dish in the oven and bake the stuffed peppers for 30 minutes. After this time, remove the foil and continue baking for 5 minutes to allow the tops to become light golden.
7. Once finished, allow the stuffed peppers to cool briefly. Serve them warm, garnished with extra fresh herbs such as parsley or mint. For added flavor, consider drizzling with extra virgin olive oil and a squeeze of lemon juice before serving.



Note: Calories: 290 kcal

5. Spinach with Chickpeas and Lemon

Ingredients

- one tablespoon extra virgin olive oil
- one medium-sized red onion, thinly sliced
- two garlic cloves minced through a meat grinder
- one can (15 ounces) chickpeas, washed and dried
- one pound of fresh spinach, washed and coarsely chopped
- one-fourth cup of vegetable broth
- two tablespoons of freshly squeezed lemon juice
- one teaspoon of lemon zest
- half a teaspoon of dried oregano
- one-fourth teaspoon red pepper (optional) Salt and freshly ground black pepper to taste
- Additional ingredients: one-fourth cup chopped fresh dill or parsley
- one-fourth cup of chopped feta cheese
- two tablespoons toasted pine nuts

Note: Calories: 220 kcal



Prep time:
15 min



Cook Time:
10 min



Servings:
4

Instructions:

1. Begin by sautéing the aromatics. Heat olive oil over medium heat in a large skillet or pot. Add the sliced red onion and sauté until it becomes tender, approximately 5 minutes. Incorporate the minced garlic and continue cooking for an additional minute until it releases its aroma.
2. Introduce chickpeas and spinach: Add the rinsed chickpeas to the skillet and cook for 2 minutes. Gradually mix in the chopped spinach, stirring until it wilts.
3. Simmer with broth and lemon: Pour the vegetable broth and allow it to simmer. Mix in the lemon juice, lemon zest, oregano, and red pepper flakes (if desired). Adjust the seasoning with salt and pepper to your preference.
4. Complete and serve: Let the mixture cook for 2-3 minutes to allow the flavors to combine. Add fresh dill or parsley for extra flavor.
5. Serve warm, garnished with crumbled feta cheese and toasted pine nuts (if using). Serving Suggestions: This dish makes for a light and satisfying main course, especially when paired with crusty bread for dipping. It can also serve as a side dish alongside grilled fish, chicken, or lamb. Consider pairing it with quinoa or brown rice for a more filling meal.



6. Roasted Vegetables with Herbs

Ingredients

- one large red onion, sliced
- one large eggplant, diced 1 inch thick
- two zucchini, cut into 1-inch thick slices
- one red bell pepper, peeled from seeds and cut into 1-inch thick pieces
- one yellow bell pepper, peeled from seeds and cut into 1-inch thick pieces
- two cups cherry tomatoes or grapes 10-12 g Kalamata olives, pitted and cut in half (optional)
- six garlic cloves, peeled and lightly chopped
- one-fourth cup of extra virgin olive oil
- two tablespoons of lemon juice
- one tablespoon of dried oregano
- one tablespoon of dried thyme
- one teaspoon of dried rosemary
- Salt and freshly ground black pepper to taste
- Optional: half a teaspoon of red pepper flakes to warm up
- one-fourth cup of chopped feta cheese to serve

Note: Calories: 220 kcal



Prep time:
20 min



Cook Time:
35-40 min



Servings:
6

Instructions:

Begin by preheating your oven to 400°F (200°C) and lining a large baking sheet with parchment paper to facilitate easy cleanup. Next, in a large bowl, prepare the vegetables by combining the onion, eggplant, zucchini, bell peppers, tomatoes, and olives (if desired). Create the herb mixture in a separate small bowl by whisking together olive oil, lemon juice, oregano, thyme, rosemary, salt, and pepper. Pour this herb mixture over the vegetables and toss thoroughly to ensure they are well coated. Spread the vegetables in a single layer on the prepared baking sheet and roast them for 35-40 minutes, or until they become tender and slightly caramelized, turning them once halfway through the cooking time. Once done, remove from the oven and, if desired, sprinkle with feta cheese before serving. This dish can be enjoyed as a delightful side with grilled fish, chicken, or lamb, served over a bed of quinoa or brown rice for a complete vegetarian meal, or added to salads for an enhanced flavor and nutrient profile. It also makes for a healthy and tasty snack.



7. Broccoli with Garlic and Olive Oil



Prep time:
10 min

Cook Time:
20-25 min

Servings:
4

Ingredients

- one large head of broccoli (about 1.5 pounds) cut into florets
- four cloves of garlic, minced
- one-fourth cup extra virgin olive oil, one-fourth teaspoon ground red pepper (optional)
- half a lemon, salt, black pepper to taste

two tablespoons chopped fresh parsley or your favorite herbs

Instructions:

Begin by preheating your oven to 400°F (200°C). Next, prepare the broccoli by washing it thoroughly and cutting it into florets. In a large mixing bowl, combine the broccoli florets with olive oil, minced garlic, red pepper flakes (if desired), lemon juice, salt, and pepper, ensuring the broccoli is well-coated. Spread the broccoli in a single layer on a baking sheet and roast it for 20-25 minutes, until it reaches a tender-crisp texture and has a slight char on the edges. Once done, remove it from the oven and garnish with fresh parsley. This dish pairs wonderfully as a side with grilled fish, chicken, or lamb and can also enhance pasta salads or grain bowls, providing additional nutrients and flavor. Alternatively, enjoy it as a nutritious snack on its own.



Note: Calories: 150 kcal

8. Zucchini Noodles with Pesto



Prep time:
20 min

Cook Time:
5 min

Servings:
4

Ingredients

- For zucchini noodles:
- four medium zucchini (about 2 pounds)
- one tablespoon extra virgin olive oil
- salt and freshly ground black pepper to taste.
- For the pesto sauce:
- two cups of fresh basil leaves in a package
- one-fourth cup pine nuts (or walnuts for a change)
- one-fourth cup grated Parmesan cheese (or Pecorino Romano)
- two cloves of garlic
- one-fourth cup of extra virgin olive oil
- two tablespoons of lemon juice, salt, and freshly ground black pepper to taste
- Additional ingredients:
- Half a cup of cherry tomatoes, cut in half

one-fourth cup of kalamata olives, pitted and chopped in half red pepper flakes to add piquancy, fresh herbs such as oregano or thyme

Instructions:

1. Prepare the zucchini noodles: Wash and trim the ends of the zucchini. Use a spiralizer, vegetable peeler, or mandoline to create long, thin noodles. If using a vegetable peeler, you'll create wider ribbons.
2. Salt and drain the zucchini: Place the zucchini noodles in a colander and toss with a pinch of salt. Let them sit for about 15 minutes to drain excess moisture. This step prevents the noodles from becoming watery when cooked.
3. Make the pesto: While the zucchini drains, combine the basil, pine nuts, Parmesan cheese, garlic, olive oil, and lemon juice in a food processor. Process until smooth, scraping down the sides as needed. Season with salt and pepper to taste.
4. Sauté the zucchini noodles: Heat the olive oil in a large skillet or pan over medium heat. Add the zucchini noodles and sauté for 2-3 minutes or until tender-crisp. Be careful not to overcook them, or they will become mushy.
5. Combine and serve: Toss the zucchini noodles with the pesto, ensuring they are well coated. Add the cherry tomatoes, olives, and red pepper flakes (if using) and stir gently.
6. Garnish and serve: Serve immediately, garnished with extra Parmesan cheese and fresh herbs.



Note: Calories: 250-300 kcal

9. Eggplant Parmesan

Ingredients

- two large eggplants (about 2 pounds) cut into one-fourth-inch thick circles
- half a cup of extra virgin olive oil
- half a cup whole grain breadcrumbs
- one-fourth cup of grated parmesan cheese
- two garlic cloves, minced
- one can of chopped tomatoes
- one can of diced tomatoes, unpeeled
- one teaspoon of dried oregano,
- one teaspoon of dried basil
- half a teaspoon of ground red pepper (optional)
- Salt and freshly ground black pepper to taste
- one cup grated mozzarella cheese without peel

Fresh basil leaves for decoration

 **Prep time:** 30 min  **Cook Time:** 45 min  **Servings:** 6

Instructions:

1. Prepare the eggplant: Begin by preheating the oven to 400°F (200°C). Arrange the eggplant slices on a baking sheet covered with parchment paper. Lightly brush both sides with olive oil and season with salt and pepper. Roast in the oven for 20-25 minutes or until tender and slightly golden.
2. Create the sauce: Heat 2 tablespoons of olive oil in a large saucepan over medium heat while the eggplant is roasting. Add the minced garlic, sautéing until it releases its aroma, approximately 1 minute. Incorporate crushed tomatoes, diced tomatoes, oregano, basil, red pepper flakes (if desired), salt, and pepper. Allow the mixture to simmer for 15 minutes, stirring regularly.
3. Assemble and bake: Spread a thin layer of the prepared sauce in the bottom of a 9x13-inch baking dish. Layer half of the roasted eggplant slices over the sauce, ensuring they overlap slightly. Add half of the mozzarella cheese and half of the remaining sauce. Repeat this layering process with the rest of the eggplant, mozzarella, and sauce.
4. Final touch: In a small bowl, mix breadcrumbs and Parmesan cheese. Evenly sprinkle this mixture over the top of the casserole and drizzle with the remaining olive oil.
5. Bake: Place the dish in the oven and bake for 20-25 minutes until the cheese is melted and bubbly and the topping has turned golden brown.
6. Garnish: Allow the casserole to rest for 10 minutes before serving. Top with fresh basil leaves for garnish.



Note: Calories: 350 kcal

10. Roasted Asparagus with Lemon

Ingredients

- one pound of fresh asparagus, peeled
- two tablespoons extra virgin olive oil
- one lemon, peeled from the zest and juice
- two cloves of garlic, minced through a meat grinder
- one-fourth cup of fresh herbs (for example, oregano, thyme, and parsley), finely chopped salt, and freshly ground black pepper to taste

Additionally, one-fourth cup of chopped feta cheese for decoration

 **Prep time:** 10 min  **Cook Time:** 15-25 min  **Servings:** 4

Instructions:

1. Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper for easy cleanup.
 2. Prepare the asparagus: Wash and trim the spears by snapping off the tough ends.
 3. Combine the ingredients: In a large bowl, toss the asparagus with olive oil, lemon zest, lemon juice, minced garlic, herbs, salt, and pepper. Ensure the asparagus is evenly coated.
 4. Roast: Spread the asparagus on the prepared baking sheet in a single layer. Roast for 15-20 minutes or until tender-crisp. The asparagus should be slightly browned on the edges.
 5. Serve: Transfer the roasted asparagus to a serving platter. If desired, garnish with crumbled feta cheese. Serve immediately.
- Serving Suggestions: This dish pairs beautifully with grilled fish, chicken, or lamb. It can also be enjoyed as a mezze platter with hummus, olives, and pita bread. For a vegetarian meal, serve it alongside quinoa or couscous.



Note: Calories: 100-120 kcal

4.9. Desserts



1. Baklava



Prep time:
30 min

Cook Time:
30-35 min

Servings:
12

Ingredients

- Filling:
- one cup of peeled pistachios, coarsely chopped
- one cup of peeled almonds, coarsely chopped
- one cup peeled walnuts, coarsely chopped
- one-fourth cup of sesame seeds
- two tablespoons of flax seeds
- one teaspoon of ground cinnamon
- half a teaspoon of ground cardamom
- one-fourth cup of honey
- Filo Dough:
- One pack (16 oz.) of filo dough, defrosted

Half a cup of extra virgin olive oil, melted syrup: one cup of honey, half a cup of water, one stick of cinnamon, and one lemon, peeled from the zest and juice.

Instructions:

1. Initiate the Filling Preparation: In a spacious mixing bowl, combine pistachios, almonds, walnuts, sesame seeds, flax seeds, cinnamon, and cardamom. Pour 1/4 cup of honey into the mixture and mix thoroughly.
2. Create the Syrup: In a small saucepan, mix honey, water, a cinnamon stick, and lemon zest. Heat over medium until it begins to simmer, then lower the heat and let it cook for 10 minutes or until it slightly thickens. Remove from heat and incorporate lemon juice. Allow to cool.
3. Begin Assembling the Baklava: Preheat the oven to 350°F (175°C) and lightly grease a 9x13-inch baking dish.
4. Layer the Phyllo and Filling: Place two sheets of phyllo dough in the greased dish, brushing each with melted olive oil. Add a thin layer of the nut mixture. Continue layering phyllo, oil, and nuts until all filling is utilized, finishing with two layers of phyllo brushed with oil.
5. Score and Bake: With a sharp knife, carefully score the top layer of phyllo into diamond shapes, cutting all the way to the bottom. Bake for 30-35 minutes or until it achieves a golden brown and crisp texture.
6. Incorporate the Syrup: Once the baklava is out of the oven, pour the cooled syrup evenly over the warm pastry. Allow the baklava to cool completely in the dish before serving.

Serving Suggestions: Serve at room temperature, topped with extra chopped nuts and a drizzle of honey. It pairs well with Greek yogurt or a dollop of whipped cream. Enjoy it with a cup of herbal tea or coffee.



Note: Calories: 380 kcal

2. Yogurt with Honey and Fruit



Prep time:
10 min

Cook Time:
0 min

Servings:
2

Ingredients

- one cup of plain low-fat Greek yogurt (about 250 g) and one-fourth cup of fresh berries (such as blueberries, raspberries, and strawberries)
- one-fourth cup of chopped fresh fruits (such as peaches, apricots, or figs)
- two tablespoons of honey
- two tablespoons of chopped walnuts or almonds
- one-fourth teaspoon ground cinnamon (optional)

Fresh mint leaves for decoration (optional)

Instructions:

1. Prepare the fruit: Wash and chop the fresh fruit and berries.
 2. Assemble the parfaits: In two serving bowls or glasses, layer half of the Greek yogurt, followed by half of the berries and chopped fruit.
 3. Add the crunch: Sprinkle half the nuts over the fruit.
 4. Drizzle with honey: Drizzle 1 tablespoon of honey over each serving.
 5. Repeat the layers:
Steps 2-4 will be used to create a second layer of yogurt, fruit, nuts, and honey.
 6. Garnish and serve: Garnish with a sprinkle of cinnamon and fresh mint leaves, if desired. Serve immediately. Customizable elements: Fruit: Feel free to use your favorite seasonal fruits. Grapes, pomegranate seeds, or diced apples would also be delicious additions. Nuts: Pistachios, pecans, or hazelnuts can be used instead of walnuts or almonds. Herbs & Spices: A pinch of ground cardamom or a few sprigs of fresh thyme can add an extra layer of flavor.
- Serving suggestions: Enjoy this as a healthy breakfast, a satisfying snack, or a light dessert. For a more substantial meal, serve with a slice of whole-grain toast or a small bowl of granola.



Note: Calories: 250 kcal

3. Rice Pudding



Prep time:
15 min

Cook Time:
45 min

Servings:
6

Ingredients

- one cup of washed brown rice
- four cups of unsweetened almond milk
- half a cup of water
- one-fourth cup of honey
- one-fourth teaspoon ground cinnamon
- one-fourth teaspoon of ground cardamom
- one-eighth of a teaspoon of ground nutmeg
- The peel of one orange
- one-fourth cup of chopped pistachios
- two tablespoons of chopped dried apricots
- If desired, you can add:
 - one-fourth cup of raisins
 - one-fourth teaspoon of ground cloves
- two tablespoons chopped walnuts

A pinch of saffron

Instructions:

1. Prepare the mixture: In a medium saucepan, combine the rinsed rice with almond milk, water, honey, cinnamon, cardamom, nutmeg, and orange zest.
2. Cook: Bring the mixture to a boil over medium heat, then lower the heat and let it simmer uncovered for 45 minutes, or until the rice is soft and the pudding has thickened. Stir occasionally to avoid sticking.
3. Modify the texture: If the pudding becomes overly thick, add almond milk or water to achieve consistency.
4. Add toppings: Mix in the pistachios and dried apricots once removed from heat.
5. Cool and serve: Allow the pudding to cool slightly before serving. It can be enjoyed either warm or chilled. Serving ideas: Top with extra chopped nuts, dried fruit, or a dash of cinnamon. Pair with a spoonful of Greek yogurt for added creaminess and protein. Savor is a nutritious and fulfilling breakfast, snack, or dessert.



Note: Calories: 280 kcal

4. Fruit Salad with Honey and Mint



Prep time:
15 min

Cook Time:
0 min

Servings:
4

Ingredients

- For the salad:
 - One cup of strawberries, peeled and sliced; one cup of blueberries; one cup of grapes, cut in half; one orange, peeled and divided into slices; half a cup of pitted cherries, cut in half; one fourth cup of pomegranate seeds (optional)
- For dressing: two tablespoons of honey,
- two tablespoons of chopped fresh mint,
- one tablespoon of lemon juice (optional, for an additional highlight)

Instructions:

1. Prepare the fruit: Wash all fruit thoroughly. Hull and slice the strawberries. Halve the grapes and cherries. Peel and segment the orange.
2. Combine the fruit: In a large bowl, gently toss the prepared strawberries, blueberries, grapes, orange segments, and cherries. If using, add the pomegranate seeds.
3. Prepare the dressing: Whisk together the honey and chopped mint in a small bowl. Consider adding a tablespoon of lemon juice for an extra layer of flavor.
4. Dress the salad: Drizzle the honey and mint dressing over the mixed fruits. Gently toss to coat the fruit evenly.
5. Chill and serve: Allow the salad to chill in the refrigerator for at least 30 minutes before serving for optimal flavor. This allows the flavors to meld and the fruit to become even more refreshing. Serving suggestions: Serve chilled in individual bowls or a large serving dish. Garnish with a few extra mint leaves for a touch of elegance. Add a dollop of Greek yogurt or a sprinkle of chopped nuts for a more decadent dessert.



Note: Calories: 150 kcal

5. Galaktoboureko



Prep time:
30 min

Cook Time:
40-45 min

Servings:
12

Ingredients

- For the custard:
- four cups almond milk (or low-fat milk)
- half a cup of semolina flour
- one-fourth cup of honey
- four large eggs
- one-fourth cup of extra virgin olive oil
- one teaspoon of vanilla extract
- The zest of one lemon
- one-fourth teaspoon ground cinnamon
- A pinch of ground nutmeg (optional)
- For filo:
- one pack (16 oz) of whole grain filo dough, defrosted
- one-fourth cup extra virgin olive oil for greasing
- For the syrup:
- one cup of water
- half a cup of honey
- one-fourth cup of lemon juice
- one stick of cinnamon
- two strips of lemon zest

Instructions:

1. Prepare the syrup: In a small saucepan, combine water, honey, lemon juice, cinnamon stick, and lemon zest. Bring to a boil over medium heat, then reduce heat and simmer for 10 minutes. Remove from heat and let cool completely.
2. Prepare the custard: In a large saucepan, heat almond milk over medium heat until just simmering. Gradually whisk in semolina flour, stirring constantly until the mixture thickens. Remove from heat. In a separate bowl, whisk together honey, eggs, olive oil, vanilla extract, lemon zest, cinnamon, and nutmeg (if using). Gradually whisk the hot semolina mixture into the egg mixture until smooth.
3. Assemble the Galaktoboureko: Preheat oven to 375°F (190°C). Lightly grease a 9x13-inch baking dish.
4. Lay one sheet of phyllo dough in the prepared dish, allowing the edges to overhang. Brush lightly with olive oil. Repeat with 5 more sheets of phyllo, brushing each with olive oil. Pour the custard mixture over the phyllo layers. Fold the overhanging phyllo sheets over the custard, then top with the remaining ones, brushing each with olive oil.
5. Bake: Bake for 40-45 minutes until the phyllo is golden brown and the custard is set. 6. Serve: Remove from oven and immediately pour the cooled syrup over the hot Galaktoboureko. Let it sit for at least 30 minutes before serving, allowing the syrup to soak in. Serve warm or cold.



Note: Calories: 280 kcal

6. Kataifi



Prep time:
20 min

Cook Time:
30 min

Servings:
6

Ingredients

- For Kataifi:
- one pack (16 oz.) of defrosted dough for kataifi
- half a cup of extra virgin olive oil
- one-fourth cup of chopped pistachios
- For the filling:
- one cup of ricotta cheese
- one-fourth cup of chopped walnuts
- two tablespoons of honey
- one teaspoon ground cinnamon
- one-fourth teaspoon ground nutmeg
- Additionally:
- one-fourth cup of chopped dried apricots or dates
- For the syrup:
- half a cup of water
- half a cup of honey
- one-fourth cup of lemon juice
- one cinnamon stick
- Additionally: zest of one lemon

Instructions:

1. Prepare the Kataifi: Preheat oven to 375°F (190°C). Lightly grease a 9x13-inch baking dish.
2. Shred the dough: Using your hands, gently shred the Kataifi dough and spread it in the prepared baking dish.
3. Drizzle and bake: Drizzle the olive oil evenly over the dough and sprinkle with chopped pistachios. Bake for 20-25 minutes or until golden brown and crispy.
4. Make the filling: In a bowl, combine the ricotta cheese, walnuts, honey, cinnamon, nutmeg, and optional dried fruits. Mix well.
5. Prepare the syrup: In a small saucepan, combine the water, honey, lemon juice, cinnamon stick, and optional lemon zest. Bring to a boil, then reduce heat and simmer for 10 minutes or until slightly thickened.
6. Assemble the Kataifi: Remove the Kataifi from the oven and let it cool slightly. Spread the ricotta filling evenly over the Kataifi.
7. Add the syrup: Pour the warm syrup over the Kataifi and filling. Let it soak for at least 15 minutes before serving. Serving Suggestions: Serve warm or cold. Garnish with additional chopped pistachios and a drizzle of honey. Pair with a dollop of Greek yogurt or a scoop of vanilla ice cream.



Note: Calories: 450 kcal

7. Loukoumades



Prep time: 20 min **Cook Time:** 15 min **Servings:** 4

Ingredients

- For the dough:
 - one and a half cups (180 g) of plain flour (or whole grain flour for a more helpful option)
 - one bag (7 g) of active dry yeast
 - half a cup (120 ml) of warm water (about 110°F/45°C)
 - half a cup (120 ml) of warm almond milk (or any vegetable milk)
 - one tablespoon of honey (raw honey is good for health)
 - one-fourth teaspoon of salt
 - one tablespoon of extra virgin olive oil
- For frying:
 - One cup of olive oil (for frying or a mixture of olive oil and avocado oil to give high heat resistance)
- For chalk filling:
 - one-fourth cup of honey
 - one tablespoon of warm water
 - half a teaspoon of cinnamon powder
- For filling optional:
 - one teaspoon of ground cinnamon
 - one tablespoon chopped pistachios or walnuts (rich in healthy fats)
 - one teaspoon of sesame seeds (add extra fiber)
 - one teaspoon of fresh mint or thyme (optional for piquancy)

Instructions:

1. Prepare the dough. Combine the warm water, almond milk, and honey in a large mixing bowl. Stir until the honey dissolves.
 - a. Add the active dry yeast, stir, and let it sit for 5 minutes until it becomes frothy.
 - c. Sift the flour and salt into the yeast mixture, then add one tablespoon of olive oil.
 - d. Mix well until a smooth, slightly sticky dough forms. You can use a wooden spoon or a stand mixer with a dough hook attachment.
 - e. Cover the bowl with a clean kitchen towel and let the dough rise warmly for about one hour or until it doubles.
2. Shape the Loukoumades
 - a. After the dough has risen, deflate it gently.
 - b. Heat the olive oil in a deep skillet or saucepan over medium heat (aim for 350°F/175°C).
 - c. Wet your hands with water and scoop small amounts of dough (about one tablespoon each). Shape them into small balls or use a spoon to drop them into the hot oil.
 - d. Fry the dough balls in batches, turning them occasionally until golden and puffed (about 3-4 minutes per batch).
3. Drain and drizzle
 - a. Using a slotted spoon, transfer the loukoumades to a plate lined with paper towels to drain excess oil.
 - b. In a small bowl, mix the honey with warm water and cinnamon. Drizzle this over the fried loukoumades while still warm.
4. Customize your loukoumades
 - a. Optionally, sprinkle the loukoumades with extra cinnamon, crushed pistachios or walnuts, sesame seeds, or fresh herbs like mint or thyme for an earthy, Mediterranean flair.



Note: Calories: 210 kcal

8. Fig and Almond Cake



Prep time: 20 min **Cook Time:** 45-50 min **Servings:** 10

Ingredients

- For the cake:
 - one cup of almond flour
 - half a cup of whole-wheat flour
 - half a teaspoon of baking powder
 - one-fourth teaspoon of baking soda
 - one-fourth teaspoon of ground cinnamon
 - A pinch of sea salt
 - half a cup of extra virgin olive oil, half a cup of honey (or maple syrup for the vegan version)
 - three large eggs
 - one teaspoon of vanilla extract
 - Zest one lemon
 - 10-12 fresh fig berries, cut into quarters
- For the additional glaze:
 - two tablespoons of honey (or maple syrup)
 - one tablespoon of lemon juice

Instructions:

1. Preparation: Preheat the oven to 350°F (175°C) and prepare a 9-inch springform pan by greasing and flouring it.
2. Combine dry ingredients: Whisk almond flour, whole wheat flour, baking powder, baking soda, cinnamon, and salt in a large mixing bowl until well combined.
3. Mix wet ingredients: In another bowl, blend olive oil, honey, eggs, vanilla extract, and lemon zest using a whisk until smooth.
4. Blend the mixtures: Slowly incorporate the wet mixture into the dry ingredients, stirring until combined. Avoid overmixing to maintain the cake's texture.
5. Prepare for baking: Transfer the batter to the prepared springform pan and evenly place fig quarters on top, gently pressing them into the batter.
6. Baking process: Bake for 45 to 50 minutes or until a wooden skewer inserted into the center emerges clean.
7. Cooling stage: Allow the cake to cool for 10 minutes in the pan before moving it to a wire rack to cool completely.
8. Optional glaze preparation: As the cake cools, mix honey and lemon juice to create a glaze that can be drizzled over the cake once it cools.



Note: Calories: 320 kcal

9. Orange and Olive Oil

Cake

Ingredients

- one and a half cups of extra virgin olive oil, additionally
- one and a half cups of granulated sugar for greasing the pan
- three large eggs
- The zest of two large oranges
- is half a cup of freshly squeezed orange juice
- two and a half cups of premium flour
- two teaspoons of baking powder
- half a teaspoon of baking soda
- half a teaspoon of salt

Additionally, one teaspoon of ground cinnamon or cardamom

Prep time:

20 min

Cook Time:

45-55 min

Servings:

10-12

Instructions:

Preheat your oven to 350°F (175°C) and prepare a 9x13-inch baking pan by greasing and dusting it with flour. Next, in a large mixing bowl, combine the olive oil, sugar, eggs, orange zest, and orange juice, whisking them together until the mixture is well combined. Sift the flour, baking powder, baking soda, and salt in another bowl. Add cinnamon or cardamom to this dry mixture if you wish to incorporate it. Gradually merge the dry and wet ingredients, stirring gently until blended to avoid overmixing. Pour the resultant batter into the prepared pan and bake for 45-55 minutes, or until a skewer inserted into the center comes out clean. Once baked, allow the cake to cool in the pan for 10 minutes, then carefully transfer it to a wire rack to cool completely. Consider dusting with powdered sugar or drizzling with a simple glaze made from powdered sugar and orange juice for serving. Pair the cake with a dollop of Greek yogurt or fresh fruit and enjoy it alongside a cup of herbal tea or coffee.



Note: Calories: 350-400 kcal

10. Yogurt Panna Cotta with Berries

Ingredients

- For panna cotta:
- one cup of whole milk
- one-fourth cup of honey
- one teaspoon of vanilla extract
- one sachet (1/4 oz) of odorless gelatin
- two cups of plain Greek yogurt
- A pinch of salt
- For berry sprinkling:
- one cup of berry mixture (for example, blueberries, raspberries and strawberries)
- one tablespoon of honey
- one tablespoon of lemon juice

Additionally, one-fourth teaspoon of ground cinnamon

Prep time:

15 min

Cook Time:

10 min

Servings:

4

Instructions:

1. Prepare the gelatin: In a small bowl, sprinkle it over 2 tablespoons of cold water and allow it to sit for 5 minutes to soften.
2. Warm the milk and honey:

In a saucepan, mix the milk and honey, heating over medium heat until the honey dissolves and the milk is steaming, ensuring it does not reach a boil.

3. Incorporate the gelatin: Take the saucepan off the heat and stir until it is fully dissolved in the softened gelatin.
4. Mix with yogurt: In a large bowl, combine the yogurt, vanilla extract, and salt, then gradually whisk in the warm milk mixture until it is smooth.
5. Refrigerate: Pour the mixture into four small ramekins or glasses, cover, and refrigerate for a minimum of 4 hours or until set.
6. Make the berry topping: In a small saucepan, combine the berries, honey, and lemon juice, cooking over medium heat for about 5 minutes until the berries soften and release their juices. Optionally, add cinnamon for extra flavor.
7. Serve: Spoon the warm berry topping over each panna cotta and serve right away.

Customization options: Herbs: Enhance the berry topping with a fresh mint or basil sprig for added flavor. Spices: Add spices like cardamom or nutmeg to the panna cotta mixture. Sweetener: Modify the quantity of honey to suit your taste, or substitute it with maple syrup or agave nectar. Fruit: Feel free to mix your preferred berries or other seasonal fruits.



Note: Calories: 230 kcal

V. Bonus 10 exklusive Rezepte



1. Aegean Sunset



Prep time: 20 min **Cook Time:** 25 min **Servings:** 4

Ingredients

- For salmon:
- four salmon fillets (6-8 ounces each)
- one tablespoon of olive oil
- one lemon, peeled and juiced
- two garlic cloves minced through a meat grinder
- one teaspoon of dried oregano
- half a teaspoon of dried thyme
- one-fourth teaspoon salt
- one-fourth teaspoon of ground black pepper
- For vegetables:
- one red onion, thinly sliced
- one yellow bell pepper, peeled and sliced
- one orange bell pepper, peeled and sliced
- one zucchini, sliced
- one cup of cherry tomatoes, cut in half
- one tablespoon of olive oil
- half a teaspoon salt
- one-fourth teaspoon of ground black pepper
- Optional:
- one-fourth cup of kalamata olives, pitted and cut in half
- two tablespoons of chopped fresh parsley
- one-fourth cup of chopped feta cheese

Instructions:

1. Prepare the Salmon: Begin by preheating the oven to 400°F (200°C). In a small bowl, combine olive oil, lemon zest, lemon juice, minced garlic, oregano, thyme, salt, and pepper, whisking until blended. Place the salmon fillets in a baking dish and pour the marinade over them, allowing them to marinate for at least 10 minutes.
2. Roast the Vegetables: In a large bowl, mix the red onion, bell peppers, zucchini, and cherry tomatoes with olive oil, salt, and pepper. Spread the mixture evenly on a baking sheet in a single layer.
3. Bake: Place the salmon and the prepared vegetables in the preheated oven and bake for 15-20 minutes, or until the salmon and vegetables are cooked through and tender.
4. Serve: Carefully transfer the salmon and vegetables onto serving plates. Optionally top with Kalamata olives, fresh parsley, and crumbled feta cheese. Serve immediately. Suggestions: Pair the dish with quinoa or brown rice for a complete meal. A simple Greek salad featuring cucumbers, tomatoes, and olives makes an excellent complement. Crusty bread is great for soaking up the delicious juices from the salmon and vegetables.



Note: Calories: 380 kcal

2. Tuscan Dream



Prep time: 20 min **Cook Time:** 25 min **Servings:** 4

Ingredients

- Protein:
- one pound boneless and skinless chicken breasts cut into 1-inch thick cubes
- one tablespoon of olive oil
- one teaspoon of dried oregano
- , half a teaspoon of garlic powder
- one-fourth teaspoon of salt
- one-fourth teaspoon of ground black pepper
- Vegetables:
- one cup cherry tomatoes, cut in half
- one cup zucchini, diced
- one cup bell pepper (red, yellow, or orange), diced
- half a cup of red onion, thinly sliced
- two cloves garlic, crushed
- Grains:
- one cup of washed quinoa
- two cups of vegetable broth
- Dressing:
- one-fourth cup of extra virgin olive oil
- two tablespoons of lemon juice
- one tablespoon of Dijon mustard
- one teaspoon of dried basil
- half a teaspoon of dried thyme
- Salt and pepper to taste
- Garnish:
- one-fourth cup of kalamata olives, pitted and cut in half
- one-fourth cup of chopped feta cheese
- Fresh basil leaves

Instructions:

Begin with the chicken preparation: In a mixing bowl, toss the chicken cubes with olive oil, oregano, garlic powder, salt, and pepper. Allow the mixture to marinate for at least 15 minutes. Next, cook the quinoa: Pour vegetable broth into a saucepan and bring it to a boil. Add the rinsed quinoa, lower the heat, cover, and let it simmer for 15 minutes until all the broth is absorbed and the quinoa is fully cooked.

Now, sauté the vegetables. Heat a large skillet over medium heat while the quinoa cooks. Add the marinated chicken until it turns golden brown and is thoroughly cooked, approximately 6-8 minutes. Once cooked, remove the chicken from the skillet and set it aside.

Proceed to add the vegetables. Add cherry tomatoes, zucchini, bell peppers, red onion, and garlic in the same skillet. Sauté for 5-7 minutes until the vegetables reach a tender-crisp texture.

Prepare the dressing: In a small bowl, combine olive oil, lemon juice, Dijon mustard, basil, thyme, salt, and pepper, whisking them together until well blended.

Finally, assemble the bowls: Distribute the cooked quinoa evenly into four bowls. Layer the sautéed vegetables, cooked chicken, Kalamata olives, and feta cheese. Drizzle with the dressing and garnish with fresh basil leaves.

For serving suggestions, enjoy the dish warm or cold as a complete meal. To make it more substantial, consider serving with crusty bread. Feel free to tailor the vegetable selection according to seasonal availability and individual tastes. For an extra kick, add a pinch of red pepper flakes.



Note: Calories: 650 kcal

3. Sicilian Romance



Prep time: 30 min **Cook Time:** 25 min **Servings:** 4

Ingredients

- For the Involtimi:
 - one pound of swordfish, cut into thin slices (about 1/4 inch thick)
 - half a cup of breadcrumbs
 - one-fourth cup of peeled pistachios, coarsely chopped
 - two tablespoons grated Pecorino Romano
 - cheese two tablespoons chopped fresh parsley
 - one clove of garlic, minced
 - two tablespoons extra virgin olive oil
 - one tablespoon of lemon zest
 - Salt and freshly ground black pepper to taste
- For tomato sauce:
 - two tablespoons extra virgin olive oil
 - one small onion, finely chopped
 - one clove of garlic, minced through a meat grinder
 - one can of chopped tomatoes (28 ounces)
 - one can of diced tomatoes (14.5 ounces) without peel
 - one teaspoon of dried oregano
 - half a teaspoon of dried basil
- Salt and freshly ground black pepper to taste

Instructions:

1. Prepare the Stuffing: In a medium bowl, combine breadcrumbs, pistachios, Pecorino Romano cheese, parsley, garlic, olive oil, lemon zest, salt and pepper. Mix well.
2. Assemble the Involtimi: Lay the swordfish slices flat on a work surface. Divide the stuffing evenly among the swordfish slices, spreading it over the surface. Roll up each slice tightly and secure with a toothpick.
3. Make the Tomato Sauce: Heat olive oil over medium heat in a large saucepan. Add onion and cook until softened about 5 minutes. Add garlic and cook for 1 minute more. Stir in crushed tomatoes, diced tomatoes, oregano, basil, salt, and pepper. Bring to a simmer and cook for 15 minutes, stirring occasionally.
4. Cook the Involtimi: Preheat oven to 375°F (190°C). Place the involtimi in a baking dish and top with the tomato sauce. Bake for 20-25 minutes until the swordfish is cooked through and the sauce is bubbly.
5. Serve: Remove the toothpicks and serve the involtimi hot, garnished with fresh parsley and a drizzle of extra virgin olive oil.



Note: Calories: 450 kcal

4. Adriatic Jewels



Prep time: 30 min **Cook Time:** 45 min **Servings:** 6

Ingredients

- Seafood:
 - one pound of mussels, washed and peeled
 - one pound of peeled clams
 - one pound of fillet of cod or other white fish cut into 1-inch thick pieces
 - 1/2 pound shrimp, peeled and skinless
 - 1/2 pound squid, peeled and sliced into rings
- Vegetables:
 - one-fourth cup of extra virgin olive oil
 - one large onion, finely chopped
 - two garlic cloves minced through a meat grinder
 - one red bell pepper, finely chopped
 - one yellow bell pepper, finely chopped
 - one can of chopped tomatoes (28 oz)
 - one cup of dry white wine
 - half a cup of kalamata olives, pitted and cut in half
 - one-fourth cup of chopped fresh parsley
 - one-fourth cup of chopped fresh basil
 - two tablespoons of washed capers
 - one teaspoon of dried oregano
 - half a teaspoon of ground red pepper (optional)
 - Salt and freshly ground black pepper to taste
- Customization:
 - Greens: Feel free to add other Mediterranean herbs such as thyme, rosemary, or marjoram.
 - Spices: A pinch of saffron or smoked paprika can add even more flavor.

Instructions:

1. Prepare the seafood: Rinse all seafood thoroughly. Discard any mussels or clams that are open and do not close when tapped.
2. Sauté the vegetables: Heat olive oil in a large Dutch oven or pot over medium heat. Add onion and garlic and cook until softened about 5 minutes. Add bell peppers and cook for another 5 minutes, until slightly tender.
3. Build the stew: Stir in crushed tomatoes, white wine, olives, parsley, basil, capers, oregano, and red pepper flakes (if using). Bring to a simmer.
4. Add the seafood: Add the cod, shrimp, and squid to the pot. Cover and simmer for 5 minutes. Then, add the mussels and clams. Cover and cook until the mussels and clams open, about 5-10 minutes more. Discard any that do not open.
5. Season and serve: Season the stew with salt and pepper to taste. Serve hot in bowls with crusty bread for dipping. Suggestions: Garnish with additional fresh herbs and a drizzle of olive oil. Serve with a side of grilled vegetables or a simple salad. Pair with a crisp white wine like Vermentino or Pinot Grigio.



Note: Calories: 450 kcal

5. Cretan Mystery



Prep time: 20 min **Cook Time:** 30 min **Servings:** 4

Ingredients

- one tbsp
- extra virgin olive oil, 1 onion, finely chopped
- two garlic cloves, minced
- one red bell pepper, finely chopped
- one zucchini, finely chopped
- one can (14.5 oz) diced tomatoes without peel
- one can (15 ounces) of chickpeas, washed and dried
- half a cup of vegetable broth
- one tsp dried oregano
- half tsp dried thyme
- one-fourth cup chopped fresh parsley
- Salt and freshly ground black pepper to taste
- For lemon dressing:
 - one-fourth cup of extra virgin olive oil
 - one-fourth cup of lemon juice
 - one tbsp Dijon mustard
 - one tsp honey

Instructions:

1. Begin by sautéing the vegetables: Heat olive oil over medium heat in a large skillet or pot. Add the onion and cook until it becomes tender, which should take about 5 minutes. Then, incorporate the garlic and sauté for an additional minute. Next, mix in the bell pepper and zucchini, cooking until they are slightly softened, approximately 5 minutes. Add the diced tomatoes, chickpeas, vegetable broth, oregano, thyme, and season with salt and pepper. Allow the mixture to simmer, then lower the heat and cover. Let it simmer for 20 minutes or until the vegetables are fully tender.
2. Prepare the dressing: While the stew simmer, combine olive oil, lemon juice, Dijon mustard, and honey in a small bowl and whisk until well blended.
3. Complete the Dish: Once the stew is ready, stir in the chopped parsley and half of the lemon dressing.
4. Serve. Dish out the stew while warm, drizzling it with the remaining lemon dressing. For a complete meal, consider serving it over brown rice or quinoa. It pairs well with a side of crusty bread for dipping. You may also garnish with additional fresh herbs such as mint or dill and crumble feta cheese on top for added flavor.



Note: Calories: 350 kcal

6. Ionian Breeze



Prep time: 15 min **Cook Time:** 20 min **Servings:** 4

Ingredients

- For fish:
- four fillets of hard white fish (for example, sea bass, cod, or perch) – about 6 ounces each
- two tablespoons of extra virgin olive oil
- Juice of one lemon
- two crushed garlic cloves
- one teaspoon of dried oregano
- Salt and freshly ground black pepper to taste
- For fresh herb salsa:
 - one-fourth cup chopped fresh parsley
 - one-fourth cup chopped fresh basil
 - two tablespoons chopped fresh mint (optional)
 - one small red onion, cut into small cubes
 - half a cup of quartered cherry tomatoes
 - two tablespoons of washed capers
 - two tablespoons of kalamata olives, pitted and finely chopped
 - Juice of half a lemon
 - one tablespoon extra virgin olive oil
 - half a teaspoon of ground red pepper (optional)
 - Salt and pepper to taste
- You can add as desired:
 - Greens: Replace or add coriander, dill, or thyme, depending on your preferences.
 - Fish: If you don't have white fish, you can use salmon or trout to add a richer flavor.
- Spiciness level: Add or reduce the amount of ground red pepper, depending on your preference for spiciness.

Instructions:

1. Prepare the Fish Marinade: In a shallow bowl, combine 2 tablespoons of olive oil, lemon juice, minced garlic, oregano, salt, and pepper, whisking until blended. Add the fish fillets to the bowl, ensuring they are thoroughly coated with the marinade. Allow the fish to marinate for a minimum of 10 minutes while you make the salsa.
2. Create the Fresh Herb Salsa: In a medium-sized bowl, mix together parsley, basil, mint (if desired), red onion, cherry tomatoes, capers, and Kalamata olives. Drizzle with lemon juice and olive oil, then add red pepper flakes (if desired) and salt and pepper to taste. Gently toss the mixture to combine and let it rest to enhance the flavors.
3. Grill the Fish: Heat your grill or skillet to medium-high. Lightly brush the grill grates or skillet with olive oil to prevent sticking. Once heated, place the marinated fish fillets on the grill. Cook for approximately 4-5 minutes per side, adjusting for the thickness of the fillets. The fish is ready when it flakes easily with a fork and has a slight char.
4. Presentation: Transfer the grilled fish fillets to a serving platter. Generously top each fillet with the fresh herb salsa. Garnish with extra lemon wedges for added citrus flavor.



Note: Calories: 300 kcal

7. Golden Sunrise



Prep time: 20 min **Cook Time:** 20 min **Servings:** 4

Ingredients

- For cinema a:
- one cup of washed quinoa
- two cups of vegetable broth
- half a teaspoon of salt
- For vegetables:
- one tablespoon of olive oil
- one medium red onion, diced
- two garlic cloves minced through a meat grinder
- one red bell pepper, diced
- one yellow bell pepper, diced
- one zucchini, diced
- one 15-ounce can of chickpeas, peeled and washed
- half a cup of pitted kalamata olives, cut in half
- one-fourth cup chopped fresh parsley
- one-fourth cup of chopped fresh mint
- Salt and freshly ground black pepper to taste
- For dressing:
- one-fourth cup of extra virgin olive oil
- three tablespoons of lemon juice
- one tablespoon of Dijon mustard
- one teaspoon of honey (optional)
- half a teaspoon of dried oregano
- one-fourth teaspoon salt
- one-fourth teaspoon of ground black pepper

Note: Calories: 550 kcal

Instructions:

1. Prepare the quinoa: In a medium saucepan, mix quinoa, vegetable broth, and salt. Bring the mixture to a boil, lower the heat to simmer, cover, and allow it to cook for 15-20 minutes, or until all the liquid has been absorbed and the quinoa is tender. Fluff it with a fork and set it aside.
2. Sauté the vegetables: Heat olive oil in a large skillet over medium heat while the quinoa is cooking. Add the onion and garlic, sautéing until softened, which should take around 5 minutes. Then incorporate the bell peppers and zucchini, cooking until they reach a tender-crisp texture, approximately 5-7 more minutes. Finally, mix in the chickpeas and olives, cooking for 2-3 minutes.
3. Make the dressing: In a small mixing bowl, combine olive oil, lemon juice, Dijon mustard, honey (if desired), oregano, salt, and pepper, whisking until well blended.
4. Assemble the bowls: Evenly distribute the cooked quinoa into four bowls. Layer the sautéed vegetables on top, followed by fresh parsley and mint. Finish by drizzling the lemon-herb dressing over everything.
5. Serve promptly. Customization options: Herbs: Include other fresh herbs such as dill, basil, or oregano. Spices: For added heat, you can sprinkle in red pepper flakes, or for a smoky aroma, utilize smoked paprika. Vegetables: Add items like cherry tomatoes, spinach, or artichoke hearts. Protein: To boost protein content, consider introducing grilled chicken, fish, or tofu.



8. Olive Grove

Serenade

Ingredients

- For chicken and vegetables:
- one and a half pounds of boneless and skinless chicken breasts cut into 1-inch-thick cubes
- one tbsp olive oil
- one medium-sized red onion, diced
- two garlic cloves minced through a meat grinder
- one red bell pepper, peeled and diced
- one yellow bell pepper, peeled and diced
- one zucchini, diced
- one 15-ounce can of chickpeas, washed and dried
- half a cup of pitted kalamata olives, cut in half
- one-fourth cup chopped fresh parsley
- one-fourth cup of chopped fresh oregano
- Salt and freshly ground black pepper to taste
- For lemon-herb dressing:
- one-fourth cup of extra virgin olive oil
- three tablespoons of lemon juice
- one tbsp Dijon mustard
- one tsp honey
- one crushed garlic clove
- one-fourth cup chopped fresh parsley
- one-fourth cup of chopped fresh oregano
- Salt and freshly ground black pepper to taste

Note: Calories: 580 kcal



Prep time: 20 min **Cook Time:** 30 min **Servings:** 4

Instructions:

1. Begin with the Chicken: Heat olive oil over medium-high heat in a large skillet. Add the chicken until it is golden brown and fully cooked, approximately 6-8 minutes. Season with salt and pepper, remove the chicken from the skillet and set it aside.
2. Sauté the Vegetables: Using the same skillet, add the onion and garlic, cooking until they become soft, about 5 minutes. Next, add the bell peppers and zucchini, cooking until they are tender-crisp for 5 minutes.
3. Combine and Simmer: Add chickpeas, olives, parsley, and oregano into the skillet. Add the previously cooked chicken and reduce the heat to low, allowing the mixture to simmer for 10 minutes to let the flavors blend together.
4. Make the Dressing: In a small bowl, combine olive oil, lemon juice, Dijon mustard, honey, garlic, parsley, and oregano, whisking until well mixed. Adjust seasoning with salt and pepper to your preference.
5. Serve: Pour the lemon-herb dressing over the chicken and vegetable mixture, tossing to ensure everything is well coated. Serve while warm. Customization Options: Herbs: Try other Mediterranean herbs such as basil, thyme, or rosemary. Spices: Consider including a pinch of red pepper flakes for added heat. Vegetables: Add seasonal vegetables like eggplant, cherry tomatoes, or artichoke hearts.



9. Vineyard's Bounty



Prep time: 20 min **Cook Time:** 25 min **Servings:** 4

Ingredients

- For baked vegetables:
- one medium eggplant, diced
- one red bell pepper, peeled and diced
- one yellow bell pepper, peeled and diced
- one zucchini, diced
- one red onion, diced
- two garlic cloves, minced
- two tablespoons extra virgin olive oil
- one teaspoon of dried oregano
- half a teaspoon of dried thyme
- one-fourth teaspoon salt
- one-fourth teaspoon of black pepper
- For quinoa:
- one cup of washed quinoa
- two cups of vegetable broth
- For dressing:
- one-fourth cup of extra virgin olive oil
- three tablespoons of lemon juice
- one tablespoon of Dijon mustard
- one crushed garlic clove
- one tablespoon of chopped fresh parsley
- one tablespoon of chopped fresh mint
- one-fourth teaspoon of salt
- one-fourth teaspoon of ground black pepper
- For garnish:
- half a cup of chopped feta cheese
- one-fourth cup of kalamata olives, pitted and cut in half
- Fresh mint leaves

Note: Calories: 550 kcal

Instructions:

1. Begin by roasting the vegetables: Preheat your oven to 400°F (200°C). Mix eggplant, bell peppers, zucchini, red onion, garlic, olive oil, oregano, thyme, salt, and pepper in a large mixing bowl. Toss the mixture to ensure an even coating. Arrange the vegetables in a single layer on a baking sheet and roast for 20-25 minutes or until tender and lightly browned.
2. Next, prepare the quinoa: While the vegetables are roasting, bring vegetable broth to a boil in a saucepan. Add the quinoa, lower the heat, cover, and let it simmer for 15 minutes until the liquid is fully absorbed and the quinoa is tender.
3. Make the dressing: In a small bowl, combine olive oil, lemon juice, Dijon mustard, garlic, parsley, mint, salt, and pepper, whisking until well blended.
4. Assemble the bowls: Distribute the cooked quinoa evenly among four bowls and top with the roasted vegetables. Drizzle the lemon-herb dressing over the top and garnish with feta cheese, Kalamata olives, and fresh mint leaves.

Serving Suggestions: This dish can be enjoyed warm or at room temperature. For a heartier option, consider adding grilled chicken or fish. It can also be prepared and stored in the refrigerator for up to three days.



10. Sapphire Coast



Prep time: 20 min **Cook Time:** 15 min **Servings:** 4

Ingredients

- For the grilled seafood side dish:
- eight large shrimps, peeled and inside
- two medium-sized squid tubes, peeled and cut into rings
- four fillets of skinless white fish (for example, snapper or cod) - about 4 ounces each
- two whole sardines, gutted and peeled
- two tablespoons of extra virgin olive oil
- one tsp smoked paprika
- one tsp ground cumin
- Salt and freshly ground black pepper to taste
- Lemon slices for serving
- For dressing with Mediterranean herbs:
- four tablespoons extra virgin olive oil
- two tablespoons of freshly squeezed lemon juice
- one tablespoon of red wine vinegar
- one tbsp chopped fresh oregano (or 1 tsp dried)
- one tbsp chopped fresh parsley
- one crushed garlic clove
- one tsp Dijon mustard
- Salt and freshly ground black pepper to taste

Instructions:

1. Prepare the seafood: Use paper towels to thoroughly dry the prawns, squid, fish fillets, and sardines. This step is crucial for achieving an even cook and a nice sear. Mix 2 tablespoons of olive oil, smoked paprika, cumin, salt, and pepper in a small bowl. Apply this blend to all surfaces of the seafood and allow it to marinate while you create the dressing.
2. Prepare the Mediterranean Herb Dressing: In a jar or small bowl, combine olive oil, lemon juice, red wine vinegar, oregano, parsley, minced garlic, Dijon mustard, salt, and pepper. Whisk the ingredients together, taste, and adjust the seasoning as necessary. Set this mixture aside.
3. Grill the seafood: Heat a pan, outdoor grill, or cast-iron skillet to medium-high. For the prawns, grill 2–3 minutes on each side until they are pink and opaque. For the squid rings, grill for 1–2 minutes per side until they firm up and display light grill marks. Cook the fish fillets on each side for 3–4 minutes until they flake easily and are opaque in the center. Finally, grill the sardines for 3–5 minutes per side until the skin is crispy and the flesh is thoroughly cooked.
4. To serve: Arrange the grilled seafood on a large platter. Generously drizzle the Mediterranean herb dressing over the top. Serve immediately, accompanied by lemon wedges for added brightness.



Note: Calories: 320 kcal

Creamy Hummus with Truffle Oil and Ciabatta Toast



Prep time:

15 min



Cook Time:

10 min



Servings:

6



Ingredients

- For hummus:
 - one and a half cups of canned chickpeas (or boiled chickpeas), peeled and washed
 - one-fourth cup of tahini (sesame seed paste)
 - two tablespoons extra virgin olive oil
 - two tablespoons of freshly squeezed lemon juice
 - one clove of garlic, minced through a meat grinder
 - half a teaspoon of ground cumin
 - one-fourth tsp sea salt (to taste)
 - 2-3 tablespoons of water (to taste)
 - one tablespoon of truffle oil (you can add more for dressing)
 - one tablespoon of fresh parsley, finely chopped (optional, for decoration)
 - one-fourth of a teaspoon of smoked paprika or sumac (optional, for garnish)
- For toasts with ciabatta:
 - one small loaf of ciabatta, cut into 6 pieces
 - two tablespoons of extra virgin olive oil and one clove of garlic, cut in half.
 - You can add to taste:
 - Herbs: Add fresh coriander, mint, or basil to enhance the taste.
 - Spices: Add cumin, paprika, or a pinch of cayenne pepper to heat up.

Texture: Use peeled chickpeas or whisk for longer for a more homogeneous hummus.

Instructions:

1. Add chickpeas, tahini, olive oil, lemon juice, minced garlic, cumin, and sea salt to make the Hummus in a food processor. Blend the mixture for about 1-2 minutes until it reaches a smooth consistency. Add 1 tHummusoon of water to achieve your desired creaminess if the hummus appears too thick. Once soft, incorporate truffle oil and pulse briefly to combine. Taste the hummus and adjust the seasoning with salt, lemon juice, or cumin. Transfer the hummus to a serving bowl, drizzle with additional truffle oil, and garnish with fresh parsley and a smoked paprika or sumac dusting.

2. Preheat your oven to 400°F (200°C) or heat a grill pan over medium-high heat for the Ciabatta Toast. Brush both sides of the ciabatta slices with extra-virgin olive oil. Place the slices on a baking sheet and toast them in the oven for 5-7 minutes, flipping halfway through, or grill them for about 2 minutes on each side until golden and crispy. Once finished, remove from the oven or grill and immediately rub a halved garlic clove over each warm slice to enhance the flavor.

For serving, offer the creamy hummus and warm ciabatta toast for dipping. It can also be paired with fresh vegetables such as cucumbers, cherry tomatoes, or bell peppers. Elevate the dish with a sprinkle of toasted sesame seeds, additional herbs, or more truffle oil for added richness.

Note: Calories: 280 kcal

21-Day Meal Plan

DAY 1-7.

Breakfast:

- DAY 1-3: Oatmeal with Figs and Dates
- DAY 4-7: Greek Yogurt with Honey and Walnut

Lunch:

- DAY 1: Greek Salad
- DAY 2: Chickpea Salad
- DAY 3: Roasted Vegetable Salad
- DAY 4: Tabbouleh
- DAY 5: Pasta Puttanesca
- DAY 6: Lentil Salad with Feta and Herbs
- DAY 7: Breakfast Wrap

Dinner:

- DAY 1: Grilled Salmon with Lemon and Herbs
- DAY 2: Chicken and Vegetable Skewers
- DAY 3: Farro Salad with Roasted Vegetables
- DAY 4: Baked Salmon with Dill and Cucumber
- DAY 5: Roasted Chicken with Rosemary and Garlic
- DAY 6: Beef and Vegetable Stew
- DAY 7: Seafood Stew

DAY 8-14.

Breakfast:

- DAY 8-10: Avocado Toast with Smoked Salmon
- DAY 11-14: Fruit Salad with Honey and Mint

Lunch:

- DAY 8: Greek Salad
- DAY 9: Spinach with Chickpeas and Lemon
- DAY 10: Baked Cod with Tomatoes and Olives
- DAY 11: Stuffed Bell Peppers
- DAY 12: Caprese Salad
- DAY 13: Roasted Vegetable Salad
- DAY 14: Hummus with Pita Bread

Dinner:

- DAY 8: Moussaka
- DAY 9: Lamb Tagine with Prunes and Almonds
- DAY 10: Pasta Puttanesca
- DAY 11: Baked Salmon with Dill and Cucumber
- DAY 12: Lemon Herb Roasted Chicken
- DAY 13: Chickpea Salad
- DAY 14: Baked Cod with Tomatoes and Olives

DAY 15-21

Breakfast:

- DAY 15-17: Quinoa with Berries and Almonds
- DAY 18-21: Spinach and Feta Omelet

Lunch:

- DAY 15: Chicken and Vegetable Skewers
- DAY 16: Roasted Vegetables with Herbs
- DAY 17: Greek Green Beans (Fassolakia)
- DAY 18: Giant Couscous with Lemon and Herbs
- DAY 19: Roasted Eggplant with Garlic and Herbs
- DAY 20: Baked Salmon with Dill and Cucumber
- DAY 21: Avocado Toast with Smoked Salmon

21-Day Meal Plan

Dinner:

- DAY 15: Lemon Herb Roasted Chicken
- DAY 16: Roasted Mediterranean Vegetables
- DAY 17: Chicken with Lemon and Artichoke Hearts
- DAY 18: Mussels with White Wine and Garlic
- DAY 19: Chicken Tagine with Apricots and Almonds
- DAY 20: Stuffed Bell Peppers
- DAY 21: Aegean Sunset

Snacks:

- Nuts and dried fruit (no sugar)
- Vegetable sticks with hummus
- Yogurt with berries
- Olives and feta cheese
- Fruit (apples, pears, oranges)

RECOMMENDATIONS:

- Drinks: Water, herbal teas, green tea, occasional coffee without sugar.
- Physical activity: For maximum results, regular physical activity is recommended, from walking to more intense exercise.

Shopping List

Vegetables

asparagus
arugula
baby spinach
bell pepper
cucumber
cherry or grape
tomatoes
cloves garlic
carrots
chopped
cherry tomatoes
dill
eggplant
garlic
green onions
green beans
red onion
small potatoes
zucchini

Fruit

blueberries
berries mixed
raspberries
strawberries
lemon

Fish

cod or other white
fish
mussels
salmon fillets
shrimp
scallops

Milk products

almond milk
egg
feta cheese
greek yogurt
parmesan cheese

Grocery

almonds
anchovy fillets
balsamic vinegar
crushed tomatoes
chickpeas
capers
dijon mustard
dry white wine
extra virgin olive oil
farro
green lentils
honey
hummus
kalamata olives
lemon, juiced
maple syrup
nuts
olive oil
preferably San Marzano
quinoa
red wine vinegar
tomato paste
whole wheat spaghetti
whole-wheat tortilla
walnuts

Meat

beef stew meat
skinless chicken
breasts
whole chicken

Spices

bay leaf
black pepper
basil
cilantro
cumin
dried thyme
dried rosemary
fresh parsley
fresh mint
ground cinnamon
ground cardamom
ground nutmeg
ground cumin
marjoram
mint leaves
oregano
red pepper
smoked paprika
sea salt
salt
za'atar seasoning

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allspice 47,48
almond flour 61
almond milk 12,13,47,48,50,58,60,61
almonds 12,13,28,31,49,58
anchovy fillets 28
apricots 31,41,49,58,59,60
arborio rice 29
artichoke 29,43
asparagus 42,56
avocado 11,25

B

baby arugula 26
baby spinach 11,30
baguette 20
baking powder 13,61,62
baking soda 13,61,62
balsamic vinegar 20,22,25,43,44,52
basil
20,22,28,30,31,32,34,35,36,37,41,43,47,48,55,
56,64,65,69
basil leaves 52,56,64
bay leaf 28,46,48,50
beef 47
beef broth 46,50
bell pepper
10,14,16,20,22,23,24,25,29,30,37,40,41,42,43,
46,50,52,53,54,64,65,66,67,68
berries 10,12
black pepper
10,11,12,14,16,17,18,19,20,22,23,24,25,26,28,
29,30,31,32,34,35,36,37,38,40,41,42,43,44,46,
47,48,49,50,52,53,54,55,56,64,65,66,67,68
blueberries 58,59,62
boneless lamb shoulder 49
bread 35
breadcrumbs 20,65
broccoli 55
brown rice 59
bulgur 53

C

calamari 18,29,38
cannellini beans 19
capers 11,28,31,34,36,41,65,66
cardamom 12,13,59,62
carrots 25,40,46,50
cayenne 69
cayenne pepper 10,46
celery 38
cherries 31
cherry tomatoes
11,12,14,22,23,24,25,30,32,34,40,42,
43,53,54,55,64,66
chicken 53
chicken breasts 40,41,42,43,44,64,67
chicken broth 29,31,41,43,44,48,49
chicken thighs 41,44
chickpeas 16,24,30,53,54,66,67,69
chopped 10,11
chopped tomatoes 50
ciabatta loaf 69
cilantro 10,28,31,36,41,42,49,66,69
cinnamon
10,12,13,31,41,44,46,47,48,49,50,59,
60,61,62
cinnamon powder 61
cinnamon stick 50,58,60
clams 29,65
cod 37,65,66
cod or other white fish 34
coriander 44,46,49,53
cornmeal 18
cottage cheese 18
couscous 31,44
crackers 14
cremini 29
crushed tomatoes
10,12,28,37,46,47,48,65
cucumber
12,14,17,22,23,24,25,26,32,38,46,49
cumin
10,16,20,23,25,29,30,31,32,35,41,42,
44,46,48,49,52,53,68,69
currants 17

D

dates 60
Dijon mustard 22,24,26,40,64,66,67,68
dill
11,17,18,23,24,28,30,31,34,38,40,43,48,53,
54,66
dry red wine 46,47,50
dry white wine 29,40,41,42,43
dry yeast 16

E

egg 10,11,12,13,14,18,47,48,60,61,62
eggplant 16,25,30,42,47,52,54,56,68
extra virgin olive oil
11,12,19,20,22,23,25,26,28,29,30,31,32,35,
36,37,38,40,41,42,43,46,47,48,49,50,52,53,
54,55,56,58,60,61,62,64,65,66,67,68,69

F

farro 30,53
feta cheese
10,11,12,14,18,19,20,22,24,25,26,28,30,31,
32,35,48,49,53,54,56,64,68
figs 13,44,58,61
fine semolina flour 60
firm pears Bosc or Anjou 26
fish stock 29
flatbreads 46
flax seeds 58
fresh basil 55,66
fresh parsley 29,66,67,68,69
fresh rosemary 29
fresh sardines 36
fresh spinach 18
fresh spinach 54

G

garlic
10,11,14,16,17,17,18,19,20,22,23,24,25,26,
28,29,30,31,32,34,35,36,37,38,40,41,42,43,
44,46,47,48,49,50,52,53,54,55,56,64,65,66,
67,68,69
garlic powder 18
gelatin 62
ginger 41,49
gluten-free breadcrumbs 47
gluten-free flour 47
granulated sugar 62
grape leaves 17
grapes 43,59
greek yogurt 10,13,14,17,46,58,62
green beans 46,53
green olives 19,38
green onions 23
ground allspice 50
ground chicken 48
ground cinnamon 58
ground cloves 59
ground lamb 44,50
ground nutmeg 13,18

H

honey 10,26,30,41,44,49,58,59,60,61,62,66,67
hummus 12

K

Kalamata olives
11,19,20,22,23,24,25,26,28,32,34,38,41,43,46,50,53,
54,55,64,65,66,67,68
Kataifi dough 60

L

lamb rib chops 47
large ripe tomatoes 14
lean ground beef 48
lean ground lamb 47
lean ground turkey 48,53
lemon
13,18,29,31,34,35,36,37,38,40,41,42,44,47,58,64,68
lemon zest
17,19,28,29,31,34,35,36,43,47,54,56,58,59,60,61,62,
64,65
lemon, juiced
11,16,17,18,19,20,22,23,24,25,26,28,30,31,32,34,35,
36,37,38,40,41,42,43,44,47,48,49,52,53,54,55,56,58,
59,60,61,62,64,66,67,68,69
lentils 24,47
low-fat milk 47,48

M

maple syrup 12,13,26,61
marjoram 40,65
medium onion 32,41
Medjool dates 13,44
milk 11,50
mint 10,12,17,18,22,23,24,30,31,32,42,46,48,49,53,69
mint leaves 25,26,28,58,59,61,66,67,68
Moroccan spice blend 49
mozzarella cheese 22,56
mushrooms 42
mussels 29,35,37,65
nutmeg 10,47,48,50,59,60

O

olive oil
10,11,12,13,14,16,17,18,22,24,26,30,31,32,
34,35,37,38,42,43,44,46,49,50,61,64,67
olive varieties Castelvetro or Niçoise 28
olives 49
onion
37,40,41,42,46,47,48,49,50,52,53,65,66
orange 13,26,59
orange juice 62
orange zest 59,62
oregano
14,18,19,22,24,25,26,28,30,32,34,35,36,37,
38,40,41,42,43,46,47,48,49,50,52,53,54,55,
56,64,65,66,67,68
oregano leaves 25,28,34,41,42
orzo pasta 28
oyster 29

P

paprika 16,25,42,43,44,46,52
Parmesan cheese
18,28,29,47,48,50,55,56
parsley
10,12,14,16,17,18,19,20,22,23,24,25,26,
28,29,30,31,32,34,35,36,37,38,40,41,42,
43,44,46,47,48,50,52,53,54,55,56,64,65,
66,67
peaches 58
Pearl Barley 32
pearl onions 50
peas 29
Pecorino Romano cheese 65
phyllo dough 18,58,60
Pine nuts 17,25,26,28,31,32,46,54,55
pistachios 44,46,58,59,60,61,65
Pita bread 14,49
pitted cherries 59
pitted prunes 49
plant-based ground meat 47
pomegranate molasses 20,23
pomegranate seeds 16,59
pork tenderloin 49
potatoes 47,50,53
prawns 68

Q

quinoa 12,23,30,44,53,64,67,68

R

raisins 59
raspberries 58,62
raw almonds 41
red onion
11,16,22,23,24,25,26,29,30,31,32,34,38,
40,42,43,44,46,53,54,64,66,67,68
red pepper 14,18,38,42
red pepper flakes
11,16,18,19,20,23,25,26,28,30,34,35,36,
37,38,40,41,43,44,47,48,52,54,55,56,65,
66
red wine vinegar
22,24,26,30,32,36,38,50,68
rice basmati 32
rice brown 32
rice Calasparra 29
ricotta 18,60
rolled oats 13
romaine lettuce 23
rosemary
19,28,35,40,42,44,46,47,49,50,53,54,55,
65

S

saffron 29,32,49,59,65
salmon fillets 34,38,64
salt
12,13,14,16,17,18,19,22,23,25,26,28,29,30,31,32,35,36,37,38,40,41,42,
43,44,46,47,48,49,50,52,53,54,55,56,61,62,64,65,66,67,68
savory 40
scallops 37
sea bass 66
sea salt 11,20,22,25,31,32,34,36,40,43,61,69
sesame 58,61
shallot 35
shiitake 29
Short-grain rice 17
shrimp 29,35,37,65
small potatoes 40,42
smoked paprika 10,18,28,29,34,35,36,40,41,42,47,52,53,65,68,69
smoked salmon 11
snapper 66
squid 65
squid tubes 68
stew 46
stewing beef 50
strawberries 58,62,59
sugar 10,13,16
sumac 23,69
sun-dried tomatoes 28
swordfish 37,65

T

tahini 16
tahini sesame seed paste 69
thyme 14,18,19,22,26,28,30,35,40,42,43,46,53,54,55,56,64,65,66,68
thyme leaves 29,42,44,52,61
tofu 47
tomato paste 14,46,47,48
tomatoes 17,19,20,22,23,29,41,46,49,50,52,53,56,65,66
truffle oil 69
tuna steaks 36
turmeric 41,44,49

V

vanilla extract 13,60,61,62
vegetable broth 17,24,28,29,30,31,32,35,37,48,50,54,64,66,67,68

W

walnuts 55,58,59,60,61
watermelon 25
white fish fillet 29,37,65,66,68
white vinegar 17
white wine 34,35,37,65
whole chicken 40,42
whole cloves 50
whole milk 62
whole sardines 68
whole wheat breadcrumbs 46,48,56
whole wheat flour 18,47,48,61
whole wheat penne 48
whole wheat pita bread 46
whole wheat spaghetti 28
whole-grain bread 11
whole-wheat pita breads 23
whole-wheat tortilla 12
yellow onion 14,17,18,29,43

Z

za'atar seasoning 12,14
ziti pasta 48
zucchini 25,30,40,42,46,50,52,53,54,55,64,66,67,68