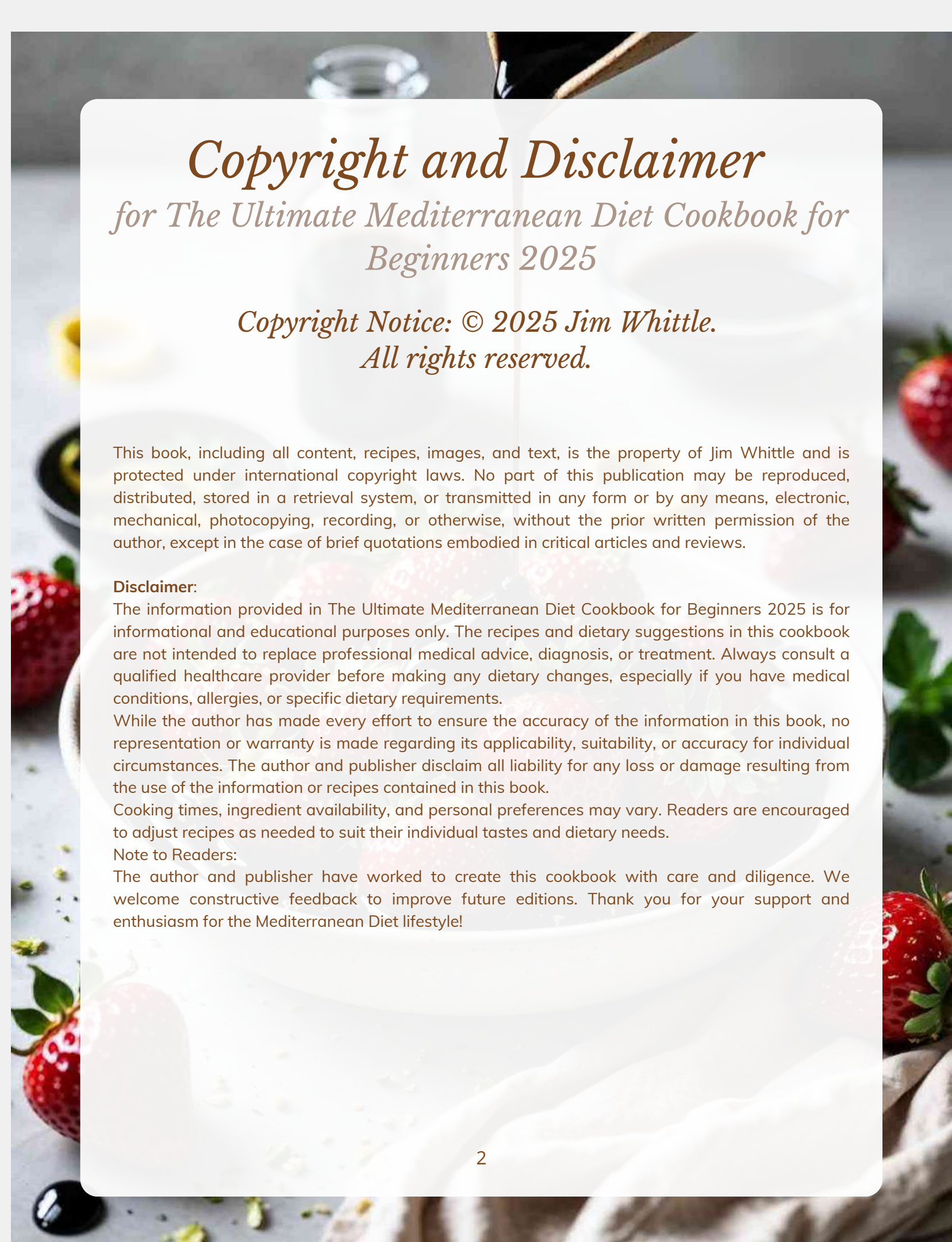


The Ultimate
Mediterranean Diet Cookbook
for Beginners 2025

100+ Quick, Easy, and Healthy Recipes with Full-Color Pictures for
Effortless Weight Loss and a Vibrant Life

Jim Whittle



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for The Ultimate Mediterranean Diet Cookbook for Beginners 2025

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Cooking times, ingredient availability, and personal preferences may vary. Readers are encouraged to adjust recipes as needed to suit their individual tastes and dietary needs.

Note to Readers:

The author and publisher have worked to create this cookbook with care and diligence. We welcome constructive feedback to improve future editions. Thank you for your support and enthusiasm for the Mediterranean Diet lifestyle!



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The Mediterranean Diet: A Comprehensive Guide to Healthy and Joyful Living

The Mediterranean Diet is more than just a way of eating—it's a lifestyle deeply rooted in the traditions of countries bordering the Mediterranean Sea, such as Greece, Italy, Spain, and southern France. Celebrated for its delicious flavors and numerous health benefits, this diet is consistently ranked as one of the healthiest in the world. Let's explore its principles, benefits, and how to incorporate it into daily life to improve your well-being.

Key Principles of the Mediterranean Diet:

The Mediterranean Diet emphasizes whole, minimally processed foods while focusing on balance, freshness, and variety. The diet is abundant in plant-based foods and healthy fats, with moderate portions of protein and dairy. Here are its core components:

- **Vegetables and Fruits:** These form the foundation of every meal. Think colorful plates loaded with tomatoes, eggplant, zucchini, leafy greens, and citrus fruits. Aim for a variety of colors to ensure a range of nutrients.
- **Whole Grains:** Whole grains like barley, bulgur, farro, and whole-grain bread provide fiber and sustained energy.
- **Healthy Fats:** Extra virgin olive oil is the primary fat source, celebrated for its heart-protective monounsaturated fats. Nuts, seeds, and avocados are also staples.
- **Legumes:** Lentils, chickpeas, beans, and peas are essential for protein and fiber.
- **Seafood:** Fatty fish like salmon, sardines, and mackerel are consumed regularly for their omega-3 fatty acids, which promote heart and brain health.
- **Dairy in Moderation:** Cheese and yogurt are consumed in small quantities, often as snacks or accompaniments.

Health Benefits of the Mediterranean Diet:

The Mediterranean Diet is associated with numerous health benefits, supported by decades of scientific research:

- **Heart Health:** The diet is linked to lower risks of heart disease due to its emphasis on healthy fats, fiber-rich foods, and omega-3-rich seafood.
- **Weight Management:** By focusing on nutrient-dense foods, this diet can help with weight loss or maintenance without calorie counting or restrictive eating.
- **Reduced Risk of Chronic Diseases:** Studies have shown that the diet reduces the risk of type 2 diabetes, certain cancers, and Alzheimer's disease.
- **Improved Longevity:** Populations that follow the Mediterranean Diet, such as those in the Blue Zones, have some of the longest life expectancies in the world.
- **Mental Well-being:** The abundance of anti-inflammatory foods and omega-3s may help reduce symptoms of depression and anxiety.

How to Incorporate the Mediterranean Diet into Daily Life:

Adopting the Mediterranean Diet doesn't require a complete kitchen overhaul. Here are simple ways to transition seamlessly:

Simple Swaps:

- Replace butter with extra virgin olive oil for cooking.
- Choose whole-grain bread, pasta, or rice over refined versions.
- Opt for nuts or fresh fruit instead of processed snacks.
- Swap sugary desserts for yogurt with a drizzle of honey and fresh berries.

Meal Planning Tips:

- Start Small: Incorporate one or two Mediterranean-inspired meals per week, such as grilled fish with a side of roasted vegetables or a Greek salad.
- Stock Your Pantry: Keep staples like olive oil, canned chickpeas, whole grains, and dried herbs readily available.
- Batch Cooking: Prepare large portions of soups, stews, or grain salads to enjoy throughout the week.
- Experiment with Flavors: Use herbs and spices to create variety without relying on salt.

Cooking Techniques:

- Grilling: Perfect for vegetables, fish, and lean meats.
- Roasting: Enhances the natural sweetness of vegetables like carrots, sweet potatoes, and bell peppers.
- Sautéing: Use olive oil and garlic for quick, flavorful dishes.
- Simmering: Create hearty stews with legumes, tomatoes, and spices.

The Spirit of the Mediterranean Lifestyle

The Mediterranean Diet is not just about food; it embodies a holistic lifestyle that promotes health and happiness:

- Physical Activity: Regular movement, whether walking, gardening, or cycling, is central to Mediterranean life.
- Mindful Eating: Meals are savored slowly, often enjoyed with family and friends.
- Connection and Community: Sharing meals fosters strong social bonds, an essential component of well-being.
- Seasonal Eating: Mediterranean cuisine emphasizes seasonal produce, ensuring the freshest and most nutrient-dense ingredients.

Embrace the Mediterranean Way

The Mediterranean Diet is more than a trend—it's a way of life that has stood the test of time. Its emphasis on fresh, wholesome ingredients, simple preparation methods, and mindful eating creates a sustainable path to better health and well-being.

By incorporating its principles into your daily routine, you can enjoy not only delicious meals but also the benefits of a longer, healthier, and more joyful life. Start small, savor every bite, and embrace the vibrant Mediterranean spirit.

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Greek Yogurt with Honey and Pistachios

PREP TIME: 10 MINS

SERVING: 4

COOK TIME: NONE

A creamy, sweet, and nutty Mediterranean-inspired dish that works perfectly as a breakfast, dessert, or snack. Packed with protein, healthy fats, and a touch of natural sweetness, it's both indulgent and nutritious.

INSTRUCTIONS:

Prepare the Yogurt Base: In a medium bowl, whisk the Greek yogurt with vanilla extract (if using) until smooth and creamy.

Sweeten the Yogurt: Divide the yogurt evenly into 4 serving bowls. Drizzle 1 tablespoon of honey over each portion. Adjust the honey to your preferred sweetness level.

Add Pistachios: Sprinkle 1 tablespoon of chopped pistachios over the yogurt in each bowl, ensuring even distribution for crunch and flavor.

Optional Flavor Enhancements: Add a sprinkle of cinnamon or a dash of lemon zest to elevate the dish with warm or zesty notes.

Incorporate Fresh Fruits (Optional): Garnish with fresh fruits like figs, strawberries, or pomegranate seeds for added flavor, texture, and nutrition.

Serving Ideas:

Serve immediately as a chilled treat. For added creaminess, allow the yogurt to sit at room temperature for 5 minutes before serving.

INGREDIENTS:

- 2 cups plain Greek yogurt (full-fat or low-fat)
- 4 tbsp raw honey (or more to taste)
- ¼ cup unsalted pistachios, shelled and roughly chopped
- 1 tsp vanilla extract (optional)
- 1 tsp fresh lemon zest (optional, for a citrus twist)
- Pinch of ground cinnamon (optional)
- Fresh fruits for topping (optional, e.g., sliced figs, strawberries, or pomegranate seeds)

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 180
- Protein: 10 g
- Carbohydrates: 20 g
- Fats: 6 g
 - Saturated Fat: 2 g
- Fiber: 1 g
- Cholesterol: 5 mg
- Sodium: 50 mg
- Potassium: 250 mg

ADVANTAGES FOR HEALTH:

- Greek yogurt is a fantastic source of calcium, protein, and gut-healthy bacteria.
- Honey: An antioxidant-rich natural sweetener.
- Pistachios: Packed in fiber, vitamin E, and good fats that support heart health.
- Optional Fruits: Improve the nutrient profile of the dish by adding vitamins and antioxidants.



Toasted Eggs with Avocado and Za'atar

PREP TIME: 10 MINS

SERVING: 2

COOK TIME: 5 MINS

With creamy avocado, properly cooked eggs, and za'atar spice combination, this dish is filling and nutritious. Suitable for breakfast, brunch, or light meals, this Mediterranean-inspired recipe.

INSTRUCTIONS:

Prepare Avocado Spread: Cut the avocado in half, remove the pit, and scoop the flesh into a basin. Choose chunky or smooth mash with a fork. Add lemon juice, sea salt, and olive oil for richness. Set aside.

Toast bread : A toaster or skillet can crisp up bread slices to your liking.

Cook Eggs: Heat ½ tablespoon olive oil in a non-stick skillet on medium heat. Crack eggs into skillet. Your choice: sunny-side up or over-easy. Sprinkle a pinch of salt and black pepper on cooked eggs.

Toast Assembly: Spread mashed avocado on toasted bread slices evenly. Add a cooked egg to each piece.

Za'atar and choice of toppings: Apply za'atar equally to eggs and avocado. If preferred, add fresh herbs, cherry tomatoes, or red pepper flakes.

Serving Ideas:

Serve warm toast and fresh eggs immediately.

INGREDIENTS:

- 2 large whole-grain or sourdough slices
- 1 ripe avocado
- 2 big eggs
- 1 tablespoon divided extra virgin olive oil
- Zaffar spice blend, 1 tsp
- 1/2 tsp lemon juice
- A pinch of sea salt and freshly ground black pepper
- Optional toppings:
 - * Fresh herbs (parsley, cilantro, mint)
 - * Halved cherry tomatoes
 - * Kicky red pepper flakes

NUTRITIONAL INFORMATION (PER SERVING):

- 310 calories
- Protein: 10 g
- Carbs: 25g
- Fats: 20g
 - Saturated Fat: 3.5g
- Fiber: 7g
- 185 mg cholesterol
- Sodium: 220 mg
- Potassium: 450 mg

ADVANTAGES FOR HEALTH:

- Avocado: Packed in potassium, fiber, and heart-healthy monounsaturated fats.
- Eggs: Vitamin D, choline for brain health, and high-quality protein.
- Za'atar: An anti-inflammatory and antioxidant-rich Mediterranean spice blend made with herbs, sesame seeds, and sumac.
- Rich in antioxidants and good fats, olive oil is a staple of the Mediterranean diet.
- Whole-grain bread: Offers fiber, complex carbs, and vital nutrients.



INGREDIENTS:

- 6 large eggs
- ¼ cup milk (dairy or plant-based, unsweetened)
- 2 tbsp extra virgin olive oil
- 1 small red onion, thinly sliced
- 1 small zucchini, diced
- 1 small red bell pepper, diced
- ½ cup cherry tomatoes, halved
- ¼ cup Kalamata olives, sliced
- ¼ cup crumbled feta cheese
- 1 tsp dried oregano
- ½ tsp paprika
- Pinch of sea salt and freshly ground black pepper
- Fresh herbs for garnish (e.g., parsley, basil, or dill)

NUTRITIONAL INFORMATION (PER SERVING):

- 210 calories
- Protein: 12 g
- Carbs: 7g
- Fats: 16g
- 4 g saturated fat
- Fiber: 2g
- 195 mg cholesterol
- Sodium: 350 mg
- Potassium: 300 mg

Frittata

with Mediterranean Vegetables

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 25 MINS

A healthy, nutrient-dense frittata that is brimming with Mediterranean flavor. This recipe is ideal for a light dinner, brunch, or breakfast.

INSTRUCTIONS:

Preheat oven: Heat the oven to 375°F (190°C).

Prepare Egg Mixture: Whisk eggs, milk, oregano, paprika, salt, and black pepper in a medium bowl until blended. Set aside.

Saute Vegetables:

- Use a 10-inch oven-safe skillet to heat olive oil on medium.
- Add onion and cook for 2-3 minutes to soften.
- Add zucchini, red bell pepper, and cherry tomatoes. Stir occasionally for another 4-5 minutes to tenderize the vegetables.
- Add Kalamata olives and heat for another minute.

Frittata assembly:

- Evenly distribute sautéed vegetables in the skillet.
- Evenly coat vegetables with egg mixture.
- Top with feta crumbles.

Cook on the stovetop: Cook the frittata over medium-low heat for 2-3 minutes to firm the edges.

Bake in oven: Bake the pan for 15-20 minutes in the preheated oven until the middle is set and the top is brown.

Serve with garnish:

- Remove the skillet from the oven and allow the frittata to cool for 5 minutes.
- Cut into wedges and garnish with fresh herbs.

ADVANTAGES FOR HEALTH:

- Eggs are rich in protein, choline, and vitamin D, providing health benefits.
- Vitamins, fiber, and antioxidants in vegetables.
- Anti-inflammatory and antioxidant-rich olive oil is heart-healthy.
- Feta Cheese: Moderate calcium and protein with flavor.
- Herbs and spices add taste without salt.

Spinach and Feta Breakfast Wraps

PREP TIME: 10 MINS

SERVING: 2

COOK TIME: 10 MINS

This Mediterranean-inspired breakfast wrap features a soft whole-grain tortilla encasing spinach, creamy feta, and fluffy scrambled eggs. It's a tasty, nourishing, easy way to start the day.

INSTRUCTIONS:

Make the Egg Mixture: Beat the eggs, milk, salt (if using), and black pepper in a medium bowl until well combined.

Sauté the spinach: Heat the olive oil in a non-stick skillet over medium heat—Sauté the chopped spinach and sauté for one to two minutes or until it wilts. Remove the spinach from the skillet and set it aside.

Prepare the Scrambled Eggs:

- Add the egg mixture to the same skillet and heat it over medium-low heat.
- Using a spatula, gently whisk the eggs, scraping down the sides as they start to set. Cook for two to three minutes or until soft and fluffy.
- In the final minute of cooking, stir in the oregano and sautéed spinach.

Put the Wraps Together:

- Lay each tortilla on a level surface.
- Distribute the spinach mixture and scrambled egg equally among the two tortillas.
- Top the eggs with feta cheese.

Roll the Wraps: Tightly roll each tortilla after folding it in the sides to create a wrap.

Optional Warming: Put the rolled tortillas in the skillet over low heat for one to two minutes on each side for a warm, crispy wrap.

Serving Ideas:

Cut in half and serve right away.

INGREDIENTS:

- 2 large whole-grain tortillas (8-inch diameter)
- 4 large eggs
- 1 tbsp milk (dairy or unsweetened plant-based)
- 1 tbsp extra virgin olive oil
- 2 cups fresh spinach, chopped
- ½ cup crumbled feta cheese
- ¼ tsp dried oregano
- Pinch of ground black pepper
- Pinch of sea salt (optional)

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 270
- Protein: 14 g
- Carbohydrates: 22 g
- Fats: 14 g
 - - Saturated Fat: 5 g
- Fiber: 3 g
- Cholesterol: 220 mg
- Sodium: 400 mg
- Potassium: 340 mg

ADVANTAGES FOR HEALTH:

- Spinach: Rich in antioxidants, iron, and vitamins A and C.
- Feta cheese: Rich in protein and calcium, it adds flavor without being overly calorically dense.
- Eggs: A complete protein that contains important vitamins, such as D and B12.
- Whole-Grain Tortilla: Offers complex carbohydrates and fiber for long-lasting energy.
- Olive Oil: An anti-inflammatory lipid that is good for you.



Lemon and Blueberry Overnight Oats

PREP TIME: 10 MINS

SERVING: 2

COOK TIME: NONE

A cool, creamy breakfast with a Mediterranean flair that combines sweet, antioxidant-rich blueberries with tart lemon. Ideal for a healthy grab-and-go supper or hectic mornings.

INSTRUCTIONS:

Get the base ready: In a large lidded jar or medium mixing basin, combine the rolled oats, almond milk, Greek yogurt, chia seeds, honey, lemon zest, and vanilla essence. Mix everything together until it's well combined.

Add the Blueberries: Make sure the fresh blueberries are uniformly distributed throughout the mixture by gently folding them in.

Refrigerate Overnight: Place a cover or piece of plastic wrap over the jar or bowl and refrigerate overnight. To enable the oats and chia seeds to soak the liquid and become softer, place it in the refrigerator for at least six hours or overnight.

Serve: To combine any separated ingredients, toss the oats the following morning. To change the consistency if the mixture is too thick, add a little almond milk.

Garnish: Add more fresh blueberries, honey, and perhaps broken nuts as garnishes to add taste and texture.

Serving Ideas:

Requires overnight refrigeration for at least 6 hours.

For a quick grab-and-go dinner, serve cold straight from the jar.

For a full breakfast, serve with a small handful of mixed nuts or a side of sliced fruit.

Optional Customizations:

- Add a pinch of ground cinnamon for warmth.
- Sprinkle with slivered almonds or crushed walnuts for crunch.
- Use plant-based yogurt as a dairy-free option.
- Substitute blueberries with raspberries or diced peaches for variety.

INGREDIENTS:

- 1 cup rolled oats (not instant)
- 1 cup unsweetened almond milk (or other milk of choice)
- ½ cup plain Greek yogurt (optional for creaminess)
- 1 tbsp chia seeds
- 2 tsp honey or maple syrup (adjust to taste)
- 1 tsp lemon zest (approximately one small lemon)
- ½ tsp vanilla extract
- ½ cup fresh blueberries (plus extra for garnish)

NUTRITIONAL INFORMATION (PER SERVING):

- 220 calories
- 9 g of protein
- 35 g of carbohydrates
- 6 g of fat
- 0.5 g of saturated fat
- 6 g of fiber
- 5 mg of cholesterol
- 50 milligrams of sodium
- 240 milligrams of potassium

ADVANTAGES FOR HEALTH:

- Oats: Rich in soluble fiber, which supports heart health and long-lasting vitality.
- Antioxidants, vitamin C, and phytonutrients abound in blueberries.
- Chia seeds: Packed with nutrients, fiber, and omega-3 fatty acids.
- Greek yogurt: Provides calcium, protein, and probiotics for healthy bones and guts.
- Lemon Zest: Offers a zesty citrus taste and a boost of vitamin C.



Tomato and Olive Breakfast Flatbread

PREP TIME: 10 MINS

SERVING: 2

COOK TIME: 10 MINS

The flavors of luscious tomatoes, salty olives, and creamy feta abound in this delectable flatbread with a Mediterranean flair. Ideal for a filling brunch or breakfast.

INSTRUCTIONS:

Warm up the oven: Set the oven temperature to 400°F or 200°C. Heat a pizza stone or baking sheet in the oven.

Prepare the Flatbreads: Flatbread preparation involves brushing each one with one tablespoon of olive oil, making sure to coat them evenly for a crispy texture.

Put the toppings together: Evenly distribute the cherry tomatoes and olives on top of the flatbreads.

On top, scatter the feta cheese crumbles.

Add oregano, optional red pepper flakes, thyme (if using), and a dash of black pepper for seasoning.

Optional: Add Eggs: Eggs are optional. If you choose to use eggs, crack one onto the middle of each flatbread, making sure to leave the yolk whole.

Bake the Flatbreads: Transfer the assembled flatbreads to a pizza stone or baking sheet that has been warmed.

Bake for 8 to 10 minutes, or until the egg whites (if using) are set and the edges are golden and crisp.

Add Fresh Arugula: For a peppery, cool contrast, take the flatbreads out of the oven and immediately sprinkle them with fresh arugula.

Serving Ideas:

Warm-up and cut into wedges.

INGREDIENTS:

- 2 small whole-grain flatbreads or naan (approximately 6 inches in diameter)
- 2 tbsp extra virgin olive oil
- ½ cup cherry tomatoes, halved
- ¼ cup Kalamata olives, sliced
- ⅓ cup crumbled feta cheese
- 1 tsp dried oregano
- 1 tsp fresh thyme leaves (optional)
- ¼ tsp red pepper flakes (optional, for heat)
- Freshly ground black pepper, to taste
- 1 cup fresh arugula (for topping)
- Optional: 1 large egg per flatbread for a heartier option

NUTRITIONAL INFORMATION (PER SERVING):

- 280 calories without an egg and 330 calories without one
- Protein: 9 grams without an egg, 15 grams with one.
- 26 g of carbohydrates
- 16 g of fat
- 4 g of saturated fat
- 4 g of fiber
- 15 mg of cholesterol (without egg), 105 mg with egg
- 400 mg of sodium
- 250 milligrams of potassium

ADVANTAGES FOR HEALTH:

- Olive oil: Packed with antioxidants and monounsaturated fats.
- Tomatoes: Rich in lycopene, an antioxidant associated with heart health, and vitamin C.
- Kalamata olives: Offer vital minerals and good lipids.
- Feta cheese: Moderately adds protein and calcium.
- Arugula: A leafy green that is high in vitamins A and K.



INGREDIENTS:

- 1 cup chickpea flour (also known as gram flour)
- 1 cup water
- 1 tbsp extra virgin olive oil (plus more for cooking)
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp ground cumin
- ½ tsp smoked paprika (optional)
- ½ cup fresh herbs, finely chopped (e.g., parsley, dill, cilantro, or chives)
- ¼ cup finely chopped scallions or red onion
- 1 small garlic clove, minced

Optional Ingredients:

- ¼ cup of feta cheese crumbles (for a Mediterranean flair)
- For more spiciness, add ½ tsp red chili flakes

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 180
- Protein: 7 g
- Carbohydrates: 20 g
- Fats: 7 g
- - Saturated Fat: 1 g
- Fiber: 4 g
- Cholesterol: 0 mg
- Sodium: 230 mg
- Potassium: 250 mg

Pancakes

made with chickpea flour and fresh herbs

PREP TIME: 10 MINS

SERVING: 4
8(PANCAKES)

COOK TIME: 20 MINS

A tasty pancake with a Mediterranean flair that is high in protein and flavored with fresh herbs and spices. These easy, healthy, and gluten-free pancakes are great for any meal of the day.

INSTRUCTIONS:

Make the Batter: Put the chickpea flour, water, olive oil, salt, cumin, black pepper, and smoked paprika (if using) in a medium-sized mixing bowl.

- Whisk until lump-free and smooth.
- Add the minced garlic, scallions, and chopped herbs and fold. Give the batter five to ten minutes to settle for a deeper taste.

Heat the Skillet:

- Set a cast-iron pan or nonstick skillet over medium heat. Coat the surface with a tiny bit of olive oil.

Cook the Pancakes:

- For each pancake, add ¼ cup of batter to the skillet.
- Cook for 2 to 3 minutes on one side or until bubbles form on the surface and the edges are firm.
- Using a spatula, carefully flip the pancake and continue cooking for another two minutes or until golden brown.
- Continue with the remaining batter, spritzing the skillet with a little oil if necessary.

Serve:

- Eggs are optional. If you choose to use eggs, crack one onto the middle of each flatbread, making sure to leave the yolk whole.

Serving Ideas:

- For a creamy contrast, drizzle with tzatziki sauce or Greek yogurt.
- Serve alongside a crisp tomato-cucumber salad dressed with lemon and olive oil.
- For added taste, add a dash of chile flakes or za'atar.
- For a touch of Mediterranean flair, serve with avocado slices or hummus on the side.

ADVANTAGES FOR HEALTH:

- Chickpea Flour: Rich in fiber, plant-based protein, and vital minerals, including magnesium and iron.
- Olive Oil: An essential component of the Mediterranean diet, it offers antioxidants and good fats.
- Fresh Herbs: Add vitamins and antioxidants while naturally enhancing flavor.
- Paprika and cumin: They have anti-inflammatory and digestive benefits.



INGREDIENTS:

- 2 whole wheat pita breads (6-inch diameter)
- ½ cup labneh (strained yogurt, or substitute with Greek yogurt)

Toppings:

- 1 small cucumber, thinly sliced
- 1 small tomato, diced or sliced
- ¼ cup red bell pepper, thinly sliced
- 2 tbsp Kalamata olives, sliced
- 2 tbsp red onion, thinly sliced (optional)
- 1 tbsp extra virgin olive oil
- 1 tsp za'atar spice blend (optional)
- Fresh herbs for garnish (e.g., parsley, mint, or dill)

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 240
- Protein: 9 g
- Carbohydrates: 30 g
- Fats: 10 g
- - Saturated Fat: 3 g
- Fiber: 5 g
- Cholesterol: 10 mg
- Sodium: 350 mg
- Potassium: 300 mg

Labneh

and Fresh Vegetables with Whole Wheat Pita

PREP TIME: 10 MINS

SERVING: 2

COOK TIME: 5 MINS

This meal with a Mediterranean flair perfectly combines crisp fresh veggies, creamy labneh, and the healthful pleasures of whole wheat pita. It's quick, nutritious, and full of taste, making it perfect for breakfast, lunch, or a light snack.

INSTRUCTIONS:

Warm the Pita: To reheat the pita, place a skillet or grill pan over medium heat. The pita bread should be soft and malleable after being gently warmed for one minute on each side. Take off the heat and place aside.

Get the Labneh Spread ready: In a small bowl, combine the labneh with one teaspoon of olive oil and, if desired, a pinch of za'atar for taste.

Put the Pita Together: Evenly cover each warmed pita bread with a thick layer of the labneh mixture.

Add the Fresh Vegetables: Evenly distribute the bell pepper, cucumber, tomato, olives, and red onion (if using) over the pita that has been smeared with labneh.

Drizzle and Garnish:

- Drizzle and Garnish: Drizzle the vegetables with the leftover olive oil.
- If preferred, top with red chili flakes or za'atar.
- Add some freshly chopped herbs as a garnish.

Serving Ideas:

To make handling the pita easier, fold it in half or serve it as an open-faced sandwich.

ADVANTAGES FOR HEALTH:

- Whole Wheat Pita: Offers complex carbs, fiber, and vital elements for long-lasting energy.
- Labneh: High in probiotics for digestive health, calcium, and protein.
- Vegetables: Rich in antioxidants, vitamins, and minerals that promote general health.
- Olive oil: An anti-inflammatory and heart-healthy fat source.
- Za'atar: Its mixture of herbs and spices gives it a taste and an antioxidant boost.



Egg

and Sweet Potato Breakfast Hash

PREP TIME: 10 MINS

SERVING: 2

COOK TIME: 20 MINS

The sweetness of roasted sweet potatoes, the richness of eggs, and the brilliant aromas of fresh herbs and spices come together in this flavorful and nourishing meal with a Mediterranean flair. This dish is full of flavor and vitality, making it the ideal way to start the day.

INSTRUCTIONS:

Get the sweet potatoes ready: Heat one tablespoon of olive oil over medium heat in a large cast-iron or non-stick skillet.

Stirring occasionally, simmer the sweet potato cubes for 8 to 10 minutes or until they soften and turn a light brown.

Cook the Vegetables: Put the red bell pepper, zucchini, and onion in the skillet with the remaining olive oil.

Sauté the vegetables for five minutes or until they are soft.

Add the oregano, cumin, paprika, salt, black pepper, and minced garlic. Cook for one more minute to let the spices bloom.

Make Room for the Eggs: Using a spoon, make four little wells in the sweet potato hash. Crack an egg in each well.

To prepare the eggs, place a lid on the skillet and cook it over low heat for 5 to 7 minutes, or until the yolks are still runny but the whites are set (cook longer if you prefer fully cooked yolks).

Optional Add-ins: Scatter the crumbled feta and olives over the hash in the final minute of cooking to warm them up a little, if using.

To garnish and serve, remove the skillet from the burner and add the lemon zest and fresh parsley or cilantro. Serve warm straight from the skillet.

Serving Ideas:

For a full meal, serve with a small mixed greens salad or a side of whole-grain bread. For added Mediterranean taste, drizzle with a dollop of Greek yogurt or tahini sauce.

INGREDIENTS:

Base Ingredients:

- 2 medium sweet potatoes, peeled and diced into ½-inch cubes (~2 cups)
- 2 tbsp extra virgin olive oil
- 1 small red bell pepper, diced
- 1 small zucchini, diced
- ½ small red onion, finely chopped
- 2 cloves garlic, minced
- ½ tsp paprika
- ½ tsp ground cumin
- ½ tsp dried oregano
- Salt and black pepper to taste
- 4 large eggs

Optional Add-ins:

- ¼ cup crumbled feta cheese
- 2 tbsp Kalamata olives, sliced
- A pinch of red chili flakes for heat

Garnish:

- 2 tbsp fresh parsley or cilantro, chopped
- 1 tsp lemon zest (optional)

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 280
- Protein: 10 g
- Carbohydrates: 30 g
- Fats: 12 g
- - Saturated Fat: 2 g
- Fiber: 6 g
- Cholesterol: 190 mg
- Sodium: 200 mg
- Potassium: 650 mg

ADVANTAGES FOR HEALTH:

- Sweet potatoes: Packed in potassium, fiber, and vitamin A, they promote a healthy immune system and digestive system.
- A mainstay of the Mediterranean diet, olive oil offers antioxidants and good fats.
- Eggs: A premium protein source that is rich in vitamins and minerals, including vitamin D and choline.
- Vitamins, minerals, and antioxidants are all found in fresh vegetables, which promote general health.
- Spices and herbs: Add flavor naturally without using too much salt.



- 1 ½ cups rolled oats
- ½ cup chopped dried figs (remove stems and dice)
- ½ cup walnuts, roughly chopped
- ⅓ cup almond butter (or natural peanut butter)
- ⅓ cup honey or pure maple syrup
- 2 tbsp extra virgin olive oil
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- ⅛ tsp sea salt
- 2 tbsp chia seeds or flaxseeds (optional for added nutrition)
- 2 tbsp unsweetened shredded coconut (optional)

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- 2 tbsp extra virgin olive oil
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- ⅛ tsp sea salt
- 2 tbsp chia seeds or flaxseeds (optional for added nutrition)
- 2 tbsp unsweetened shredded coconut (optional)

PREP TIME: 10 MINS SERVING: 12 COOK TIME: 20 MINS

COOK TIME: 20 MINS

These granola bars, with a Mediterranean flair, combine the natural sweetness of figs, the crunch of walnuts, and the richness of oats. They make a nutritious on-the-go breakfast or snack and are rich in fiber, good fats, and antioxidants.

The first step is to preheat the oven to 350°F (175°C).

Make the Wet Mixture: Put the almond butter, honey (or maple syrup), and olive oil in a small saucepan over low heat.

Make the Wet Mixture: Put the almond butter, honey (or maple syrup), and olive oil in a small saucepan over low heat.

- Stir constantly for two to three minutes or until the mixture is smooth and barely warmed.
- After turning off the heat, mix in the vanilla essence.

Combine Dry Ingredients: In a large bowl, mix the shredded coconut, sea salt, cinnamon, sliced figs, walnuts, chia seeds (if using), and rolled oats. Stir thoroughly.

Mix the Ingredients: Pour the wet mixture over the dry ingredients and stir until everything is coated and well blended.

Press into the Baking Pan: Pour the mixture into the prepared baking pan. Press it into the pan evenly and firmly using a spatula or the back of a spoon.

Bake: Bake for 18 to 20 minutes or until golden brown around the edges.

Cool and Slice: Let the granola bars cool fully in the pan for at least half an hour. This guarantees that they will solidify prior to slicing. After they have cooled, remove the parchment paper and place it on a cutting board. Cut into twelve bars.

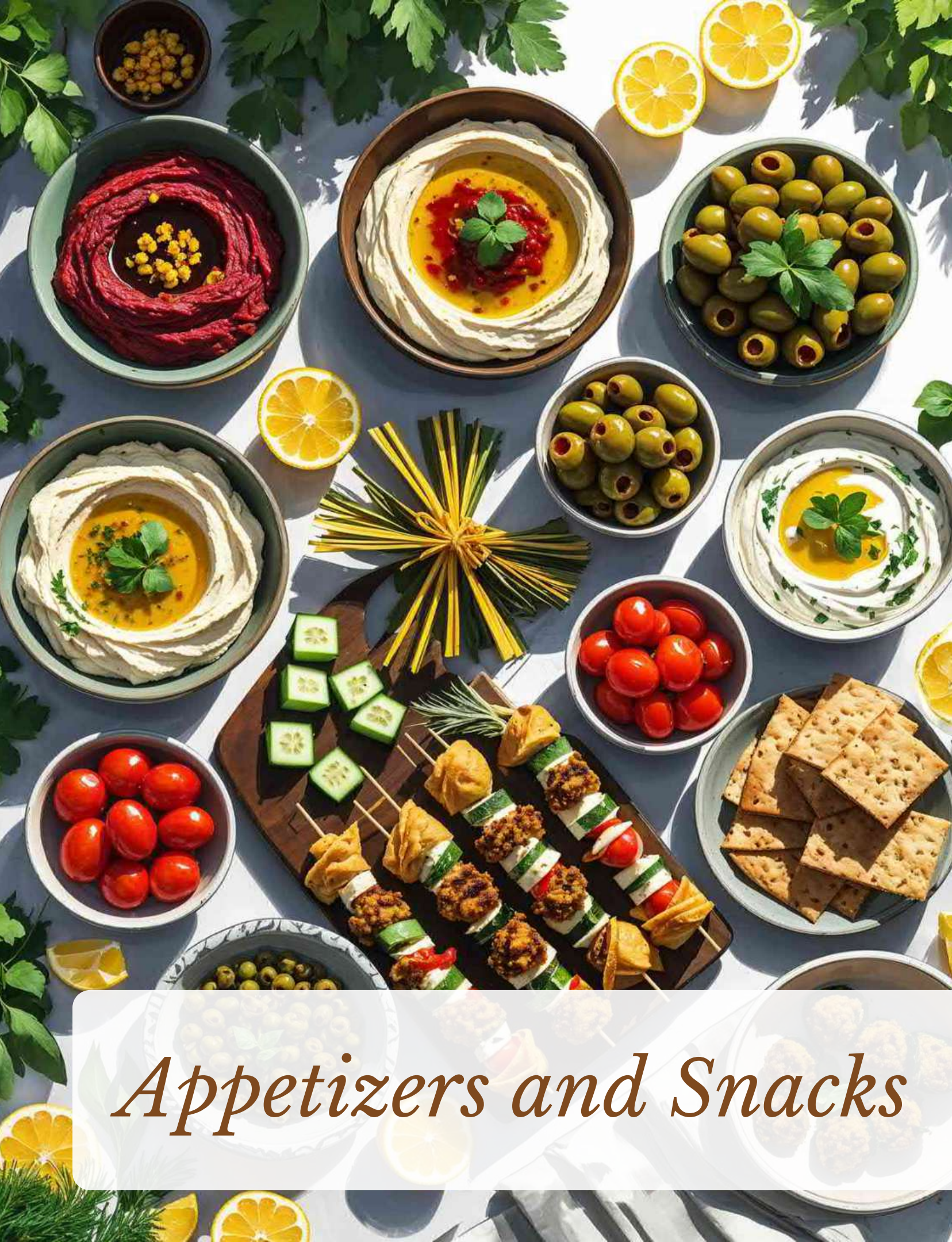
Optional Finishing Touch: If desired, scatter more shredded coconut or drizzle more honey over the top for a glossy appearance.

Serve with fresh fruit and Greek yogurt for a simple breakfast. Serve with coffee or herbal tea for a stimulating snack.

ADVANTAGES FOR HEALTH:

- Calories: 180
- Protein: 4 g
- Carbohydrates: 24 g
- Fats: 8 g
 - - Saturated Fat: 1 g
- Fiber: 3 g
- Cholesterol: 0 mg
- Sodium: 40 mg
- Potassium: 150 mg

- Figs: A natural source of antioxidants, potassium, and fiber that promote heart and digestive health.
- Walnuts: Packed with heart-healthy unsaturated fats and omega-3 fatty acids.
- Oats: Offer beta-glucan fiber and complex carbohydrates for long-lasting energy and cholesterol management.
- Almond butter: A plant-based protein high in vitamin E and good fats.
- Olive Oil: An essential Mediterranean component with monounsaturated fats and anti-inflammatory qualities.



Appetizers and Snacks



Classic Hummus

with Olive Oil Drizzle

PREP TIME: 10 MINS

SERVING: 6

COOK TIME: 5 MINS

These granola bars, with a Mediterranean flair, combine the natural sweetness of figs, the crunch of walnuts, and the richness of oats. They make a nutritious on-the-go breakfast or snack and are rich in fiber, good fats, and antioxidants.

INSTRUCTIONS:

Warm the Chickpeas (Optional): In a small saucepan over low heat, cook the chickpeas for three to five minutes to add more creaminess. This makes the hummus smoother and helps soften them.

Blend the Base: Put the chickpeas, tahini, olive oil, lemon juice, cumin, garlic, and salt in a high-speed blender or food processor.

- Blend until smooth, 1 to 2 minutes.

Modify the smoothness: While the food processor operates, gradually add two to four tablespoons of water until the hummus reaches your desired creamy smoothness.

Taste and balance: If necessary, add extra lemon juice, salt, or garlic to the hummus to balance the seasoning.

Transfer the hummus to a serving bowl and garnish it:

- Drizzle the hummus liberally with extra virgin olive oil and make swirls with the back of a spoon. Add optional garnishes like fresh herbs, sumac, or paprika.

Serving Ideas:

Include pita chips or warm whole-grain pita bread.

Serve alongside crisp, fresh veggies such as bell peppers, carrots, cucumbers, and cherry tomatoes.

Spread on grain bowls, wraps, and sandwiches.

INGREDIENTS:

- 1 can (15 oz) chickpeas (garbanzo beans), drained and rinsed (or 1½ cups cooked chickpeas)
- ¼ cup tahini (sesame seed paste)
- 2 tbsp extra virgin olive oil (plus extra for drizzling)
- 2-3 tbsp fresh lemon juice (about one medium lemon)
- 1-2 cloves garlic, minced (adjust to taste)
- ¼ tsp ground cumin
- ¼ tsp sea salt (adjust to taste)
- 2-4 tbsp water (as needed for consistency)

Optional Customizations:

- Garnish with a dash of sumac or paprika.
- Add chopped fresh cilantro or parsley on top or stir in.
- Add a pinch of cayenne pepper or drizzle with chile oil for added heat.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 140
- Protein: 5 g
- Carbohydrates: 12 g
- Fats: 7 g
- - Saturated Fat: 1 g
- Fiber: 4 g
- Cholesterol: 0 mg
- Sodium: 180 mg
- Potassium: 160 mg

ADVANTAGES FOR HEALTH:

- Chickpeas: An excellent source of iron, fiber, and plant-based protein that supports digestive and cardiac health.
- Olive Oil: This oil is packed with antioxidants and monounsaturated fats, which are crucial for its anti-inflammatory properties.
- Tahini: Made from sesame seeds, it provides protein, calcium, and good fats.
- Garlic and Lemon: Provide vital vitamins and minerals and strengthen the immune system.



Walnut and Roasted Red Pepper Dip (Muhammara)

PREP TIME: 10 MINS

SERVING: 8
(ABOUT 2 CUPS OF
DIP)

COOK TIME: 20 MINS

Muhammara is a robust and aromatic dip with Mediterranean origins that blends a variety of spices, sweet roasted red peppers, and crispy walnuts. Essential Mediterranean ingredients have many health advantages, making this nutrient-dense dip ideal as a spread, appetizer, or side dish.

INSTRUCTIONS:

If using fresh peppers, roast them: Turn the oven on to 450°F, or 230°C. Arrange the whole red bell peppers on a baking sheet. Roast until the skins are blistered and browned, turning occasionally for 20 minutes.

- After removing the peppers, put them in a bowl and cover with a lid or plastic wrap to steam for five to ten minutes.

- Roughly cut the roasted peppers, remove the stems and seeds, then peel off the charred skins.

Toast the Walnuts: Toast the walnuts for 3–4 minutes over medium heat in a dry skillet, turning often until aromatic. Remove the skillet from the heat and let it cool a little.

Blend the Dip: Put the roasted red peppers, toasted walnuts, olive oil, pomegranate molasses, garlic, cumin, smoked paprika, red pepper flakes (if using), breadcrumbs, lemon juice, and sea salt in a food processor or blender. Process till somewhat chunky but still smooth. If you want a thinner consistency, add water a spoonful at a time.

Taste and Adjust: After tasting the dip, add extra salt, lemon juice, or spice if necessary.

Transfer the Muhammara to a serving bowl and garnish before serving:

For texture, garnish with chopped parsley or a scattering of walnuts, and drizzle with a little olive oil.

Serving Ideas:

Include pita chips, warm whole-grain pita bread, or fresh vegetable sticks like bell pepper slices, cucumbers, and carrots.

- Spread on Mediterranean grain bowls, sandwiches, or wraps.

- For a tasty side dish, serve with falafel, grilled chicken, or fish.

INGREDIENTS:

- 2 large red bell peppers (or 1 ½ cups jarred roasted red peppers, drained)
- 1 cup walnuts, toasted
- 2 tbsp extra virgin olive oil
- 2 tbsp pomegranate molasses (or 1 tbsp honey + 1 tsp lemon juice as a substitute)
- 1 garlic clove, minced
- 1 tsp ground cumin
- ½ tsp smoked paprika (or regular paprika for a milder flavor)
- ¼ tsp red pepper flakes (optional, for heat)
- 2 tbsp plain breadcrumbs (or almond flour for gluten-free)
- 1 tbsp fresh lemon juice
- ½ tsp sea salt (adjust to taste)

Optional Customizations:

- Add a pinch of cayenne pepper for extra spice.
- Sprinkle with fresh parsley for garnish.
- Drizzle with additional olive oil before serving.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 120
- Protein: 3 g
- Carbohydrates: 7 g
- Fats: 9 g
- - Saturated Fat: 1 g
- Fiber: 2 g
- Cholesterol: 0 mg
- Sodium: 100 mg
- Potassium: 170 mg

ADVANTAGES FOR HEALTH:

- Red bell peppers: Packed with carotenoids, antioxidants, and vitamin C, which support healthy skin and a strong immune system.
- Walnuts: Rich in plant-based protein, fiber, and heart-healthy omega-3 fatty acids.
- Olive oil: A mainstay of the Mediterranean diet, it contains monounsaturated fats that reduce inflammation.
- Pomegranate Molasses: Offers antioxidants and natural sweetness, promoting general health.
- Garlic and Spices: Enhance taste while providing digestive and anti-inflammatory properties.



Lemon-stuffed grape leaves (Dolmas)

PREP TIME: 25 MINS

SERVING: 6

COOK TIME: 40 MINS

These dolmas, or filled grape leaves with a Mediterranean flair, are made with a tasty mixture of rice, herbs, and spices that taste like vibrant lemon. They are wholesome, adaptable, and ideal as a snack, side dish, or appetizer.

INSTRUCTIONS:

Get the Grape Leaves Ready: Rinse the grape leaves under cold water to remove extra brine if they are in a jar.

- Soak them in a dish of warm water for five to ten minutes to soften them. After that, drain and pat dry.

- Fresh grape leaves should be blanched in boiling water for two minutes before being drained and cooled.

Get the Filling Ready: Heat 2 tablespoons of olive oil in a skillet over medium heat. Add the chopped garlic and onion. Sauté until aromatic and mellow, 3–4 minutes. Add the rice, cumin, cinnamon, salt, black pepper, parsley, mint, and dill. Stir thoroughly.

- Add one cup of water or vegetable broth. Simmer for five to seven minutes or until most of the liquid has been absorbed. The rice should be somewhat soft but not thoroughly cooked. Let it cool a little

Stuff the Grape Leaves: Place a grape leaf flat on a spotless surface, with the stem end facing you and the glossy side down.

- Just above the stem, in the middle of the leaf, put roughly one tablespoon of the rice filling.

- Beginning at the end of the stem, fold in the sides of the leaf and coil tightly, forming a little burrito. Continue with the remaining filling and leaves.

Cook the Stuffed Grape Leaves: Place the stuffed grape leaves in a big saucepan or skillet, packing them tightly in a single layer, seam-side down. Stack them in layers if necessary. Evenly distribute the lemon juice over the grape leaves and drizzle with two tablespoons of olive oil. Fill the pot with one cup of water or veggie broth. Set the packed grape leaves on a small, heatproof dish to keep them in place while cooking. After 30 to 35 minutes of simmering over low heat with the pot covered, the rice should be cooked, and the leaves should be soft.

Let the grape leaves cool in the pot before serving. Move to a platter and add lemon slices as a garnish.

Serving Ideas:

Serve warm or cold with plain Greek yogurt or tzatziki on the side.

For a full dinner, serve with whole-grain pita or a fresh Mediterranean salad.

For a sophisticated presentation, drizzle with extra virgin olive oil and garnish with fresh parsley.

INGREDIENTS:

For the Grape Leaves:

- 20 grape leaves (jarred or fresh, rinsed and drained)

For the Filling:

- 1 cup uncooked long-grain white rice (or brown rice for added fiber)
- 2 tbsp extra virgin olive oil
- 1 small yellow onion, finely chopped
- 2 cloves garlic, minced
- ¼ cup fresh parsley, finely chopped
- 2 tbsp fresh mint, finely chopped (or 1 tsp dried mint)
- 1 tbsp fresh dill, chopped (optional)
- ½ tsp ground cumin
- ¼ tsp ground cinnamon
- 1 tsp sea salt
- ½ tsp black pepper
- 2 cups vegetable broth or water

For Cooking and Garnish:

- 2 tbsp extra virgin olive oil
- Juice of 2 large lemons (about 6 tbsp)
- 1 cup water or vegetable broth
- Lemon slices, for garnish

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 180
- Protein: 3 g
- Carbohydrates: 28 g
- Fats: 7 g
- - Saturated Fat: 1 g
- Fiber: 2 g
- Cholesterol: 0 mg
- Sodium: 300 mg
- Potassium: 140 mg

ADVANTAGES FOR HEALTH:

- Grape leaves are packed with antioxidants, vitamins A and K, and minerals and are low in calories.
- Olive Oil: Offers anti-inflammatory and heart-healthy monounsaturated fats.
- Herbs: Vitamins, antioxidants, and digestive advantages are provided by fresh parsley, mint, and dill.
- Lemon Juice: Offers a tangy, refreshing taste and vitamin C.
- Rice: A filling and energizing source of complex carbs.



Olives Marinated

with Orange Zest

PREP TIME: 15 MINS

APPROXIMATELY
2 CUPS

COOK TIME: NONE

These colorful marinated olives abound in sunny Mediterranean flavors. The fusion of hot chili flakes, aromatic herbs, and zesty orange produces a refined and gratifying taste impression. These olives exemplify the simplicity and delicacy of Mediterranean cuisine, making them ideal for entertaining or as a nutritious snack.

INSTRUCTIONS:

Combine ingredients: In a medium bowl, combine the olives, olive oil, orange zest, garlic, thyme leaves, red pepper flakes, and black pepper. Add the fennel seeds and bay leaf if you are using them. Give the olives a good stir to coat them with the marinade.

Marinate: Pour the marinade and olives into a jar or other airtight container. To let the flavors mingle, carefully seal and place in the refrigerator for at least half an hour or overnight. The olives' flavor will get stronger the longer they marinate.

Before serving: Allow the olives to come to room temperature before serving. Add orange segments to the jar right before serving to add even more zesty sweetness.

Serving Ideas:

Serve with crusty bread and various cheeses as a sophisticated yet easy appetizer.

Serve alongside pita bread, hummus, and baba ghanoush on a mezze platter.

For a salty, briny bite, add to salads.

Use it as a garnish for bloody marys and martinis.

INGREDIENTS:

- 1 cup mixed olives (such as Castelvetrano, Kalamata, and Manzanilla)
- 1/4 cup extra virgin olive oil
- 2 cloves garlic, thinly sliced
- 1 tablespoon fresh orange zest
- 1 tablespoon fresh thyme leaves
- 1 teaspoon red pepper flakes (or more, to taste)
- 1/2 teaspoon freshly ground black pepper

Optional additions:

- 1 bay leaf
- 1/2 teaspoon fennel seeds
- 1/4 cup orange segments

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 120
- Protein: 1g
- Carbohydrates: 2g
- Fat: 12g
 - - Saturated Fat: 2g
- Monounsaturated Fat: 9g
- Fiber: 1g
- Cholesterol: 0mg
- Sodium: 300mg (varies depending on olive type)
- Potassium: 10mg

ADVANTAGES FOR HEALTH:

- **Olives** A staple of the Mediterranean diet, olives are high in antioxidants and monounsaturated fats, associated with a lower risk of chronic illnesses and better heart health.
- **Olive oil:** Another mainstay of the Mediterranean diet, olive oil improves the absorption of fat-soluble vitamins and offers healthful fats.
- **Garlic** Garlic is known for its antiviral and antibacterial qualities and may help decrease cholesterol and blood pressure.
- **Zest of orange:** Orange zest, a source of antioxidants and vitamin C, gives food a zesty, vibrant taste.
- **Fresh herbs:** Thyme gives the marinade a fragrant, earthy note and provides a wonderful source of vitamin C and other nutrients.



INGREDIENTS:

For the Tzatziki:

- 1 cup plain Greek yogurt (full-fat or low-fat)
- 1 medium cucumber (seedless preferred), grated
- 1 clove garlic, minced or finely grated
- 1 tbsp extra virgin olive oil
- 1 tbsp fresh lemon juice (about ½ lemon)
- 1 tbsp fresh dill, finely chopped (or substitute with fresh mint)
- ¼ tsp sea salt (adjust to taste)
- Pinch of black pepper (optional)

For the Cucumber Sticks:

- 2 large cucumbers, cut into sticks or spears
- Customizations are optional. For a smokey taste, add a pinch of paprika.
- Add fresh parsley and stir to add a herbal twist.
- For a tangier version, use white wine vinegar instead of lemon juice.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 80
- Protein: 4 g
- Carbohydrates: 5 g
- Fats: 4 g
- - Saturated Fat: 1 g
- Fiber: 1 g
- Cholesterol: 5 mg
- Sodium: 125 mg
- Potassium: 200 mg

Tzatziki

with Cucumber Sticks

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: NONE

This cool and creamy tzatziki is a classic Mediterranean meal served with crunchy cucumber sticks. Packed with basic ingredients and vibrant tastes, it's ideal as an appetizer, snack, or dip.

INSTRUCTIONS:

Get the cucumber ready for tzatziki by grating it with a box grater or food processor.

- Squeeze off as much juice as you can from the grated cucumber using a fresh kitchen towel or cheesecloth. By doing this, the tzatziki doesn't get too thin.

Prepare the Tzatziki: Combine Greek yogurt, grated cucumber, garlic, olive oil, lemon juice, dill, salt, and black pepper (if using) in a mixing bowl. Mix thoroughly to incorporate.

Taste and Adjust: After tasting the tzatziki, add extra salt, lemon juice, or garlic if necessary.

Chill: To enable the flavors to combine, cover the bowl and place the tzatziki in the refrigerator for at least fifteen minutes.

Make the Cucumber Sticks: Peel and wash the cucumbers for the sticks (peeling is optional) while the tzatziki chills.

- To dip, cut into spears or sticks.

Before serving: Pour a little olive oil over the tzatziki after transferring it to a serving bowl. To dip, arrange the cucumber sticks around the bowl.

Serving Ideas:

Accompany pita bread or other fresh veggies like bell peppers and carrots as an appetizer or side dish.

- For a complete Mediterranean dinner, serve with falafel, lamb kebabs, or grilled chicken.

Use it as a nutritious sandwich or wrap spread.

ADVANTAGES FOR HEALTH:

- Greek yogurt: An excellent source of calcium, probiotics, and protein that promotes bone and intestinal health.
- Cucumber: Rich in water and low in calories, this fruit offers antioxidants and hydration.
- Olive oil: A heart-healthy lipid high in antioxidants and monounsaturated fats.
- Garlic and lemon juice: Rich in anti-inflammatory and immune-boosting vitamins.
- Dill: Improves digestion and adds flavor and vital vitamins.

Mini Skewers

of Caprese Salad

PREP TIME: 15 MINS

SERVING: 4 ABOUT
12 SKEWERS

COOK TIME: NONE



INGREDIENTS:

- 12 cherry or grape tomatoes
- 12 fresh mozzarella balls (bocconcini or ciliegine size)
- 12 fresh basil leaves
- 1 tbsp extra virgin olive oil
- 1 tbsp balsamic glaze (optional)
- Pinch of sea salt
- Pinch of freshly ground black pepper
- 12 small skewers or toothpicks

Optional Customizations:

- Add a slice of cucumber or black olives for variety.
- Sprinkle with red chili flakes for a spicy kick.
- Substitute basil with fresh mint for a unique flavor profile.

INSTRUCTIONS:

Put the Skewers Together:

- Attach a tomato to a toothpick or skewer.

A mozzarella ball comes next, followed by a fresh basil leaf that has been folded if needed.

- Continue doing this with the remaining skewers.

Drizzle with Balsamic Glaze and Olive Oil. Place the assembled skewers on a dish.

For extra taste and a hint of sweetness, drizzle with olive oil and balsamic glaze, if preferred. .

Season: Lightly season the skewers with freshly ground black pepper and sea salt.

Before serving: Serve immediately as a vibrant and fresh appetizer.

Serving Ideas:

For a heartier snack, serve with breadsticks or whole-grain crackers.

Serve with hummus, roasted veggies, and olives on a larger Mediterranean mezze dish.

Use as a garnish for a deconstructed Caprese salad made with mixed greens.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 120
- Protein: 7 g
- Carbohydrates: 4 g
- Fats: 9 g
 - Saturated Fat: 3 g
- Fiber: 1 g
- Cholesterol: 15 mg
- Sodium: 120 mg
- Potassium: 200 mg

ADVANTAGES FOR HEALTH:

- Tomatoes are rich in vitamin C and lycopene, antioxidants that promote immunity and heart health.
- Mozzarella cheese: Offers protein and calcium for healthy muscles and strong bones.
- Basil: Has anti-inflammatory and vital vitamin qualities.
- Olive Oil: Rich in antioxidants and heart-healthy monounsaturated fats.



Roasted Chickpeas

with Spice

PREP TIME: 5 MINS

SERVING: 4

COOK TIME: 30 MINS

These tasty and crunchy roasted chickpeas are the ideal snack with a Mediterranean flair. They are perfect for snacking, adding to cereal bowls, or topping salads because they contain plant-based protein, fiber, and strong spices.

INSTRUCTIONS:

Preheat the Oven: Set the oven to 400°F (200°C). Line a baking pan with silicone mats or parchment paper to make cleanup easier.

Prepare the chickpeas by draining them and giving them a good rinse. Lay the chickpeas on a fresh paper towel or kitchen towel and pat dry. Eliminating as much moisture as possible ensures crispness.

Season the Chickpeas: Toss them in olive oil to coat them evenly. Add the salt, black pepper, cumin, coriander, smoked paprika, garlic powder, and cayenne (if using). Toss one more to ensure the spices are evenly distributed throughout the chickpeas.

Roast the Chickpeas: Line the prepared baking sheet with a single layer of the seasoned chickpeas. Avoid crowding to ensure consistent roasting.

- Bake for 25 to 30 minutes, stirring halfway through, or until the chickpeas are crispy and golden brown.

Cool and Serve: Remove the chickpeas from the oven and place them on the baking sheet to cool for five to ten minutes. As they chill, they will continue to crisp.

Serving Ideas:

- Savor as a snack on its own.

Add a crisp garnish to grain bowls, soups, and salads.

- Serve with tzatziki or hummus for a snack dish with a Mediterranean flair.

INGREDIENTS:

- 1 can (15 oz) chickpeas, drained and rinsed (or 1½ cups cooked chickpeas)
- 1 tbsp extra virgin olive oil
- ½ tsp ground cumin
- ½ tsp smoked paprika
- ¼ tsp ground coriander
- ¼ tsp garlic powder
- ¼ tsp sea salt (adjust to taste)
- Pinch of black pepper
- Optional: ⅛ tsp cayenne pepper for a spicy kick

Customizable Options:

- Swap spices for za'atar, curry powder, or chili powder for unique flavors.
- Add a sprinkle of fresh herbs like parsley or dill after roasting for a fresh touch.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 120
- Protein: 5 g
- Carbohydrates: 18 g
- Fats: 4 g
 - Saturated Fat: 0.5 g
- Fiber: 5 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 180 mg

ADVANTAGES FOR HEALTH:

- Chickpeas: An excellent plant-based protein, fiber, and complex carbohydrate source that promotes long-lasting energy and digestive health.
- Olive Oil: Promotes the absorption of fat-soluble vitamins and offers heart-healthy monounsaturated fats.
- Spices: Enhance flavor and enhance anti-inflammatory and antioxidant qualities without adding extra calories or sodium.



Bites of Baked Falafel

PREP TIME: 20 MINS

SERVING: 4
ABOUT 20 FALAFEL
BITES

COOK TIME: 25 MINS

These tasty, nutritious, oven-baked falafel morsels have a Mediterranean flair. Packed with spicy spices, fresh herbs, and chickpeas, they're ideal for pita wraps, salads, and snacks.

INSTRUCTIONS:

Warm up the Oven: Set the oven to 375°F (190°C). Lightly oil a baking sheet or line it with parchment paper.

Make the Falafel Mixture:

- Put the chickpeas, parsley, cilantro, onion, garlic, flour, tahini, cumin, coriander, paprika, baking powder, cayenne (if used), and salt in a food processor.
- Pulse until a grainy, slightly sticky dough forms from the mixture. Don't overprocess; it shouldn't be perfectly seamless.

Form the Falafel Bites: Using a tablespoon, scoop out parts of the mixture and flatten them into patties or balls. They should even be distributed on the prepared baking sheet.

Bake the Falafel Bites: Brush or spritz the tops with olive oil to help the falafel bites crisp up in the oven.

- After 12 minutes of baking, turn the falafel pieces over and continue baking for another 10 to 12 minutes until they are firm and golden brown.

Cool and Serve: Let the falafel bits cool a little before serving.

Serving Ideas:

Serve it on a whole-grain pita with lettuce, tomatoes, cucumbers, and a dollop of tzatziki or tahini sauce.

- For a light supper, serve with hummus and a Mediterranean salad.
- Savor it as a high-protein snack with some fresh vegetables on the side.

INGREDIENTS:

Base Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed (or 1½ cups cooked chickpeas)
- ¼ cup fresh parsley, chopped
- ¼ cup fresh cilantro, chopped
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 3 tbsp whole wheat flour (or chickpea flour for gluten-free)
- 1 tbsp tahini
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp smoked paprika
- ½ tsp baking powder
- ¼ tsp cayenne pepper (optional)
- ½ tsp sea salt
- 2 tbsp extra virgin olive oil

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 180
- Protein: 7 g
- Carbohydrates: 23 g
- Fats: 7 g
 - Saturated Fat: 1 g
- Fiber: 5 g
- Cholesterol: 0 mg
- Sodium: 300 mg
- Potassium: 230 mg

ADVANTAGES FOR HEALTH:

- Chickpeas: Packed with fiber, plant-based protein, and vital minerals like potassium and magnesium.
- Fresh Herbs: Parsley and cilantro offer vitamins, antioxidants, and a taste explosion.
- Tahini: Promotes bone health by adding calcium and good lipids.
- Olive Oil: Known for its heart-healthy monounsaturated fats, olive oil is a crucial Mediterranean component.
- Spices: Paprika, coriander, and cumin naturally improve flavor and have anti-inflammatory properties.



INGREDIENTS:

For the Eggplant:

- 1 large eggplant, sliced lengthwise into ¼-inch thick slices (about 12 slices)
- 2 tbsp extra virgin olive oil
- ½ tsp sea salt
- ½ tsp black pepper

For the Filling:

- ½ cup crumbled feta cheese
- ¼ cup plain Greek yogurt
- 2 tbsp fresh parsley, finely chopped
- 1 tbsp fresh mint, finely chopped (optional)
- 1 garlic clove, minced
- ½ tsp lemon zest
- Pinch of red chili flakes (optional, for a spicy kick)

Optional Garnish:

- Fresh parsley or mint leaves
- Drizzle of balsamic glaze

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 120
- Protein: 4 g
- Carbohydrates: 6 g
- Fats: 9 g
 - Saturated Fat: 3 g
- Fiber: 2 g
- Cholesterol: 10 mg
- Sodium: 200 mg
- Potassium: 250 mg

Grilled Eggplant

Roll-Ups with Feta

PREP TIME: 15 MINS

SERVING: 4
ABOUT 12 ROLL-UPS

COOK TIME: 15 MINS

These eggplant roll-ups with a Mediterranean flair have the ideal harmony of herbaceous, creamy, and smokey flavors. Slices of grilled eggplant are stuffed with a zesty feta mixture and formed into little treats.

INSTRUCTIONS:

Prepare the eggplant slices by heating a grill or pan to a medium temperature. Add salt and black pepper to the eggplant slices after brushing them with olive oil on both sides.

Grill the Eggplant: Put the eggplant slices on the grill and cook for two to three minutes on each side or until they are soft and have grill marks.

- Allow them to cool somewhat after taking the slices off the grill.

Prepare the Feta Filling: In a small bowl, combine the crumbled feta, Greek yogurt, parsley, garlic, lemon zest, and chili flakes (if using). Blend thoroughly until smooth and creamy.

To assemble the Roll-Ups, place a slice of grilled eggplant on a level surface. Add roughly one spoonful of the feta mixture to one end of the slice.

- To create a roll-up, firmly wrap the slice around the filling. If necessary, fasten with a toothpick.

Continue with the remaining filling and eggplant slices.

Before serving: Present the roll-ups by placing them on a dish. Top with a balsamic glaze drizzle and fresh parsley or mint leaves if preferred.

Serving Ideas:

- Accompany other Mediterranean favorites like hummus, tzatziki, or tabbouleh as an appetizer or side dish.

- Serve with whole-grain pita or a mixed green salad for a light supper.

Combine with fresh vegetables, roasted peppers, and olives in a mezze dish.

ADVANTAGES FOR HEALTH:

- Eggplant: Rich in fiber and antioxidants and low in calories, it helps with digestion and heart health.
- Feta Cheese: Rich in protein and calcium, it adds taste when used sparingly.
- Olive Oil: Adds taste and provides good monounsaturated fats.
- Herbs and Garlic: Naturally enhance flavor while providing vitamins and antioxidants.
- Greek Yogurt: Balances the feta's tanginess while adding protein and smoothness.

Whole Wheat Crackers

with Olive Tapenade



PREP TIME: 10 MINS

SERVING: 4
ABOUT 1 CUP OF
TAPENADE

COOK TIME: NONE

A Mediterranean-inspired appetizer that's great for entertaining or snacking, this savory and aromatic olive tapenade is served with healthy whole wheat crackers. It creates a nutrient-dense dip or spread by combining aromatic herbs, capers, and briny olives.

INSTRUCTIONS:

Make the Tapenade: In a food processor, combine the olives, capers, olive oil, juice, parsley, oregano, garlic, lemon zest (if using), and red pepper flakes.

- Pulse until the mixture is chopped fine but still has some texture. To guarantee even processing, scrape down the sides as necessary.

Taste and Adjust: Add more lemon juice or black pepper to the seasoning after tasting the tapenade. Don't add any salt because the olives and capers are naturally salty.

Serve the Tapenade: To give it glossy appearance, transfer it to a serving bowl and sprinkle it with a little extra olive oil.

Serve with Whole Wheat Crackers: Set out slices of toasted bread, pita chips, or whole wheat crackers around the tapenade so they may be dipped.

Serve include using it as a spread on wraps or sandwiches.

Toss a spoonful into a grain bowl or Mediterranean salad.

- For a nutritious snack, pair with fresh veggies like cherry tomatoes, cucumbers, or carrots.

INGREDIENTS:

For the Olive Tapenade:

- 1 cup pitted Kalamata olives (or a mix of green and black olives)
- 2 tbsp capers, rinsed and drained
- 2 tbsp extra virgin olive oil
- 1 garlic clove, minced
- 1 tsp lemon zest (optional)
- 1 tbsp fresh lemon juice
- 1 tbsp fresh parsley, chopped
- ½ tsp dried oregano (or 1 tsp fresh oregano, chopped)
- ¼ tsp red pepper flakes (optional, for heat)
- Freshly ground black pepper, to taste

For the Whole Wheat Crackers:

- - Store-bought whole wheat crackers or pita chips
- - Or substitute with fresh whole-grain bread slices, lightly toasted

Optional Customizations:

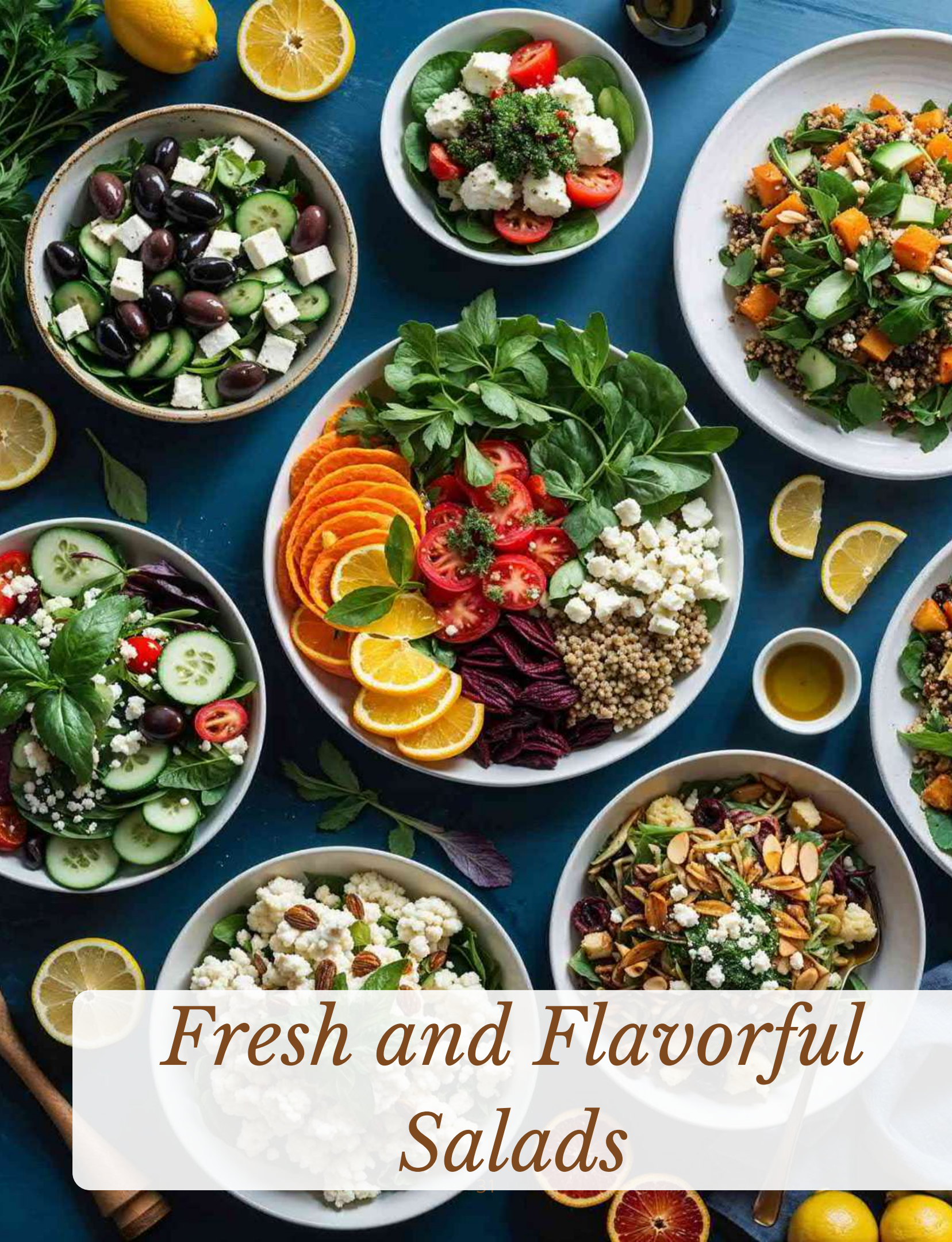
- Add 1-2 anchovies for a traditional Provençal flavor.
- Stir in sun-dried tomatoes for a sweet and tangy twist.
- Use fresh basil instead of parsley for a sweeter herbal flavor.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 140
- Protein: 2 g
- Carbohydrates: 12 g
- Fats: 10 g
 - Saturated Fat: 1.5 g
- Fiber: 2 g
- Cholesterol: 0 mg
- Sodium: 350 mg
- Potassium: 120 mg

ADVANTAGES FOR HEALTH:

- Olives: Packed with antioxidants and monounsaturated fats, promoting heart health and lowering inflammation.
- Capers: Rich in flavonoids that support cellular health and are low in calories.
- Olive Oil: Offers good fats and improves absorption of fat-soluble vitamins.
- Lemon juice and herbs: Give it a zesty taste and an antioxidant and vitamin boost.
- Whole Wheat Crackers: Provide complex carbohydrates and fiber for long-lasting energy.



Fresh and Flavorful Salads



INGREDIENTS:

For the Salad:

- 2 cups romaine lettuce, chopped (optional, for added greens)
- 2 medium cucumbers, diced or sliced into half-moons
- 2 large tomatoes, diced or cut into wedges
- 1 small red onion, thinly sliced
- 1 green bell pepper, sliced into thin strips
- ½ cup Kalamata olives, pitted and halved
- ½ cup crumbled feta cheese

For the Lemon-Olive Dressing:

- 3 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice (about one medium lemon)
- 1 tsp red wine vinegar
- 1 clove garlic, minced
- ½ tsp dried oregano
- ¼ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper

Optional Customizations:

- Add sliced avocado for extra creaminess.
- Sprinkle with fresh parsley or dill for additional freshness.
- Use capers for extra brininess.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 200
- Protein: 5 g
- Carbohydrates: 12 g
- Fats: 15 g
 - - Saturated Fat: 4 g
- Fiber: 3 g
- Cholesterol: 15 mg
- Sodium: 300 mg
- Potassium: 450 mg

Traditional Greek salad

with olive lemon dressing

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: NONE

Crisp veggies, briny olives, and tangy feta are combined with a zesty lemon-olive vinaigrette to create this vibrant and delightful Greek salad. It is an ideal illustration of the Mediterranean diet's emphasis on healthful, fresh ingredients.

INSTRUCTIONS:

Get the vegetables ready by washing and drying each one.

If used, chop the romaine lettuce in a big salad bowl.

- Add the bell pepper, red onion, tomatoes, cucumbers, and Kalamata olives. Gently toss to mix.

Prepare the dressing by whisking the olive oil, lemon juice, red wine vinegar, garlic, oregano, salt, and black pepper in a small bowl or jar until thoroughly blended.

Combine the salad by drizzling it with the lemon-olive dressing. Gently toss to coat all the vegetables evenly.

Add the Feta: Scatter the feta cheese on the salad. For a more traditional look, leave the feta in bigger pieces.

Before serving: Serve immediately with your preferred Mediterranean main course or as a stand-alone dish.

Serving Ideas:

Serve with warm flatbread or whole-grain pita bread for a light supper.

For a Mediterranean-style meal, serve with fish, lamb kebabs, or grilled chicken.

For added taste, serve with a scoop of tzatziki or hummus on the side.

ADVANTAGES FOR HEALTH:

- **Fresh Vegetables:** Enhance digestion and general health by supplying vital vitamins, minerals, and fiber.
- **Feta cheese:** A protein and calcium source that, when used sparingly, adds a tart taste.
- **Olive oil:** Rich in heart-healthy antioxidants and monounsaturated fats.
- **Garlic and lemon juice:** Their anti-inflammatory qualities help improve digestion and immunity.
- **Kalamata Olives:** An essential component of the Mediterranean diet, they offer a distinct flavor and healthful fats.



Salad with Quinoa and Chickpeas and Parsley

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 15 MINS

This colorful salad of quinoa and chickpeas is the ideal entrée with a Mediterranean flair. It's flavorful, light, and nourishing, packed with lemon, olive oil, and fresh parsley.

INSTRUCTIONS:

Prepare the Quinoa: To eliminate any bitterness, rinse the quinoa under cold water. Bring two cups of water or vegetable broth to a boil in a medium saucepan.

- Reduce the heat to low, add the quinoa, cover, and simmer for 12 to 15 minutes, or until the quinoa is soft and the liquid has been absorbed.

- After using a fork to fluff the quinoa, allow it to cool.

Make the Salad Base: Put the chickpeas, cucumber, red onion, cherry tomatoes, and parsley in a big mixing basin.

Prepare the dressing by whisking together the olive oil, lemon juice, red wine vinegar, cumin, garlic, salt, and black pepper in a small bowl or container.

Put the salad together by adding the cooked quinoa to the mixture of vegetables.

Drizzle the salad with the dressing and gently toss to mix.

Taste and balance: If necessary, add extra lemon juice, salt, or cumin to the salad to balance the seasoning.

Before serving: Spoon the salad into individual bowls or onto a serving dish. Add more parsley or optional garnishes like feta or toasted almonds.

Serving Ideas:

Accompany with whole-grain pita bread for a light lunch or dinner.

Serv with falafel, grilled chicken, or fish for a Mediterranean supper.

- Pack it for a nutritious, on-the-go lunch at work or on a picnic.

INGREDIENTS:

For the Salad:

- 1 cup quinoa, uncooked
- 2 cups water or vegetable broth
- 1 can (15 oz) chickpeas, drained and rinsed (or 1½ cups cooked chickpeas)
- 1 cup fresh parsley, finely chopped
- ½ cup cherry tomatoes, halved
- ¼ cup red onion, finely diced
- ¼ cup cucumber, diced

For the Dressing:

- 3 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice (about one medium lemon)
- 1 tsp red wine vinegar
- 1 clove garlic, minced
- ½ tsp ground cumin
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper

Optional Customizations:

- Add 1 tbsp fresh mint, chopped, for extra freshness.
- Sprinkle with feta cheese or toasted nuts for added richness.
- Use roasted red peppers or olives for extra Mediterranean flair.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 250
- Protein: 8 g
- Carbohydrates: 32 g
- Fats: 10 g
- - Saturated Fat: 1.5 g
- Fiber: 6 g
- Cholesterol: 0 mg
- Sodium: 300 mg
- Potassium: 420 mg

ADVANTAGES FOR HEALTH:

- Quinoa: A complete protein rich in fiber and essential amino acids.
- Chickpeas: Rich in fiber, essential minerals including iron and magnesium, and plant-based protein.
- Parsley: Enhances general health by adding vitamins A, C, and K and antioxidants.
- Olive Oil: Offers antioxidants and heart-healthy monounsaturated fats.
- Garlic and lemon juice: Improve digestion and have immune-boosting qualities.



Caprese Salad

with Balsamic Glaze

PREP TIME: 10 MINS

SERVING: 4

COOK TIME: 5 MINS

A mainstay of the Mediterranean diet, this traditional Italian-inspired salad is made with fresh basil leaves, creamy mozzarella, and juicy tomatoes, all topped with a sweet and tangy balsamic sauce. It's easy, nutritious, and full of flavor.

INSTRUCTIONS:

Prepare the Quinoa: To eliminate any bitterness, rinse the quinoa under cold water. Bring two cups of water or vegetable broth to a boil in a medium saucepan.

- Reduce the heat to low, add the quinoa, cover, and simmer for 12 to 15 minutes, or until the quinoa is soft and the liquid has been absorbed.

- After using a fork to fluff the quinoa, allow it to cool.

Make the Salad Base: Put the chickpeas, cucumber, red onion, cherry tomatoes, and parsley in a big mixing basin.

Prepare the dressing by whisking together the olive oil, lemon juice, red wine vinegar, cumin, garlic, salt, and black pepper in a small bowl or container.

Put the salad together by adding the cooked quinoa to the mixture of vegetables.

Drizzle the salad with the dressing and gently toss to mix.

Taste and balance: If necessary, add extra lemon juice, salt, or cumin to the salad to balance the seasoning.

Before serving: Spoon the salad into individual bowls or onto a serving dish. Add more parsley or optional garnishes like feta or toasted almonds.

Serving Ideas:

Accompany with whole-grain pita bread for a light lunch or dinner.

Serv with falafel, grilled chicken, or fish for a Mediterranean supper.

- Pack it for a nutritious, on-the-go lunch at work or on a picnic.

INGREDIENTS:

For the Salad:

- 3 large ripe tomatoes, sliced into ¼-inch thick rounds
- 8 oz fresh mozzarella, sliced into ¼-inch thick rounds
- 1 cup fresh basil leaves
- 2 tbsp extra virgin olive oil
- Pinch of sea salt
- Pinch of freshly ground black pepper

For the Balsamic Glaze (Optional, Store-Bought Alternative):

- ½ cup balsamic vinegar
- 1 tbsp honey or brown sugar (optional, for sweetness)

Optional Additions:

- Sprinkle with red chili flakes for a hint of heat.
- Add a drizzle of pesto for an extra herbaceous flavor.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 200
- Protein: 9 g
- Carbohydrates: 8 g
- Fats: 15 g
- - Saturated Fat: 5 g
- Fiber: 2 g
- Cholesterol: 20 mg
- Sodium: 200 mg
- Potassium: 350 mg

ADVANTAGES FOR HEALTH:

- Tomatoes: Packed with lycopene, an antioxidant that lowers inflammation and supports heart health, and vitamin C.
- Mozzarella: A protein and calcium-rich food vital for healthy bones.
- Basil: Rich in vitamins and antioxidants, it adds a novel herbal touch.
- Olive Oil: Improves nutrient absorption and offers heart-healthy monounsaturated fats.
- Balsamic Vinegar: Low in calories and high in antioxidants, it offers a sweet, tart taste.



Lentil Salad

with Roasted Carrots and Feta

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 35 MINS

Tender lentils, sweet roasted carrots, and tart feta combine in this filling and tasty salad, which is tossed in a zesty vinaigrette with Mediterranean influences. It's ideal as a side dish or light supper.

INSTRUCTIONS:

Preheat the oven to 400°F (200°C) to prepare the carrots.

- Combine the carrot chunks, salt, cumin, smoked paprika, and olive oil in a bowl.
- Arrange the carrots evenly on a parchment paper-lined baking sheet.
- Roast until soft and beginning to caramelize, stirring halfway through 25 to 30 minutes.

Prepare the Lentils: Rinse the lentils with cold water while the carrots roast... Combine the lentils, bay leaf, and water or vegetable broth in a medium saucepan. After bringing to a boil, lower the heat to a simmer. Cook until the lentils are soft but not mushy, 20 to 25 minutes. Drain the bay leaf and throw it away. Allow the lentils to cool a bit.

Prepare the dressing in a small bowl or jar by whisking the olive oil, lemon juice, Dijon mustard, garlic, oregano, salt, and pepper.

Put the salad together by combining the roasted carrots, cooked lentils, half of the parsley, and mint in a big bowl.

- Drizzle the salad with the dressing and gently mix to coat.

Add Feta and Garnish: Sprinkle the salad with feta cheese crumbles, the leftover mint and parsley, and toasted almonds or pine nuts, if preferred.

Before serving: Serve cold, warm, or at room temperature.

Serving Ideas:

For a full dinner, serve with a simple green salad or whole-grain pita bread.

Serve with fish, tofu, or grilled chicken for extra protein.

Savor it as a light lunch or as an accompaniment to a supper with a Mediterranean theme.

INGREDIENTS:

For the Roasted Carrots:

- 4 medium carrots, peeled and cut into sticks or rounds
- 1 tbsp extra virgin olive oil
- ½ tsp ground cumin
- ½ tsp smoked paprika
- ¼ tsp sea salt

For the Lentils:

- 1 cup dry green or brown lentils
- 3 cups water or vegetable broth
- 1 bay leaf

For the Dressing:

- 3 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice (about one medium lemon)
- 1 tsp Dijon mustard
- 1 clove garlic, minced
- ½ tsp dried oregano
- ¼ tsp sea salt
- ¼ tsp freshly ground black pepper

For the Salad:

- ½ cup crumbled feta cheese
- ¼ cup fresh parsley, chopped
- 2 tbsp fresh mint, chopped (optional)
- 2 tbsp toasted pine nuts or slivered almonds (optional, for crunch)

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 270
- Protein: 12 g
- Carbohydrates: 30 g
- Fats: 11 g
- - Saturated Fat: 3 g
- Fiber: 10 g
- Cholesterol: 10 mg
- Sodium: 250 mg
- Potassium: 500 mg

ADVANTAGES FOR HEALTH:

- **Lentils:** Packed with fiber, plant-based protein, and vital minerals like magnesium and iron.
- **Carrots:** Rich in antioxidants and vitamin A, they promote immunological and visual health.
- **Olive Oil:** Improves nutrient absorption and offers heart-healthy monounsaturated fats.
- **Feta Cheese:** It has a tangy flavor and adds protein and calcium.
- **Fresh Herbs:** Offer vitamins and antioxidants while also organically enhancing flavor.



Cucumber, Tomato, and Mint Salad

PREP TIME: 10 MINS

SERVING: 4

COOK TIME: NONE

This light, tasty, and nourishing salad with a Mediterranean flair blends the crispness of cucumbers, the juiciness of tomatoes, and the brightness of fresh mint.

INSTRUCTIONS:

Prepare the vegetables by washing and chopping the tomatoes and cucumbers. If using, thinly slice the red onion.

- Combine the cucumbers, tomatoes, onion, parsley, and mint in a large mixing basin.

Prepare the Dressing: In a small bowl or container, whisk together the olive oil, lemon juice, red wine vinegar, garlic, salt, and pepper.

Put the salad together: Drizzle the veggies with the dressing and gently toss to coat them evenly.

Taste and correct: If necessary, add extra salt, lemon juice, or olive oil to the salad to correct the seasoning.

Before serving: For the freshest flavor, serve it right away or wait ten minutes for the flavors to combine.

Serving Ideas:

- For a Mediterranean supper, serve with falafel, grilled chicken, or fish.
- Serve with pita bread, hummus, or tzatziki for a light lunch.
- Use as a side dish for soups or as a garnish for grain bowls.

INGREDIENTS:

Salad Ingredients:

- 2 medium cucumbers, diced (preferably seedless)
- 2 large tomatoes, diced
- ¼ small red onion, thinly sliced (optional)
- ¼ cup fresh mint leaves, finely chopped
- ¼ cup fresh parsley, finely chopped

Dressing:

- 3 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice (about one medium lemon)
- 1 tsp red wine vinegar
- 1 clove garlic, minced
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

Optional Extras:

- For added creaminess, scatter some crumbled feta cheese on top.
- To make the salad more substantial, add ½ cup of cooked quinoa.
- Add ½ tsp ground cumin for a hint of earthiness.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 110
- Protein: 2 g
- Carbohydrates: 8 g
- Fats: 8 g
 - Saturated Fat: 1 g
- Fiber: 2 g
- Cholesterol: 0 mg
- Sodium: 150 mg
- Potassium: 320 mg

ADVANTAGES FOR HEALTH:

- Cucumbers: Rich in water and containing vitamins K and C, cucumbers are hydrating and low in calories.
- Tomatoes: Packed with potassium, vitamin C, and lycopene, which promotes heart and skin health.
- Mint and parsley: Enhance flavor and add vitamins, antioxidants, and anti-inflammatory properties.
- Olive Oil: Rich in antioxidants and heart-healthy monounsaturated fats.
- Lemon Juice: Improves digestion and offers vitamin C.



Spinach Salad

with Oranges and Almonds

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: NONE

Inspired by the Mediterranean diet, this colorful spinach salad has a zesty vinaigrette, crunchy nuts, and sweet oranges. It's nutrient-dense, refreshing, and simple to make.

INSTRUCTIONS:

First, toast the almonds. Heat a small skillet to medium heat. Toast for two to three minutes, stirring often, until brown and fragrant, then add the sliced almonds. Remove from the heat and set aside.

Make the dressing by whisking the olive oil, orange, lemon juices, Dijon mustard, honey (if using), salt, and pepper in a small bowl or jar until thoroughly blended.

To prepare the salad, combine the red onion slices, orange segments, and spinach leaves in a large salad dish.

Dress the Salad: Drizzle the salad with the dressing and gently toss to coat all ingredients evenly.

Add Toppings: Top the salad with the roasted almonds. For extra taste and texture, add optional additions like pomegranate seeds or feta cheese.

Serving Ideas:

- Serve as a side dish for grilled fish, chicken, or tofu or as a light meal.
- For a full meal, serve with whole-grain bread or a bowl of lentil soup.
- For an additional protein boost, include chickpeas or a hard-boiled egg.

INGREDIENTS:

For the Salad:

- 6 cups fresh baby spinach leaves, washed and dried
- 2 medium oranges, peeled and segmented
- ¼ cup sliced almonds, toasted
- ¼ small red onion, thinly sliced

For the Dressing:

- 3 tbsp extra virgin olive oil
- 2 tbsp fresh orange juice (from the segmented oranges)
- 1 tbsp fresh lemon juice
- 1 tsp Dijon mustard
- 1 tsp honey (optional, for a touch of sweetness)
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

Optional Additions:

- ¼ cup crumbled feta cheese for a creamy texture.
- 1 tbsp fresh mint or parsley, chopped for extra freshness.
- 1 tbsp pomegranate seeds for a sweet-tart burst.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 160
- Protein: 3 g
- Carbohydrates: 11 g
- Fats: 12 g
 - Saturated Fat: 1.5 g
- Fiber: 3 g
- Cholesterol: 0 mg
- Sodium: 150 mg
- Potassium: 400 mg

ADVANTAGES FOR HEALTH:

- Spinach: Good for bones and the immune system, it's high in iron, vitamin K, and antioxidants.
- Oranges: Increase digestion and immunity by providing fiber, potassium, and vitamin C.
- Almonds: Provide protein, vitamin E, and heart-healthy fats.
- Olive oil: An essential Mediterranean component with anti-inflammatory and monounsaturated fat qualities.
- Dressing Ingredients: Add extra nutrients and naturally enhance flavor.



Arugula Salad

with Pear, Walnuts, and Gorgonzola

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: NONE

Peppery arugula, juicy pears, crunchy walnuts, and creamy gorgonzola cheese combine in this sophisticated and nutrient-dense salad. With a Mediterranean flair, it is ideal as a side dish or light supper.

INSTRUCTIONS:

To begin toasting the walnuts, place a small skillet over medium heat. Add the walnuts and stir regularly for two to three minutes, or until fragrant and golden. Remove the skillet from the heat and let it cool.

Make the dressing by whisking the olive oil, lemon juice, Dijon mustard, honey (if using), salt, and pepper in a small bowl or container until thoroughly blended.

Put the Salad Together: Place the arugula in a big salad bowl as the foundation. Add the pear slices, crumbled Gorgonzola cheese, and toasted walnuts.

Dress the Salad: Drizzle the salad with the dressing right before serving. Gently toss to evenly distribute the flavors.

Serving Ideas:

- For a Mediterranean-inspired supper, serve as an accompaniment to grilled lamb, fish, or chicken.
- Serve with pita bread or a warm whole-grain baguette.
- Add grilled salmon or shrimp on top for a heartier main course.

INGREDIENTS:

For the Salad:

- 6 cups fresh arugula
- 2 ripe pears, thinly sliced (such as Bartlett or Anjou)
- ½ cup walnuts, toasted
- ½ cup crumbled Gorgonzola cheese

For the Dressing:

- 3 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice (about one medium lemon)
- 1 tsp Dijon mustard
- 1 tsp honey (optional, for a touch of sweetness)
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

Optional Additions:

- 1 tbsp dried cranberries or pomegranate seeds for added sweetness.
- Substitute Gorgonzola with feta or goat cheese for a different flavor.
- Add 1 tbsp balsamic glaze for a sweeter dressing variation.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 210
- Protein: 5 g
- Carbohydrates: 14 g
- Fats: 16 g
- - Saturated Fat: 3 g
- Fiber: 3 g
- Cholesterol: 10 mg
- Sodium: 220 mg
- Potassium: 290 mg

ADVANTAGES FOR HEALTH:

- Spinach: Good for bones and the immune system, it's high in iron, vitamin K, and antioxidants.
- Oranges: Increase digestion and immunity by providing fiber, potassium, and vitamin C.
- Almonds: Provide protein, vitamin E, and heart-healthy fats.
- Olive oil: An essential Mediterranean component with anti-inflammatory and monounsaturated fat qualities.
- Dressing Ingredients: Add extra nutrients and naturally enhance flavor.



Warm Roasted Cauliflower Salad

PREP TIME: 10 MINS

SERVING: 4

COOK TIME: 30 MINS

Rich with earthy aromas, bright spices, and fresh herbs, this warm roasted cauliflower salad has a Mediterranean flair. Tender roasted cauliflower, a zesty vinaigrette, and healthy ingredients make this dish the ideal light supper or side dish.

INSTRUCTIONS:

Preheat the Oven: Preheat the oven to 425°F (220°C). Line a baking pan with parchment paper.

Roast the Cauliflower: In a large mixing basin, combine the cauliflower florets with salt, black pepper, cumin, smoked paprika, and olive oil.

- Evenly distribute the seasoned cauliflower onto the prepared baking sheet.

- Roast until golden brown and soft, stirring halfway through, 25 to 30 minutes.

Toast the Almonds: In a dry skillet over medium heat, toast the almonds for two to three minutes, turning often, until aromatic and brown, while the cauliflower roasts. Put aside.

To prepare the dressing, whisk together the olive oil, lemon juice, Dijon mustard, garlic, honey (if using), salt, and pepper in a small bowl or jar until thoroughly blended.

Put the Salad Together: Put the roasted cauliflower, cooked quinoa or farro (if using), pomegranate seeds, toasted almonds, parsley, and mint in a big salad dish.

- Drizzle the salad with the dressing and gently toss to mix.

Before serving: Warm salad can be served with more herbs or feta cheese on top if preferred.

Serving Ideas:

- For a full Mediterranean-style supper, serve with lamb, grilled chicken, or fish.
- Serve with pita bread and hummus as a side dish.
- Savor it on its own as a vegetarian lunch or dinner.

INGREDIENTS:

For the Roasted Cauliflower:

- 1 medium head of cauliflower, cut into florets
- 2 tbsp extra virgin olive oil
- 1 tsp ground cumin
- ½ tsp smoked paprika
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

For the Salad:

- 1 cup cooked quinoa or farro (optional, for added heartiness)
- ¼ cup toasted almonds, sliced or slivered
- ¼ cup pomegranate seeds (optional, for sweetness)
- 2 tbsp fresh parsley, chopped
- 2 tbsp fresh mint, chopped (optional)

For the Dressing:

- 3 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice
- 1 tsp Dijon mustard
- 1 clove garlic, minced
- ½ tsp honey (optional)
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

Optional Additions:

- Add a sprinkle of feta cheese for creaminess.
- Include a pinch of red pepper flakes for heat.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 170
- Protein: 4 g
- Carbohydrates: 10 g
- Fats: 13 g
- - Saturated Fat: 1.5 g
- Fiber: 4 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 400 mg

ADVANTAGES FOR HEALTH:

- Cauliflower: Rich in fiber, vitamin C, and antioxidants; low in calories.
- Olive Oil: Improves nutrient absorption and offers heart-healthy monounsaturated fats.
- Pomegranate Seeds: Packed with vitamin C and antioxidants, these seeds offer a sweet-tart taste explosion.
- Almonds: Provide vitamin E, suitable lipids, and a delightful crunch.
- Herbs and Lemon Juice: Add vitamins and antioxidants while bringing fresh flavors.



INGREDIENTS:

For the Salad:

- 1 cup uncooked orzo pasta
- 3 cups water or vegetable broth (for cooking the orzo)
- ½ cup Kalamata olives, pitted and halved
- ½ cup sun-dried tomatoes, chopped (use oil-packed for extra flavor; drain excess oil)
- 1 small cucumber, diced
- 1 small red bell pepper, diced
- ¼ cup red onion, finely chopped
- ¼ cup fresh parsley, chopped
- ¼ cup crumbled feta cheese (optional)

For the Dressing:

- 3 tbsp extra virgin olive oil
- 2 tbsp red wine vinegar
- 1 tbsp fresh lemon juice
- 1 tsp Dijon mustard
- 1 clove garlic, minced
- ½ tsp dried oregano
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper

Optional Customizations:

- Add ¼ cup toasted pine nuts for crunch.
- Use fresh basil instead of parsley for a different flavor profile.
- Include ½ tsp red chili flakes for a spicy kick.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 280
- Protein: 7 g
- Carbohydrates: 34 g
- Fats: 13 g
- - Saturated Fat: 3 g
- Fiber: 4 g
- Cholesterol: 10 mg
- Sodium: 400 mg
- Potassium: 300 mg

Orzo Salad

with Kalamata Olives and Sun-Dried Tomatoes

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 10 MINS

This colorful orzo salad with a Mediterranean flair blends sun-dried tomatoes' sweet and acidic taste with the briny goodness of Kalamata olives. It's simple to prepare and works well as a side dish or light meal.

INSTRUCTIONS:

Prepare the orzo: Bring the water or vegetable broth to a boil in a medium saucepan. Add the orzo and cook for 8 to 10 minutes, or until al dente, as directed on the package. Drain and rinse with cold water to end cooking. Let it cool.

Make the Dressing: In a small bowl or jar, combine the olive oil, red wine vinegar, lemon juice, Dijon mustard, garlic, oregano, salt, and pepper.

To make the salad, combine the cooked orzo, sun-dried tomatoes, cucumber, red bell pepper, red onion, and parsley in a large mixing dish. After adding the dressing, toss the salad carefully to coat all the ingredients evenly.

Add the Feta: If using, scatter the crumbled feta cheese on top of the salad and mix gently.

Before serving: To let the flavors merge, serve immediately at room temperature or in the refrigerator for at least 15 minutes.

Serving Ideas:

- For a full Mediterranean dinner, serve with lamb, fish, or grilled chicken.
- Serve with pita bread and hummus for a light lunch.
- Pack a tasty, portable lunch for a picnic or work lunch.

ADVANTAGES FOR HEALTH:

- Orzo pasta: Rich in complex carbohydrates, it gives you energy. To increase the fiber content, use whole-grain orzo.
- Kalamata Olives: Include antioxidants and monounsaturated fats.
- Sun-Dried Tomatoes: Rich in vitamin C and lycopene for healthy skin and immune system function.
- Olive oil: A heart-healthy fat staple from the Mediterranean.
- Fresh Vegetables: Provide fiber, vitamins, and minerals for general well-being.



Goat Cheese and Beet Salad

PREP TIME: 10 MINS

SERVING: 4

COOK TIME: 40 MINS

This colorful salad, which has a Mediterranean flair, blends crunchy walnuts, creamy goat cheese, and sweet roasted beets. It is the ideal side dish or light supper because it is aesthetically pleasing and incredibly nutritious.

INSTRUCTIONS:

To begin roasting the beets, preheat the oven to 400°F or 200°C.

Arrange the beets on a baking pan after wrapping each separately in aluminum foil.

- Roast for 35 to 40 minutes or until the middle can be readily pierced with a knife.

Take the beets out of the oven and let them cool. After cooling, use a paper towel to remove the skins and cut the beets into rounds or wedges.

The second step is to toast the walnuts by heating a small skillet over medium heat. Add the walnuts and stir them regularly for two to three minutes until aromatic. Remove the skillet from the heat and let it cool.

Make the dressing: In a small bowl or container, mix the Dijon mustard, olive oil, balsamic vinegar, honey (if using), salt, and pepper until thoroughly blended.

Put the salad together by arranging the mixed greens as the foundation in a big salad dish.

Add toasted walnuts, goat cheese crumbles, and roasted beet slices on top.

- Sprinkle the salad with fresh parsley and drizzle it with the dressing.

Before serving: - Serve piled for a more sophisticated appearance, or toss gently to blend just before serving.

Serving Ideas:

- For a light supper, serve with a pita or a slice of whole-grain bread.
- For a heartier Mediterranean-style supper, serve with grilled fish or chicken.
- To add more protein and texture, add a scoop of cooked quinoa.

INGREDIENTS:

For the Salad:

- 4 medium beets (about 1 pound), scrubbed and trimmed
- 4 cups mixed greens (arugula, spinach, or a spring mix)
- ¼ cup crumbled goat cheese
- ¼ cup walnuts, toasted
- 2 tbsp fresh parsley, chopped

For the Dressing:

- 3 tbsp extra virgin olive oil
- 2 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 1 tsp honey (optional, for added sweetness)
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

Optional Additions:

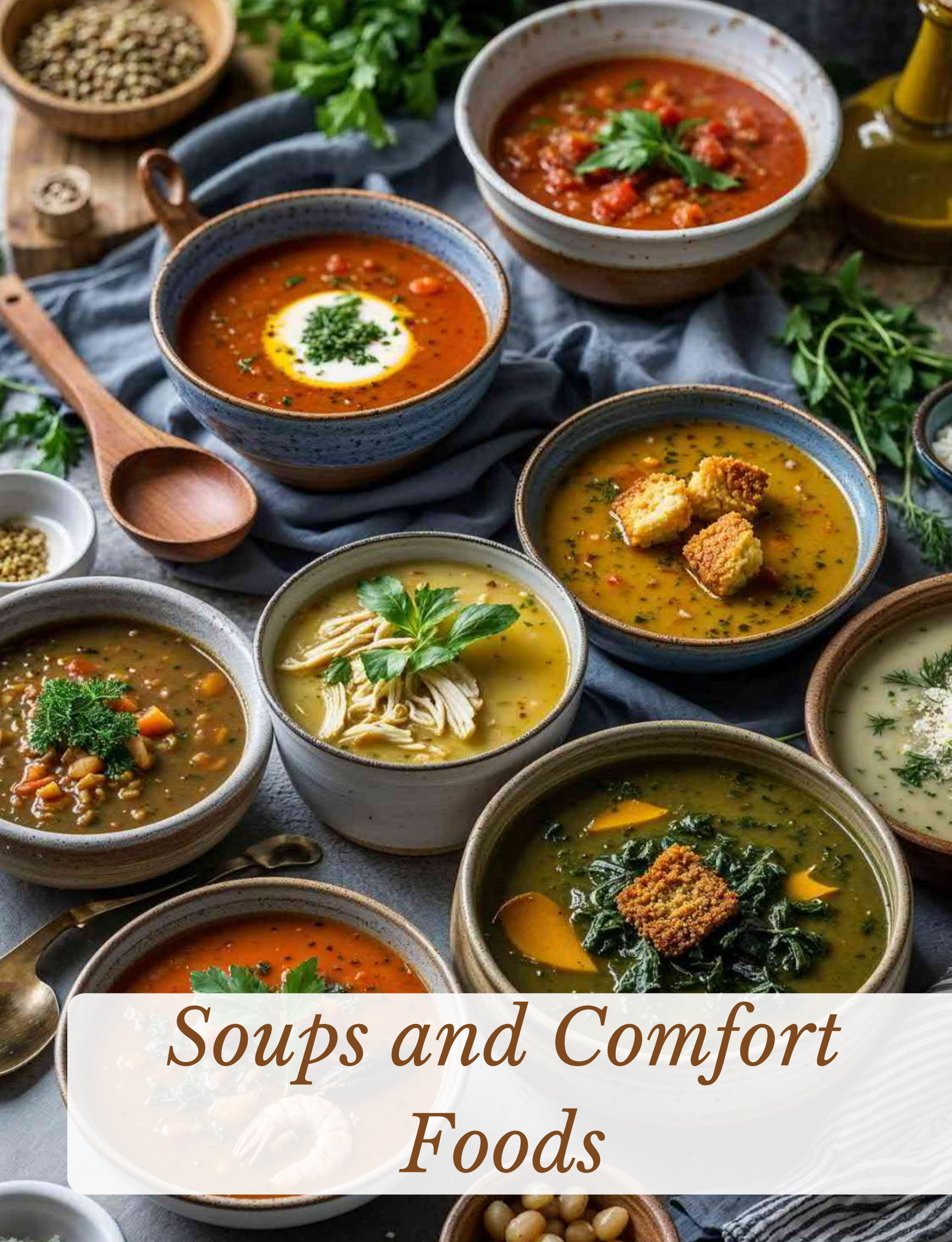
- 1 tbsp orange zest for a citrusy twist.
- Sprinkle of pomegranate seeds for sweetness.
- Use feta cheese instead of goat cheese for a sharper flavor.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 220
- Protein: 5 g
- Carbohydrates: 16 g
- Fats: 16 g
- - Saturated Fat: 3 g
- Fiber: 3 g
- Cholesterol: 10 mg
- Sodium: 220 mg
- Potassium: 400 mg

ADVANTAGES FOR HEALTH:

- Beets: Packed with antioxidants, fiber, and folate, which promote heart health and lower inflammation.
- Goat Cheese: Compared to cow's milk cheese, goat cheese has a creamy texture and is often more straightforward to stomach.
- Walnuts: Offer protein, vitamin E, and omega-3 fatty acids for heart and brain health.
- Olive Oil: A mainstay of the Mediterranean diet, it provides antioxidants and heart-healthy fats.
- Mixed Greens: Improve the salad's freshness while adding vital vitamins, minerals, and fiber.



Soups and Comfort Foods



INGREDIENTS:

For the Soup:

- 1 tbsp extra virgin olive oil
- 1 medium onion, finely chopped
- 2 medium carrots, diced
- 2 celery stalks, diced
- 3 garlic cloves, minced
- 1 cup dried green or brown lentils, rinsed and drained
- 1 can (14 oz) diced tomatoes, with juices
- 4 cups vegetable broth
- 1 cup water
- 1 tsp ground cumin
- ½ tsp smoked paprika
- ½ tsp ground turmeric
- 1 bay leaf
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper

Optional Additions:

- ½ tsp red chili flakes for heat.
- 1 cup chopped fresh spinach or kale, added during the last 5 minutes of cooking.
- 1 tbsp fresh lemon juice for brightness.

Garnish:

- Fresh parsley or cilantro, chopped
- Drizzle of olive oil or sprinkle of red pepper flakes

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 180
- Protein: 10 g
- Carbohydrates: 28 g
- Fats: 4 g
- - Saturated Fat: 0.5 g
- Fiber: 10 g
- Cholesterol: 0 mg
- Sodium: 350 mg
- Potassium: 400 mg

Soup

with Mediterranean Lentils

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 40 MINS

This Mediterranean lentil soup is substantial and filling. It's packed with protein-rich lentils, delicious spices, and fresh veggies. It's a hearty, nutritious dish that works well in any season.

INSTRUCTIONS:

Set Up the Base: Heat the olive oil in a large pot or Dutch oven over medium heat. Sauté the celery, carrots, and onion for five to seven minutes or until tender.

Add the turmeric, smoked paprika, cumin, and garlic, and simmer for one to two minutes more or until aromatic.

Add the Liquid and Lentils: Add the water, vegetable broth, diced tomatoes, and lentils. Season with salt, pepper, and bay leaf.

After bringing the soup to a boil, reduce the heat to low and cover. Simmer until the lentils are soft, and the soup has slightly thickened about 30 minutes. Stir from time to time.

Add Optional Greens: In the final five minutes of simmering, mix in chopped spinach or kale if using.

Complete and Modify Seasoning: Take out the bay leaf and, if using, squeeze in the lemon juice. Add extra salt or spices to taste and adjust the seasoning if necessary.

Before serving: To serve, ladle the soup into bowls and top with cilantro or fresh parsley. For added taste, add red pepper flakes or drizzle with olive oil.

Serving Ideas:

- Include pita for dipping or crispy whole-grain bread.
- For a full supper, serve with a simple green salad.

ADVANTAGES FOR HEALTH:

- **Lentils:** Rich in fiber, protein, and vital minerals like iron and magnesium, they support digestive and cardiac health.
- **Vegetables:** Enhance flavor while adding vitamins, minerals, and antioxidants.
- **Olive Oil:** Increases the absorption of fat-soluble vitamins and offers heart-healthy fats.
- **Spices:** paprika, turmeric, and cumin have anti-inflammatory and warming qualities.
- **Lemon Juice:** Enhances the dish's color and adds vitamin C, which boosts immunity.



Garlic Croutons

with Tomato Basil Soup

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 40 MINS

This comforting soup with a Mediterranean flair is made with fresh tomatoes, aromatic basil, and olive oil. It's topped with crispy garlic croutons.

INSTRUCTIONS:

Get the soup ready:

- **Sauté the Vegetables:** Heat the olive oil in a large pot over medium heat. Sauté the onion for five to seven minutes until it becomes soft and transparent. Cook the garlic for one to two minutes or until it becomes aromatic.
- **Cook the Tomatoes:** Add the tomato paste, vegetable broth, chopped tomatoes (or canned tomatoes), salt, pepper, and dried oregano. Bring to a gentle boil, lower the heat, and simmer, uncovered, stirring periodically, for 20 minutes.
- **Blend the Soup:** Remove the soup from the stove and blend it with an immersion blender until smooth. Alternatively, pour the soup into a blender in small amounts, process it until smooth, and then pour it back into the pot.
- **Add Basil and Modify Seasoning:** Stir in the honey, if using, and the fresh basil. Add more salt or pepper to taste and adjust the seasoning as necessary. Stay warm over low heat.

Get the garlic croutons ready:

- **Preheat Oven:** Set the oven temperature to 375°F, or 190°C.
- **Season Bread Cubes:** Toss bread cubes in olive oil, dried thyme, minced garlic, and a teaspoon of salt in a mixing dish until covered.
- **Bake the Croutons:** Arrange the bread cubes in a single layer on a baking sheet. Bake until golden and crisp, flipping halfway through, 10 to 12 minutes.

Put Together and Serve:

- Spoon soup into bowls using a ladle.
- Add some fresh basil leaves, a sprinkle of olive oil, and a handful of garlic croutons.

Serving Ideas:

- For a full meal, serve with whole-grain bread or a fresh Mediterranean salad.
- For added taste, top with grated Parmesan or a dollop of pesto.

INGREDIENTS:

For the Soup:

- 2 tbsp extra virgin olive oil
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 6 medium ripe tomatoes, chopped (or one can (28 oz) whole peeled tomatoes)
- 1 cup vegetable broth
- 1 tbsp tomato paste
- 1 tsp dried oregano
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper
- ½ cup fresh basil leaves, roughly chopped
- 1 tsp honey (optional, to balance acidity)

For the Garlic Croutons:

- 2 cups whole-grain bread, cubed
- 2 tbsp olive oil
- 1 clove garlic, minced
- ¼ tsp dried thyme or oregano
- Pinch of sea salt

Optional Customizations:

- Add a pinch of red chili flakes for heat.
- Stir in 2 tbsp heavy cream or Greek yogurt for extra creaminess.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 210
- Protein: 5 g
- Carbohydrates: 28 g
- Fats: 10 g
- - Saturated Fat: 1.5 g
- Fiber: 5 g
- Cholesterol: 0 mg
- Sodium: 400 mg
- Potassium: 500 mg

ADVANTAGES FOR HEALTH:

- Tomatoes are rich in vitamin C and lycopene, antioxidants that lower inflammation and support heart health.
- Olive oil is a good source of monounsaturated fats, promoting heart health.
- Basil: Provides flavor and essential vitamins, such as antioxidants and vitamin K.
- Garlic: Adds natural anti-inflammatory qualities and strengthens the immune system.
- Whole-Grain Bread: Offers complex carbs and fiber for long-lasting energy.



INGREDIENTS:

For the Soup Base:

- 2 tbsp extra virgin olive oil
- 1 medium onion, finely chopped
- 2 medium carrots, diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 1 zucchini, diced
- 1 cup green beans, trimmed and chopped
- 1 can (14 oz) diced tomatoes, with juices
- 6 cups vegetable broth
- 1 can (15 oz) cannellini beans or kidney beans, drained and rinsed
- 1 cup whole-grain pasta (such as elbows or shells)
- 1 cup chopped fresh spinach or kale

Herbs and Spices:

- 1 tsp dried oregano
- 1 tsp dried basil
- ½ tsp smoked paprika (optional)
- 1 bay leaf
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper

Optional Additions:

- 1 tsp red pepper flakes for heat.
- ¼ cup fresh parsley, chopped, for garnish.
- Grated Parmesan or Pecorino cheese for serving.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 250
- Protein: 10 g
- Carbohydrates: 40 g
- Fats: 6 g
- - Saturated Fat: 1 g
- Fiber: 8 g
- Cholesterol: 0 mg
- Sodium: 400 mg
- Potassium: 550 mg

Hearty Minestrone

with Whole Grain Pasta

PREP TIME: 15 MINS

SERVING: 6

COOK TIME: 35 MINS

This warm, nutrient-dense minestrone with a Mediterranean flair is loaded with whole-grain pasta, beans, and veggies. It's adaptable, cozy, and ideal for a nutritious supper.

INSTRUCTIONS:

Start with sautéing the aromas: In a large pot, heat the olive oil over medium heat. Stir in the celery, carrots, and onion. Sauté until softened, 5 to 7 minutes.

- Add the bay leaf, smoked paprika (if using), garlic, oregano, and basil and stir. Cook until aromatic, 1 to 2 minutes.

Include the Vegetables and Liquid: - Include the chopped tomatoes, green beans, zucchini, and vegetable broth. Bring to a boil, stirring thoroughly.

Simmer the Soup: Lower the heat to a simmer and cook the vegetables for 15 minutes or until soft.

Prepare the Pasta and Beans: Add the whole-grain pasta and beans and stir. After 8 to 10 more minutes of simmering, the pasta should be al dente.

Add the Greens: Cook the spinach or kale for two to three minutes or until it has wilted. Remove the bay leaf.

Taste and Adjust: After tasting the soup, add more salt, pepper, or spices if necessary.

Serve by ladling the soup into dishes and adding fresh parsley. If preferred, top with grated Pecorino or Parmesan cheese.

Serving Ideas:

- Serve with a green salad with a mild vinaigrette garlic toast or crusty whole-grain bread.

ADVANTAGES FOR HEALTH:

- Vegetables: Offer antioxidants, vitamins, and minerals to promote general health.
- Whole-Grain Pasta: Provides fiber and complex carbs for long-lasting energy.
- Beans: A high-fiber, iron, and magnesium plant-based protein source.
- Olive Oil: Adds taste and heart-healthy monounsaturated fats.
- Spices and herbs: Give the food depth and anti-inflammatory qualities.



Chickpea and Spinach Soup with Lemon

PREP TIME: 10 MINS

SERVING: 4

COOK TIME: 25 MINS

Protein-rich chickpeas, colorful spinach, and a zesty lemon kick come together in this filling and healthy soup with a Mediterranean flair. It's ideal for a filling but light supper.

INSTRUCTIONS:

Sauté the Aromatics: Heat the olive oil in a large pot over medium heat. Sauté the carrots and onion for five to seven minutes or until tender.

- Add the smoked paprika (if using), cumin, garlic, and sauté for another one to two minutes until aromatic.

Include the broth and chickpeas: Add the veggie broth and chickpeas and stir. After bringing it to a boil, reduce the heat to a

- Let the flavors blend for 15 minutes while simmering uncovered.

Add the Spinach: Cook the spinach for two to three minutes or until it has wilted.

Infuse with Lemon: - Stir thoroughly after adding the lemon zest and juice. If necessary, taste and add additional salt or pepper to suit the seasoning.

To serve, ladle the soup into bowls and top with cilantro or fresh parsley. If preferred, top with Parmesan cheese or red chile flakes.

Serving Ideas:

- For a full meal, serve with a pita or a slice of whole-grain bread.
- Serve with a plain green salad dressed with lemon and olive oil.
- To add even more richness, add a dollop of Greek yogurt.

INGREDIENTS:

For the Soup:

- 2 tbsp extra virgin olive oil
- 1 medium onion, finely chopped
- 2 medium carrots, diced
- 3 garlic cloves, minced
- 1 tsp ground cumin
- ½ tsp smoked paprika (optional)
- 1 can (15 oz) chickpeas, drained and rinsed (or 1½ cups cooked chickpeas)
- 4 cups vegetable broth
- 2 cups fresh spinach, roughly chopped
- 1 tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper

For the Lemon Infusion:

- 2 tbsp fresh lemon juice (about one medium lemon)
- 1 tsp lemon zest
- Optional Additions:
- 1 tsp red chili flakes for heat.
- ¼ cup chopped fresh parsley or cilantro for garnish.
- 1 tbsp grated Parmesan cheese for serving.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 190
- Protein: 6 g
- Carbohydrates: 25 g
- Fats: 8 g
- - Saturated Fat: 1 g
- Fiber: 6 g
- Cholesterol: 0 mg
- Sodium: 350 mg
- Potassium: 450 mg

ADVANTAGES FOR HEALTH:

- Chickpeas: Rich in fiber, protein, and vital elements, including magnesium and folate.
- Spinach: Rich in antioxidants, iron, and vitamins A and C, it promotes general health.
- Lemon: Improves digestion and adds vitamin C.
- Olive Oil: Offers a delicate richness and heart-healthy monounsaturated fats.
- Spices: Smoked paprika and cumin offer anti-inflammatory and warming qualities.

Avgolemono, or Greek Lemon Chicken Soup

PREP TIME: 10 MINS

SERVING: 4

COOK TIME: 25 MINS



INGREDIENTS:

For the Soup:

- 4 cups chicken broth (preferably low-sodium)
- 1 cup cooked shredded chicken (from roasted or poached chicken)
- ½ cup uncooked white rice (or orzo pasta for variation)
- 2 medium carrots, diced
- 2 celery stalks, diced
- 1 small onion, finely chopped
- 1 tbsp olive oil
- 1 tsp dried oregano
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper

For the Avgolemono (Egg-Lemon Mixture):

- 2 large eggs
- ¼ cup fresh lemon juice (about one large lemon)
- 2 tbsp fresh dill or parsley, chopped (optional, for garnish)

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 230
- Protein: 18 g
- Carbohydrates: 20 g
- Fats: 7 g
- - Saturated Fat: 2 g
- Fiber: 2 g
- Cholesterol: 110 mg
- Sodium: 450 mg
- Potassium: 400 mg

Avgolemono, a classic Greek soup, is a tasty and comforting dish made with rice, succulent chicken, and a smooth egg-lemon combination. It is ideal for any season because it is both light and filling.

INSTRUCTIONS:

Sauté the Vegetables: Heat the olive oil in a big pot over medium heat.

- Sauté the celery, carrots, and onion for five to seven minutes or until they are tender.

Simmer Soup Base: Fill the pot with chicken stock, oregano, salt, and pepper. Add the rice and bring to a boil. After 15 minutes of simmering over low heat, the rice should be soft.

Stir in the chicken after it has been cooked, and allow it to heat through for three to five minutes.

Make the Avgolemono Mixture: Beat the eggs in a medium basin until they are foamy. Whisk in the lemon juice gradually. To temper the eggs and keep them from curdling, add progressively around 1 cup of the soup's hot broth to the egg-lemon mixture while whisking continuously.

Add the Avgolemono by lowering the soup's heat to low. Slowly return the egg-lemon mixture to the pot while stirring.

To keep the soup creamy, cook it for two to three more minutes without bringing it to a boil.

Complete and Serve: Ladle the soup into bowls after taking the pot off the burner. If desired, garnish with parsley or fresh dill.

Serving Ideas:

- Accompany with pita or warm whole-grain bread.
- For a whole Mediterranean supper, serve with a side of Greek salad.
- To add even more richness, add a dollop of Greek yogurt.

ADVANTAGES FOR HEALTH:

- Chicken: A lean protein that promotes the growth and repair of muscles.
- Lemon juice: Packed with vitamin C, which improves digestion and immunity.
- Eggs: They provide a creamy mouthfeel and protein without dairy.
- Vegetables: For general health, they include fiber, vitamins, and minerals.
- Olive Oil: A Mediterranean mainstay rich in antioxidants and heart-healthy lipids.



Red Pepper Soup

with Feta Crumbles Roasted

PREP TIME: 10 MINS

SERVING: 4

COOK TIME: 35 MINS

Mediterranean flavors abound in this acidic, smoky, and creamy roasted red pepper soup. It's a filling and nutritious dish that goes well with any meal and is topped with crumbled feta cheese.

INSTRUCTIONS:

Preheat the oven to 400°F (200°C) to roast the bell peppers.

- On a baking sheet, arrange the red bell peppers that have been cut in half, skin side up. After drizzling with one tablespoon of olive oil, Roast for 25 to 30 minutes or until the peppers are soft and the skins are roasted.

- Take the peppers out of the oven, put them in a bowl, and cover them with a plate or plastic wrap to steam for five to ten minutes. After removing the skins, place the roasted peppers on the side.

Sauté the Vegetables: Heat the remaining one tablespoon of olive oil in a large pot over medium heat.

- Sauté the carrots and onion for 5 to 7 minutes or until tender. Sauté for a further one to two minutes after adding the garlic.

Bring the soup base to a simmer and add the tomato paste, oregano, smoked paprika, salt, and pepper. Cook for one minute to let the spices blossom.

Add the vegetable broth and roasted red peppers to the pot. Bring to a boil, then simmer for ten minutes on low heat.

Blend the Soup: Remove the saucepan from the burner and let the soup cool a little. Puree the soup with an immersion blender until smooth. Alternately, use a countertop blender to mix in batches before adding them back to the saucepan.

Complete the Soup: Add the almond milk (or ordinary milk) and heat the soup just enough to simmer it. As necessary, taste and adjust the seasoning.

Before serving: To serve, ladle the soup into bowls and garnish with fresh parsley and crumbled feta cheese.

Serving Ideas:

- Accompany with pita or warm whole-grain bread.
- For a whole Mediterranean supper, serve with a side of Greek salad.
- To add even more richness, add a dollop of Greek yogurt.

INGREDIENTS:

For the Soup:

- 4 large red bell peppers, halved and seeded
- 1 medium onion, diced
- 2 medium carrots, peeled and diced
- 2 garlic cloves, minced
- 2 tbsp extra virgin olive oil
- 4 cups vegetable broth
- 1 tsp smoked paprika
- 1 tsp dried oregano
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper
- 1 tbsp tomato paste
- ½ cup unsweetened almond milk (or regular milk for creaminess)

For Topping:

- ¼ cup crumbled feta cheese
- 2 tbsp fresh parsley, chopped (optional)

Optional Additions:

- 1 tsp red chili flakes for heat.
- Substitute basil for parsley for a different flavor profile.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 180
- Protein: 5 g
- Carbohydrates: 22 g
- Fats: 8 g
- - Saturated Fat: 2 g
- Fiber: 4 g
- Cholesterol: 10 mg
- Sodium: 400 mg
- Potassium: 500 mg

ADVANTAGES FOR HEALTH:

- Red bell peppers: High in beta-carotene, vitamin C, and antioxidants, these peppers support healthy skin and a strong immune system.
- Olive Oil: Improves nutrient absorption and offers heart-healthy monounsaturated fats.
- Carrots: Rich in fiber and vitamin A, they promote gut health and vision.
- Feta Cheese: Enhances the dish by adding calcium and a tart flavor without overpowering it.
- Almond Milk: A dairy-free, low-calorie alternative that has a creamy texture.

Seafood Stew

with Tomatoes and Saffron

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 30 MINS



INGREDIENTS:

For the Stew Base:

- 2 tbsp extra virgin olive oil
- 1 medium onion, finely chopped
- 2 medium carrots, diced
- 3 garlic cloves, minced
- 1 can (14 oz) diced tomatoes, with juices
- 4 cups fish or vegetable stock
- 1 tbsp tomato paste
- ½ cup dry white wine (optional)
- ½ tsp saffron threads, steeped in 2 tbsp warm water
- 1 tsp dried oregano
- ½ tsp smoked paprika
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper

For the Seafood:

- ½ lb white fish fillets (e.g., cod, halibut, or sea bass), cut into 2-inch pieces
- ½ lb raw shrimp, peeled and deveined
- ½ lb mussels or clams, cleaned and debearded
- ½ lb squid rings (optional)

Optional Garnishes:

- 2 tbsp fresh parsley, chopped
- Lemon wedges for serving

INSTRUCTIONS:

Sauté the Vegetables: Heat the olive oil over medium heat in a large pot or Dutch oven; Sauté the carrots and onion for five to seven minutes or until tender.

- Add the garlic and sauté until fragrant, about 1 to 2 minutes.

Create the Stew Base: Add the white wine (if using), tomato paste, and diced tomatoes. Cook for three to five minutes to let the alcohol evaporate.

- Add the fish stock, oregano, smoked paprika, saffron, water, salt, and pepper. After bringing to a boil, lower the heat and simmer for fifteen minutes.

Prepare the Seafood: Toss the white fish chunks into the simmering liquid and let them cook for three to four minutes.

Add the squid (if using), mussels, and shrimp. Cook, covered, for 5 to 7 minutes, or until the mussels have opened and the shrimp are pink. Any clams or mussels that do not open should be thrown out.

Taste and Adjust Seasoning: After tasting the stew, add extra salt or pepper if necessary.

Serve by ladling the stew into bowls and adding fresh parsley. Lemon wedges should be served alongside.

Serving Ideas:

- Accompany with garlic toast or crispy whole-grain bread for dipping.
- Serve alongside roasted veggies or a basic Mediterranean salad.
- For added richness, sprinkle with extra virgin olive oil.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 280
- Protein: 32 g
- Carbohydrates: 12 g
- Fats: 10 g
- - Saturated Fat: 2 g
- Fiber: 3 g
- Cholesterol: 150 mg
- Sodium: 600 mg
- Potassium: 700 mg

ADVANTAGES FOR HEALTH:

- **Seafood:** Rich in vital vitamins and minerals like iodine and selenium, as well as protein and omega-3 fatty acids.
- **Saffron:** A Mediterranean mainstay prized for its vivid hue and antioxidant properties.
- **Tomatoes:** Packed with potassium, vitamin C, and lycopene, which promotes heart and skin health.
- **Olive Oil:** Offers monounsaturated fats that improve flavor and heart health.
- **Spices and herbs:** Provide antioxidants and a richer taste without adding extra sodium or calories.



White Bean and Kale Soup

PREP TIME: 10 MINS

SERVING: 4

COOK TIME: 25 MINS

This filling and nutrient-dense soup is made with colorful kale, creamy white beans, and seasonings with a Mediterranean flair. It's flavorful, simple to make, and appropriate for any season.

INSTRUCTIONS:

Sauté the Vegetables: Heat the olive oil in a large pot over medium heat.

Sauté the celery, carrots, and onion for five to seven minutes or until tender.

Add the smoked paprika (if using), garlic, oregano, and thyme, and simmer for one to two minutes more until aromatic.

Prepare the Broth: - Include the vegetable broth and the chopped tomatoes with their juices. Mix thoroughly to incorporate.

- After bringing to a boil, lower the heat and simmer for ten minutes.

Add the Beans and Kale: - Add the chopped kale and white beans and stir. Simmer until the kale is soft, about 10 more minutes.

Season to taste: Season with salt and pepper. To enhance the flavors, add a squeeze of fresh lemon juice.

To serve, ladle the soup into bowls and, if you'd like, top with Parmesan cheese or a drizzle of olive oil.

Serving Ideas:

- Serve with garlic toast or crispy whole-grain bread.
- Serve with a lemon-olive oil dressing on a plain green salad.
- Mix cooked farro or quinoa into the soup for a heartier supper.

INGREDIENTS:

For the Soup:

- 2 tbsp extra virgin olive oil
- 1 medium onion, finely chopped
- 2 medium carrots, diced
- 2 celery stalks, diced
- 3 garlic cloves, minced
- 1 tsp dried oregano
- ½ tsp dried thyme
- ½ tsp smoked paprika (optional)
- 1 can (14 oz) diced tomatoes, with juices
- 4 cups vegetable broth
- 1 can (15 oz) cannellini or Great Northern beans, drained and rinsed (or 1½ cups cooked beans)
- 3 cups fresh kale, stems removed and leaves chopped
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper

Optional Additions:

- ¼ cup grated Parmesan cheese for topping.
- 1 tsp red chili flakes for heat.
- 1 tbsp fresh lemon juice for added brightness.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 200
- Protein: 7 g
- Carbohydrates: 28 g
- Fats: 7 g
- - Saturated Fat: 1 g
- Fiber: 8 g
- Cholesterol: 0 mg
- Sodium: 350 mg
- Potassium: 600 mg

ADVANTAGES FOR HEALTH:

- White beans: Rich in fiber, protein, and vital elements like magnesium and folate.
- Kale: A nutrient-dense superfood with antioxidants and vitamins A, C, and K.
- Olive Oil: Adds flavor to the soup and supplies good monounsaturated fats.
- Tomatoes: Provide vitamin C and lycopene, which support heart and immunological function.
- Spices and herbs: Provide antioxidants and depth without adding extra sodium or calories.



Spiced Carrot and Lentil Soup

PREP TIME: 10 MINS

SERVING: 4

COOK TIME: 30 MINS

This flavorful and rich soup combines the earthiness of lentils, the sweetness of carrots, and a blend of warm Mediterranean spices. It's a filling, nutritious, and colorful dish that works well throughout the year.

INSTRUCTIONS:

Sauté the Aromatics: Heat the olive oil in a large pot over medium heat.

Sauté the onion for five to seven minutes or until it becomes soft and transparent.

- Add the turmeric, smoked paprika, cumin, coriander, and garlic. Cook for one to two minutes or until aromatic.

Include the lentils and carrots: Add the lentils and carrots and stir to coat them in the spices.

Simmer the Soup Base: Add the water and veggie broth. After bringing the mixture to a boil, lower the heat and simmer it for 20 to 25 minutes or until the lentils and carrots are soft.

Blend the Soup: Remove the saucepan from the burner and let the soup cool slightly. Puree the soup in an immersion blender until it's smooth, or move it to a countertop blender in batches. If using a blender, pour the soup back into the pot.

Modify Seasoning: After tasting the soup, add more salt or pepper if necessary to modify the seasoning. For added brightness, feel free to mix in a little lemon juice.

To serve, ladle the soup into bowls and top with a dollop of Greek yogurt, fresh parsley or cilantro, and chili flakes for texture and taste.

Serving Ideas:

- Serve with garlic toast or crispy whole-grain bread.
- Serve with a lemon-olive oil dressing on a plain green salad.
- Mix cooked farro or quinoa into the soup for a heartier supper.

INGREDIENTS:

For the Soup:

- 2 tbsp extra virgin olive oil
- 1 medium onion, finely chopped
- 3 garlic cloves, minced
- 1 lb carrots, peeled and sliced (about 4-5 medium carrots)
- 1 cup red lentils, rinsed
- 4 cups vegetable broth
- 1 cup water
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp smoked paprika
- ½ tsp turmeric
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper

For Garnish (Optional):

- 2 tbsp fresh cilantro or parsley, chopped
- 1 tbsp Greek yogurt or a dairy-free alternative (optional)
- 1 tsp red chili flakes for heat

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 210
- Protein: 10 g
- Carbohydrates: 32 g
- Fats: 6 g
- - Saturated Fat: 1 g
- Fiber: 9 g
- Cholesterol: 0 mg
- Sodium: 350 mg
- Potassium: 550 mg

ADVANTAGES FOR HEALTH:

- Carrots: Rich in beta-carotene, vitamin A, promotes immunological and visual health.
- Lentils: An excellent source of fiber, plant-based protein, and vital minerals, including folate and iron.
- Olive Oil: Improves nutrient absorption and offers heart-healthy monounsaturated fats.
- Spices: Turmeric, cumin, and coriander offer taste depth and anti-inflammatory qualities.
- Low-Sodium Broth: Offers a substantial basis while keeping the soup light and nutritious.



Thyme-infused Creamy Cauliflower Soup

PREP TIME: 10 MINS

SERVING: 4

COOK TIME: 30 MINS

This smooth cauliflower soup has a Mediterranean flair thanks to fresh thyme, garlic, and olive oil. Light and creamy, it's a healthy and satisfying addition to any meal.

INSTRUCTIONS:

Sauté the Aromatics: Heat the olive oil in a large pot over medium heat.

Sauté the onion for five to seven minutes or until it is tender and transparent.

After adding the garlic and thyme, cook for one to two minutes or until fragrant.

Prepare the Cauliflower: Add the cauliflower florets to the pot and stir to coat with the onion and garlic mixture.

- Bring to a boil after adding the vegetable broth.

- The cauliflower should be soft after 15 to 20 minutes of simmering on low heat with a lid on.

Blend the Soup: Remove the saucepan from the burner and let the soup cool slightly.

Puree the soup in an immersion blender until it's smooth, or move it to a countertop blender in batches.

Pour the milk and seasoning: Put the soup back in the pot on low heat. Add the lemon juice, salt, pepper, and almond milk (or ordinary milk). Heat just enough to warm through without boiling. Season to taste.

Serve: To enhance the soup's taste and texture, ladle it into bowls and top with chili flakes, toasted almonds, fresh parsley, or a drizzle of olive oil.

Serving Ideas:

- Accompany the dish with a pita or a slice of whole-grain bread for dipping.
- For a full supper, serve with roasted veggies or a Mediterranean salad.
- Savor it as a light lunch or as an appetizer.

INGREDIENTS:

For the Soup:

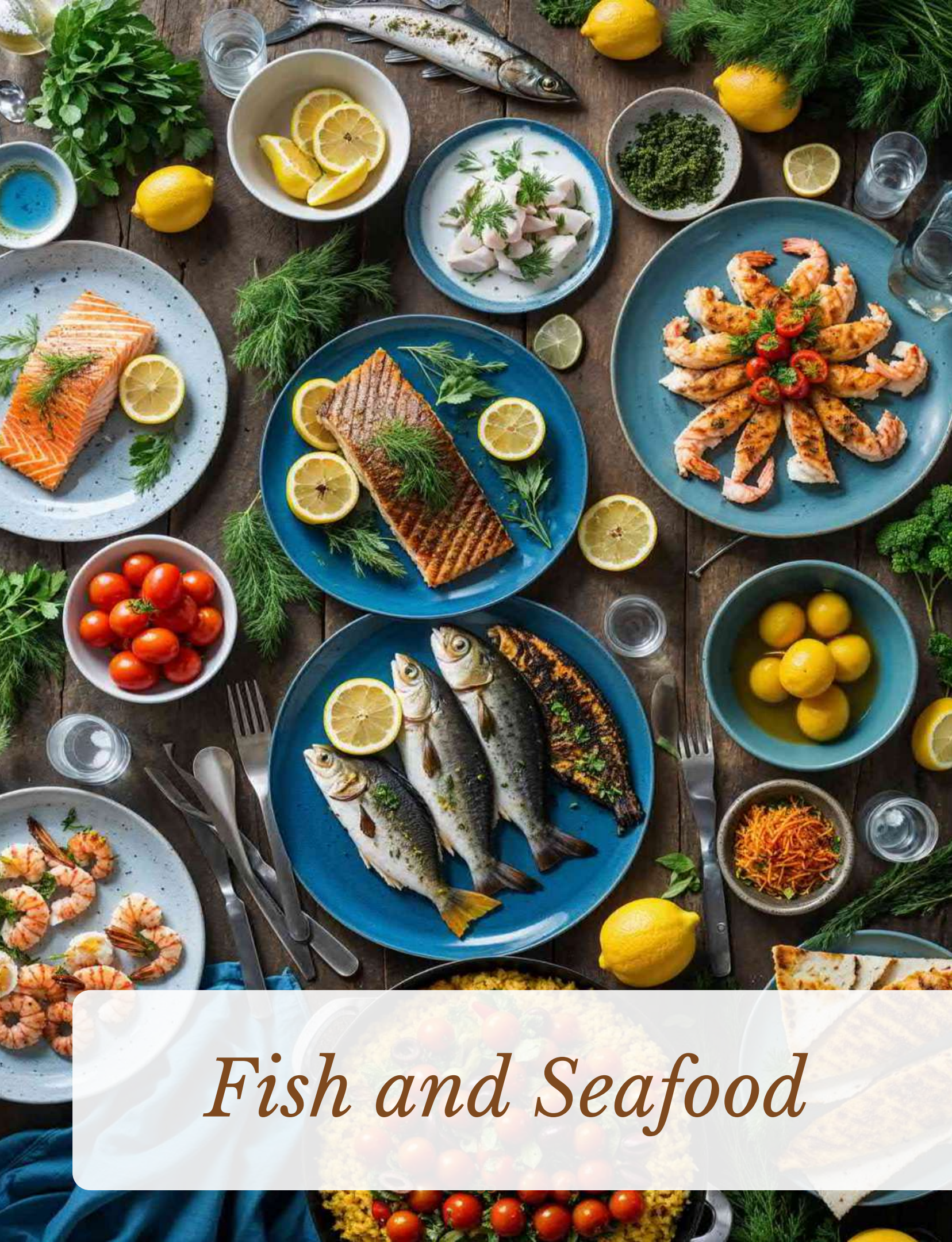
- 2 tbsp extra virgin olive oil
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 1 medium head of cauliflower, chopped into florets (about 6 cups)
- 4 cups vegetable broth
- 1 cup unsweetened almond milk (or regular milk for added creaminess)
- 1 tsp fresh thyme leaves (or ½ tsp dried thyme)
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper
- 1 tbsp lemon juice
- Optional Toppings:
- 2 tbsp toasted pine nuts or slivered almonds
- 1 tbsp fresh parsley, chopped
- 1 tbsp extra virgin olive oil, drizzled
- Pinch of red chili flakes for heat

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 180
- Protein: 4 g
- Carbohydrates: 15 g
- Fats: 11 g
- - Saturated Fat: 1.5 g
- Fiber: 4 g
- Cholesterol: 0 mg
- Sodium: 350 mg
- Potassium: 400 mg

ADVANTAGES FOR HEALTH:

- Cauliflower: Rich in antioxidants, fiber, and vitamin C, it promotes healthy digestion and the immune system.
- Olive Oil: Improves nutrient absorption and offers heart-healthy monounsaturated fats.
- Thyme: Promotes digestive and respiratory health while adding taste and antioxidants.
- Almond Milk: This dairy-free, low-calorie alternative adds to the soup's velvety consistency.
- Lemon Juice: Adds vitamin C and brightens the flavor.



Fish and Seafood



Baked Salmon

with Lemon and Dill

PREP TIME: 10 MINS

SERVING: 4

COOK TIME: 15-20 MINS

Inspired by the Mediterranean diet, this easy and tasty baked salmon recipe incorporates heart-healthy olive oil, tangy lemon, and fresh dill. It's a nutritious, delicious, quick lunch that works well for any occasion.

INSTRUCTIONS:

Warm up the Oven: Set the oven's temperature to 375°F (190°C). A baking sheet can be lightly oiled with olive oil or lined with parchment paper.

Make the marinade: Mix the olive oil, lemon juice, lemon zest, dill, garlic powder, salt, and pepper in a small bowl.

Marinate the Salmon: If using skin-on salmon, place the fillets skin-side down on the baking sheet that has been prepared.

- Cover each fillet with a good amount of marinade.

- For added taste, you can optionally top each fillet with a slice of lemon.

Bake the Salmon: Make sure the salmon flakes easily with a fork by baking it in a preheated oven for 15 to 20 minutes. At the thickest point, the internal temperature should reach 145°F (63°C).

To serve, remove the salmon from the oven and place it on plates. Top with a drizzle of olive oil or more fresh dill if preferred.

Serving Ideas:

- On the side, serve with roasted veggies, such as zucchini or asparagus.
- Serve with a straightforward mixed greens or arugula salad with a lemon-olive oil dressing.
- For a well-rounded meal, include a portion of whole-grain bread, quinoa, or couscous.

INGREDIENTS:

For the Salmon:

- 4 (6 oz) salmon fillets, skin-on or skinless
- 2 tbsp extra virgin olive oil
- 1 tbsp fresh lemon juice (about ½ lemon)
- 1 tsp lemon zest
- 2 tbsp fresh dill, chopped (or 1 tsp dried dill)
- 1 tsp garlic powder
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper
- 4 lemon slices (optional, for garnish)

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 280
- Protein: 28 g
- Carbohydrates: 1 g
- Fats: 18 g
- - Saturated Fat: 3 g
- Fiber: 0 g
- Cholesterol: 75 mg
- Sodium: 240 mg
- Potassium: 600 mg

ADVANTAGES FOR HEALTH:

- Omega-3 fatty acids, abundant in salmon, promote heart and brain health.
- Olive Oil: Offers antioxidants and monounsaturated fats that improve flavor and heart health.
- Lemon: Rich in antioxidants and vitamin C, which boosts immunity and adds brightness.
- Dill: Provides micronutrients, including manganese, vitamin C, and a fresh taste.
- Low Sodium: This heart-healthy dish uses fresh ingredients and a little salt.

Garlic Shrimp

with Parsley and Olive Oil

PREP TIME: 10 MINS

SERVING: 4

COOK TIME: 10 MINS



INGREDIENTS:

For the Shrimp:

- 1 lb large shrimp, peeled and deveined (tails on or off as preferred)
- 3 tbsp extra virgin olive oil
- 4 garlic cloves, minced
- ¼ tsp red chili flakes (optional, for heat)
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper
- 2 tbsp fresh parsley, finely chopped
- 1 tbsp fresh lemon juice

Optional Additions:

- 1 tsp smoked paprika for a smoky flavor.
- 1 tbsp dry white wine for deglazing the pan.

INSTRUCTIONS:

Get the shrimp ready by patting them dry with a paper towel and adding salt and pepper to taste.

Warm the Olive Oil: Warm the olive oil in a big skillet over medium heat.

Cook the Garlic: Toss the hot oil with the minced garlic and red chili flakes. Please do not burn the garlic as you sauté it for one to two minutes until it becomes aromatic.

Cook the Shrimp: - Put the shrimp in a single layer in the skillet. Cook the shrimp on one side for two to three minutes, then turn them over and continue cooking for two to three more minutes or until they are opaque and pink.

Optional Deglaze: If using, pour in the white wine and simmer for one to two more minutes, scraping up any browned pieces from the skillet's bottom.

Add Lemon and Parsley to Finish: Remove the skillet from the burner and mix in the lemon juice and fresh parsley. Toss to coat the shrimp evenly.

To serve, move the shrimp to a platter and cover them with leftover sauce from the skillet.

Serving Ideas:

- For a full dinner, serve with quinoa or whole-grain spaghetti.
- Serve as a light salad over arugula or mixed greens.
- Serve with crispy whole-grain bread so that the rich sauce may be soaked up.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 190
- Protein: 22 g
- Carbohydrates: 1 g
- Fats: 11 g
- - Saturated Fat: 1.5 g
- Fiber: 0 g
- Cholesterol: 170 mg
- Sodium: 310 mg
- Potassium: 200 mg

ADVANTAGES FOR HEALTH:

- Shrimp: Rich in iodine and selenium, vital for metabolic health, and low in fat and protein.
- Olive Oil: Offers antioxidants and heart-healthy monounsaturated fats.
- Garlic: With its anti-inflammatory qualities, garlic enhances flavor while promoting heart and immune health.
- Parsley: A fresh herb with antioxidants and vitamins A, C, and K.
- Lemon Juice: Adds acidic brightness and vitamin C to the dish.



Swordfish marinated in herbs and grilled.

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 10 MINS

Olive oil, garlic, lemon, and fresh herbs combine to create a vivid herb marinade for this Mediterranean-inspired grilled swordfish recipe. It's tasty, nutritious, and ideal for a simple yet sophisticated dinner.

INSTRUCTIONS:

In a small bowl, whisk together the olive oil, lemon juice, lemon zest, garlic, parsley, oregano, basil (if using), salt, and pepper to make the marinade.

Marinate the Swordfish: Put the swordfish steaks in a plastic bag that can be sealed or in a shallow dish. Pour the marinade over the fish to ensure it is thoroughly coated.

- For at least half an hour, cover and chill, rotating occasionally.

Get the Grill Ready: Preheat your grill or grill pan to medium-high. Lightly oil the grates to prevent them from sticking.

Grill the Swordfish: Take the swordfish steaks out of the marinade and let any excess fall off. Put the steaks on the grill and cook until the salmon is opaque and readily flakes with a fork, about 4–5 minutes per side. Swordfish can turn dry if they are overcooked.

Present: Transfer the cooked swordfish to a dish. Garnish with lemon wedges and fresh parsley for an added taste boost.

Serving Ideas:

- Serve with a straightforward salad of tomato and arugula seasoned with olive oil and lemon.
- Serve with grilled asparagus, bell peppers, or zucchini.
- For a whole Mediterranean supper, serve with whole-grain bread, quinoa, or couscous on the side.

INGREDIENTS:

For the Marinade:

- ¼ cup extra virgin olive oil
- 2 tbsp fresh lemon juice (about ½ lemon)
- 1 tbsp lemon zest
- 2 garlic cloves, minced
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh oregano, chopped (or 1 tsp dried oregano)
- 1 tbsp fresh basil, chopped (optional)
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper

For the Swordfish:

- 4 swordfish steaks, about 6 oz each and 1 inch thick

Optional Additions:

- 1 tsp red chili flakes for heat.
- 1 tbsp capers for a briny touch when serving.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 280
- Protein: 35 g
- Carbohydrates: 1 g
- Fats: 15 g
- - Saturated Fat: 2.5 g
- Fiber: 0 g
- Cholesterol: 85 mg
- Sodium: 280 mg
- Potassium: 600 mg

ADVANTAGES FOR HEALTH:

- **Swordfish:** Omega-3 fatty acids, vitamin D, and selenium are abundant in this lean protein source.
- **Olive Oil:** Offers monounsaturated fats that lower inflammation and promote heart health.
- **Lemon juice:** Improves digestion and adds vitamin C.
- **Fresh Herbs:** Rich in natural tastes and antioxidants, they lessen the need for too much salt.



Seared Lemon

Butter Scallops

PREP TIME: 10 MINS

SERVING: 4

COOK TIME: 10 MINS

This Mediterranean-inspired meal features delicate scallops perfectly cooked to a golden brown and served with a delicate lemon butter sauce. It is sleek, uncomplicated, and full of vibrant flavors.

INSTRUCTIONS:

Prepare the scallops by patting them dry with paper towels to guarantee a nice sear. Add salt and pepper on both sides.

Sear the scallops in a large skillet over medium-high heat, preferably cast iron or stainless steel.

- Pour in 1 tablespoon of melted butter and olive oil, letting it bubble a little.

When placing the scallops in the skillet, leave room between them. Cook without stirring for 2 to 3 minutes or until a golden crust forms.

After flipping, heat for two to three minutes or until the scallops are cooked through and opaque. Remove them from the skillet and place them on a plate to rest.

Prepare the Lemon Butter Sauce by lowering the heat to medium and adding one tablespoon of olive oil and two tablespoons of butter to the skillet.

- Add the minced garlic and sauté until fragrant, about 1 to 2 minutes.

- Include extra seasonings, such as capers or chili flakes, lemon juice, and zest. Simmer for one minute.

Add the fresh parsley and stir.

Mix and Serve: Put the scallops back in the skillet and cover them with the sauce. After a minute of heating, move to serving plates.

Serving Ideas:

- Serve over whole-grain pasta, sautéed spinach, or zucchini noodles.
- Serve with a simple arugula salad or roasted asparagus on the side.
- Serve with a piece of crispy whole-grain bread so that you can mop up the delicious sauce

INGREDIENTS:

For the Scallops:

- 1 lb large sea scallops (about 16 scallops)
- 1 tbsp extra virgin olive oil
- 1 tbsp unsalted butter
- ¼ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper

For the Lemon Butter Sauce:

- 2 tbsp unsalted butter
- 1 tbsp extra virgin olive oil
- 2 garlic cloves, minced
- 2 tbsp fresh lemon juice (about ½ lemon)
- 1 tsp lemon zest
- 2 tbsp fresh parsley, chopped

Optional Additions:

- ½ tsp red chili flakes for heat.
- 1 tbsp capers for a briny touch.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 220
- Protein: 22 g
- Carbohydrates: 2 g
- Fats: 14 g
 - Saturated Fat: 5 g
- Fiber: 0 g
- Cholesterol: 70 mg
- Sodium: 290 mg
- Potassium: 300 mg

ADVANTAGES FOR HEALTH:

- Scallops: High in omega-3 fatty acids, B vitamins, and selenium, scallops are a lean protein source.
- Olive Oil: Offers antioxidants and heart-healthy monounsaturated fats.
- Lemon Juice and Zest: Improve the dish's freshness and add vitamin C.
- Garlic: Has immune-stimulating and anti-inflammatory qualities.



Caesar Salsa

with Tuna Steak

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 8-10 MINS

This tuna steak dish with a Mediterranean flair is served with a zesty Caesar salsa that combines classic Caesar dressing ingredients with a new Mediterranean touch. This strong and savory topping and perfectly grilled tuna are a winning combination.

INSTRUCTIONS:

Get the tuna steaks ready.

- Pat the tuna steaks dry with paper towels. After brushing them with olive oil, season with salt, pepper, and smoked paprika (if using).
- While you make the salsa, set aside to let the flavors penetrate.

Get the Caesar Salsa ready:

- In a medium bowl, mix the Dijon mustard, Greek yogurt, Parmesan cheese, chopped anchovies, lemon juice, olive oil, and minced garlic until thoroughly blended.
- Add the black pepper, parsley, and capers and stir. If necessary, change the seasoning.
- Keep chilled until serving time.

Prepare the tuna steaks by:

- Turn the heat to medium-high in a big skillet or grill pan.
- If the pan isn't nonstick, lightly coat it with olive oil.
- Cook the tuna steaks to your desired doneness (avoid overcooking, as tuna can become dry) or sear them for 2 to 3 minutes on each side for medium-rare doneness.
- Before serving, remove the heat and allow it to rest for two minutes.

Put Together and Serve:

- Transfer each tuna steak to a platter for serving.
- Top with a heaping portion of Caesar salsa.
- Garnish with more parsley or a sprinkling of Parmesan if preferred.

Serving Ideas:

- Serve over whole-grain pasta, sautéed spinach, or zucchini noodles.
- Serve with a simple arugula salad or roasted asparagus on the side.
- Serve with a piece of crispy whole-grain bread so that you can mop up the delicious sauce

ADVANTAGES FOR HEALTH:

- Omega-3 fatty acids and lean protein are abundant in tuna steaks, which promote heart and brain health.
- Olive Oil: Promotes heart health by providing antioxidants and monounsaturated fats.
- Greek yogurt: Increases calcium and protein while adding a creamy texture.
- Lemon Juice and Capers: Offer vitamin C and a zesty, vibrant taste.
- Parsley: Rich in vitamins A and C and antioxidants, it improves nutrition and flavor.

INGREDIENTS:

For the Tuna Steaks:

- 4 tuna steaks (6 oz each, about 1 inch thick)
- 2 tbsp extra virgin olive oil
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper
- ½ tsp smoked paprika (optional, for added flavor)

For the Caesar Salsa:

- ¼ cup extra virgin olive oil
- 2 tbsp fresh lemon juice
- 2 anchovy fillets, finely chopped (optional for traditional Caesar flavor)
- 1 garlic clove, minced
- ¼ cup Parmesan cheese, grated
- 2 tbsp plain Greek yogurt
- 1 tbsp Dijon mustard
- 1 tsp capers, rinsed and chopped
- 2 tbsp fresh parsley, chopped
- ¼ tsp black pepper

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 320
- Protein: 38 g
- Carbohydrates: 3 g
- Fats: 18 g
- - Saturated Fat: 4 g
- Fiber: 0 g
- Cholesterol: 75 mg
- Sodium: 450 mg
- Potassium: 600 mg



Baked cod

accompanied by olives and tomatoes

PREP TIME: 10 MINS

SERVING: 4

COOK TIME: 20 MINS

Tender fish is baked in a fragrant tomato and olive sauce enhanced with garlic, herbs, and olive oil in this dish with a Mediterranean flair. It's full of vibrant flavors, light, and healthful.

INSTRUCTIONS:

Warm up the Oven: Set the oven's temperature to 375°F (190°C). Apply a small amount of olive oil to a baking dish.

Make the Tomato Sauce:

Heat 1 tablespoon of olive oil in a skillet over medium heat.

Sauté the onion for five to seven minutes or until it becomes soft and transparent.

Add the garlic and sauté until fragrant, about 1 to 2 minutes more.

Add the oregano, thyme, capers, olives, diced tomatoes, salt, and pepper. For five minutes, simmer to blend the flavors.

Put the Dish Together: Put the cod fillets in the baking dish that has been prepared.

Use a spoon to distribute the oil and tomato mixture over the fish fillets.

Bake the cod: Cover the dish with the remaining tablespoon of olive oil.

The fish should be opaque and flake readily with a fork after 15 to 20 minutes of baking.

Serve: Remove the dish from the oven and sprinkle with fresh parsley and, if using, basil.

Serving Ideas:

- Serve with brown rice, quinoa, or whole-grain couscous on the side.
- Serve alongside roasted veggies or a simple green salad.
- Serve with crispy whole-grain bread so that the rich sauce may be soaked up.

INGREDIENTS:

For the Cod and Sauce:

- 4 cod fillets (6 oz each)
- 2 tbsp extra virgin olive oil
- 2 garlic cloves, minced
- 1 medium onion, finely chopped
- 1 can (14 oz) diced tomatoes, with juices
- ¼ cup Kalamata olives, pitted and halved
- 2 tbsp capers, rinsed
- 1 tsp dried oregano
- ½ tsp dried thyme
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper
- 1 tbsp fresh parsley, chopped (for garnish)

Optional Additions:

- ¼ tsp red chili flakes for heat.
- 1 tbsp fresh basil, chopped, for garnish.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 220
- Protein: 28 g
- Carbohydrates: 8 g
- Fats: 9 g
- -Saturated Fat: 1.5 g
- Fiber: 2 g
- Cholesterol: 65 mg
- Sodium: 450 mg
- Potassium: 750 mg

ADVANTAGES FOR HEALTH:

- Cod: A lean protein high in phosphorus, selenium, and B vitamins.
- Olive Oil: Offers antioxidants and heart-healthy monounsaturated fats.
- Tomatoes: Rich in potassium, vitamin C, and lycopene, they promote heart and skin health.
- Kalamata Olives offer vitamin E, healthy fats, and a taste explosion.
- Capers: Add antioxidants and enhance flavor with a few calories.



Sardines on the Grill

with Fresh Herbs

PREP TIME: 10 MINS
(+ 20 MINS FOR MARINATING)

SERVING: 4

COOK TIME: 10 MINS

In this Mediterranean-flavoured recipe, sardines are marinated in olive oil, garlic, lemon, and fresh herbs and expertly grilled. Sardines are high in omega-3 fatty acids, making this dish heart-healthy and tasty.

INSTRUCTIONS:

Let the sardines marinate:

- Combine the olive oil, lemon juice, lemon zest, garlic, parsley, oregano, salt, and pepper in a medium-sized bowl. If desired, add any optional ingredients.
- Transfer the sardines to a shallow dish and cover them with the marinade, coating each one thoroughly. Refrigerate for 20 minutes with a lid on.

Turn the heat to medium-high on your grill or grill pan—lightly oil the grates to prevent them from sticking.

Sardines on a grill:

- Drain the sardines of any extra marinade before removing them.
- Arrange the sardines on the grill and cook until the fish is cooked through and the skin is crispy, 3 to 4 minutes per side.

To serve, first move the cooked sardines to a dish. Add more parsley and lemon wedges as garnish.

Serving Ideas:

- Serve with grilled eggplant or zucchini on the side or a simple arugula salad seasoned with lemon juice and olive oil.
- For a full Mediterranean supper, serve with light couscous salad or whole-grain bread.

INGREDIENTS:

For the Sardines:

- 1 lb fresh sardines, cleaned and scaled (about 8-10 sardines)
- 3 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice (about one lemon)
- 1 tbsp lemon zest
- 3 garlic cloves, minced
- 2 tbsp fresh parsley, finely chopped
- 1 tbsp fresh oregano, chopped (or 1 tsp dried oregano)
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

Optional Additions:

- ½ tsp red chili flakes for heat.
- 1 tsp smoked paprika for added depth.
- 1 tbsp capers for a briny flavor boost.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 230
- Protein: 24 g
- Carbohydrates: 1 g
- Fats: 14 g
- - Saturated Fat: 2.5 g
- Fiber: 0 g
- Cholesterol: 75 mg
- Sodium: 250 mg
- Potassium: 400 mg

ADVANTAGES FOR HEALTH:

- Sardines are high in calcium, vitamin D, and omega-3 fatty acids, promoting bone and heart health.
- Olive Oil: Promotes heart health by providing antioxidants and monounsaturated fats.
- Lemon Juice and Zest: Provide a zesty, vibrant taste and vitamin C.
- Fresh Herbs: Oregano and parsley add flavor and antioxidants.
- Low Sodium: Provides strong, natural tastes while keeping the dish heart-healthy.



INGREDIENTS:

For the Trout:

- 4 trout fillets (6 oz each, skin-on or skinless)
- 2 tbsp extra virgin olive oil
- 1 tbsp fresh lemon juice
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

For the Almond Crust:

- ½ cup almonds, finely chopped or ground
- ¼ cup whole-grain breadcrumbs (or gluten-free breadcrumbs)
- 2 tbsp fresh parsley, chopped
- 1 garlic clove, minced
- 1 tsp lemon zest
- ¼ tsp smoked paprika (optional)
- 2 tbsp extra virgin olive oil

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 330
- Protein: 27 g
- Carbohydrates: 8 g
- Fats: 21 g
 - - Saturated Fat: 3 g
- Fiber: 3 g
- Cholesterol: 65 mg
- Sodium: 280 mg
- Potassium: 500 mg

Trout Pan-Fried

with Almond Crust

PREP TIME: 10 MINS

SERVING: 4

COOK TIME: 15 MINS

In this Mediterranean-inspired recipe, tender trout fillets are paired with a crispy almond crust flavored with fresh parsley, lemon zest, and garlic. It's quick, nutritious, and full of flavor.

INSTRUCTIONS:

Get the almond crust ready:

- Put the chopped almonds, breadcrumbs, parsley, garlic, lemon zest, olive oil, and paprika (if using) in a bowl. Stir until all ingredients are well blended.

Season the trout.

- Use a paper towel to pat the fish fillets dry.
- Season the fillets on both sides with salt and pepper after drizzling them with lemon juice and olive oil.
- First, to crust the trout, evenly distribute the almond mixture on top of each fillet and lightly press to adhere.

Trout pan-fried:

- Heat two tablespoons of olive oil over medium heat in a large skillet.
- Cook the trout fillets for 3–4 minutes until golden brown and crispy, with the crust side down. Take care to avoid burning the crust.
- Once the salmon is opaque and flakeable with a fork, carefully flip the fillets and cook the second side for 3–4 minutes.

To serve, first place the trout fillets on a dish. Add more parsley and lemon wedges as garnish.

Serving Ideas:

- Serve with a crisp Mediterranean tomato, cucumber, and olive salad.
- Serve with a simple quinoa pilaf or roasted veggies.
- For added richness, sprinkle with yogurt dressing or tahini sauce.

ADVANTAGES FOR HEALTH:

- Trout: Packed with high-quality protein, B vitamins, and omega-3 fatty acids.
- Almonds: Offer fiber, vitamin E, and good fats, all supporting heart health.
- Olive oil: A mainstay of the Mediterranean diet, it contains monounsaturated fats and antioxidants.
- Lemon and Parsley: Add antioxidants and vitamin C while enhancing flavor.
- Whole-grain breadcrumbs: Promote digestive health by adding crunch and fiber.



Mediterranean Fish Tacos

with Cucumber Salsa

PREP TIME: 15 MINS

SERVING: 4
(8 TACOS)

COOK TIME: 15 MINS

With their crisp cucumber salsa and delicate, seasoned fish, these light and refreshing fish tacos burst with Mediterranean flavors. They are ideal for a filling and nutritious supper.

INSTRUCTIONS:

Get the fish ready:

- Heat a grill pan over medium-high heat or preheat your oven to 375°F (190°C).
- Lay the fish fillets on a platter or baking sheet after patting them dry.
- Whisk together the olive oil, lemon juice, cumin, paprika, oregano, garlic powder, salt, and pepper in a small basin.
- Evenly brush the fish on both sides with the mixture.
- When cooked on a grill pan, The fish should flake easily with a fork after 10 to 12 minutes in the oven or 3 to 4 minutes on each side.

Get the cucumber salsa ready by:

- Cucumber, cherry tomatoes, red onion, parsley, mint (if using), lemon juice, olive oil, salt, and pepper should all be combined in a medium-sized bowl.
- Stir thoroughly and keep chilled until serving time.

Put the tacos together:

- Use a microwave or dry skillet to reheat the tortillas until they are soft.
- Top each tortilla with a tiny tzatziki sauce or Greek yogurt dollop.
- Include a substantial amount of cucumber salsa, shredded lettuce or arugula, and a piece of grilled salmon.
- If wanted, garnish with crumbled feta cheese and fresh dill.

Serving Ideas:

- Include a simple Mediterranean salad or grilled veggies on the side.
- Serve with a glass of lemon-and-mint-infused sparkling water.
- For added heat, sprinkle some hot sauce or harissa over it.

INGREDIENTS:

For the Fish:

- 1 lb white fish fillets (e.g., cod, tilapia, or halibut)
- 1 tbsp extra virgin olive oil
- 1 tsp ground cumin
- ½ tsp smoked paprika
- ½ tsp dried oregano
- ½ tsp garlic powder
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- Juice of ½ lemon

For the Cucumber Salsa:

- 1 cup cucumber, finely diced
- ½ cup cherry tomatoes, diced
- 2 tbsp red onion, finely chopped
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh mint, chopped (optional)
- 1 tbsp olive oil
- 1 tbsp fresh lemon juice
- ½ tsp sea salt
- ¼ tsp black pepper

For Assembly:

- 8 small whole-grain tortillas
- ½ cup Greek yogurt or tzatziki sauce
- 1 cup shredded lettuce or arugula
- 1 tbsp fresh dill, chopped (optional)

Optional Additions:

- 1 tsp red chili flakes for heat.
- ¼ cup crumbled feta cheese for extra tanginess.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 280
- Protein: 25 g
- Carbohydrates: 22 g
- Fats: 10 g
- - Saturated Fat: 2 g
- Fiber: 5 g
- Cholesterol: 50 mg
- Sodium: 400 mg
- Potassium: 550 mg

ADVANTAGES FOR HEALTH:

- White fish: Rich in protein, low in fat, and a good source of B vitamins and selenium, two essential nutrients.
- Cucumber Salsa: Offers vitamins C and K, fiber, and hydration.
- Olive oil: Provides monounsaturated fats that are good for the heart.
- Whole-Grain Tortillas: High in fiber, they promote heart and digestive health.
- Greek Yogurt: A protein-rich, creamy substitute for conventional sauces.



Seafood Paella

with Saffron

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 35 MINS

Fresh fish, saffron, and colorful Mediterranean spices combine in this nutritious and tasty paella. It's a filling, fragrant one-pan meal ideal for a special occasion or family dinner.

INSTRUCTIONS:

Steep the Saffron: Put the saffron threads and warm water in a small basin. While you prepare the other ingredients, let it steep.

Sauté the Vegetables: Heat the olive oil over medium heat in a large skillet or paella pan. Sauté the red bell pepper and onion for five to seven minutes or until tender.

- Add the smoked paprika, garlic, and thyme, and simmer for one to two minutes or until aromatic.

Toast the Rice: Put the rice in the skillet and swirl it well to coat it in the spices and oil. Cook for two to three minutes to gently toast the grains.

Add the Liquid: - Stir in the white wine (if using), fish or vegetable broth, and saffron water. After bringing to a boil, lower the heat to medium-low and simmer for 15 minutes without a lid. Avoid stirring, as this contributes to the classic crispy bottom layer.

Include the Seafood: Incorporate the white fish, shrimp, mussels, and clams into the rice. The mussels and clams should open, the shrimp should turn pink, and the fish should be cooked after 10 minutes of cooking in a skillet covered with a lid or aluminum foil. Any clams or mussels that do not open should be thrown out.

Rest and Garnish: Remove the pan from the burner and let the paella rest for five minutes. Serve with lemon wedges and garnish with fresh parsley.

Serving Ideas:

- Accompany the dish with a straightforward green salad with lemon juice and olive oil.
- Serve with olives or hummus, whole-grain bread, or a small Mediterranean appetizer.
- Serve with a dry white wine or a glass of citrus-infused sparkling water.

INGREDIENTS:

For the Paella:

- 2 tbsp extra virgin olive oil
- 1 medium onion, finely chopped
- 1 red bell pepper, diced
- 3 garlic cloves, minced
- 1 cup short-grain rice (such as Arborio or Bomba rice)
- ½ tsp saffron threads, steeped in 2 tbsp warm water
- 1 tsp smoked paprika
- 1 tsp dried thyme
- 4 cups low-sodium fish or vegetable broth
- ½ cup dry white wine (optional)

For the Seafood:

- ½ lb mussels, cleaned and debearded
- ½ lb clams, cleaned
- ½ lb shrimp, peeled and deveined
- ½ lb white fish fillets (e.g., cod or haddock), cut into 2-inch pieces

For Garnish:

- 2 tbsp fresh parsley, chopped
- 1 lemon, cut into wedges

Optional Additions:

- 1 cup frozen peas, added during the last 5 minutes of cooking.
- 1 tsp red chili flakes for heat.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 350
- Protein: 28 g
- Carbohydrates: 32 g
- Fats: 10 g
- - Saturated Fat: 1.5 g
- Fiber: 3 g
- Cholesterol: 140 mg
- Sodium: 450 mg
- Potassium: 550 mg

ADVANTAGES FOR HEALTH:

- Seafood: Offers vital minerals like iodine and selenium, omega-3 fatty acids, and lean protein.
- Saffron: Offers a distinct taste and hue and contains antioxidants.
- Olive Oil: Provides antioxidants and good monounsaturated fats.
- Vegetables: Add fiber, vitamins, and minerals to the meal.
- Low-Sodium Broth: Promotes heart health while preserving flavor.



Poultry



INGREDIENTS:

For the Chicken:

- 4 bone-in, skin-on chicken thighs (about 2 lbs)
- 2 tbsp extra virgin olive oil
- Juice of 2 lemons (about ¼ cup)
- Zest of 1 lemon
- 3 garlic cloves, minced
- 1 tbsp fresh rosemary, chopped (or 1 tsp dried rosemary)
- 1 tbsp fresh thyme leaves (or 1 tsp dried thyme)
- 1 tsp smoked paprika (optional)
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper

For Garnish (Optional):

- 1 tbsp fresh parsley, chopped
- Lemon wedges

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 290
- Protein: 25 g
- Carbohydrates: 2 g
- Fats: 20 g
- Saturated Fat: 4 g
- Fiber: 0 g
- Cholesterol: 110 mg
- Sodium: 350 mg
- Potassium: 300 mg

Chicken Roasted

with Lemon and Herbs

PREP TIME: 15 MINS
(+ 30 MINS FOR MARINATING)

SERVING: 4

COOK TIME: 1 HOUR

This roasted chicken with a Mediterranean flair is marinated in lemon, garlic, and fresh herbs before being cooked to golden perfection. It's an easy, nutritious, and tasty recipe that goes well with any meal.

INSTRUCTIONS:

Prepare the marinade: Whisk olive oil, lemon juice, lemon zest, garlic, rosemary, thyme, smoked paprika (if used), salt, and pepper together in a small bowl.

Marinate the Chicken: Put the thighs in a shallow dish or a sizable resealable bag. After pouring the marinade over it, make sure the chicken is evenly coated. Cover and chill for up to 4 hours, but for a more intense flavor, at least 30 minutes is sufficient.

Preheat the Oven: Set the oven to 400°F or 200°C. Grease a roasting pan or baking sheet with olive oil or line it with parchment paper.

Roast the Chicken: Remove the chicken from the marinade and allow any excess to fall off. Place the chicken thighs skin-side up on the baking sheet that has been prepped.

After 40 to 50 minutes of roasting, the interior temperature should reach 165°F (74°C) at the thickest region. The skin ought to be crispy and golden.

Rest and Serve: Remove the chicken from the oven and let it rest for five minutes. Transfer it to a serving tray and add lemon wedges and fresh parsley as garnish.

Serving Ideas:

- Serve with quinoa pilaf or a simple Greek salad for a whole Mediterranean meal; Serve with roasted veggies like asparagus, eggplant, or zucchini.
- For added taste, top with a dollop of hummus or tzatziki sauce.

ADVANTAGES FOR HEALTH:

- **Chicken Thighs:** A lean protein source with vital amino acids for building and repairing muscle.
- **Olive Oil:** Provides monounsaturated fats that lower inflammation and promote heart health.
- **Lemon:** Rich in vitamin C, it increases immunity and adds a zesty, vibrant taste.
- **Fresh Herbs:** Rich in minerals and antioxidants, they naturally improve flavor.
- **Low Sodium:** Strong, fresh flavors are maintained with little salt.



Skewers of Greek

Chicken Souvlaki

PREP TIME: 15 MINS
(+ 30 MINS FOR MARINATE)

SERVING: 4

COOK TIME: 15 MINS

After marinating in olive oil, lemon, garlic, and herbs, these succulent Greek-style chicken skewers are expertly grilled. They are ideal for a nutritious, high-protein Mediterranean dinner.

INSTRUCTIONS:

Make the marinade by whisking the olive oil, lemon juice, lemon zest, cumin (if using), garlic, oregano, paprika, salt, and pepper in a bowl.

Marinate the Chicken: Put the pieces in a shallow dish or a sizable resealable bag. Pour the marinade over the chicken and toss to ensure a uniform coating.

- Cover and chill for at least half an hour or up to two hours for a more intense flavor.

Get the Grill Ready: Preheat your grill or grill pan to medium-high. Lightly oil the grates to prevent them from sticking.

Put the Skewers Together: - Attach the marinated chicken pieces to the skewers in succession, followed by bell pepper and onion pieces. If desired, add cherry tomatoes.

Grill the Skewers: When the chicken is cooked through and has a light sear, place the skewers on the grill and cook for 10 to 12 minutes, rotating them occasionally. A temperature of 165°F (74°C) should be reached within this time.

To serve, remove the skewers from the grill and place them on a dish. Garnish with parsley or fresh thyme if desired.

Serving Ideas:

- Include a dollop of tzatziki sauce and warm whole-grain pita bread.
- Serve alongside roasted veggies or a basic Greek salad.
- For a heartier meal, serve with brown rice, quinoa, or couscous on the side.

INGREDIENTS:

For the Marinade:

- 3 tbsp extra virgin olive oil
- 3 tbsp fresh lemon juice (about one lemon)
- 1 tsp lemon zest
- 3 garlic cloves, minced
- 1 tsp dried oregano
- 1 tsp ground cumin (optional, for extra depth)
- ½ tsp smoked paprika
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

For the Chicken:

- 1½ lbs boneless, skinless chicken breasts or thighs, cut into 1-inch cubes
- 1 medium red onion, cut into wedges
- 1 large bell pepper (any color), cut into 1-inch pieces

Optional Additions:

- Cherry tomatoes for extra color and flavor.
- Fresh thyme or parsley, chopped, for garnish.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 280
- Protein: 35 g
- Carbohydrates: 6 g
- Fats: 12 g
- -Saturated Fat: 2 g
- Fiber: 2 g
- Cholesterol: 85 mg
- Sodium: 320 mg
- Potassium: 450 mg

ADVANTAGES FOR HEALTH:

- **Chicken:** A high-quality, lean protein that aids muscle building and repair.
- **Olive Oil:** Enhances the marinade's flavor and adds heart-healthy monounsaturated fats.
- **Lemon:** Offers a bright, acidic aroma and vitamin C.
- **Vegetables:** Onions and bell peppers provide antioxidants, minerals, and fiber.
- **Low Sodium:** Less salt is used, and flavor is enhanced with fresh herbs and spices.



INGREDIENTS:

For the Chicken:

- 4 boneless, skinless chicken breasts (about 6 oz each)
- 2 tbsp extra virgin olive oil
- 1 tsp dried oregano
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper

For the Olive Tapenade:

- ½ cup Kalamata olives, pitted
- ¼ cup green olives, pitted
- 1 tbsp capers, rinsed
- 1 garlic clove, minced
- 2 tbsp extra virgin olive oil
- 1 tbsp fresh lemon juice (about ½ lemon)
- 1 tsp lemon zest
- 1 tbsp fresh parsley, chopped
- ½ tsp red chili flakes (optional, for heat)

Optional Additions:

- 1 tsp anchovy paste for a deeper umami flavor.
- 1 tbsp fresh basil, chopped, for garnish.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 280
- Protein: 30 g
- Carbohydrates: 2 g
- Fats: 17 g
- - Saturated Fat: 3 g
- Fiber: 1 g
- Cholesterol: 80 mg
- Sodium: 450 mg
- Potassium: 400 mg

Olive Tapenade

on Chicken Breast

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 25 MINS

This Mediterranean-flavoured recipe features a fragrant olive tapenade encasing a succulent, juicy chicken breast. This dish emphasizes traditional Mediterranean ingredients like olives, capers, garlic, and fresh herbs and is easy, nutritious, and tasty.

INSTRUCTIONS:

Get the chicken ready:

- Turn the oven on to 375°F, or 190°C.
- Use a paper towel to pat the chicken breasts dry. Season each piece with salt, pepper, oregano, and olive oil.
- Turn the heat up to medium-high in a big ovenproof skillet. Sear the chicken until golden brown, 2 to 3 minutes per side.

Put the chicken in the oven:

- Place the skillet in the oven and bake for 15 to 20 minutes or until the internal temperature of the chicken reaches 165°F (74°C).
- Before serving, take it out of the oven and rest for five minutes.

Get the olive tapenade ready:

- Put the green and Kalamata olives, capers, garlic, olive oil, lemon juice, and zest in a food processor. Pulse until the mixture is thoroughly mixed and coarsely chopped.
- Add the chili flakes (if used) and fresh parsley and stir. Add more lemon juice or olive oil to adjust the seasoning if necessary.

Put the Dish Together:

- Transfer each chicken breast to a platter for serving.
- Spread the olive tapenade on top liberally. For added taste, garnish with fresh basil or parsley.

Serving Ideas:

- Serve with cherry tomatoes, eggplant, or zucchini that have been roasted.
- Serve with a lemon vinaigrette-topped fresh arugula salad.
- For a whole Mediterranean supper, serve with whole-grain bread, quinoa, or couscous on the side.

ADVANTAGES FOR HEALTH:

- Chicken breast: A lean protein that promotes the growth and repair of muscles.
- Olive Tapenade: Blends intense Mediterranean flavors with heart-healthy monounsaturated fats from olives and olive oil.
- Lemon and capers: Offer flavor and antioxidants without adding calories.
- Fresh Herbs: Naturally improve flavor by supplying vitamins and antioxidants.
- Low-sodium: This recipe uses tasty, fresh ingredients rather than too much salt to maintain a healthy balance.



INGREDIENTS:

For the Chicken:

- 4 bone-in, skin-on chicken thighs (about 2 lbs)
- 2 tbsp extra virgin olive oil
- 1 tsp sea salt (adjust to taste)
- ½ tsp freshly ground black pepper
- 1 tsp dried oregano
- ½ tsp smoked paprika

For the Vegetables:

- 1 pint cherry tomatoes, halved
- 1 can (14 oz) artichoke hearts, drained and quartered
- 1 medium red onion, thinly sliced
- 3 garlic cloves, minced
- 2 tbsp fresh parsley, chopped (plus more for garnish)
- 1 tsp fresh thyme leaves (or ½ tsp dried thyme)
- 1 tbsp fresh lemon juice
- ½ tsp red chili flakes (optional, for heat)

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 320
- Protein: 26 g
- Carbohydrates: 10 g
- Fats: 18 g
 - - Saturated Fat: 4 g
- Fiber: 4 g
- Cholesterol: 90 mg
- Sodium: 420 mg
- Potassium: 450 mg

Baked Artichokes and Tomatoes with Chicken Thighs

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 40 MINS

Tender chicken thighs, luscious tomatoes, zesty artichokes, and fresh herbs combine in this Mediterranean-inspired recipe to create a filling, tasty, and simple meal.

INSTRUCTIONS:

Get the chicken ready:

- Set the oven's temperature to 400°F or 200°C.
- Use a paper towel to pat the chicken thighs dry, then sprinkle them with smoked paprika, salt, pepper, and oregano on both sides.

Get the vegetables ready:

- Put the cherry tomatoes, artichoke hearts, red onion, garlic, parsley, thyme, lemon juice, and chili flakes (if using) in a large mixing bowl. To ensure uniform coating, drizzle with one tablespoon of olive oil and mix.

Put the Dish Together:

- Heat one tablespoon of olive oil over medium-high heat in a large ovenproof skillet.
- After positioning the chicken thighs skin-side down, sear them for four to five minutes or until the skin is crispy and golden. Sear the chicken for two more minutes after flipping it.
- After removing the chicken from the skillet, place it aside. After adding it to the skillet, evenly distribute the vegetable mixture.
- Slide the chicken thighs, skin-side up, into the veggies.

Bake the Dish:

- Put the skillet in the oven and bake it for 25 to 30 minutes, or until the veggies are soft and the chicken achieves an internal temperature of 165°F (74°C).

Serve:

- To serve, take the skillet out of the oven and give it five minutes to rest.
- Serve warm, garnished with more fresh parsley.

Serving Ideas:

- To absorb the aromatic juices, serve with whole-grain bread, quinoa, or couscous on the side.
- Serve with a lemon-olive oil dressing on a plain green salad.
- For added Mediterranean flair, top with a dollop of hummus or tzatziki.

ADVANTAGES FOR HEALTH:

- Chicken thighs are a high-protein, iron- and B-vitamin-rich food.
- Artichokes and tomatoes: Rich in fiber, vital vitamins, and antioxidants like lycopene.
- Olive Oil: Improves nutrient absorption and offers heart-healthy monounsaturated fats.
- Spices and herbs offer taste and antioxidants without adding extra sodium or calories.
- Low Sodium: A heart-healthy supper balanced with colorful, fresh ingredients.



Mediterranean Rice Pilaf with Chicken

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 35 MINS

This delicious, Mediterranean-inspired dish is a hearty and nutritious one-pot supper made with tender chicken, aromatic rice, herbs, and vegetables. It is perfect for preparing meals or hosting family feasts.

INSTRUCTIONS:

Prepare the chicken:

- Mix the chicken pieces, olive oil, smoked paprika, cumin, oregano, salt, and pepper in a medium bowl. Give it 10 to 15 minutes to marinate while you prepare the remaining ingredients.

Get the chicken ready:

- Heat a large skillet or sauté pan to medium. Add one tablespoon of olive oil and the marinated chicken pieces.
- Sear the chicken for 4 to 5 minutes, turning it regularly, until it is lightly browned; it does not need to be cooked. Take it out of the pan and set it aside.

Sauté the Vegetables and Rice:

- In the same pan, vegetables and rice are sautéed. Add a tablespoon of olive oil if needed. Sauté the onion for 5 to 7 minutes or until it is translucent and soft.
- Add the garlic and cook for approximately a minute or until fragrant.
- Cover the rice with the oil and aromatics, then toss to coat the grains.

Get the Pilaf ready:

- Include the chicken broth, turmeric, and bay leaf. Stir to combine, then bring to a boil.
- Cover and simmer over low heat for 10 minutes.
- Include the cherry tomatoes, olives, and half-cooked chicken. Cover and cook for 10 to 15 minutes until the rice is tender and the chicken is cooked.

Finish the Dish:

- Let the pan sit covered for five minutes after turning off the heat.
- If using, sprinkle the rice with fresh parsley and dill after fluffing it with a fork.

Serving Ideas:

- Serve the entrée with a simple green salad with olive oil and lemon.
- Serve with roasted vegetables like zucchini or asparagus. Top with a dollop of tzatziki or hummus for extra flavor.

INGREDIENTS:

For the Chicken:

- 1½ lbs boneless, skinless chicken thighs or breasts cut into bite-sized pieces
- 2 tbsp extra virgin olive oil
- 1 tsp smoked paprika
- 1 tsp dried oregano
- ½ tsp ground cumin
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

For the Pilaf:

- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 1 cup long-grain rice or basmati rice, rinsed and drained
- 2 cups low-sodium chicken broth
- ½ cup cherry tomatoes, halved
- ½ cup Kalamata olives, pitted and halved
- ½ tsp turmeric (optional, for color and flavor)
- 1 bay leaf

For Garnish:

- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh dill, chopped (optional)
- Lemon wedges for serving

Optional Additions:

- ¼ cup crumbled feta cheese for added creaminess.
- 1 cup fresh spinach, stirred in at the end for added greens.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 380
- Protein: 30 g
- Carbohydrates: 32 g
- Fats: 12 g
- - Saturated Fat: 2.5 g
- Fiber: 3 g
- Cholesterol: 85 mg
- Sodium: 480 mg
- Potassium: 550 mg

ADVANTAGES FOR HEALTH:

- Chicken: Provides lean protein to support muscle growth and repair.
- Rice: Packed with complex carbohydrates that sustain energy.
- Olive oil: Rich in monounsaturated fats that are good for the heart.
- Kalamata Olives: Offer healthy fats and antioxidants.
- Herbs and Vegetables: Add fiber, vitamins, and minerals to enhance flavor and nutrition.



Oregano and Lemon

Grilled Chicken

PREP TIME: 15 MINS
(+ 30 MINS FOR MARINATING)

SERVING: 4

COOK TIME: 15 MINS

Juicy grilled chicken marinated in lemon, olive oil, garlic, and oregano is the main ingredient in this Mediterranean-inspired meal. Thanks to its vibrant, fragrant flavors, it is an adaptable dish that works well for every occasion.

INSTRUCTIONS:

Get the marinade ready:

- Combine the olive oil, lemon juice, lemon zest, oregano, garlic, salt, pepper, and smoked paprika (if using) in a small bowl.

Let the chicken marinate:

- 1. Put the chicken breasts in a shallow dish or resealable bag.
- 2. Evenly coat the chicken by pouring the marinade over it.
- 3. cover and chill for at least 30 minutes or up to 4 hours for optimal flavor.

Preheat the Grill:

- 1. Turn the heat to medium-high on your grill or grill pan. To keep the grates from sticking, lightly oil them.

Put the chicken on the grill:

- 1. Take the chicken breasts from the marinade and let any extra fall off.
- 2. Put the chicken on the grill and cook it on each side for 6 to 8 minutes, or until it reaches 165°F (74°C) inside.
- 3. Before serving, take the chicken off the grill and rest for five minutes.

Serving Ideas:

- Accompany with a crisp Greek salad with feta, tomatoes, cucumbers, and red onions.
- Serve alongside roasted veggies like eggplant or zucchini.
- For a full Mediterranean supper, include a portion of whole-grain bread, quinoa, or couscous.

INGREDIENTS:

For the Marinade:

- 3 tbsp extra virgin olive oil
- 3 tbsp fresh lemon juice (about one lemon)
- 1 tsp lemon zest
- 2 garlic cloves, minced
- 2 tsp dried oregano (or 1 tbsp fresh oregano, chopped)
- 1 tsp sea salt
- ½ tsp freshly ground black pepper
- ½ tsp smoked paprika (optional, for added depth)

For the Chicken:

- 4 boneless, skinless chicken breasts (about 6 oz each)

Optional Garnishes:

- 2 tbsp fresh parsley, chopped
- Lemon wedges

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 230
- Protein: 32 g
- Carbohydrates: 1 g
- Fats: 10 g
- - Saturated Fat: 1.5 g
- Fiber: 0 g
- Cholesterol: 85 mg
- Sodium: 420 mg
- Potassium: 450 mg

ADVANTAGES FOR HEALTH:

- Chicken breast: A lean protein that promotes the growth and repair of muscles.
- Olive Oil: Offers antioxidants and heart-healthy monounsaturated fats.
- Lemon juice and zest: High in vitamin C and aids in the natural tenderization of chicken.
- Oregano: Enhances flavor and adds antibacterial and antioxidant qualities.
- Low Sodium: To reduce the amount of salt added, use fresh ingredients and herbs.



Stuffed Pitas

with Chicken and Spinach

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 15 MINS

Warm pita bread, sautéed spinach, creamy yogurt sauce, fresh herbs, and succulent chicken come together in this Mediterranean-inspired dish. It is a tasty, fast, and nutritious lunch that may be eaten anytime.

INSTRUCTIONS:

Get the chicken filling ready.

- Heat two tablespoons of olive oil over medium-high heat in a large skillet.
- Season with salt, pepper, cumin, smoked paprika, garlic, oregano, and chicken pieces.
- Cook, stirring occasionally, until the chicken is cooked through and has a light brown, 6 to 8 minutes. Take off the heat and place aside.

Sauté the Spinach:

- To sauté the spinach, first heat one tablespoon of olive oil in the same skillet over medium heat.
- Cook the spinach for two to three minutes or until it wilts.
- Add the lemon juice and, if using, the dill. Take off the heat and place aside.

Get the yogurt sauce ready.

- In a small bowl, combine the Greek yogurt, lemon juice, salt, parsley, and mint (if using). Taste and adjust the seasoning.

Put the Pitats together:

- Spread a thin amount of the yogurt sauce inside each pita half after opening them.
- Stuff the cooked chicken, cucumber, cherry tomatoes, and sautéed spinach into each pita half.
- For added taste, sprinkle red chili flakes and crumbled feta cheese over top.

Serving Ideas:

- Serving suggestions include a fresh green salad or roasted sweet potatoes on the side.
- Serve alongside a tiny cup of tzatziki or hummus for dipping.
- For a Mediterranean flair, serve with a side of olives.

INGREDIENTS:

For the Chicken Filling:

- 2 tbsp extra virgin olive oil
- 1 lb boneless, skinless chicken breasts cut into small bite-sized pieces
- 2 garlic cloves, minced
- 1 tsp dried oregano
- ½ tsp smoked paprika
- ½ tsp ground cumin
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

For the Spinach:

- 2 cups fresh spinach, roughly chopped
 - 1 tbsp extra virgin olive oil
 - ½ tsp dried dill (optional)
 - 1 tsp lemon juice
- #### For the Yogurt Sauce:
- ½ cup plain Greek yogurt
 - 1 tbsp fresh lemon juice
 - 1 tbsp fresh parsley, finely chopped
 - 1 tsp fresh mint, finely chopped (optional)
 - ½ tsp sea salt

For Assembly:

- 4 whole-grain pita pockets, halved
- ½ cup cherry tomatoes, diced
- ½ small cucumber, diced
- Optional Additions:
- ¼ cup crumbled feta cheese for extra tanginess.
- 1 tsp red chili flakes for heat.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 320
- Protein: 28 g
- Carbohydrates: 24 g
- Fats: 12 g
- - Saturated Fat: 2.5 g
- Fiber: 5 g
- Cholesterol: 75 mg
- Sodium: 450 mg
- Potassium: 550 mg

ADVANTAGES FOR HEALTH:

- Chicken: Offers lean protein to help maintain and rebuild muscles.
- Spinach: Packed with antioxidants, iron, and vitamins A and C.
- Greek yogurt: Rich in protein and probiotics, it adds a creamy texture.
- Whole-Grain Pitats: Rich in fiber, they aid digestion and heart health.
- Fresh Vegetables: Offer vital nutrients, vitamins, and moisture.



INGREDIENTS:

For the Chicken:

- 8 chicken drumsticks (about 2 lbs)
- 3 tbsp extra virgin olive oil
- 3 garlic cloves, minced
- 2 tsp smoked paprika
- 1 tsp sweet paprika
- 1 tsp dried oregano
- 1 tsp sea salt (adjust to taste)
- ½ tsp freshly ground black pepper
- 1 tsp lemon zest
- 1 tbsp fresh lemon juice

Optional Additions:

- ½ tsp red chili flakes for heat.
- 1 tsp ground cumin for extra depth.

Chicken Drumsticks

with Garlic and Paprika

PREP TIME: 10 MINS
(+ 30 MINS FOR MARINATING)

SERVING: 4

COOK TIME: 40 MINS

Warm pita bread, sautéed spinach, creamy yogurt sauce, fresh herbs, and succulent chicken come together in this Mediterranean-inspired dish. It is a tasty, fast, and nutritious lunch that may be eaten anytime.

INSTRUCTIONS:

Get the marinade ready:

- In a large bowl, Combine olive oil, lemon zest, lemon juice, garlic, smoked and sweet paprika, oregano, salt, and pepper.

Let the chicken marinate:

- Toss the chicken drumsticks in the basin until the marinade coats them thoroughly.
- Cover and chill for at least 30 minutes or up to 4 hours to achieve a richer flavor.

Preheat the Oven:

- Set the oven's temperature to 400°F or 200°C. A baking sheet can be lightly oiled with olive oil or lined with parchment paper.

Put the chicken in the oven:

- Place the marinated drumsticks, leaving room between them, on the baking sheet that has been prepared.
- Bake the chicken for 40 to 45 minutes, turning it over halfway through or until the skin is golden and crispy and the internal temperature reaches 165°F (74°C).

Serving Ideas:

- Present the dish alongside roasted eggplant, bell peppers, or zucchini.
- Serve alongside a straightforward salad of cucumbers, tomatoes, lemon, and olive oil.
- For a full Mediterranean supper, include a portion of quinoa or whole-grain couscous.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 280
- Protein: 28 g
- Carbohydrates: 1 g
- Fats: 18 g
- - Saturated Fat: 3.5 g
- Fiber: 0 g
- Cholesterol: 110 mg
- Sodium: 480 mg
- Potassium: 400 mg

ADVANTAGES FOR HEALTH:

- Chicken drumsticks: A good source of essential minerals and high-quality protein.
- Olive Oil: Offers antioxidants and heart-healthy monounsaturated fats.
- Garlic: Enhances flavor and boosts immunity and heart health.
- Smoked paprika: Offers a smokey depth of taste and is high in antioxidants.
- Low Sodium: Uses fresh herbs and spices to reduce salt and increase flavor.



INGREDIENTS:

For the Bake:

- 1½ lbs boneless, skinless chicken breasts or thighs, cut into bite-sized pieces
- 2 medium zucchinis, sliced into ½-inch rounds
- 1 medium red bell pepper, diced
- 1 medium yellow onion, thinly sliced
- 3 garlic cloves, minced
- 1 can (14 oz) diced tomatoes, drained
- 2 tbsp extra virgin olive oil
- 1 tsp dried oregano
- ½ tsp dried thyme
- ½ tsp smoked paprika
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper
- ½ cup shredded mozzarella cheese (optional for topping)

Optional Additions:

- ¼ cup Kalamata olives, pitted and halved
- 1 tsp red chili flakes for heat
- 2 tbsp fresh parsley or basil, chopped, for garnish

Chicken and Zucchini Bake

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 35 MINS

Packed with heart-healthy olive oil, flavorful herbs, and fresh vegetables, this chicken and zucchini bake has a Mediterranean flair. This is a simple, wholesome, and flavorful one-dish supper.

INSTRUCTIONS:

Get the ingredients ready:

- Set the oven temperature to 375°F (190°C). Lightly coat a 9 x 13-inch baking dish with olive oil.
- Add the bell pepper, onion, garlic, diced tomatoes, olive oil, oregano, thyme, smoked paprika, salt, pepper, and chicken pieces to a large mixing bowl. Until everything is coated evenly, toss.

Put the Bake Together:

- Evenly distribute the mixture in the baking dish that has been prepared.
- For extra taste, you can optionally top with red chili flakes and Kalamata olives.
- Bake for twenty-five minutes after covering with aluminum foil.

Add the cheese (if desired):

- Take off the foil, evenly distribute the mozzarella cheese on top, and bake uncovered for another 10 minutes until the chicken is cooked through (internal temperature of 165°F or 74°C) and the cheese is melted and bubbling.

Serving Ideas:

- To help absorb the savory juices, serve with brown rice, quinoa, or whole-grain couscous on the side.
- Serve alongside a crisp green salad with a vinaigrette of lemon and olive oil.
- Top with a dollop of hummus or tzatziki for added Mediterranean flair.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 290
- Protein: 30 g
- Carbohydrates: 10 g
- Fats: 12 g
- - Saturated Fat: 3 g
- Fiber: 3 g
- Cholesterol: 75 mg
- Sodium: 450 mg
- Potassium: 650 mg

ADVANTAGES FOR HEALTH:

- Chicken: A lean protein that promotes fullness and muscle restoration.
- Zucchini: Rich in antioxidants, fiber, and vitamin C but low in calories.
- Olive Oil: Offers monounsaturated fats and improves the absorption of nutrients.
- Tomatoes: Rich in the potent antioxidant lycopene.
- Herbs & Spices: Incorporate a strong taste without adding extra calories or salt.



Chicken Tenders

Marinated in Yogurt

PREP TIME: 10 MINS
(+30 MINS TO MARINATE)

SERVING: 4

COOK TIME: 15 MINS

In this Mediterranean-flavoured recipe, chicken tenders are marinated in a creamy yogurt mixture with lemon, garlic, and aromatic herbs. The marinade tenderizes the chicken, resulting in juicy, savory, and delectable tenders that are simple to prepare.

INSTRUCTIONS:

Get the marinade ready:

- Whisk the yogurt, lemon juice, lemon zest, cumin (if using), smoked paprika, oregano, garlic, and salt and pepper in a medium bowl.

Let the chicken marinate:

- Toss the chicken tenders in the basin until the marinade is evenly distributed.
- To achieve a richer flavor, cover, and chill for at least 30 minutes or up to 4 hours.

Prepare the chicken:

- Heat one tablespoon of olive oil over medium-high heat in a large skillet or grill pan.
- Remove the chicken tenders from the marinade and allow any extra to fall off.
- Cook until the internal temperature reaches 165°F (74°C) and the chicken is golden brown, 3–4 minutes per side.

Serving Ideas:

- Present the dish alongside roasted asparagus, bell peppers, or zucchini.
- Serve alongside a Greek salad consisting of feta, tomatoes, cucumbers, and red onions.
- For a full meal, serve with whole-grain pita bread, quinoa, or couscous.

INGREDIENTS:

For the Marinade:

- ½ cup plain Greek yogurt
- 2 tbsp fresh lemon juice
- 1 tsp lemon zest
- 2 garlic cloves, minced
- 1 tsp dried oregano (or 2 tsp fresh oregano, chopped)
- ½ tsp smoked paprika
- ½ tsp ground cumin (optional, for extra depth)
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

For the Chicken:

- 1½ lbs chicken tenders
- 1 tbsp extra virgin olive oil

Optional Additions:

- ½ tsp red chili flakes for heat.
- 1 tbsp fresh parsley, chopped, for garnish.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 210
- Protein: 28 g
- Carbohydrates: 3 g
- Fats: 9 g
- - Saturated Fat: 2 g
- Fiber: 0 g
- Cholesterol: 75 mg
- Sodium: 360 mg
- Potassium: 450 mg

ADVANTAGES FOR HEALTH:

- Chicken Tenders: A lean protein that promotes fullness and muscle regeneration.
- Greek yogurt: Enhances digestive health by adding probiotics, protein, and creaminess.
- Lemon Juice and Zest: Offer vitamin C and a zesty, vibrant taste.
- Olive Oil: Improves cooking and provides heart-healthy monounsaturated fats.
- Use herbs and spices to provide intense flavors without consuming more sodium or calories.



Meat



Lamb Kofta

with Tzatziki

PREP TIME: 20 MINS

SERVING: 4

COOK TIME: 15 MINS

This recipe, with a Mediterranean flair, features spiced lamb koftas served with a cool homemade tzatziki sauce. It's tasty, nutritious, and ideal for a meal or as a component of a mezze platter.

INSTRUCTIONS:

Get the tzatziki ready:

- Put the Greek yogurt, grated cucumber, lemon juice, olive oil, dill, garlic, and salt in a medium bowl. Stir thoroughly and keep chilled until serving time.

Get the lamb kofta mixture ready.

- Put the ground lamb, smoked paprika, cumin, coriander, cinnamon, salt, pepper, garlic, chopped onion, parsley, and mint (if using) in a big bowl. Using your hands or a spoon, thoroughly mix until everything is mixed.

Shape the Koftas:

- In order to form the koftas, divide the lamb mixture into eight equal parts. Form each part into an oval or tiny log that resembles a sausage.

Prepare the koftas:

- Add one tablespoon of olive oil to a skillet or grill pan that has been heated to medium-high heat.
- Cook until the koftas are cooked through (internal temperature of 160°F or 71°C) and browned on all sides, 3–4 minutes each side, flipping occasionally.

Serving Ideas:

- Present the lamb koftas beside the tzatziki sauce for dipping.
- Serve alongside a crisp tomato, cucumber, and red onion salad.
- Serve with quinoa or warm whole-grain pita bread for a complete Mediterranean dinner.

INGREDIENTS:

For the Lamb Kofta:

- 1 lb ground lamb
- 2 garlic cloves, minced
- ½ small onion, finely grated
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh mint, chopped (optional)
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp smoked paprika
- ½ tsp ground cinnamon
- 1 tsp sea salt
- ¼ tsp freshly ground black pepper
- 1 tbsp extra virgin olive oil (for cooking)

For the Tzatziki Sauce:

- 1 cup plain Greek yogurt
- ½ medium cucumber, finely grated and squeezed to remove excess water
- 1 garlic clove, minced
- 1 tbsp fresh dill, chopped
- 1 tbsp fresh lemon juice
- 1 tbsp extra virgin olive oil
- ¼ tsp sea salt

Optional Additions:

- 1 tsp red chili flakes in the kofta for heat.
- 1 tbsp tahini in the tzatziki for creaminess.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 310
- Protein: 23 g
- Carbohydrates: 6 g
- Fats: 22 g
- - Saturated Fat: 8 g
- Fiber: 1 g
- Cholesterol: 75 mg
- Sodium: 420 mg
- Potassium: 350 mg

ADVANTAGES FOR HEALTH:

- Lamb: An excellent zinc, B vitamins, and high-quality protein source.
- Greek yogurt: Packed with calcium, protein, and probiotics, it promotes bone and intestinal health.
- Olive Oil: Offers antioxidants and heart-healthy monounsaturated fats.
- Fresh Herbs: Enhance flavor and add antioxidants without extra salt or calories.
- Cucumber: Rich in vitamins A and K and hydrating.



Moussaka

with Beef and Eggplant

PREP TIME: 30 MINS

SERVING: 6

COOK TIME: 50 MINS

A healthier version of a traditional dish, this Mediterranean-inspired moussaka combines flavorful spiced beef, tender roasted eggplant, and a creamy yogurt-based topping. It is full of flavor and ideal for dinner.

INSTRUCTIONS:

Get the eggplant ready:

- Set the oven's temperature to 400°F or 200°C. Put parchment paper on a baking pan.
- Place the slices of eggplant on the baking sheet. Season with salt and pepper and drizzle with olive oil on both sides.
- Roast until soft and gently browned, turning halfway through 20 minutes.

Get the beef filling ready:

- Turn the heat up to medium in a big skillet. Cook the ground beef for five to seven minutes or until it is browned.
- Cook the garlic and onion for three minutes or until tender.
- Add the chopped tomatoes, tomato paste, smoked paprika, oregano, cinnamon, allspice, salt, and pepper. Simmer until thickened, about 10 minutes.

Get the yogurt topping ready:

- Combine the Greek yogurt, eggs, Parmesan cheese, salt, and nutmeg in a medium bowl and whisk until smooth.

Put the Moussaka together:

- Reduce the oven temperature to 375°F (190°C).
- Arrange half of the roasted eggplant pieces in a 9 x 13-inch baking dish.
- Evenly cover the eggplant with the beef filling.
- Cover with a second layer of eggplant slices.
- Using a spatula, evenly distribute the yogurt topping over the eggplant.

Bake the Moussaka:

- To make the Moussaka, preheat the oven and bake it for 30 minutes or until the top is brown.
- Allow it to cool for ten minutes before slicing and serving.

Serving Ideas:

- Serve with a straightforward green salad with olive oil and lemon.
- Serve with a small serving of couscous or whole-grain toast.
- Top with a dollop of hummus or tzatziki to add even more Mediterranean flavor.

INGREDIENTS:

For the Eggplant:

- 2 large eggplants, sliced into ½-inch rounds
- 2 tbsp extra virgin olive oil
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- For the Beef Filling:
- 1 lb lean ground beef
- 1 medium onion, finely chopped
- 3 garlic cloves, minced
- 1 can (14 oz) diced tomatoes, drained
- 2 tbsp tomato paste
- 1 tsp ground cinnamon
- 1 tsp ground allspice (optional)
- 1 tsp dried oregano
- ½ tsp smoked paprika
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- For the Yogurt Topping:
- 1½ cups plain Greek yogurt
- 2 large eggs
- ¼ cup grated Parmesan cheese
- ¼ tsp nutmeg
- ¼ tsp sea salt

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 320
- Protein: 24 g
- Carbohydrates: 15 g
- Fats: 17 g
- - Saturated Fat: 5 g
- Fiber: 5 g
- Cholesterol: 90 mg
- Sodium: 450 mg
- Potassium: 680 mg

ADVANTAGES FOR HEALTH:

- Eggplant: A strong source of antioxidants, high in fiber, and low in calories.
- Lean Beef: Offers B vitamins, iron, and protein.
- Greek yogurt: Promotes digestive health while adding protein and creaminess.
- Olive Oil: Adds flavor to roasted eggplant and provides heart-healthy monounsaturated fats.
- Tomatoes: Packed with lycopene, which promotes skin and heart health.



Lamb chops

on the grill with rosemary

PREP TIME: 15 MINS
(+30 MINS TO MARINATE)

SERVING: 4

COOK TIME: 10 MINS

Tender lamb chops marinated in olive oil, garlic, lemon, and rosemary are the star of this Mediterranean-inspired dish, which is then expertly grilled. It's a straightforward but tasty recipe that tastes great with crisp sides.

INSTRUCTIONS:

Get the marinade ready:

- In a small bowl, combine the olive oil, lemon juice, lemon zest, garlic, rosemary, salt, and pepper
- Toss in chili flakes or Dijon mustard optionally for extra taste.

Let the lamb chops marinate:

- Put the lamb chops in a shallow dish or a large plastic bag that can be sealed. Make sure the chops are evenly coated after pouring the marinade over them.
- Cover and chill for at least 30 minutes or up to 4 hours for a more intense flavor.

Preheat the Grill:

- Turn the heat to medium-high on your grill or grill pan. To keep the grates from sticking, lightly oil them.

Put the lamb chops on a grill:

- Take the lamb chops from the marinade and let any extra fall off.
- To get medium-rare doneness, grill the chops on each side for 3–4 minutes or cook them for however long. (For medium-rare, the internal temperature should be 145°F/63°C; for medium, it should be 160°F/71°C.)

Rest the Lamb Chops:

- Place the grilled lamb chops on a tray and leave them there for five minutes to preserve their fluids.

Serving Ideas:

- Include serving it with roasted asparagus, eggplant, or zucchini on the side.
- Serve with feta, tomatoes, and cucumbers in a basic Greek salad.
- For a full Mediterranean supper, include a portion of whole-grain bread, quinoa, or couscous.

INGREDIENTS:

For the Lamb Chops:

- 8 lamb chops (about 1 inch thick, 2 lbs total)
- 3 tbsp extra virgin olive oil
- 2 tbsp fresh rosemary leaves, finely chopped
- 2 garlic cloves, minced
- 2 tbsp fresh lemon juice
- 1 tsp lemon zest
- 1 tsp sea salt
- ½ tsp freshly ground black pepper

Optional Additions:

- 1 tsp Dijon mustard in the marinade for a tangy kick.
- ½ tsp red chili flakes for a hint of heat.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 290
- Protein: 27 g
- Carbohydrates: 1 g
- Fats: 19 g
- - Saturated Fat: 6 g
- Fiber: 0 g
- Cholesterol: 90 mg
- Sodium: 330 mg
- Potassium: 400 mg

ADVANTAGES FOR HEALTH:

- **Lamb:** A premium protein heavy in iron, zinc, and B vitamins.
- **Olive Oil:** Offers antioxidants and heart-healthy monounsaturated fats.
- **Rosemary:** Offers a strong taste and anti-inflammatory properties.
- **Lemon:** Rich in vitamin C, it adds acidic freshness to the meal.
- **Garlic:** renowned for its heart-healthy and immune-boosting qualities.



Meatballs

with Beef in Tomato Sauce

PREP TIME: 20 MINS

SERVING: 4

COOK TIME: 35 MINS

In this Mediterranean-flavoured recipe, tender beef meatballs are cooked in a flavorful tomato sauce flavored with garlic, herbs, and olive oil. It's a tasty, nutritious dish that works well for any occasion.

INSTRUCTIONS:

Get the meatballs ready:

- Put the ground beef, breadcrumbs, egg, Parmesan cheese, garlic, parsley, oregano, salt, and pepper in a big bowl. To keep the meatballs soft, do not overmix; just mix until completely incorporated.
- Form the mixture into 16 meatballs, each about 1 inch in size, and arrange them on a platter.

Prepare the meatballs:

- Heat one tablespoon of olive oil over medium heat in a large skillet.
- Arrange meatballs in a single layer and heat until browned on all sides, rotating occasionally, 4–5 minutes. (They don't have to be cooked all the way through.) After taking the meatballs out of the skillet, place them aside.

Get the tomato sauce ready:

- Place the chopped onion and one tablespoon of olive oil in the same skillet. Sauté until softened, 3–4 minutes.
- Cook the garlic for one minute until it becomes aromatic.
- Add the smoked paprika (if using), crushed tomatoes, broth, oregano, basil, salt, and pepper. Heat the sauce until it simmers.

Simmer the Meatballs:

- Put the meatballs back in the skillet and nestle them into the liquid to simmer them.
- Cover and cook over low heat, stirring periodically, for 20 to 25 minutes, or until the meatballs are cooked and the flavors combine.

Serving Ideas:

- Serve over couscous, zucchini noodles, or whole-grain spaghetti.
- Serve with a simple arugula salad dressed with lemon vinaigrette or a side of steaming vegetables.
- As a garnish, add some fresh basil and Parmesan cheese.

INGREDIENTS:

For the Meatballs:

- 1 lb lean ground beef
- ¼ cup plain breadcrumbs (or whole-grain breadcrumbs)
- 2 tbsp grated Parmesan cheese
- 1 egg, beaten
- 2 garlic cloves, minced
- 1 tbsp fresh parsley, chopped (or 1 tsp dried parsley)
- ½ tsp dried oregano
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

For the Tomato Sauce:

- 2 tbsp extra virgin olive oil
- 1 small onion, finely chopped
- 3 garlic cloves, minced
- 1 can (14 oz) crushed tomatoes
- ½ cup low-sodium chicken or vegetable broth
- 1 tsp dried basil (or 1 tbsp fresh basil, chopped)
- 1 tsp dried oregano
- ½ tsp smoked paprika (optional)
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 280
- Protein: 24 g
- Carbohydrates: 10 g
- Fats: 15 g
- - Saturated Fat: 4.5 g
- Fiber: 2 g
- Cholesterol: 80 mg
- Sodium: 400 mg
- Potassium: 550 mg

ADVANTAGES FOR HEALTH:

- Lean ground beef: An excellent source of iron, B vitamins, and high-quality protein.
- Tomatoes: Rich in the antioxidant lycopene promotes heart health.
- Olive Oil: Offers antioxidants and heart-healthy monounsaturated fats.
- Herbs and garlic: They provide taste and anti-inflammatory qualities without adding extra calories.
- Low Sodium: Makes use of fresh ingredients to maximize flavor and reduce salt content.



Slow-Cooked Lamb Shanks with Vegetables

PREP TIME: 20 MINS

SERVING: 4

COOK TIME: 3 HOURS

In this Mediterranean-flavoured recipe, tender, fall-off-the-bone lamb shanks are simmered in a rich tomato-based sauce with flavorful herbs and nourishing veggies. It's a hearty, nutritious dish ideal for a memorable evening.

INSTRUCTIONS:

Get the lamb shanks ready:

- Use paper towels to pat dry the lamb shanks. Add salt and pepper for seasoning.
- Heat two tablespoons of olive oil over medium-high heat in a large Dutch oven or ovenproof pot.
- Sear the lamb shanks on each side for two to three minutes or until golden brown. Take out and put aside.

Get the Braising Liquid ready:

- Put the celery, carrots, and onion in the same pot. Sauté until softened, 5 to 7 minutes.
- Add the garlic and sauté until fragrant, about 1 minute.
- Include chopped tomatoes, broth, red wine (if using), cumin, oregano, bay leaf, rosemary, smoked paprika, and tomato paste. Mix to blend.

Mix and cook:

- Nestle the lamb shanks back into the vegetable mixture in the pot.
- Cover the saucepan with a lid after bringing the liquid to a mild boil.
- Lower the heat to a simmer for two and a half to three hours or until the lamb is soft and easily separates from the bone. (Alternatively, cook the covered pot for the same length in an oven warmed to 325°F (165°C).)

Finish and Serve:

- Remove the rosemary sprigs and bay leaf to finish and serve. If necessary, add more salt and pepper to adjust the seasoning.
- Before serving, garnish with fresh parsley.

Serving Ideas:

- To mop up the tasty sauce, serve with crusty whole-grain bread, quinoa, or whole-grain couscous on the side.
- Serve alongside a straightforward arugula salad dressed with lemon vinaigrette.
- To make it creamier, add a dollop of Greek yogurt.

INGREDIENTS:

For the Lamb Shanks:

- 4 lamb shanks (about 3 lbs total)
- 2 tbsp extra virgin olive oil
- 1 tsp sea salt
- ½ tsp freshly ground black pepper

For the Braising Liquid:

- 1 large onion, diced
- 3 garlic cloves, minced
- 2 medium carrots, diced
- 2 celery stalks, diced
- 1 can (14 oz) diced tomatoes, with juices
- 1 cup low-sodium chicken or vegetable broth
- ½ cup dry red wine (optional, for depth of flavor)
- 1 tbsp tomato paste
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1 bay leaf
- 2 sprigs fresh rosemary
- 2 tbsp fresh parsley, chopped (for garnish)

Optional Additions:

- 1 cup cubed butternut squash or potatoes for added heartiness.
- 1 tsp red chili flakes for a hint of spice.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 430
- Protein: 38 g
- Carbohydrates: 15 g
- Fats: 22 g
- - Saturated Fat: 6 g
- Fiber: 3 g
- Cholesterol: 115 mg
- Sodium: 480 mg
- Potassium: 680 mg

ADVANTAGES FOR HEALTH:

- Lamb Shanks: Offer superior protein, B vitamins, and zinc.
- Vegetables: To promote heart and intestinal health, include fiber, vitamins, and antioxidants.
- Olive Oil: Adds taste and heart-healthy monounsaturated fats.
- Tomatoes: Packed with the potent antioxidant lycopene.
- Spices and herbs: Provide potent tastes and anti-inflammatory qualities.



Stuffed Peppers

with Beef and Lentils

PREP TIME: 20 MINS

SERVING: 4

COOK TIME: 45 MINS

Bell peppers filled with a tasty blend of lean meat, lentils, veggies, and herbs are cooked to perfection in this Mediterranean-flavoured recipe. It's a filling, nutrient-rich, and simple dish to make.

INSTRUCTIONS:

Get the peppers ready:

- Set the oven temperature to 375°F (190°C).
- Apply a thin layer of olive oil to the bell peppers' outside and interior. Could you put them in a baking dish upright?

Get the filling ready:

- Heat one tablespoon of olive oil over medium heat in a skillet. Sauté the onion for three to four minutes or until it becomes tender.
- Cook for a further minute after adding the garlic.
- Add the ground beef and simmer for around five minutes, breaking it up with a spoon as it browns.
- Add the smoked paprika, cumin, oregano, diced tomatoes, tomato paste, cooked lentils, salt, and pepper. Cook for five minutes to let the flavors combine.
- Add the cooked brown rice or quinoa, if using, and taste to adjust flavor.

Fill the peppers:

- Press down to pack the filling into the bell peppers after spooning it in evenly.
- Top with crumbled feta cheese if you'd like.

Put the peppers in the oven:

- Bake the baking dish for half an hour after covering it with foil.
- After removing the foil, roast the peppers for ten to fifteen more minutes or until they are soft and have a little burn on the edges.

Serving Ideas:

- Include a simple cucumber and tomato salad or mixed greens.
- For an extra touch of Mediterranean flair, serve with a dollop of hummus or tzatziki.
- Add some fresh parsley or dill as a garnish for taste and color.

INGREDIENTS:

For the Peppers:

- 4 large bell peppers (any color), tops cut off and seeds removed
- 1 tbsp olive oil (for brushing)

For the Filling:

- 1 tbsp olive oil
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- ½ lb lean ground beef
- 1 cup cooked lentils (green or brown)
- 1 can (14 oz) diced tomatoes, drained
- 2 tbsp tomato paste
- 1 tsp smoked paprika
- 1 tsp ground cumin
- ½ tsp dried oregano
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper
- ½ cup cooked quinoa or brown rice (optional, for added texture)

Optional Additions:

- ¼ cup crumbled feta cheese for topping.
- 1 tsp red chili flakes for a hint of spice.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 290
- Protein: 23 g
- Carbohydrates: 24 g
- Fats: 10 g
- - Saturated Fat: 3 g
- Fiber: 8 g
- Cholesterol: 45 mg
- Sodium: 450 mg
- Potassium: 700 mg

ADVANTAGES FOR HEALTH:

- Bell peppers: Rich in fiber, antioxidants, and vitamins A and C.
- Ground Beef: Offers iron, B vitamins, and lean protein.
- Lentils: Packed in plant-based protein, fiber, and vital minerals like magnesium and folate.
- Olive Oil: Enhances flavor and adds heart-healthy fats.
- Spices and Herbs: Reduce the need for additional salt while adding antioxidants and a strong flavor.



Rice Pilaf

with Spiced Lamb

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 40 MINS

Tender, seasoned lamb is combined with aromatic basmati rice, veggies, and a mixture of toasty spices in this dish with a Mediterranean flair. It's a filling, tasty, and nutritious one-pot supper.

INSTRUCTIONS:

Prepare the lamb:

- Heat the olive oil over medium heat in a large Dutch oven or skillet.
- Add the onion and cook until it softens, 3 to 4 minutes.
- Cook for a further minute after adding the garlic.
- Add the ground lamb and simmer for 5 to 7 minutes, breaking it up with a spoon, until it is browned.
- Add the smoked paprika, cinnamon, cumin, coriander, salt, and pepper and stir. Cook until aromatic, 1 to 2 minutes. After taking the lamb out of the skillet, place it aside.

Get the rice pilaf ready:

- Add the rice and toast to the same skillet and cook for one to two minutes.
- Add the tomato paste, bay leaf, oregano, peas, broth, and chopped carrot. Reduce heat to low after bringing to a boil.
- Add the cooked lamb back to the skillet, swirling to mix, and simmer for 20 minutes, or until the rice is soft and the liquid has been absorbed.

Complete the Dish:

- Take the pilaf off the stove and cover it for five minutes. Throw away the bay leaf.
- Use a fork to fluff the pilaf and, if using, sprinkle it with dill, fresh parsley, and sliced almonds.

Serving Ideas:

- For extra creaminess, serve with tzatziki or Greek yogurt on the side.
- Serve alongside a straightforward tomato and cucumber salad with lemon and olive oil.
- Add warm pita bread or whole-grain flatbread for a whole Mediterranean supper.

INGREDIENTS:

For the Lamb:

- 1 lb ground lamb
- 1 tbsp olive oil
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp ground cinnamon
- ½ tsp smoked paprika
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper

For the Rice Pilaf:

- 1 cup basmati rice, rinsed and drained
- 2 cups low-sodium chicken or vegetable broth
- 1 medium carrot, finely diced
- ½ cup frozen peas
- 2 tbsp tomato paste
- 1 bay leaf
- 1 tsp dried oregano

Optional Garnishes:

- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh dill, chopped (optional)
- 2 tbsp slivered almonds, toasted (optional)

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 380
- Protein: 23 g
- Carbohydrates: 40 g
- Fats: 14 g
- - Saturated Fat: 4 g
- Fiber: 4 g
- Cholesterol: 60 mg
- Sodium: 480 mg
- Potassium: 620 mg

ADVANTAGES FOR HEALTH:

- **Lamb:** Supports immune system function and muscle regeneration by providing high-quality protein, iron, and zinc.
- **Basmati Rice:** Rich in complex carbs, it provides long-lasting energy.
- **Vegetables:** Include antioxidants, minerals, and fiber.
- **Olive Oil:** Adds taste and heart-healthy monounsaturated fats.
- **Spices:** They have anti-inflammatory properties and add depth and warmth.



Herb-Crusted Pork Tenderloin

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 25 MINS

Cooked to juicy perfection, this pork tenderloin with a Mediterranean flair has a fragrant herb crust made with garlic, olive oil, and fresh herbs. It's a tasty, protein-rich main course that's also simple.

INSTRUCTIONS:

Prepare the lamb:

- Heat the olive oil over medium heat in a large Dutch oven or skillet.
- Add the onion and cook until it softens, 3 to 4 minutes.
- Cook for a further minute after adding the garlic.
- Add the ground lamb and simmer for 5 to 7 minutes, breaking it up with a spoon, until it is browned.
- Add the smoked paprika, cinnamon, cumin, coriander, salt, and pepper and stir. Cook until aromatic, 1 to 2 minutes. After taking the lamb out of the skillet, place it aside.

Get the rice pilaf ready:

- Add the rice and toast to the same skillet and cook for one to two minutes.
- Add the tomato paste, bay leaf, oregano, peas, broth, and chopped carrot. Reduce heat to low after bringing to a boil.
- Add the cooked lamb back to the skillet, swirling to mix, and simmer for 20 minutes, or until the rice is soft and the liquid has been absorbed.

Complete the Dish:

- Take the pilaf off the stove and cover it for five minutes. Throw away the bay leaf.
- Use a fork to fluff the pilaf and, if using, sprinkle it with dill, fresh parsley, and sliced almonds.

Serving Ideas:

- For extra creaminess, serve with tzatziki or Greek yogurt on the side.
- Serve alongside a straightforward tomato and cucumber salad with lemon and olive oil.
- Add warm pita bread or whole-grain flatbread for a whole Mediterranean supper.

INGREDIENTS:

For the Herb Crust:

- 2 tbsp extra virgin olive oil
- 3 garlic cloves, minced
- 1 tbsp fresh rosemary, finely chopped
- 1 tbsp fresh thyme, finely chopped
- 1 tbsp fresh parsley, finely chopped
- 1 tsp Dijon mustard
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

For the Pork:

- 1½ lbs pork tenderloin, trimmed of excess fat
- 1 tbsp olive oil (for searing)

Optional Additions:

- 1 tsp smoked paprika for a smoky flavor.
- ½ tsp red chili flakes for a touch of heat.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 220
- Protein: 28 g
- Carbohydrates: 2 g
- Fats: 11 g
- - Saturated Fat: 2 g
- Fiber: 0 g
- Cholesterol: 75 mg
- Sodium: 300 mg
- Potassium: 450 mg

ADVANTAGES FOR HEALTH:

- Pork tenderloin: A lean protein high in essential minerals and vitamins, such as B vitamins and zinc.
- Adds heart-healthy monounsaturated fats, such as olive oil.
- Fresh Herbs: Packed with phytonutrients and antioxidants for taste and health advantages.
- Garlic: Well-known for its anti-inflammatory and immune-boosting qualities.
- Low Sodium: Uses herbs and spices instead of too much salt to add taste.



Beef Kebabs

with Mint Yogurt Sauce

PREP TIME: 20 MINS
(+ 30 MINS FOR MARINATING)

SERVING: 4

COOK TIME: 15 MINS

Cooked to juicy perfection, this pork tenderloin with a Mediterranean flair has a fragrant herb crust made with garlic, olive oil, and fresh herbs. It's a tasty, protein-rich main course that's also simple.

INSTRUCTIONS:

Get the beef mixture ready.

- Put the ground beef, smoked paprika, coriander, cumin, garlic, shredded onion, parsley, salt, and pepper in a big bowl. Don't overmix; mix until incorporated.
- Form each of the eight equal sections of the mixture into a sausage-like log and wrap it around a skewer.

Marinate the Kebabs:

- To marinate the kebabs, first lightly coat the formed kebabs with olive oil.
- Cover and chill for at least half an hour to allow the flavors to mingle.

Get the Mint Yogurt Sauce ready:

- Combine the Greek yogurt, mint, lemon juice, garlic, and salt in a small bowl. Keep chilled until you're ready to serve.

Prepare the kebabs:

- Set the grill's temperature to medium-high. The kebabs should be browned and cooked after 3–4 minutes on each side of the grill, rotating them to provide even cooking (internal temperature of 160°F/71°C).
- To cook in an oven, preheat it to 400°F (200°C). The kebabs should be cooked through after 12 to 15 minutes of baking on a prepared baking sheet, with a halfway turn.

Serving Ideas:

- Accompany the kebabs with cherry tomatoes, fresh cucumber slices, and warm whole-grain pita bread.
- For a full dinner, serve with couscous salad or quinoa.
- For extra freshness, garnish with lemon wedges and additional mint leaves.

INGREDIENTS:

For the Beef Kebabs:

- 1 lb ground beef (85% lean)
- 2 garlic cloves, minced
- 1 small onion, finely grated
- 2 tbsp fresh parsley, finely chopped
- 1 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp ground coriander
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- 1 tbsp olive oil

For the Mint Yogurt Sauce:

- 1 cup plain Greek yogurt
- 2 tbsp fresh mint leaves, finely chopped
- 1 tbsp fresh lemon juice
- 1 garlic clove, minced
- ½ tsp sea salt

Optional Additions:

- 1 tsp red chili flakes in the kebabs for spice.
- 1 tsp ground cinnamon in the kebabs for depth of flavor.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 280
- Protein: 26 g
- Carbohydrates: 6 g
- Fats: 16 g
- - Saturated Fat: 5 g
- Fiber: 1 g
- Cholesterol: 75 mg
- Sodium: 420 mg
- Potassium: 450 mg

ADVANTAGES FOR HEALTH:

- Beef: A great iron, zinc, and high-quality protein source.
- Greek yogurt: Rich in calcium, protein, and probiotics for healthy bones and guts.
- Mint: renowned for its anti-inflammatory and digestive qualities.
- Spices: Offer antioxidants, depth, and warmth.
- Low Sodium: Naturally enhances flavor with herbs and spices.



INGREDIENTS:

For the Burgers:

- 1 lb lean ground beef (90% lean)
- ½ cup crumbled feta cheese
- 1 small red onion, finely chopped
- 2 garlic cloves, minced
- 2 tbsp fresh parsley, chopped
- 1 tsp dried oregano
- ½ tsp ground cumin
- ½ tsp smoked paprika
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

For the Yogurt Sauce:

- ½ cup plain Greek yogurt
- 1 tbsp fresh lemon juice
- 1 tbsp fresh dill, chopped
- 1 garlic clove, minced
- ½ tsp sea salt

For Serving:

- 4 whole-grain burger buns or lettuce wraps
- 1 cup baby spinach or arugula
- 1 medium tomato, sliced
- ½ medium cucumber, thinly sliced

Optional Additions:

- 1 tsp red chili flakes in the burger mix for spice.
- 1 tbsp olive tapenade as a topping.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 360
- Protein: 28 g
- Carbohydrates: 28 g
- Fats: 15 g
- - Saturated Fat: 6 g
- Fiber: 5 g
- Cholesterol: 75 mg
- Sodium: 480 mg
- Potassium: 450 mg

Mediterranean-Style Burgers with Feta

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 15 MINS

These burgers have a Mediterranean flair and are loaded with fresh herbs, lean ground beef, and creamy feta cheese. They provide a nutritious take on a traditional dish and are served with fresh toppings and a tasty yogurt sauce.

INSTRUCTIONS:

Get the burgers ready:

- Put the ground beef, feta cheese, red onion, cumin, smoked paprika, parsley, oregano, garlic, salt, and pepper in a big mixing bowl. Gently stir until just blended. Avoid overmixing.
- Form the ingredients into burger patties after dividing them into four equal halves.

Get the yogurt sauce ready.

- Combine the Greek yogurt, lemon juice, garlic, dill, and salt in a small bowl. Chill until ready to serve.

Prepare the burgers:

- Turn the heat to medium-high in a skillet or grill pan. Apply a thin layer of olive oil.
- Cook the burgers until the internal temperature reaches 160°F (71°C), about 4–5 minutes per side.

Put the Burgers Together:

- If preferred, toast the burger buns.
- Cover the bottom half of each bun with a layer of yogurt sauce.
- Include a cooked burger patty, tomato slices, cucumber slices, and spinach or arugula.
- Place the bun's top half and add yogurt sauce on top.

Serving Ideas:

- Serving suggestions include a simple Mediterranean salad or sweet potato fries on the side.
- Serve with raw vegetables and hummus on the side for a healthy, light supper.
- Add more feta or a dollop of tzatziki for a deeper taste.

ADVANTAGES FOR HEALTH:

- Lean ground beef: Offers iron, B vitamins, and high-quality protein.
- Feta Cheese: Compared to other cheeses, it has less fat and adds smoothness.
- Greek yogurt: Packed with probiotics and protein, it helps maintain digestive health.
- Whole-Grain Buns: Rich in fiber, they support satiety and heart health.
- Fresh Vegetables: Rich in antioxidants, vitamins, and minerals.



Satisfying Main Courses



Stuffed Bell Peppers

with Quinoa and Herbs

PREP TIME: 20 MINS

SERVING: 4

COOK TIME: 35 MINS

These colorful stuffed bell peppers are filled with a nutritious blend of quinoa, veggies, and Mediterranean herbs. They are a tasty, healthy, filling dish that goes well with any meal.

INSTRUCTIONS:

Get the peppers ready:

- Set the oven temperature to 375°F (190°C).
- Apply olive oil to the bell peppers' exterior and interior. Could you put them in a baking dish upright?

Get the filling ready:

- The cooked quinoa, cherry tomatoes, zucchini, red onion, garlic, olives, feta cheese, parsley, dill, oregano, olive oil, salt, and pepper should all be combined in a big bowl. Mix thoroughly to blend.
- Taste and adjust seasoning, adding pine nuts or chili flakes if preferred.

Fill the peppers:

- Gently push the quinoa mixture into the bell peppers with a spoon to ensure it is equally distributed.
- Top each stuffed pepper with a bit more feta cheese if you'd like.

Put the peppers in the oven:

- Bake the baking dish for twenty-five minutes after covering it with foil.
- After removing the foil, roast the peppers for ten to fifteen more minutes or until they are soft and have a little burn on the edges.

Serving Ideas:

- For extra creaminess, serve with tzatziki or Greek yogurt on the side.
- Serve alongside roasted veggies or a simple green salad.
- For a full meal, serve with crusty bread or warm whole-grain pita.

INGREDIENTS:

For the Bell Peppers:

- 4 large bell peppers (any color), tops cut off and seeds removed
- 1 tbsp olive oil (for brushing)

For the Filling:

- 1 cup cooked quinoa
- ½ cup cherry tomatoes, diced
- 1 small zucchini, finely diced
- ½ medium red onion, finely chopped
- 2 garlic cloves, minced
- ¼ cup Kalamata olives, pitted and chopped
- ¼ cup crumbled feta cheese
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh dill, chopped (optional)
- 1 tsp dried oregano
- 1 tbsp olive oil
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

Optional Additions:

- 1 tsp red chili flakes for a hint of heat.
- 1 tbsp pine nuts, toasted, for added crunch.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 220
- Protein: 7 g
- Carbohydrates: 25 g
- Fats: 9 g
- - Saturated Fat: 2.5 g
- Fiber: 5 g
- Cholesterol: 10 mg
- Sodium: 350 mg
- Potassium: 620 mg

ADVANTAGES FOR HEALTH:

- Quinoa: Packed with fiber and essential amino acids, quinoa is a complete protein.
- Bell Peppers: Rich in antioxidants, fiber, and vitamin C.
- Feta Cheese: Unlike other cheeses, it has less fat and adds a hint of smoothness.
- Olive oil: Provides monounsaturated fats that are good for the heart.
- Fresh Herbs: They boost flavor and provide antioxidants without adding extra calories.



INGREDIENTS:

For the Eggplant:

- 2 medium eggplants, sliced into ½-inch rounds
- 1 tsp sea salt
- 1 cup whole-wheat breadcrumbs
- ½ cup grated Parmesan cheese
- 1 tsp dried oregano
- 1 tsp garlic powder
- 2 large eggs, beaten

For the Tomato Sauce:

- 2 tbsp olive oil
- 3 garlic cloves, minced
- 1 can (14 oz) crushed tomatoes
- 1 tsp dried basil (or 1 tbsp fresh basil, chopped)
- ½ tsp dried oregano
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

For Assembly:

- ½ cup shredded mozzarella cheese (optional)
- ¼ cup grated Parmesan cheese

Optional Additions:

- Red chili flakes for a spicy kick.
- Fresh parsley or basil for garnish.

Parmesan Eggplant Bake

PREP TIME: 20 MINS

SERVING: 4

COOK TIME: 40 MINS

With roasted eggplant slices, fresh tomato sauce, and a touch of Parmesan, this nutritious meal with a Mediterranean flair makes the traditional Eggplant Parmesan lighter. It's a delectable way to savor Mediterranean Diet delicacies.

INSTRUCTIONS:

Get the eggplant ready:

- Turn the oven on to 375°F, or 190°C. Put parchment paper on a baking pan.
- Arrange the eggplant slices in a single layer on a large cutting board. Sprinkle with salt to remove extra moisture and leave for 15 minutes. Pat dry with a paper towel.
- Combine the breadcrumbs, Parmesan cheese, oregano, and garlic powder in a shallow basin.
- After dipping each eggplant slice into the beaten eggs, coat each slice with the breadcrumb mixture. When ready, place the coated slices on the baking sheet.
- Bake until golden and tender, turning halfway through, 20 minutes.

Get the tomato sauce ready:

- Heat the olive oil in a skillet over medium heat while the eggplant bakes.
- Add the garlic and cook until fragrant, about 1 minute.
- Add the smashed tomatoes, oregano, basil, salt, and pepper and stir. To allow the flavors to blend, simmer for ten minutes.

Put the Dish Together:

- Lightly coat a 9 × 13-inch baking dish with tomato sauce.
- Cover the sauce with half of the roasted eggplant slices. Add more sauce over top, followed by Parmesan and mozzarella cheese.
- Continue with the remaining cheese, sauce, and eggplant slices.

Bake the eggplant parmesan:

- Bake for 15 to 20 minutes in a preheated oven or until the cheese is bubbling and melted.

Serving Ideas:

- Include a fresh green salad or whole-grain pasta on the side.
- For a full meal, serve with quinoa or warm whole-grain toast.
- Add some color and taste by garnishing with fresh parsley or basil.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 280
- Protein: 12 g
- Carbohydrates: 25 g
- Fats: 12 g
- - Saturated Fat: 4 g
- Fiber: 7 g
- Cholesterol: 60 mg
- Sodium: 550 mg
- Potassium: 720 mg

ADVANTAGES FOR HEALTH:

- Eggplant: High in fiber and antioxidants, low in calories.
- Tomato sauce: Rich in the potent antioxidant lycopene.
- Parmesan Cheese: Compared to other cheeses, it adds flavor while lowering the dish's fat content.
- Whole-Wheat Breadcrumbs: For a healthier breading choice, add fiber.
- Olive Oil: Flavor and nutrition absorption are improved by heart-healthy fats.



Zucchini Noodles

with Pesto and Cherry Tomatoes

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 5 MINS

Sweet cherry tomatoes, a colorful handmade pesto, and zucchini noodles come together in this light and refreshing Mediterranean-inspired recipe to create a nutritious and tasty lunch. Ideal for a fast dinner or lunch!

INSTRUCTIONS:

Get the pesto ready:

- 1. Put the basil leaves, pine nuts, garlic, Parmesan cheese, lemon juice, salt, and pepper in a food processor.
- 2. Pulse the items until they are minced finely.
- 3. Add the olive oil gradually while the food processor operates until the mixture is smooth. If necessary, change the seasoning.

Get the zucchini noodles ready:

- Heat one tablespoon of olive oil over medium heat in a large skillet.
- Sprinkle with sea salt and add the zucchini noodles.
- Sauté until al dente, or barely cooked but firm, 2 to 3 minutes, tossing often. To avoid sogginess, don't overcook.

Mix the pesto and noodles:

- Take the skillet off the burner and mix the prepared pesto into the warm zucchini noodles until they are equally coated.

Put the toppings on:

- Gently mix in the cherry tomatoes.
- If desired, top with toasted pine nuts and grated Parmesan cheese after transferring to serving cups.

Serving Ideas:

- For extra protein, serve with grilled chicken, shrimp, or fish on the side.
- For a whole Mediterranean supper, serve with a small Greek salad or a slice of whole-grain bread.
- Add some fresh basil leaves as a garnish to improve presentation and taste.

INGREDIENTS:

For the Zucchini Noodles:

- 4 medium zucchinis, spiralized into noodles
- 1 tbsp olive oil
- ½ tsp sea salt

For the Pesto:

- 2 cups fresh basil leaves
- ¼ cup pine nuts (or walnuts for a budget-friendly option)
- 1 garlic clove, minced
- ¼ cup grated Parmesan cheese
- ⅓ cup extra virgin olive oil
- 1 tbsp fresh lemon juice
- ¼ tsp sea salt
- ¼ tsp freshly ground black pepper

For the Toppings:

- 1 cup cherry tomatoes, halved
- 2 tbsp Parmesan cheese, grated (optional)
- 1 tbsp pine nuts, toasted (optional)

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 220
- Protein: 6 g
- Carbohydrates: 10 g
- Fats: 18 g
- Saturated Fat: 3 g
- Fiber: 3 g
- Cholesterol: 5 mg
- Sodium: 250 mg
- Potassium: 500 mg

ADVANTAGES FOR HEALTH:

- Zucchini noodles are a fantastic pasta substitute since they are low in calories, fiber, and water content.
- Basil Pesto: Packed with healthful fats from pine nuts, olive oil, and antioxidants.
- Cherry Tomatoes Offer a delicious, tart taste and vitamins C and A.
- Parmesan Cheese: Moderately enhances umami flavor.
- Olive Oil: A mainstay of the Mediterranean diet, it provides monounsaturated fats that are good for the heart.



Chickpea and Vegetable Stew

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 35 MINS

This substantial stew with a Mediterranean flair combines fresh veggies, protein-rich chickpeas, and toasty spices for a tasty and nourishing one-pot supper.

INSTRUCTIONS:

Get the base ready:

- Heat the olive oil over medium heat in a large pot or Dutch oven.
- Include the celery, carrots, and onion. Sauté until softened, 5 to 7 minutes.
- Add the garlic and sauté until fragrant, about 1 minute.

Add the spices and vegetables:

- Add the smoked paprika, coriander, oregano, cumin, red bell pepper, zucchini, salt, and pepper. Coat the vegetables in the spices by giving them a good stir.
- Cook until the vegetables soften, 3–4 minutes.

Bring the stew to a simmer:

- Include the vegetable broth, chickpeas, and diced tomatoes. Mix to blend.
- Reduce the heat to low after bringing the mixture to a boil. The vegetables should be soft after 20 minutes of simmering, covered, and stirring occasionally.
- Mix in the spinach or kale in the final five minutes of simmering.

Complete the Dish:

- Turn off the heat and add the lemon juice to the stew. Taste and adjust the seasoning.
- Before serving, garnish with fresh parsley.

Serving Ideas:

- Include a warm dipping pita or a whole-grain bread slice.
- For a heartier supper, serve with a side of couscous or quinoa.
- For extra creaminess, place a dollop of Greek yogurt on top.

INGREDIENTS:

For the Stew:

- 2 tbsp extra virgin olive oil
- 1 medium onion, diced
- 3 garlic cloves, minced
- 2 medium carrots, sliced
- 2 celery stalks, diced
- 1 medium zucchini, diced
- 1 medium red bell pepper, diced
- 1 can (14 oz) diced tomatoes, with juices
- 1 can (14 oz) chickpeas, drained and rinsed
- 2 cups low-sodium vegetable broth
- 1 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp ground coriander
- ½ tsp dried oregano
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper

Optional Additions:

- ½ tsp red chili flakes for heat.
- Chop 1 cup fresh spinach or kale and stir in at the end.

For Garnish:

- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh lemon juice

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 210
- Protein: 7 g
- Carbohydrates: 28 g
- Fats: 7 g
- - Saturated Fat: 1 g
- Fiber: 8 g
- Cholesterol: 0 mg
- Sodium: 320 mg
- Potassium: 650 mg

ADVANTAGES FOR HEALTH:

- Chickpeas: An excellent plant-based protein and fiber source that promotes heart and digestive health.
- Vegetables: Rich in antioxidants, vitamins, and minerals for general health.
- Olive Oil: Offers good fats that improve flavor and promote heart health.
- Spices: Without adding extra salt, add depth and anti-inflammatory qualities.
- Low Sodium: Less salt is used, and taste is derived from fresh foods and spices.



INGREDIENTS:

For the Pasta Shells:

- 16 jumbo pasta shells
- 1 tsp salt (for pasta water)

For the Filling:

- 2 cups fresh spinach, chopped (or 1 cup frozen spinach, thawed and drained)
- 1 cup ricotta cheese
- ½ cup grated Parmesan cheese
- 1 large egg
- 1 garlic clove, minced
- 1 tsp dried oregano
- ¼ tsp ground nutmeg (optional)
- ¼ tsp sea salt
- ¼ tsp freshly ground black pepper

For the Tomato Sauce:

- 2 tbsp olive oil
- 3 garlic cloves, minced
- 1 can (14 oz) crushed tomatoes
- 1 tsp dried basil (or 1 tbsp fresh basil, chopped)
- ½ tsp dried oregano
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

For Topping:

- ½ cup shredded mozzarella cheese (optional)
- 2 tbsp grated Parmesan cheese

Pasta Shells Stuffed

with Spinach and Ricotta

PREP TIME: 20 MINS

SERVING: 4

COOK TIME: 35 MINS

This recipe has a Mediterranean flair and consists of large pasta shells filled with a rich mixture of spinach and ricotta and baked in a tasty tomato sauce. It's a filling, healthy dish that's simple to make and appropriate for any setting.

INSTRUCTIONS:

Prepare the pasta shells by:

- Heat a big saucepan of water with salt until it boils. Add the pasta shells and simmer until al dente, as directed on the package. To end cooking, drain and rinse with cold water. Put aside.

Get the tomato sauce ready:

- In a saucepan, heat the olive oil over medium heat. Sauté the garlic for one minute till it becomes fragrant.
- Add the smashed tomatoes, oregano, basil, salt, and pepper and stir. Simmer, stirring periodically, for 10 minutes.

Get the filling ready:

- Add the spinach, ricotta cheese, Parmesan cheese, egg, nutmeg (if using), garlic, oregano, and salt and pepper to a mixing bowl. Stir until thoroughly blended.

Put the Dish Together:

- Turn the oven on to 375°F, or 190°C.
- Line the bottom of a 9 x 13-inch baking dish with half of the tomato sauce.
- Place the pasta shells in the baking dish over the tomato sauce after filling each one with one to two tablespoons of the ricotta-spinach mixture.
- Using a spoon, cover the packed shells with the leftover tomato sauce. If using, add Parmesan cheese and mozzarella.

Prepare the dish by baking it:

- Bake the dish for 20 minutes after covering it with foil.
- Take off the foil and continue baking for another ten to fifteen minutes or until the cheese is bubbling and melted.

Serving Ideas:

- Serve with a mixed green salad or fresh arugula seasoned with lemon and olive oil.
- For a full meal, serve with garlic toast or a slice of whole-grain bread.
- Add some color and taste by garnishing with fresh parsley or basil.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 310
- Protein: 15 g
- Carbohydrates: 30 g
- Fats: 14 g
- - Saturated Fat: 6 g
- Fiber: 3 g
- Cholesterol: 55 mg
- Sodium: 520 mg
- Potassium: 450 mg

ADVANTAGES FOR HEALTH:

- Spinach: Rich in antioxidants, calcium, and iron.
- Ricotta Cheese: Less fat than other cheeses; it offers protein and a creamy texture.
- Olive oil: Provides monounsaturated fats that are good for the heart.
- Tomatoes: Packed with the potent antioxidant lycopene.
- Whole Ingredients: A healthier dinner with fewer processed ingredients.



Moroccan Vegetable Tagine

PREP TIME: 20 MINS

SERVING: 4

COOK TIME: 40 MINS

Chickpeas, toasty spices, and various veggies are perfectly cooked in this substantial and fragrant Moroccan-inspired tagine, making it a satisfying and nutritious Mediterranean Diet dish.

INSTRUCTIONS:

Get the base ready:

- Heat the olive oil over medium heat in a large skillet, Dutch oven, or tagine pot.
- Add the onion and cook until it softens, 5 to 7 minutes.
- Add the garlic and sauté until fragrant, about 1 minute.

Add the spices and vegetables:

- Fill the saucepan with the bell pepper, sweet potato, zucchini, eggplant, and carrots. Add the garlic and olive oil and stir to coat.
- Add the turmeric, smoked paprika, cumin, coriander, cinnamon, salt, and pepper. Mix thoroughly to incorporate.

Simmer the tagine.

- Add the apricots, raisins, diced tomatoes, and vegetable broth and stir. Heat the mixture until it simmers.
- Cover and cook, turning periodically, over low heat for 30 minutes or until the veggies are soft and the flavors have blended well.

Add the Chickpeas:

- After stirring them in, boil the mixture uncovered for a further five to seven minutes, letting the liquid slightly decrease.

Serving Ideas:

- Present the tagine with brown rice, quinoa, or fluffy couscous.
- Serve with crusty bread or warm whole-grain pita on the side.
- Garnish with toasted almonds, parsley, and fresh cilantro for extra taste and texture.

INGREDIENTS:

For the Tagine:

- 2 tbsp olive oil
- 1 medium onion, finely chopped
- 3 garlic cloves, minced
- 2 medium carrots, sliced
- 1 medium zucchini, diced
- 1 medium eggplant, diced
- 1 medium red bell pepper, diced
- 1 medium sweet potato, peeled and diced
- 1 can (14 oz) chickpeas, drained and rinsed
- 1 can (14 oz) diced tomatoes, with juices
- 1 cup low-sodium vegetable broth
- ¼ cup dried apricots, chopped
- ¼ cup raisins

Spices:

- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground cinnamon
- ½ tsp smoked paprika
- ½ tsp turmeric
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- ¼ tsp red chili flakes (optional, for heat)

Garnishes:

- 2 tbsp fresh cilantro, chopped
- 1 tbsp fresh parsley, chopped
- 1 tbsp toasted slivered almonds (optional)

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 300
- Protein: 8 g
- Carbohydrates: 52 g
- Fats: 8 g
- - Saturated Fat: 1 g
- Fiber: 12 g
- Cholesterol: 0 mg
- Sodium: 380 mg
- Potassium: 950 mg

ADVANTAGES FOR HEALTH:

- Vegetables: Rich in vitamins, antioxidants, and fiber.
- Chickpeas: Offer fiber, plant-based protein, and vital minerals, including magnesium and folate.
- Olive oil: Good lipids for the heart that improve the absorption of nutrients.
- Dried Fruits: Provide a natural sweetness and increased fiber and potassium.
- Spices: Packed with antioxidants and anti-inflammatory properties, they improve taste and health.



INGREDIENTS:

For the Grilled Vegetables:

- 1 medium zucchini, sliced lengthwise into ¼-inch strips
- 1 medium red bell pepper, cut into strips
- 1 small eggplant, sliced into ¼-inch rounds
- 1 red onion, sliced into rings
- 2 tbsp olive oil
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- 1 tsp dried oregano

For the Wraps:

- 4 whole-grain tortillas or wraps
- ½ cup hummus (store-bought or homemade)
- 1 cup fresh spinach or arugula
- ½ cup cherry tomatoes, halved
- ¼ cup crumbled feta cheese (optional)

Optional Additions:

- 1 tbsp fresh basil or parsley, chopped
- 1 tsp red chili flakes for a spicy kick

Wraps with Grilled Vegetables and Hummus

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 15 MINS

These Mediterranean-inspired wraps are a healthy, tasty, and portable dinner. They are made with whole-grain tortillas, smokey grilled veggies, creamy hummus, and fresh herbs.

INSTRUCTIONS:

Get the vegetables ready:

- Turn the heat to medium-high on a grill or grill pan.
- Toss the bell pepper, eggplant, zucchini, and onion pieces with the olive oil, oregano, salt, and pepper in a big bowl.

Put the veggies on the grill:

- Arrange the vegetables in a single layer on the grill. Cook until soft and browned, 3 to 4 minutes per side.
- After taking the veggies off the grill, put them aside.

Put the Wraps Together:

- Place the tortillas on a spotless, flat surface. Cover each tortilla with a uniform layer of 2 tablespoons of hummus.
- Top the hummus with grilled veggies, cherry tomatoes, spinach or arugula, and feta cheese (if using).
- Top with red chili flakes and fresh parsley or basil if desired.

Wrap and Serve:

- Tightly roll each tortilla into a wrap after folding in the sides.
- Serve the wraps right away after cutting them in half diagonally.

Serving Ideas:

- For a whole Mediterranean supper, serve with a bowl of lentil soup or a side of Greek salad.
- Serve with additional hummus for dipping or a small bowl of tzatziki.
- For more protein, include falafel or grilled chicken.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 280
- Protein: 8 g
- Carbohydrates: 33 g
- Fats: 12 g
- - Saturated Fat: 2 g
- Fiber: 7 g
- Cholesterol: 5 mg
- Sodium: 390 mg
- Potassium: 600 mg

ADVANTAGES FOR HEALTH:

- Grilled vegetables: Rich in antioxidants, vitamins, and fiber.
- Hummus: Packed with plant-based fiber, healthy fats, and protein.
- Whole-Grain Tortillas: Offer fiber and complex carbs for long-lasting energy.
- Olive oil: Provides monounsaturated fats that are good for the heart.
- Spices and herbs: They improve taste and have anti-inflammatory properties.



INGREDIENTS:

For the Ratatouille:

- 2 tbsp olive oil
- 1 medium onion, diced
- 3 garlic cloves, minced
- 1 medium eggplant, diced into 1-inch cubes
- 1 medium zucchini, diced into 1-inch cubes
- 1 medium yellow squash, diced into 1-inch cubes
- 1 medium red bell pepper, diced
- 1 medium green bell pepper, diced
- 4 medium tomatoes, diced (or one can (14 oz) diced tomatoes, drained)
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper
- 1 tsp dried oregano
- 1 tsp dried thyme

Optional Additions:

- 1 tsp smoked paprika for a smoky flavor.
- ¼ tsp red chili flakes for a hint of heat.

For Garnish:

- ¼ cup fresh basil leaves, chopped
- 2 tbsp fresh parsley, chopped

Fresh Basil

in Ratatouille

PREP TIME: 20 MINS

SERVING: 4

COOK TIME: 40 MINS

A combination of fresh vegetables, herbs, and garlic is cooked in olive oil to create this Mediterranean-inspired ratatouille, a tasty and nutritious dish that goes well with any meal.

INSTRUCTIONS:

Get the base ready:

- Heat the olive oil over medium heat in a large Dutch oven or skillet.
- Add the onion and cook until it softens, 5 to 7 minutes.
- Add the garlic and sauté until fragrant, about 1 minute.

Include the vegetables:

- Cook, stirring periodically, for 5 minutes after adding the eggplant.
- Add the green bell pepper, red bell pepper, yellow squash, and zucchini. Cook for five more minutes.

Simmer the Ratatouille:

- To begin simmering the ratatouille, add the tomatoes, thyme, oregano, salt, and pepper. Mix thoroughly to blend.
- Lower the heat to low, cover, and simmer until the veggies are soft and the flavors combine, stirring periodically for 25 to 30 minutes.

Complete the Dish:

- Turn off the heat and add the parsley and fresh basil. If necessary, add more salt and pepper to adjust the seasoning.

Serving Ideas:

- For a full meal, serve overcooked brown rice, quinoa, or couscous.
- Serve alongside a crusty whole-grain bread slice.
- For extra richness, sprinkle crumbled feta or a dollop of Greek yogurt on top.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 150
- Protein: 3 g
- Carbohydrates: 17 g
- Fats: 8 g
- - Saturated Fat: 1 g
- Fiber: 5 g
- Cholesterol: 0 mg
- Sodium: 300 mg
- Potassium: 650 mg

ADVANTAGES FOR HEALTH:

- Vegetables: Rich in antioxidants, vitamins, and fiber for general health.
- Olive Oil: Enhances flavor and nutrient absorption by adding heart-healthy fats.
- Herbs: Naturally enhance the dish's flavor and offer antioxidants.
- Low Sodium: Seasons with herbs and fresh foods.
- Versatility: Fits various dietary requirements, such as gluten-free, vegan, and vegetarian.



Risotto

with mushrooms and Parmesan

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 35 MINS

Arborio rice, earthy mushrooms, and a hint of Parmesan cheese combine to create this creamy mushroom risotto with a Mediterranean flair. It's a nourishing and flavorful dish that is both soothing and nutritious.

INSTRUCTIONS:

Get the broth ready:

- Warm the vegetable broth over low heat in a small pot. Throughout the cooking process, keep it warm.

Prepare the mushrooms:

- Heat 1 tablespoon of olive oil over medium heat in a large skillet.
- Add the mushrooms and cook for 5 to 7 minutes, until they are golden brown and have released moisture. Put aside.

Make the base for the risotto:

- Melt the butter in a large skillet or pot over medium heat. Sauté the chopped onion for three to four minutes or until it becomes tender.
- Add the garlic and sauté until fragrant, about 1 minute.

Put the rice in:

- Pour the butter and onion mixture into the skillet and toss the Arborio rice to coat it. Toast, stirring often, for 2 minutes.
- Add the white wine (if using) and whisk continuously while cooking until it is mostly absorbed.

Simmer the Risotto:

- One ladle at a time, add the heated broth to the risotto while stirring continuously and letting it absorb before adding more. The rice should be creamy and tender but still slightly firm to the bite after 20 to 25 minutes of this process.

Mix the ingredients together:

- Add the parsley, Parmesan cheese, and sautéed mushrooms and stir. Stir thoroughly and add salt and pepper to taste.

Serving Ideas:

- Present the dish beside a crisp arugula salad dressed with lemon and olive oil.
- Serve with roasted veggies or a slice of whole-grain bread.
- For added taste, garnish with more Parmesan cheese and parsley.

INGREDIENTS:

For the Risotto:

- 1 tbsp olive oil
- 1 tbsp unsalted butter
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 1½ cups Arborio rice
- ½ cup dry white wine (optional, or substitute with vegetable broth)
- 4 cups low-sodium vegetable broth, warmed
- 1 lb mixed mushrooms (e.g., cremini, shiitake, or button), sliced
- ½ cup grated Parmesan cheese
- 1 tbsp fresh parsley, chopped

Optional Additions:

- 1 tsp dried thyme or fresh thyme leaves for an earthy note.
- ½ tsp red chili flakes for a hint of spice.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 330
- Protein: 10 g
- Carbohydrates: 46 g
- Fats: 10 g
- - Saturated Fat: 4 g
- Fiber: 3 g
- Cholesterol: 15 mg
- Sodium: 350 mg
- Potassium: 650 mg

ADVANTAGES FOR HEALTH:

- Mushrooms: Packed with antioxidants and B vitamins, and low in calories.
- Arborio Rice: Offers a creamy feel without being overly creamy and provides carbs for energy.
- Olive Oil: Enhances flavor and adds heart-healthy fats.
- Parmesan cheese: Provides a moderate amount of calcium and umami.
- Vegetable broth: Maintains the dish's lightness and accommodates vegetarians.



Curry

with Sweet Potatoes and Lentils

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 35 MINS

In a creamy tomato-coconut sauce, this curry with a Mediterranean flair blends warming spices, protein-rich lentils, and soft sweet potatoes. It's a filling, tasty, and nutritious dish that works well for any occasion.

INSTRUCTIONS:

Get the base ready:

- Heat the olive oil over medium heat in a large Dutch oven or skillet.
- Add the onion and cook until it becomes soft and transparent about 5 to 7 minutes.
- Add the ginger and garlic and simmer for one minute or until fragrant.

Include the vegetables and spices:

- Add the turmeric, coriander, cumin, smoked paprika, and chili flakes (if using). To toast the spices, cook for one minute.
- Toss to coat the lentils and sweet potatoes in the spice mixture.

Curry should be simmered.

- Add the vegetable broth and diced tomatoes. Mix to blend.
- After bringing the mixture to a boil, reduce the heat to low. After the lentils are cooked and the sweet potatoes are soft, cover and simmer for 20 to 25 minutes, stirring regularly.

Complete the Dish:

- After adding the coconut milk, simmer for five more minutes. Adjust the seasoning with lemon juice, salt, and pepper if using.
- Mix in the spinach or kale in the final two minutes of cooking.

Serving Ideas:

- Serve over quinoa, couscous, or cooked brown rice.
- Serve with warm naan or whole-grain pita for dipping.
- Garnish with more cilantro or a dollop of Greek yogurt for extra taste.

INGREDIENTS:

For the Curry:

- 2 tbsp olive oil
- 1 medium onion, finely chopped
- 3 garlic cloves, minced
- 1 tbsp fresh ginger, grated
- 1 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp turmeric
- ½ tsp ground coriander
- ¼ tsp red chili flakes (optional, for heat)
- 2 medium sweet potatoes, peeled and diced (about 2 cups)
- 1 cup dried red lentils, rinsed
- 1 can (14 oz) diced tomatoes
- 2 cups low-sodium vegetable broth
- ½ cup light coconut milk
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper

Optional Additions:

- Chop 1 cup fresh spinach or kale and stir in at the end.
- 1 tbsp fresh lemon juice for added brightness.

For Garnish:

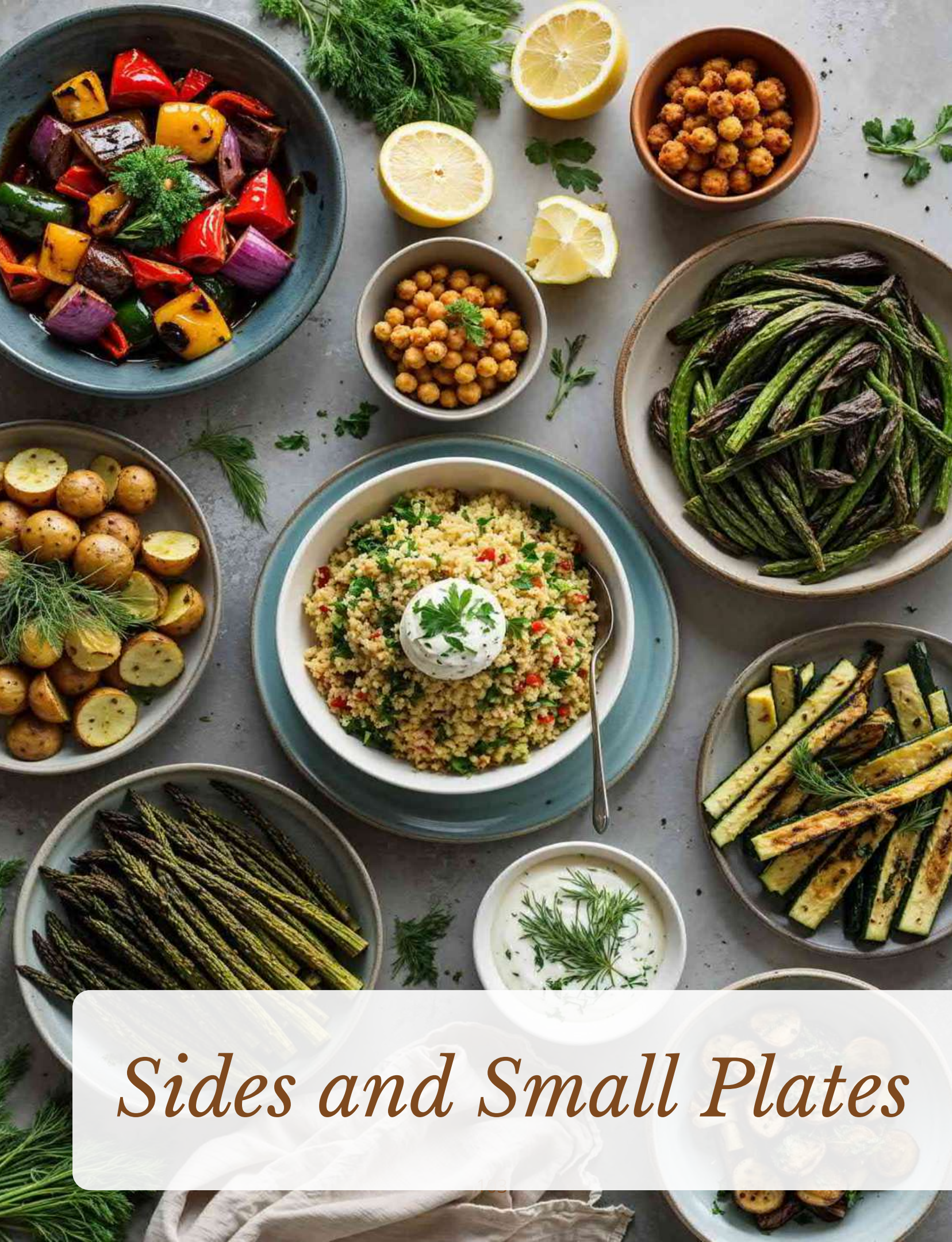
- 2 tbsp fresh cilantro, chopped
- 1 tbsp toasted almond slivers (optional)

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 320
- Protein: 12 g
- Carbohydrates: 46 g
- Fats: 9 g
- - Saturated Fat: 4 g
- Fiber: 12 g
- Cholesterol: 0 mg
- Sodium: 360 mg
- Potassium: 840 mg

ADVANTAGES FOR HEALTH:

- Sweet potatoes: High in potassium, fiber, and beta-carotene.
- Lentils: Rich in iron, folate, and plant-based protein.
- Olive oil: Offers monounsaturated fats that are good for the heart.
- Spices: antioxidant and anti-inflammatory qualities.
- Coconut Milk: Provides richness and moderate saturated fat.



Sides and Small Plates



Roasted Veggies

with Balsamic Dressing

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 30 MINS

A sweet and tangy balsamic glaze complements the vibrant variety of roasted veggies in this Mediterranean-flavoured recipe. It makes a tasty and nutritious side dish or main entrée.

INSTRUCTIONS:

Get the vegetables ready:

- Set the oven temperature to 425°F (220°C). Put parchment paper on a large baking sheet.
- Combine bell peppers, onion, carrots, zucchini, yellow squash, and cherry tomatoes in a large mixing dish.
- Season with salt, pepper, oregano, and thyme, and drizzle with olive oil. Toss to coat the veggies evenly.

Roast the Vegetables:

- To roast the vegetables, arrange them on the oven sheet in a single layer. Steer clear of crowds to guarantee uniform roasting.
- Roast the vegetables for 25 to 30 minutes in a preheated oven, stirring halfway through, until they are soft and beginning to caramelize.

Get the balsamic glaze ready:

- In a small saucepan, warm the honey (or maple syrup) and balsamic vinegar over medium heat while the vegetables roast.
- After bringing to a gentle boil, reduce the heat to low. Simmer until the fluid thickens into a glaze, stirring regularly, for 5 to 7 minutes. Remove the pan from the heat and let it cool a little.

Mix and Serve:

- Lightly toss to coat the roasted veggies after drizzling them with the balsamic glaze.
- Top with fresh basil or parsley after transferring to a serving plate.

Serving Ideas:

- Accompany grilled fish, poultry, or tofu as a side dish.
- For a vegetarian meal, serve with whole-grain pasta, quinoa, or couscous.
- You can use it as a grain bowl base or a topping for heated flatbread.

INGREDIENTS:

For the Vegetables:

- 1 medium zucchini, sliced into half-moons
- 1 medium yellow squash, sliced into half-moons
- 1 medium red bell pepper, cut into 1-inch pieces
- 1 medium yellow bell pepper, cut into 1-inch pieces
- 1 medium red onion, cut into wedges
- 1 cup cherry tomatoes
- 2 medium carrots, sliced into rounds
- 2 tbsp olive oil
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- 1 tsp dried oregano
- 1 tsp dried thyme

For the Balsamic Glaze:

- ¼ cup balsamic vinegar
- 1 tbsp honey or maple syrup

Optional Additions:

- 1 tsp red chili flakes for a hint of heat.
- 2 tbsp fresh parsley or basil, chopped, for garnish.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 130
- Protein: 2 g
- Carbohydrates: 16 g
- Fats: 7 g
- - Saturated Fat: 1 g
- Fiber: 4 g
- Cholesterol: 0 mg
- Sodium: 190 mg
- Potassium: 450 mg

ADVANTAGES FOR HEALTH:

- Vegetables: Rich in antioxidants, vitamins, and minerals for general well-being.
- Olive Oil: Adds taste and provides heart-healthy fats.
- Balsamic Vinegar: Low calories, it adds a tart sweetness.
- Spices and herbs: They improve taste and have anti-inflammatory properties.
- Low Sodium: Seasons using natural ingredients rather than too much salt.



Herb-Lemon

Couscous

PREP TIME: 10 MINS

SERVING: 4

COOK TIME: 5 MINS

With its zesty lemon, fresh herbs, and olive oil, this light and tasty Mediterranean-inspired couscous dish is a straightforward but filling side dish or main course.

INSTRUCTIONS:

Prepare the couscous:

- Heat the olive oil, salt, and vegetable broth (or water) in a medium pot until they boil.
- Turn off the heat, add the couscous, and place a lid on the pan. Give it five minutes to soak up the liquid.
- To separate the grains, use a fork to fluff the couscous.

Make the herb-lemon dressing:

- Combine the lemon juice, lemon zest, olive oil, parsley, garlic, dill (if using), salt, and pepper in a small bowl.

Mix the ingredients:

- Cover the cooked couscous with the dressing and toss to mix.
- Add more ingredients, such as cherry tomatoes, pine nuts, or feta cheese, if you want.

Serving Ideas:

- Accompany grilled fish, poultry, or tofu as a side dish.
- Serve as the foundation for a grain bowl topped with roasted veggies and hummus.
- Savor it with a mixed greens salad for a light lunch.

INGREDIENTS:

For the Couscous:

- 1 cup whole-grain couscous
- 1 cup low-sodium vegetable broth (or water)
- 1 tbsp olive oil
- ½ tsp sea salt

For the Lemon-Herb Dressing:

- 2 tbsp fresh lemon juice
- 1 tsp lemon zest
- 2 tbsp extra virgin olive oil
- 1 garlic clove, minced
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh dill or mint, chopped (optional)
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

Optional Additions:

- ¼ cup crumbled feta cheese for creaminess.
- 2 tbsp toasted pine nuts for crunch.
- 1 cup cherry tomatoes, halved.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 180
- Protein: 4 g
- Carbohydrates: 25 g
- Fats: 7 g
- - Saturated Fat: 1 g
- Fiber: 2 g
- Cholesterol: 0 mg
- Sodium: 240 mg
- Potassium: 150 mg

ADVANTAGES FOR HEALTH:

- Whole-grain couscous: A good source of fiber and complex carbs.
- Lemon juice and zest: They are high in vitamin C and add brightness.
- Olive oil: Offers monounsaturated fats that are good for the heart.
- Fresh Herbs: Rich in phytonutrients and antioxidants.
- Low Sodium: Properly balanced with fresh flavor components.



INGREDIENTS:

- 1½ lbs baby potatoes (or Yukon Gold), halved or quartered
- 3 tbsp olive oil
- 4 garlic cloves, minced
- 2 tbsp fresh rosemary, finely chopped (or 1 tsp dried rosemary)
- 1 tsp sea salt (adjust to taste)
- ½ tsp freshly ground black pepper
- 1 tbsp fresh parsley, chopped (optional, for garnish)

Optional Additions:

- 1 tsp smoked paprika for a smoky flavor.
- ½ tsp red chili flakes for a hint of heat.

Garlic Roasted Potatoes

with Rosemary

PREP TIME: 10 MINS

SERVING: 4

COOK TIME: 35 MINS

This recipe, with a Mediterranean flair, combines the robust flavors of garlic and rosemary with golden roasted potatoes. It's a straightforward but delectable side dish that goes well with many different main meals.

INSTRUCTIONS:

Get the potatoes ready:

- Preheat the oven to 400°F or 200°C. Lightly oil or line a large baking sheet with parchment paper.
- Give the potatoes a good wash and pat dry. To guarantee consistent roasting, cut into pieces of the same size.

Season the potatoes.

- In a big basin, combine the potatoes, olive oil, rosemary, garlic, salt, and pepper. Toss the potatoes thoroughly to coat them equally.
- Arrange the potatoes in a single layer on the prepared baking sheet, being careful not to pack them too closely together.

Roast the Potatoes:

- Roast the potatoes in a preheated oven for 25 to 30 minutes, stirring halfway through or until the edges are crispy and golden brown.
- Broil for a further two to three minutes for added crispiness, keeping a close eye on it to avoid burning.

Garnish and Serve:

- To garnish and serve, take the potatoes out of the oven and place them on a platter.
- Top with fresh parsley for a taste and color explosion.

Serving Ideas:

- For a full Mediterranean dinner, serve with grilled lamb, chicken, or fish.
- Serve alongside roasted veggies or a crisp Greek salad.
- Top with a dollop of Greek yogurt or tzatziki for a creamy touch.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 180
- Protein: 3 g
- Carbohydrates: 25 g
- Fats: 7 g
- - Saturated Fat: 1 g
- Fiber: 3 g
- Cholesterol: 0 mg
- Sodium: 250 mg
- Potassium: 600 mg

ADVANTAGES FOR HEALTH:

- Potatoes are high in fiber and potassium and promote heart and intestinal health.
- Olive Oil: Offers monounsaturated fats that are good for the heart.
- Garlic: renowned for strengthening the immune system and reducing inflammation.
- Rosemary: Offers a rich, earthy flavor and antioxidants.
- Low Sodium: For a strong flavor without using too much salt, rely on fresh herbs and garlic.



Rice with Spices and Chickpeas

PREP TIME: 10 MINS

SERVING: 4

COOK TIME: 30 MINS

This Mediterranean-inspired spiced rice dish is a healthful and tasty supper or side dish. It combines fragrant spices, substantial chickpeas, and fluffy basmati rice.

INSTRUCTIONS:

Get the base ready:

- Heat the olive oil over medium heat in a medium saucepan.
- Add the onion and cook until golden and tender, 5 to 7 minutes.
- Add the garlic and sauté until fragrant, about 1 minute.

Include the chickpeas and spices:

- Fill the pan with cumin, coriander, turmeric, cinnamon, smoked paprika, salt, and pepper. Toast the spices for 1 to 2 minutes, stirring often.
- Add the chickpeas and thoroughly mix to coat them in the spice mixture.

Prepare the rice:

- Pour the rinsed rice into the pot and mix it with the chickpeas and spices.
- Add the veggie broth and heat until it boils.
- Lower the heat to low, cover, and simmer until the rice is soft and the liquid has been absorbed for 15 to 18 minutes.

Complete the Dish:

- Take the pot off the burner and let it cover for five minutes.
- Use a fork to fluff the rice and, if using, toss in the optional raisins or currants.

Serve and Garnish:

- First, move the rice to a dish to serve and garnish.
- Add sliced almonds or pine nuts as a garnish and fresh parsley or cilantro.

Serving Ideas:

- Accompany grilled fish, poultry, or vegetables as a side dish.
- Serve with tzatziki or a dollop of plain Greek yogurt.
- Savor it as a vegetarian main course or with a cucumber-tomato salad or mixed greens on the side.

INGREDIENTS:

For the Rice:

- 1 cup basmati rice, rinsed and drained
- 2 cups low-sodium vegetable broth
- 1 tbsp olive oil
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 1 can (14 oz) chickpeas, drained and rinsed

Spices:

- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp turmeric
- ½ tsp smoked paprika
- ¼ tsp cinnamon
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper

Optional Additions:

- ½ tsp red chili flakes for heat.
- ¼ cup raisins or currants for sweetness.

For Garnish:

- 2 tbsp fresh parsley or cilantro, chopped
- 2 tbsp slivered almonds or toasted pine nuts

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 270
- Protein: 8 g
- Carbohydrates: 45 g
- Fats: 5 g
- - Saturated Fat: 0.5 g
- Fiber: 6 g
- Cholesterol: 0 mg
- Sodium: 250 mg
- Potassium: 480 mg

ADVANTAGES FOR HEALTH:

- One source of complex carbs for long-lasting energy is basmati rice.
- Chickpeas: Rich in fiber, plant-based protein, and vital minerals, including magnesium and iron.
- Olive oil: Offers monounsaturated fats that are good for the heart.
- Spices: Rich in anti-inflammatory and antioxidant qualities.
- Low Sodium: Makes use of spices and herbs to provide intense flavors with little salt.



INGREDIENTS:

- 1 lb fresh spinach (baby spinach or regular spinach), washed and dried
- 2 tbsp extra virgin olive oil
- 3 garlic cloves, thinly sliced or minced
- ½ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper
- 1 tbsp fresh lemon juice (optional, for brightness)

Optional Additions:

- ¼ tsp red chili flakes for heat.
- 1 tbsp grated Parmesan cheese for a savory touch.
- 1 tsp toasted sesame seeds for added crunch.

Garlic-Sauteed Spinach

PREP TIME: 5 MINS

SERVING: 4

COOK TIME: 5 MINS

This Mediterranean-inspired recipe uses tender spinach sautéed with garlic and olive oil, making it a quick, tasty, and nutritious side dish.

INSTRUCTIONS:

Get the spinach ready:

- Make sure the spinach is dry and clean. Trim any tough stems if you're using regular spinach.

Warm up the pan:

- Heat the olive oil over medium heat in a large skillet.
- Add the sliced garlic and sauté, moving often to avoid scorching, until fragrant and golden, 1 to 2 minutes.

The spinach is sautéed.

- Stir the spinach to wilt it down before adding it to the skillet in batches.
- Season with salt and pepper after adding all of the spinach. Cook, tossing often, until the spinach is soft and wilted, 2 to 3 minutes.

Complete the Dish:

- Turn off the heat and, if you'd like, squeeze some fresh lemon juice over the spinach.
- Gently toss to mix, then taste and adjust seasoning.

Serving Ideas:

- Accompany grilled fish, poultry, or tofu as a side dish.
- Use as a garnish for bowls of quinoa or whole-grain pasta.
- Add to frittatas, omelets, or wraps as a filling.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 70
- Protein: 2 g
- Carbohydrates: 3 g
- Fats: 5 g
- - Saturated Fat: 0.7 g
- Fiber: 2 g
- Cholesterol: 0 mg
- Sodium: 180 mg
- Potassium: 470 mg

ADVANTAGES FOR HEALTH:

- Spinach: Rich in iron, calcium, fiber, and the vitamins A, C, and K.
- Olive Oil: Improves nutrient absorption and offers heart-healthy monounsaturated fats.
- Garlic: Has anti-inflammatory and immune-boosting qualities.
- Low Calories: A nutritious side dish ideal for a balanced diet.
- Easy Preparation: Provides the most flavor while preserving the bright benefits of spinach.



Grilled asparagus

with lemon

PREP TIME: 5 MINS

SERVING: 4

COOK TIME: 8-10 MINS

This Mediterranean-flavoured dish combines tender, grilled asparagus with the zesty flavors of fresh lemon, olive oil, and optional herbs. It's a simple, wholesome side dish that complements any meal.

INSTRUCTIONS:

Prepare the asparagus:

- Wash and wipe dry the asparagus. To trim them, snap or chop off the rough ends.

Season the asparagus:

- In a large bowl, toss the asparagus with olive oil, salt, and pepper until equally coated.

They grill the asparagus.

- Set a grill or grill pan over medium-high heat.
- Line the pan or grill with a single layer of asparagus. Cook, tossing occasionally, for 3 to 5 minutes on each side or until the asparagus is tender and lightly browned.

Add the Flavour of Lemon:

- Transfer the asparagus to a dish after removing it from the grill.
- Drizzle with fresh lemon juice and sprinkle with lemon zest.
- Grated Parmesan cheese and chopped parsley or basil, if desired, are optional garnishes.

Serving Ideas:

- Serve with grilled fish, chicken, or tofu for a complete Mediterranean dinner.
- Serve with roasted potatoes or quinoa on the side.
- Add to fresh salads or grain bowls as a garnish.

INGREDIENTS:

- 1 lb fresh asparagus, trimmed
- 1½ tbsp extra virgin olive oil
- 1 tsp sea salt (adjust to taste)
- ½ tsp freshly ground black pepper
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest

Optional Additions:

- 1 tsp garlic powder or one minced garlic clove for added flavor.
- 1 tbsp fresh parsley or basil, chopped, for garnish.
- 2 tbsp grated Parmesan cheese for a savory touch.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 60
- Protein: 2 g
- Carbohydrates: 5 g
- Fats: 4 g
- - Saturated Fat: 0.5 g
- Fiber: 2 g
- Cholesterol: 0 mg
- Sodium: 300 mg
- Potassium: 230 mg

ADVANTAGES FOR HEALTH:

- Asparagus: Rich in vitamins A, C, and K, fiber, and folate, it supports heart and bone health.
- Olive Oil: Provides heart-healthy monounsaturated fats and enhances nutrition absorption.
- Lemon Juice and Zest: Rich in vitamin C and antioxidants, these ingredients give food a bright, crisp flavor.
- Low Calories: This nutrient-dense side dish is perfect for a well-rounded diet.
- Quick and Easy: It is ideal for busy days because it requires little time to prepare and cook.



Salad

with Cucumber and Dill

PREP TIME: 10 MINS

SERVING: 4

COOK TIME: NONE

Crisp cucumbers, fresh dill, and a zesty yogurt-based dressing come together in this cool salad with a Mediterranean flair. It's an easy, nutritious side dish that goes well with any dinner.

INSTRUCTIONS:

Get the vegetables ready:

- Using a sharp knife or mandoline, thinly slice the cucumbers and red onion (if using).
- Arrange the onion and cucumber slices in a large mixing bowl. Add the dill, chopped.

Prepare the dressing:

- Combine the Greek yogurt, lemon juice, olive oil, garlic, salt, and pepper in a small bowl and whisk until smooth.
- If necessary, taste and adjust the seasoning.

Put the salad together:

- Cover the cucumber mixture with the dressing.
- Gently toss to mix, ensuring the dressing coats every cucumber.

Before serving, chill:

- Cover the salad and place the flavors in the refrigerator for at least ten minutes to let the flavors combine.
- If preferred, top with more mint or dill and serve cold.

Serving Ideas:

- For a full Mediterranean dinner, serve with lamb, fish, or grilled chicken.
- Serve as an accompaniment to pita or whole-grain bread.
- Combine with roasted veggies, olives, and hummus on a mezze platter.

INGREDIENTS:

For the Salad:

- 2 large cucumbers, thinly sliced (about 4 cups)
- ½ small red onion, thinly sliced (optional)
- 2 tbsp fresh dill, finely chopped

For the Dressing:

- ½ cup plain Greek yogurt
- 1 tbsp extra virgin olive oil
- 1 tbsp fresh lemon juice
- 1 garlic clove, minced
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

Optional Additions:

- 1 tsp lemon zest for extra citrus flavor.
- 1 tbsp fresh mint, chopped, for added freshness.
- 1 tsp honey for a touch of sweetness.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 60
- Protein: 3 g
- Carbohydrates: 6 g
- Fats: 3 g
- - Saturated Fat: 1 g
- Fiber: 1 g
- Cholesterol: 2 mg
- Sodium: 200 mg
- Potassium: 250 mg

ADVANTAGES FOR HEALTH:

- Cucumbers: Rich in vitamin K and antioxidants, they are hydrating and low in calories.
- Greek yogurt: Probiotic-rich and high in protein, it promotes digestive health.
- Olive oil: Good lipids for the heart that improve the absorption of nutrients.
- Dill: Provides antioxidants and new flavor without adding extra calories.
- Quick and Easy: This salad is perfect for hectic days because it requires little preparation.



Mushroom Stuffing

Mediterranean-Style

PREP TIME: 15 MINS

SERVING: 4
(ABOUT 12
STUFFED
MUSHROOMS)

COOK TIME: 20 MINS

With their abundance of Mediterranean flavors from sun-dried tomatoes, feta cheese, and fresh herbs, these savory stuffed mushrooms make a tasty and nutritious appetizer or side dish.

INSTRUCTIONS:

Get the mushrooms ready:

- Set the oven temperature to 375°F (190°C).
- Line a baking sheet with parchment paper or lightly oil it.
- Set aside the mushrooms after carefully removing their stems. (For extra taste, you can finely chop the stems and add them to the filling.)

Prepare the filling.

- Put the feta cheese, sun-dried tomatoes, olives, parsley, garlic, breadcrumbs, olive oil, oregano, salt, pepper, and basil (if using) in a medium bowl.
- Thoroughly mix until all components are mixed together.

Stuff the Mushrooms:

- Using a tiny spoon, carefully put the prepared filling into each mushroom cap to make sure it is packed.
- Make sure the stuffed mushrooms are evenly distributed on the baking sheet.

Bake the Mushrooms:

- To enhance moisture, drizzle a little olive oil over the stuffed mushrooms before baking them.
- Bake for 18 to 20 minutes in a preheated oven, or until the filling is golden brown and the mushrooms are soft.

Serving Ideas:

- Accompany a fresh Greek salad as a side dish or as an appetizer.
- Serve with hummus and whole-grain pita for a Mediterranean mezze plate.
- Serve over roasted potatoes and grilled veggies for a filling supper.

INGREDIENTS:

For the Mushrooms:

- 12 large cremini or button mushrooms, stems removed and cleaned
- 1 tbsp olive oil

For the Filling:

- ½ cup crumbled feta cheese
- ¼ cup sun-dried tomatoes, finely chopped
- 2 tbsp Kalamata olives, finely chopped
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh basil, chopped (optional)
- 1 garlic clove, minced
- ¼ cup whole-grain breadcrumbs
- 1 tbsp olive oil
- ½ tsp dried oregano
- ¼ tsp sea salt
- ¼ tsp freshly ground black pepper

Optional Additions:

- 1 tbsp pine nuts, toasted, for extra texture.
- ¼ tsp red chili flakes for a spicy kick.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 120
- Protein: 5 g
- Carbohydrates: 7 g
- Fats: 9 g
- - Saturated Fat: 3 g
- Fiber: 2 g
- Cholesterol: 10 mg
- Sodium: 250 mg
- Potassium: 250 mg

ADVANTAGES FOR HEALTH:

- Mushrooms: High in vitamin D and antioxidants, low in calories.
- Feta Cheese: Offers protein and calcium as well as a tangy taste.
- Olive Oil: Flavor and nutritional absorption are improved by heart-healthy monounsaturated fats.
- Sun-Dried Tomatoes: Packed in lycopene and other antioxidants.
- Low Sodium: Natural components like garlic and herbs are used to create balanced flavors.



Fries with Zucchini

Yogurt Dip

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 25 MINS

A tasty and nutritious snack or side dish with a Mediterranean flair is made with crispy baked zucchini fries and a creamy, sour yogurt dip.

INSTRUCTIONS:

Get the zucchini fries ready:

- Set the oven temperature to 425°F (220°C). A baking sheet can be lightly oiled with olive oil or lined with parchment paper.
- In a shallow dish, combine the breadcrumbs, smoked paprika, oregano, garlic powder, salt, pepper, and Parmesan cheese (if using). Stir thoroughly.
- Beat the eggs in another shallow bowl.

Coat the zucchini:

- Coat each zucchini strip evenly with the breadcrumb mixture after dipping it into the beaten eggs.
- Arrange the coated zucchini strips in a single layer on the baking sheet that has been prepared.

Bake the Zucchini Fries:

- To make the zucchini fries crispier, drizzle them with olive oil before baking.
- Bake for 20 to 25 minutes in a preheated oven, turning halfway through, until crispy and golden brown.

Get the Yogurt Dip ready:

- Put the Greek yogurt, lemon juice, dill, garlic, salt, and pepper in a small bowl. Blend until smooth.
- If necessary, taste and adjust the seasoning. Store in the fridge until you're ready to serve.

Serving Ideas:

- Present the heated zucchini fries alongside the yogurt dip.
- Serve with grilled chicken or fish as a main meal or a Mediterranean salad.
- For added freshness, put some fresh mint or parsley on top.

INGREDIENTS:

For the Zucchini Fries:

- 2 medium zucchinis, cut into 3-inch strips (like fries)
- 1 cup whole-grain breadcrumbs
- 2 tbsp grated Parmesan cheese (optional)
- 1 tsp dried oregano
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- 2 large eggs, beaten
- 1 tbsp olive oil

For the Yogurt Dip:

- ½ cup plain Greek yogurt
- 1 tbsp fresh lemon juice
- 1 garlic clove, minced
- 1 tbsp fresh dill, chopped
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

Optional Additions:

- ½ tsp red chili flakes for the zucchini fries.
- 1 tsp lemon zest for the yogurt dip.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 140
- Protein: 7 g
- Carbohydrates: 14 g
- Fats: 6 g
- - Saturated Fat: 1.5 g
- Fiber: 2 g
- Cholesterol: 65 mg
- Sodium: 300 mg
- Potassium: 300 mg

ADVANTAGES FOR HEALTH:

- Zucchini: High in antioxidants, vitamins A and C, and low in calories.
- Greek yogurt: Probiotic-rich and high in protein, it promotes digestive health.
- Olive Oil: Adds crispiness and heart-healthy fats.
- Whole-Grain Breadcrumbs: Use a healthy breading option and add fiber for improved digestion.
- Low Sodium: Flavor is naturally enhanced by balanced seasoning with herbs and spices.



INGREDIENTS:

For the Artichokes:

- 4 fresh artichoke hearts, cleaned and trimmed (or one can (14 oz) of artichoke hearts, drained and rinsed)
- 1 tbsp fresh lemon juice (for boiling water)

For the Marinade:

- ¼ cup extra virgin olive oil
- 2 tbsp fresh lemon juice
- 1 tsp lemon zest
- 2 garlic cloves, minced
- 1 tsp dried oregano
- 1 tbsp fresh parsley, finely chopped
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- 1 tsp red chili flakes (optional, for a bit of heat)

Artichokes Marinated with Herbs

PREP TIME: 15 MINS

SERVING: 4

COOK TIME: 10 MINS

MARINATING TIME: 2 HOURS
(RECOMMENDED FOR BEST FLAVOR)

These marinated artichokes, flavored with olive oil, lemon, garlic, and fresh herbs, are a tasty appetizer or side dish with a Mediterranean flair.

INSTRUCTIONS:

Get the artichokes ready:

- For fresh artichokes: Cut off the tops and stems of the artichoke hearts and remove the tough outer leaves.
- Place the trimmed artichokes in a water dish with a squeeze of lemon juice to keep them from browning.
- Add one tablespoon of lemon juice to a pot of boiling water, then simmer the artichokes for 8 to 10 minutes or until soft. After draining, allow to cool.
- Regarding Artichokes in Cans: Rinse and drain the hearts of the artichokes. Use a paper towel to pat them dry.

Get the marinade ready:

- In a small bowl, Combine the olive oil, lemon juice, lemon zest, parsley, garlic, oregano, salt, and pepper. If desired, add chili flakes.

Let the artichokes marinate:

- Put the artichoke hearts in a plastic bag that can be sealed or in a shallow plate.
- Make sure the artichokes are thoroughly coated by pouring the marinade.
- Cover and chill for at least two hours or overnight for a more intense flavor.

Serving Ideas:

- As an appetizer, serve cold or room temperature.
- Serve alongside pita bread, olives, and hummus on a Mediterranean mezze platter.
- For extra taste, toss with spaghetti or a fresh salad.
- For a full supper, serve with grilled chicken, fish, or tofu.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 120
- Protein: 2 g
- Carbohydrates: 6 g
- Fats: 10 g
- - Saturated Fat: 1.5 g
- Fiber: 3 g
- Cholesterol: 0 mg
- Sodium: 240 mg
- Potassium: 240 mg

ADVANTAGES FOR HEALTH:

- Artichokes: Rich in antioxidants, fiber, and vitamin C, they promote liver and digestive health.
- Olive Oil: Provides monounsaturated fats that are good for the heart.
- Lemon Juice and Zest: Provides a zesty, vibrant taste and increases vitamin C.
- Garlic: renowned for strengthening the immune system and reducing inflammation.
- Low Sodium: Flavor is balanced with organic herbs and spices.



Desserts



Cake with Lemon Glaze and Olive Oil

PREP TIME: 15 MINS

SERVING: 10

COOK TIME: 40-45 MINS

The richness of premium extra virgin olive oil and the zesty brightness of lemon combine to create this soft and light olive oil cake with a Mediterranean flair. The lemon glaze provides a zesty flavor, perfect for any occasion.

INSTRUCTIONS:

Get the cake batter ready.

- Preheat the oven to 350°F (175°C). Line and grease the bottom of a 9-inch round cake pan with parchment paper.
- Combine the baking powder, salt, almond flour, and all-purpose flour in a medium-sized basin and whisk to combine.
- Beat the eggs and sugar in a big bowl until they are creamy and light. Gradually add the olive oil while stirring to blend.
- Add the Greek yogurt, vanilla extract, lemon juice, and lemon zest.
- Gradually fold the dry ingredients into the wet components until just incorporated. Take care not to mix too much.

Prepare the cake:

- Using a spatula, level the top of the batter after pouring it into the prepared pan.
- A toothpick inserted in the center should come out clean after 40 to 45 minutes of baking.
- After letting the cake cool in the pan for ten minutes, move it to a wire rack to finish cooling.

Get the Lemon Glaze ready:

- Combine the powdered sugar, lemon juice, and lemon zest in a small bowl and whisk until smooth. If necessary, add more powdered sugar or lemon juice to change the consistency.

Glaze the Cake:

- After the cake has cooled fully, cover it with the lemon glaze, allowing it to run down the edges.

Serving Ideas:

- For a touch of refinement, garnish with fresh berries or powdered sugar.
- Serve with a cup of herbal tea or a dollop of whipped Greek yogurt for a dessert with a Mediterranean flair.

INGREDIENTS:

For the Cake:

- 1½ cups all-purpose flour (or substitute with whole wheat pastry flour for added fiber)
- ½ cup almond flour
- 1½ tsp baking powder
- ½ tsp sea salt
- ¾ cup granulated sugar (or coconut sugar for a healthier option)
- 3 large eggs
- ½ cup extra virgin olive oil
- ½ cup plain Greek yogurt
- ¼ cup fresh lemon juice
- 1 tsp lemon zest
- 1 tsp vanilla extract

For the Lemon Glaze:

- 1 cup powdered sugar
- 2 tbsp fresh lemon juice
- 1 tsp lemon zest

Optional Additions:

- 1 tsp chopped fresh rosemary or thyme for an herbal twist.
- 1 tbsp poppy seeds for added texture.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 220
- Protein: 5 g
- Carbohydrates: 32 g
- Fats: 9 g
- - Saturated Fat: 1.5 g
- Fiber: 2 g
- Cholesterol: 45 mg
- Sodium: 140 mg
- Potassium: 80 mg

ADVANTAGES FOR HEALTH:

- Olive oil: Offers monounsaturated fats that are good for the heart.
- Almond Flour: Increases protein and vitamin E while adding a nutty taste.
- Greek yogurt: Adds to the cake's moist texture and raises its protein level.
- Lemon Juice and Zest: Provides a cool taste and is high in vitamin C.
- Lower Sugar Option: The health profile is improved by lowering the glaze or using coconut sugar in its place.



Baklava

with honey and walnuts

PREP TIME: 30 MINS

SERVING: 24

COOK TIME: 35-40 MINS

This delicacy with a Mediterranean flair features a walnut-cinnamon filling, a sweet honey glaze, and crunchy phyllo dough. This Baklava is a healthier and more tasty version of the classic dish using Mediterranean ingredients.

INSTRUCTIONS:

Get the nut filling ready:

- Combine the ground cinnamon, chopped walnuts, and almonds, if using, in a medium bowl. Put aside.

Get the Phyllo dough ready:

- Set the oven's temperature to 350°F (175°C). Apply olive oil or melted butter to a 9 x 13-inch baking dish to grease it.
- Spread the phyllo dough out and cover it with a moist towel to prevent it from drying out.

Put the Baklava together:

- Line the baking dish with one piece of phyllo dough. Apply a thin layer of olive oil or melted butter. Brush each layer with butter and repeat with seven more sheets.
- Evenly distribute 1/3 of the nut mixture on top of the layers of phyllo.
- Brush each of the additional eight phyllo sheets with butter. Add another 1/3 of the nut mixture on top.
- Continue layering the remaining eight sheets of phyllo and nut mixture, coating each sheet with butter before adding the top layer of 8 sheets of phyllo.
- Cut the prepared Baklava into square or diamond shapes with a sharp knife.

Bake the Baklava:

- Baklava should be baked in a warm oven for 35 to 40 minutes or until it is crispy and golden brown.

Get the honey syrup ready:

- Mix the honey, water, sugar, lemon juice, lemon zest, vanilla extract, and cinnamon stick in a small saucepan while the baklava bakes.
- Stir to dissolve the sugar and boil over medium heat. Simmer for ten minutes on low heat. After removing the cinnamon stick, allow the syrup to cool a little.

Complete the Baklava:

- As soon as the Baklava is removed from the oven, cover it evenly with the warm honey syrup.
- Let the syrup seep into the layers by letting the Baklava cool fully.

Serving Ideas:

- Drizzle with honey or sprinkle with chopped nuts as a garnish.
- For a whole Mediterranean dessert experience, serve with mint tea or Turkish coffee.

INGREDIENTS:

For the Baklava:

- 1 package (16 oz) phyllo dough, thawed
- 1½ cups walnuts, finely chopped
- ½ cup almonds or pistachios, finely chopped (optional)
- 1 tsp ground cinnamon
- ½ cup unsalted butter, melted (or use olive oil for a healthier option)

For the Honey Syrup:

- ½ cup honey
- ½ cup water
- ½ cup granulated sugar (or coconut sugar for a lower glycemic option)
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest
- 1 tsp vanilla extract
- 1 cinnamon stick

Optional Additions:

- ¼ tsp ground cardamom for a unique flavor twist.
- 1 tbsp orange blossom water for a floral note.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 180
- Protein: 2 g
- Carbohydrates: 20 g
- Fats: 10 g
- - Saturated Fat: 3 g
- Fiber: 1 g
- Cholesterol: 10 mg
- Sodium: 50 mg
- Potassium: 60 mg

ADVANTAGES FOR HEALTH:

- Nuts: Packed with protein, antioxidants, and good fats.
- Honey: An organic sweetener that contains trace amounts of antioxidants.
- Phyllo Dough: Crispy and light, this dough is less fattening than regular pastry dough.
- Spices: Cardamom and cinnamon, if used, have antioxidant and anti-inflammatory qualities.
- Moderation-Friendly: Provides tiny, portion-controlled portions to satisfy sweet cravings.



Panna Cotta

with Greek Yogurt and Fresh Berries

PREP TIME: 10 MINS

SERVING: 4

COOK TIME: 5 MINS

CHILLING TIME: 4 HOURS

Greek yogurt makes this light and creamy panna cotta, which adds protein to a traditional dessert. Inspired by the Mediterranean Diet, this healthful and refreshing delicacy is topped with fresh berries.

INSTRUCTIONS:

Get the panna cotta ready:

- Pour three tablespoons of cold water over the gelatin in a small bowl. Allow it to bloom for five minutes.
- Put the milk, cream, and honey in a small saucepan. Stirring occasionally, cook the mixture over medium-low heat until it is warm but not boiling. Take off the heat.
- Mix the warm milk mixture with the bloomed gelatin until it dissolves completely.
- Whisk the Greek yogurt and vanilla extract in a medium-sized bowl. Gradually whisk the milk mixture into the yogurt until it's creamy and completely blended.
- Evenly divide the mixture among four dessert glasses or tiny ramekins. Cover with plastic wrap and refrigerate for at least 4 hours or until set.

Get the berry topping ready.

- Put the fresh berries, lemon juice, and honey (if using) in a small bowl. Gently toss to coat.

Put Together and Serve:

- Take the panna cotta out of the fridge after it has set.
- Spoon the berry mixture over each panna cotta. before serving

Serving Ideas:

- Garnish with a lemon zest or a sprig of fresh mint for extra taste.
- Serve with a little almond cookie or biscotti for a complete Mediterranean dessert.

INGREDIENTS:

For the Panna Cotta:

- 1½ cups plain Greek yogurt (2% or full-fat for best texture)
- ½ cup milk (dairy or unsweetened almond milk)
- ½ cup heavy cream (or replace with milk for a lighter version)
- ¼ cup honey (or maple syrup)
- 1 tsp pure vanilla extract
- 1 packet (2½ tsp) unflavored gelatin
- 3 tbsp cold water

For the Berry Topping:

- 1 cup fresh mixed berries (strawberries, blueberries, raspberries, blackberries)
- 1 tbsp honey (optional, for sweetness)
- 1 tsp fresh lemon juice

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 180
- Protein: 8 g
- Carbohydrates: 20 g
- Fats: 6 g
- - Saturated Fat: 3 g
- Fiber: 2 g
- Cholesterol: 15 mg
- Sodium: 50 mg
- Potassium: 150 mg

ADVANTAGES FOR HEALTH:

- Greek yogurt: Rich in probiotics and protein, this food supports digestive health.
- Honey: An organic sweetener that contains trace amounts of antioxidants.
- Fresh Berries: Rich in antioxidants, fiber, and vitamins.
- Gelatin: Promotes the health of joints, skin, and hair.
- Low Sodium: An inherently tasty and well-balanced dessert.



Orange and Almond Cake

PREP TIME: 15 MINS

SERVING: 8

COOK TIME: 50-60 MINS

Inspired by Mediterranean flavors, this moist, naturally gluten-free cake uses almond flour and whole oranges to produce a nutty, fragrant treat that is appropriate for any occasion.

INSTRUCTIONS:

Get the oranges ready:

- Give the oranges a good wash. Please put them in a medium saucepan and add enough water to cover them. To soften, bring to a boil, lower the heat, and simmer for half an hour.
- After draining, let the oranges cool. Once cooled, cut them in quarters, remove the seeds, and use a blender or food processor to mix them (peel included) into a smooth puree.

Get the batter ready:

- Set the oven's temperature to 350°F (175°C). Line and grease the bottom of an 8-inch springform pan with parchment paper.
- Beat the eggs and honey in a large mixing bowl until they are light and frothy.
- Add the orange puree and stir until thoroughly mixed.
- In another bowl, combine the almond flour, baking powder, salt, and cinnamon (if using).
- Blend the dry ingredients with the liquid mixture by gently folding them. Avoid overmixing.

Prepare the cake:

- Using a spatula, level the top of the batter after pouring it into the prepared pan.
- A toothpick inserted in the center should come clean after baking for 50 to 60 minutes.
- After letting the cake cool in the pan for ten minutes, move it to a wire rack to finish cooling.

Serving Ideas:

- Before serving, sprinkle with powdered sugar or drizzle with honey.
- Serve with whipped cream or a dollop of Greek yogurt.
- Serve with espresso or mint tea for a Mediterranean-style delight.

INGREDIENTS:

For the Cake:

- 2 medium oranges, preferably organic
- 4 large eggs
- ¾ cup honey (or maple syrup for a vegan option)
- 2 cups almond flour
- 1 tsp baking powder
- ½ tsp ground cinnamon (optional)
- ¼ tsp sea salt

Optional Additions:

- 1 tsp orange blossom water for extra citrus aroma.
- ¼ cup slivered almonds for garnish.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 220
- Protein: 8 g
- Carbohydrates: 22 g
- Fats: 12 g
- - Saturated Fat: 1 g
- Fiber: 4 g
- Cholesterol: 75 mg
- Sodium: 85 mg
- Potassium: 250 mg

ADVANTAGES FOR HEALTH:

- Whole oranges: Offer natural sweetness, fiber, and vitamin C.
- Almond Flour: Naturally gluten-free due to its high protein, healthy fat, and vitamin E content.
- Honey: An antioxidant-rich natural sweetener.
- Low Sodium: Makes use of natural tastes and minimal salt.
- No Flour or Refined Sugar: A healthy dessert choice with a Mediterranean diet.



INGREDIENTS:

For the Stuffed Figs:

- 8 fresh figs, washed and dried
- ½ cup ricotta cheese (full-fat or part-skim)
- 2 tbsp honey (plus more for drizzling)
- 1 tsp fresh lemon zest
- ½ tsp vanilla extract

Optional Additions:

- 1 tbsp chopped pistachios or walnuts for garnish.
- ½ tsp cinnamon or ground cardamom for a spiced flavor.
- Fresh mint leaves for garnish. .

Figs Stuffed

with Ricotta and Honey

PREP TIME: 10 MINS

SERVING: 4
(8 STUFFED FIGS)

COOK TIME: NONE

Inspired by the Mediterranean Diet, this naturally sweet and nourishing dessert or appetizer is made with delicate figs packed with creamy ricotta and honey.

INSTRUCTIONS:

Get the figs ready:

- Cut each fig's top in a cross form with a sharp knife, cutting about halfway down without slicing through. To make room for the filling, carefully open the fig.

Prepare the filling for the ricotta:

- Combine the ricotta cheese, honey, lemon zest, and vanilla extract in a small bowl and stir until smooth and creamy.

Fill in the figs:

- Fill each fig hollow to overflow with approximately one tablespoon of the ricotta mixture.

Serve after garnishing:

- Place the filled figs on a plate for serving.
- Top with chopped walnuts or pistachios and drizzle with more honey if preferred. For a sophisticated touch, sprinkle some cinnamon or add fresh mint leaves as a garnish.

Serving Ideas:

- Serve as a light dessert following a dinner with a Mediterranean flair.
- For a wonderful treat, pair with a cup of mint tea or a glass of Moscato.
- Add to a mezze dish with almonds, cheese, and olives.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 110
- Protein: 3 g
- Carbohydrates: 18 g
- Fats: 3 g
- - Saturated Fat: 1.5 g
- Fiber: 2 g
- Cholesterol: 10 mg
- Sodium: 25 mg
- Potassium: 180 mg

ADVANTAGES FOR HEALTH:

- Figs: Packed with vital elements like calcium, potassium, fiber, and antioxidants.
- Ricotta Cheese: A good source of calcium and high-quality protein.
- Honey: An antioxidant-rich natural sweetener.
- Lemon Zest: Offers an incredible citrus taste and vitamin C.
- Optional Nuts: Offer protein, healthy fats, and other nutrients.



Pistachio bark

and dark chocolate

PREP TIME: 10 MINS

SERVING: 8

COOK TIME: 5 MINS

CHILLING TIME: 30 MINS

With a hint of sea salt and crunchy pistachios, this dark chocolate bark with a Mediterranean flair is a decadent and healthful treat high in good fats and antioxidants.

INSTRUCTIONS:

Melt the Chocolate:

- Melt the chocolate in a heatproof basin or double boiler over a saucepan of simmering water. Until smooth and completely melted, stir often. Alternatively, melt the chocolate in the microwave by stirring it every 30 seconds.

Get the bark ready:

- Line a baking pan with silicone baking mats or parchment paper.
- Using a spatula, evenly distribute the melted chocolate into a thin layer on the prepared sheet.

Put the toppings on:

- First, evenly distribute the chopped pistachios on top of the chocolate.
- Sprinkle with sea salt and drizzle with honey if using.
- Add optional garnishes, such as dried fruit, orange zest, or spices.

Chill and Set:

- Place the baking sheet in the fridge for half an hour to ensure the chocolate is fully set.

Break into Pieces:

- Take the chocolate bark out of the fridge and break it into asymmetrical pieces after it hardens.

Serving Ideas:

- Serve with herbal tea or coffee as a nutritious snack or dessert.
- Serve alongside fresh fruit and nuts on a dessert buffet with a Mediterranean theme.
- Present the handmade gift in a pretty box.

INGREDIENTS:

- 8 oz dark chocolate (70% cocoa or higher), chopped
- ½ cup pistachios, shelled and roughly chopped
- 1 tbsp honey (optional, for a touch of sweetness)
- ¼ tsp sea salt (for sprinkling)

Optional Additions:

- 2 tbsp dried cranberries or apricots, finely chopped.
- 1 tsp orange zest for a citrus twist.
- ½ tsp ground cardamom for added warmth.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 140
- Protein: 3 g
- Carbohydrates: 12 g
- Fats: 10 g
- - Saturated Fat: 4 g
- Fiber: 3 g
- Cholesterol: 0 mg
- Sodium: 40 mg
- Potassium: 200 mg

ADVANTAGES FOR HEALTH:

- Dark chocolate: Packed with magnesium, flavonoids, and antioxidants that promote heart and brain health.
- Pistachios: Rich in protein, good fats, and vital vitamins like B6.
- Sea Salt: Offers a taste explosion without being overly salty.
- Optional Dried Fruits: Offer extra fiber and a natural sweetness.
- Low Sugar: The chocolate's inherent richness is emphasized by the sparse addition of sugars.



INGREDIENTS:

- 1 cup Medjool dates, pitted (about 10-12 dates)
- ½ cup almonds (raw or lightly toasted)
- ½ cup walnuts (raw or lightly toasted)
- 2 tbsp unsweetened cocoa powder
- 1 tbsp honey or maple syrup (optional, for extra sweetness)
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- 1 pinch sea salt

Optional Additions:

- 1 tbsp chia seeds or flaxseeds for extra fiber.
- ¼ cup shredded unsweetened coconut for coating.
- ½ tsp ground cardamom for a unique flavor twist.

Energy Balls

with Dates and Nuts

PREP TIME: 10 MINS

SERVING: 12
ENERGY BALLS

COOK TIME: NONE

Packed with dates, almonds, and aromas reminiscent of the Mediterranean, these energy balls don't require baking. They combine healthy nutrients with natural sweetness, making them the ideal snack for a rapid energy boost.

INSTRUCTIONS:

Get the base ready:

- Fill a food processor with the pitted dates. Pulse a couple of times to break them up.
- Stir in the almonds, walnuts, sea salt, cocoa powder, vanilla essence, honey (if using), and cinnamon.

Blend the Mixture:

- To blend the mixture, first process it until a sticky, crumbly dough forms. Add one or two teaspoons of water if it's too dry, then blend once more until the mixture comes together when pressed.

Create the Energy Balls:

- Using your hands, scoop out about 1 tablespoon of the ingredients and roll it into a ball.
- Continue until the entire mixture has been used, producing roughly 12 energy balls.

Optional Coating:

- For a tasty and attractive finish, roll the energy balls in ground almonds, chocolate powder, or shredded coconut.

Chill and Serve:

- To chill and serve, first arrange the energy balls in an airtight container or on a platter. To firm up, refrigerate for at least 20 minutes.

Serving Ideas:

- As a post-workout energy boost or as a quick snack.
- Serve with coffee or herbal tea for a snack with a Mediterranean flair.
- Pack as a convenient on-the-go snack or for travel.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 110
- Protein: 2 g
- Carbohydrates: 14 g
- Fats: 6 g
- - Saturated Fat: 0.5 g
- Fiber: 2 g
- Cholesterol: 0 mg
- Sodium: 15 mg
- Potassium: 150 mg

ADVANTAGES FOR HEALTH:

- Dates: Offer potassium, fiber, and natural sweetness.
- Nuts: Packed with antioxidants, protein, and heart-healthy fats.
- Cocoa powder: Offers a rich chocolate flavor and antioxidants.
- Low Sodium: Flavor is balanced with natural ingredients and spices.
- No Refined Sugar: A healthy, high-nutrient snack choice.



Minty Lemon Sorbet

PREP TIME: 10 MINS

SERVING: 4

COOK TIME: 5 MINS

FREEZING TIME: 4 HOURS

This delightful sorbet combines the calm scent of mint with the zesty brightness of fresh lemons. This healthy and light dessert is ideal for hot days or as a palate cleanser between meals.

INSTRUCTIONS:

Get the syrup ready:

- Put the water and honey in a small saucepan. Stirring occasionally, cook over medium-low heat until the honey is completely dissolved, about 2 to 3 minutes.
- Turn off the heat and mix in the chopped mint leaves, lemon zest, and vanilla essence (if using). Let the syrup cool until it reaches room temperature.

Mix the ingredients:

- Pour the cooled syrup and fresh lemon juice into a large mixing basin. Stir thoroughly.
- If you want a smoother texture, strain the mixture through a fine mesh sieve to eliminate the lemon zest and mint leaves.

Put the sorbet in the freezer:

- Using an Ice Cream Maker: Fill an ice cream maker with the mixture and churn it for the 20 to 30 minutes specified by the manufacturer.
- If you don't have an ice cream maker, fill a shallow freezer-safe dish with the mixture. After 4 hours of freezing, the mixture should be smooth and frozen, with a fork used to break up ice crystals every 30 minutes.

Serving Ideas:

- Present sorbet in scoops in cold glasses or bowls. For a sophisticated touch, garnish with thin slices of lemon or fresh mint leaves.
- For a light dessert, serve with a small Mediterranean cookie or biscotti.

INGREDIENTS:

- 1 cup fresh lemon juice (about 4-5 lemons)
- 1 tbsp finely grated lemon zest
- ½ cup honey or maple syrup (adjust to taste)
- 1½ cups water
- 2 tbsp fresh mint leaves, finely chopped
- 1 tsp pure vanilla extract (optional, for added depth)

Optional Additions:

- 1 tbsp orange juice for added sweetness.
- ½ tsp ground cardamom for a unique flavor twist.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 80
- Protein: 0 g
- Carbohydrates: 21 g
- Fats: 0 g
- Fiber: 0 g
- Cholesterol: 0 mg
- Sodium: 5 mg
- Potassium: 50 mg

ADVANTAGES FOR HEALTH:

- Lemon juice: Rich in antioxidants and vitamin C, it promotes digestion and immunological function.
- Honey: A natural sweetener with antibacterial and trace antioxidant qualities.
- Mint: renowned for its digestive advantages and revitalizing scent.
- Low-calorie: A guilt-free, light dessert choice.
- Hydration: It's an excellent option for warm weather because it contains water and electrolytes.



Biscotti

with almonds and coffee

PREP TIME: 15 MINS

SERVING: 20
BISCOTTI

COOK TIME: 35-40 MINS

This tasty, crunchy biscotti with a Mediterranean flair goes well with coffee. Almonds give this traditional cookie a deep, nutty flavor, and olive oil gives it a nutritious edge.

INSTRUCTIONS:

Get the dough ready:

- Set the oven's temperature to 350°F (175°C). Use silicone baking mats or parchment paper to line a baking pan.
- Combine the flour, baking powder, and salt in a medium-sized bowl and whisk. Add the chopped almonds and stir.
- Beat the sugar, eggs, olive oil, almond extract, and vanilla extract in a large bowl until thoroughly blended.

Mix and Form the Dough:

- Stir constantly, gradually incorporating the dry ingredients into the liquid components until a sticky dough forms.
- Divide the dough into two parts. Using floured hands, form each half into a log about 12 inches long and 2 inches wide. Spread the logs out on the baking sheet that has been prepared.

The initial bake:

- Bake the logs for 25 minutes in a preheated oven or until they are firm to the touch and faintly golden.
- Take the logs out of the oven and allow them to cool for ten minutes. Lower the oven's setting to 325°F (160°C).

Slice and Second Bake:

- Cut each log into ½-inch slices on a little diagonal using a serrated knife.
- Place the slices on the baking pan and cut side down. After 10 minutes, turn each slice over and continue baking for 8 to 10 minutes or until the biscotti are crisp and golden.

Cool and Store:

- Place the biscotti on a wire rack to cool fully before putting it in an airtight container.

Serving Ideas:

- Serve with a glass of almond milk, a cup of espresso, or a cappuccino.
- Dip one end of the biscotti into melted dark chocolate for a sophisticated touch.
- Serve with yogurt parfait or fresh fruit for a dessert with a Mediterranean flair.

INGREDIENTS:

For the Biscotti:

- 2 cups all-purpose flour (or substitute with whole wheat pastry flour for added fiber)
- 1 tsp baking powder
- ¼ tsp sea salt
- ¾ cup whole almonds, toasted and roughly chopped
- ¾ cup granulated sugar (or coconut sugar for a healthier option)
- 2 large eggs
- 3 tbsp extra virgin olive oil
- 1 tsp pure vanilla extract
- 1 tsp almond extract

Optional Additions:

- 1 tsp ground cinnamon or cardamom for warmth.
- ½ cup dark chocolate chips for a touch of indulgence.
- 1 tbsp orange zest for a citrus twist.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 90
- Protein: 2 g
- Carbohydrates: 13 g
- Fats: 3 g
- - Saturated Fat: 0.5 g
- Fiber: 1 g
- Cholesterol: 15 mg
- Sodium: 40 mg
- Potassium: 50 mg

ADVANTAGES FOR HEALTH:

- Almonds: Rich in protein, antioxidants, and good fats.
- Olive Oil: Offers monounsaturated fats that are good for the heart.
- Low Sodium: It contains little salt and is naturally balanced.
- No Butter: A healthier choice with a Mediterranean flair that uses olive oil.
- Whole Ingredients: Contains nutritious, healthful components such as almonds and optional orange zest.



INGREDIENTS:

For the Strawberries:

- 2 cups fresh strawberries, hulled and halved

For the Balsamic Syrup:

- ½ cup balsamic vinegar
- 2 tbsp honey (or maple syrup for a vegan option)
- 1 tsp fresh lemon juice
- ¼ tsp ground black pepper (optional, for depth)

Optional Garnishes:

- 1 tbsp fresh mint leaves, finely chopped
- 2 tbsp shaved Parmesan cheese for a savory touch
- 1 tbsp crushed pistachios for added texture.

The Balsamic Syrup

with Fresh Strawberries

PREP TIME: 10 MINS

SERVING: 4

COOK TIME: 10 MINS

Inspired by the Mediterranean Diet, this sophisticated dessert creates a light and tasty dish by combining the natural sweetness of strawberries with the tangy depth of balsamic syrup.

INSTRUCTIONS:

Get the balsamic syrup ready:

- Put the lemon juice, honey, and balsamic vinegar in a small saucepan.
- After bringing the mixture to a gently boiling point over medium heat, reduce the heat to low. Simmer until the mixture thickens and reduces by half, 8 to 10 minutes, stirring periodically.
- Turn off the heat and let the syrup cool a little. As it cools, it will keep getting thicker.

Get the strawberries ready:

- Clean the strawberries and remove their hulls. Put them on a serving bowl after slicing them in half.

Put the Dish Together:

- Drizzle the strawberries with the chilled balsamic syrup.
- Gently toss to properly distribute the syrup over the strawberries.

Garnish and Serve:

- Before serving, garnish with chopped mint leaves or any other optional garnishes of your choosing.
- For a cool dessert, serve right away or refrigerate for 10 minutes.

Serving Ideas:

- With extra creaminess, serve with mascarpone or a scoop of vanilla Greek yogurt.
- Serve with a glass of chilled prosecco or white wine for a Mediterranean-style delight.
- Use as a garnish for oatmeal, pancakes, or whole-grain waffles for a rich breakfast choice.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 60
- Protein: 1 g
- Carbohydrates: 14 g
- Fats: 0 g
- Fiber: 2 g
- Cholesterol: 0 mg
- Sodium: 5 mg
- Potassium: 170 mg

ADVANTAGES FOR HEALTH:

- Strawberries: Rich in fiber, vitamin C, and antioxidants.
- Polyphenols found in balsamic vinegar may help maintain heart health.
- Honey: A natural sweetener that has antibacterial and trace antioxidant qualities.
- Low Calories: A delicious treat that is light and satisfying.
- Balanced Flavors: Makes for a nutritious Mediterranean treat by balancing sweetness, tanginess, and freshness.