



Mediterranean *Diet Cookbook*

60 DELECTABLE MEDITERRANEAN DIET RECIPES

APRIL BLOMGREN

Mediterranean Diet Cookbook

60 Delectable Mediterranean Diet Recipes

BY

April Blomgren



Copyright 2020 April Blomgren

License Notes

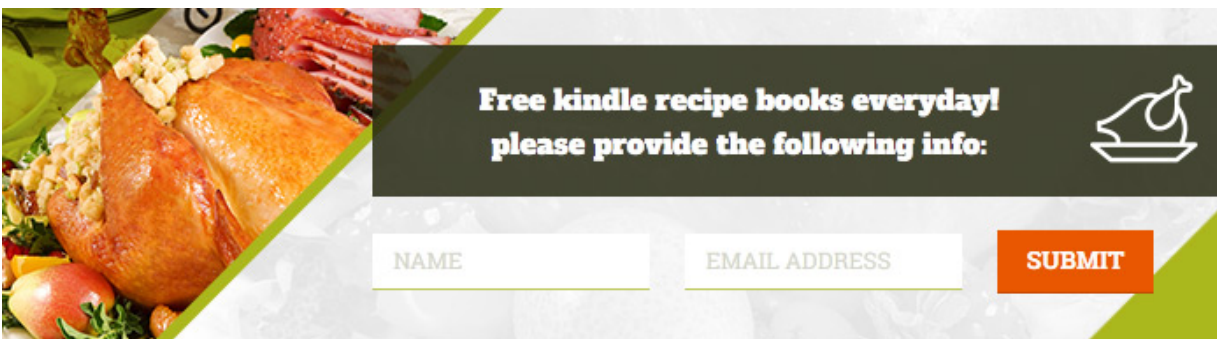
No part of this Book can be reproduced in any form or by any means including print, electronic, scanning or photocopying unless prior permission is granted by the author.

All ideas, suggestions and guidelines mentioned here are written for informative purposes. While the author has taken every possible step to ensure accuracy, all readers are advised to follow information at their own risk. The author cannot be held responsible for personal and/or commercial damages in case of misinterpreting and misunderstanding any part of this
Book

Thanks for Purchasing My Book!

Here's your reward!

Thank you so much for purchasing my book! As a reward for your purchase, you can now receive free books sent to you every week. All you have to do is just subscribe to the list by entering your email address in the box below and I will send you a notification every time I have a free promotion running. The books will absolutely be free with no work at all from you! Who doesn't want free books? No one! ***There are free and discounted books every day***, and an email is sent to you 1-2 days beforehand to remind you so you don't miss out. It's that easy! [Enter your email now to get started!](#)



Free kindle recipe books everyday!
please provide the following info:

NAME

EMAIL ADDRESS

SUBMIT

Author Page: <https://www.amazon.com/author/april-blomgren>

Table of Contents

[Introduction](#)

[The Mediterranean Food Pyramid](#)

[Foods to Limit or Avoid](#)

[The Health Benefits](#)

[Breakfast Recipes](#)

[Chickpea Avocado Toast](#)

[Greek Strawberry Frozen Yogurt](#)

[Almond Peach Oatmeal](#)

[Mediterranean Omelet](#)

[Avocado Breakfast Waffle](#)

[Mediterranean Breakfast Couscous](#)

[Pastina and Egg](#)

[Basil Scrambled Eggs](#)

[Appetizer & Dip Recipes](#)

[Sautéed Mushrooms](#)

[Black Hummus](#)

[Cucumber Boats](#)

[Green Beans & Peppers](#)

[Vegetarian Recipes](#)

[Confetti Couscous](#)

[Herbs Orzo](#)

[Spaghetti Al Limone](#)

[Quinoa Veggie Bowl](#)

[Roasted Vegetables](#)

[Braised Tomato & Eggplant](#)

[Beef, lamb & Pork Recipes](#)

[Rosemary Roasted Lamb Chops](#)

[Oregano Pork Chops](#)

[Polenta & Beef](#)

[Pork with Couscous](#)

[Fish & Seafood Recipes](#)

[Moroccan Tilapia](#)

[Tomato-Poached Halibut](#)

[Lemon Baked Trout](#)

[Baked Halibut with Olives](#)

[Almond Crusted Salmon](#)

[Pecan-Crusted Catfish](#)

[Parmesan Garlic Salmon](#)

[Spicy Halibut](#)

[Salmon with Green Beans](#)

[Poultry Recipes](#)

[Caprese Chicken](#)

[Fennel Braised Duck](#)

[Greek Chicken Salad](#)

[Greek Stewed Chicken](#)

[Chicken & Rice Soup](#)

[Skillet Chicken Parmesan](#)

[Grilled Duck Breast with Fruit Salsa](#)

[Soup & Salad Recipes](#)

[Gazpacho Soup](#)

[Lemony Red Lentil Soup](#)

[Chickpea Soup](#)

[White Bean Soup](#)

[Arugula Salad](#)

[Asparagus Salad](#)

Snack Recipes

Tuna Salad Sandwiches

Tomato Bruschetta

Baked Pita Crisps

Kale Chips

Sweet Potato Fries

Drinks

Banana Blueberry Smoothie

Banana Date Smoothie

Chia-Pomegranate Smoothie

Avocado-Blueberry Smoothie

Peach Smoothie

Dessert Recipes

Coconut and Honey Crusted Banana Chips

Berry Clafoutis

Pistachio Pudding

Honey Yogurt with Berries

Ricotta Brulee

Honey-Caramelized Figs with Greek Yogurt

[Conclusion](#)

[Author's Afterthoughts](#)

Introduction



People living in the Mediterranean countries — namely Spain, Greece, and Italy — tend to live longer. Apart from the obvious secrets like weight control and active lifestyle, the people in the regions eat food that consists of healthy foods. The diet's foods include high amounts of olive oil, legumes, nuts, seeds, vegetables, and whole grains and low on saturated fat, sugar, and red meat. It also consists of fish and seafood, which are ideally consumed once or twice a week. Eggs, cheese, and yogurt are consumed moderately, about once a week.

The diet does not ask you to count calories, work out your macronutrients or weigh your food, which is why it has long term benefits. You will have to determine if the amount you are eating is within moderation or not. It requires you to limit processed and sugary foods that are high in calories.

Just making the small change will already help you get your calorie intake under control. It may seem complicated, especially if you struggle with binge eating. Still, you will soon realize that if you feed your body with wholesome food, you will feel better physically and emotionally, and in the end, will instinctively eat less.

Although you will lose weight while eating delicious food, eating the Mediterranean way is about more than weight loss. It is about a healthy body and mind. The diet offers a range of health benefits like diabetes control and prevention, improved brain and heart health, preventing cancer and weight loss. If you successfully follow the Mediterranean diet, you will reduce weight and stay clear of chronic diseases.

This book has covered almost everything with 60 delicious and healthy recipes for all seasons at your table that you need to know to follow the diet. The recipes included in the book will help you understand the Mediterranean food pyramid without being overly complex. You won't need to follow complicated recipes or spend hours a day in the kitchen to eat healthily. If you know the basics of which foods are right for you and why, and the foods to avoid, you'll be able to make the meals as intricate or simple as you see fit.

Any time you make changes to your diet or lifestyle, it's essential you first speak to your physician about your desire for better health and what you're hoping to gain from the new diet. The Mediterranean diet can be beneficial for many people, but your personal health history matters. If you should not be consuming alcohol, have severe health concerns or take medication throughout the day, you must speak to your doctor about what adjustments you can make and if the diet is right.

Armed with the straightforward yet enticing recipes, you'll have more chances to slow down and savor food with friends; it's the Mediterranean way, and it just happens to be healthier.

The Mediterranean Food Pyramid

The Pyramid of Mediterranean diet guides you about the foods consumed in large, moderate and low amounts. The Pyramid takes explicitly into consideration both of the quantitative and qualitative elements for eating choices.

As we move up on the Pyramid, seafood and fish are the most prominent elements. Further up, you will find poultry, cheese, yogurt, and eggs used in moderate amounts. The top consists of sweets and meats that should be consumed in the least often and small quantities.

Sweets and Meats:

At the top of the Pyramid are meats and sweets. They need to be eaten occasionally and in smaller portions. Opt for lean cuts like tenderloin, T-bone, flank, etc. instead of the fattier meats. Treat sweets and sugary foods as little celebrations that need to be consumed occasionally.

Poultry, Cheese, Yogurt, and Eggs:

They are integral components of the Mediterranean diet and need to be included in moderate amounts, at least 3 to 4 times a week. The portion size should be moderate. You can have cheese regularly, but the right ones and in small amounts.

Seafood and Fish:

Seafood comprises most of the sources of protein in the Med diet. The preferred fish include herring, tuna, sardines, and salmon since they're enriched in omega-3 fatty acids that are great for heart health. Seafood includes shellfish like shrimp, oysters, clams, and mussels as they too are

filled with good fats. Ideally, seafood and fish should be consumed twice a week.

Fruits, vegetables, whole grains, herbs, healthy fats, and beans:

They are the heart of the diet. They should be the base of each meal and should consist of the biggest portion of your plate. Use olive oil as your ultimate source of healthy fat and be used as a dressing or cooking and baking.

Physical Activity:

Apart from dietary guidelines, the Med lifestyle also focuses on leading a physically active lifestyle. Apart from the main components, the diet also focuses on drinking a lot of water and some wine regularly.

Foods to Limit or Avoid

Sweetened Grains:

Sweetened cereals, snack foods, and other sweetened grains or its products

Sauces and Condiments:

Teriyaki sauce, barbecue sauce, and ketchup

Red meat

You should reduce red meat in the Mediterranean diet since it can contribute to heart disease, but you don't have to actually avoid it altogether. Try to choose a small portion of lean red meat, and keep it down to three to four times per month.

Added Sugars:

It includes candies, ice cream, table sugar, and soda.

Refined Grains:

It includes pasta that's made of refined wheat and white bread.

Trans Fat:

It can certainly be found in various processed foods, but it's also in margarine!

Refined Oils:

It includes cottonseed oil, vegetable oil, canola oil, and soybean oil.

Butter or animal fats

Hydrogenated oils (palm kernel oil, palm oil, etc.)

Processed Meats:

Some common examples are processed hot dogs, salami, bacon, and sausages.

The Health Benefits

Reduced Risk of Heart

Indeed, the Mediterranean diet is the number one diet for the prevention of heart-related diseases. It can help decrease blood pressure, decrease the risk of heart attack and stroke and reduce arterial inflammation, which is vital because blocked arteries or atherosclerosis are the leading cause of death in the United States. The diet encourages the consumption of many fruits and vegetables while limiting the consumption of red meat. The diet also focuses on fresh and natural ingredients, which have more vitamins and minerals than processed foods. The factors result in a diet high in heart-healthy nutrients and low in saturated fats and added sugars.

Prevents Alzheimer's disease and Memory Decline

The diet does improve brain functioning and slows down memory declining. Research has shown that healthy fats may contribute to the prevention of cognitive decline. There is a direct correlation between the consumption of fish and the decreased prevalence of Alzheimer's.

Weight Loss and Healthy Weight Maintenance

The Mediterranean diet encourages the reduction of portions and eating slowly instead of overeating in haste. The factors, combined with the improved nutrient variety and decreased consumption of saturated fat, can certainly help you reach a healthy body weight and maintain a sustainable diet.

Mediterranean Diet Helps in Managing Type 2 Diabetes

The Mediterranean diet has certainly been shown to reduce the risk of diabetes and even prevent type 2 diabetes. The fiber in fruits, vegetables, whole grains, and legumes works to slow digestion, which in turn helps control spikes in your blood sugar levels. By balancing our consumption of simple carbs, such as sugars found naturally in fruits and dairy, with complex carbs like whole grains, protein, and healthy fats, digestion can be slowed down enough to utilize the carbohydrates and reduce insulin resistance properly. Reduces the Risk of Some Cancers

Mediterranean Diet Can Help with Anxiety and Depression

Studies show that adherence to the Mediterranean diet can reduce the risk of depression and improve mood. This is likely because the diet encourages a lifestyle that pulls us away from hectic Westernized activities and focuses on family, exercise, and decreased time on media devices. It promotes family mealtimes, daily physical activities incorporated into daily tasks, and an active lifestyle. The factors can improve mood and overall mental health.

Mediterranean diet prevents inflammations.

Most bacteria are fed in sugars and processed food nutrients, so when you change and provide your body with fresh food, fish, nuts, olive oil, and whole-grain carbohydrates, you are reducing the risk of inflammation. The Mediterranean diet is packed with anti-inflammatory foods – olive oil, leafy greens, nuts, salmon, sardines, oranges, strawberries are just some of the foods that fight inflammation.

Arthritis:

In a handful of studies, researchers have found associations between eating the Mediterranean diet and a reduction in pain caused by osteoarthritis and rheumatoid arthritis. Specific symptom-relieving foods include extra-virgin olive oil and fiber-rich whole grains.

Cancer:

Following the Mediterranean diet is linked to reduced overall cancer rates.

High blood pressure:

The healthy fats found in the Mediterranean diet are probably one of the keys to the lower blood pressure rates found in people following the eating pattern. The healthier fats include the monounsaturated fats found in olive oil and some nuts and the omega-3 fats found in most fish.

High cholesterol:

It's likely the Mediterranean diet can lower the risk of heart disease partly because people eating the way have lower LDL blood cholesterol levels. LDLs are the "bad" cholesterol, which is more apt to build up deposits in your arteries.

Breakfast Recipes

Chickpea Avocado Toast



Servings: 4

Prep Time: 10 minutes

Cook Time: 0 minutes

Ingredients:

- 1 (15 oz) can low-sodium chickpeas, nicely drained and rinsed
- 1 avocado, pitted
- 2 tsp freshly squeezed lemon juice or
- 1 tbsp orange juice
- ½ cup feta cheese, diced
- ½ tsp freshly ground black pepper
- 4 multigrain toast

- 2 tsp honey

Directions:

1. In a bowl, add the chickpeas.
2. Gradually scoop the avocado flesh out of the skin. Transfer to the bowl of chickpeas.
3. Mash them with a potato masher or the back of a fork until a uniform consistency is achieved.
4. Fold in the lemon juice, diced feta cheese, and black pepper. Stir to combine well. Divide the mashed chickpeas mixture onto each piece of multigrain toast, spreading it all over.
5. To serve; drizzle the toasts with honey.

Greek Strawberry Frozen Yogurt



Servings: 5

Prep Time: 4 hours

Cook Time: 0 minutes

Ingredients:

- 3 cups plain Greek low-fat yogurt
- 1 cup sugar
- $\frac{1}{4}$ cup lemon juice, freshly squeezed
- 2 tsp vanilla
- $\frac{1}{8}$ tsp salt
- 1 cup strawberries, sliced

Directions:

1. In a bowl, add yogurt, lemon juice, sugar, vanilla, and salt, then whisk well.
2. Freeze the yogurt mix in a 2-quart ice cream maker according to the given instructions. During the final minute, add the sliced strawberries.
3. Transfer the yogurt to an airtight container. Place in the freezer for 4 hours.
4. Remove from the freezer, serve, and enjoy!

Almond Peach Oatmeal



Servings: 2

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients:

- 1 cup unsweetened almond milk
- 2 cups water
- 1 cup oats
- 2 peaches, diced
- Pinch of salt

Directions:

1. Spray instant pot from inside with cooking spray.
2. Add all ingredients into the instant pot and stir well.
3. Seal pot with a lid and select manual, and set timer for 10 minutes.
4. Once done, allow to release pressure naturally for 10 minutes then release remaining using quick release.
5. Remove lid.
6. Stir and serve.

Mediterranean Omelet



Servings: 2

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients:

- 2 large eggs
- 2 tbsp extra virgin olive oil
- 1 medium yellow onion chopped
- 1 clove garlic minced
- 1 cup spinach chopped
- ½ medium tomato diced
- 2 tbsp skim milk

- 4 Kalamata olives pitted and diced
- Salt and pepper to taste
- 3 tbsp crumbled feta cheese
- 1 tbsp chopped fresh parsley

Directions:

1. In a frying pan, heat the oil.
2. Add onions and fry till browned.
3. Add garlic and fry for 2 minutes.
4. Add the salt, spinach, and tomatoes and cook for a few minutes.
5. In a bowl, whisk together egg and milk.
6. Add pepper and olives to the pan and pour the egg mixture over the sautéed vegetables. Spread around and turn the heat up, so the egg cooks quickly.
7. Cook until the egg is cooked.
8. Fold the omelet in half. Slide onto a plate and add cheese and freshly chopped parsley. Serve warm.

Avocado Breakfast Waffle



Servings: 1

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients:

- 1 tbsp fresh salsa
- 1 large egg, cooked
- 1 waffle, whole-grain and frozen
- ¼ avocado, halved and chopped

Directions:

1. Toast the waffle as per the package directions.
2. Put egg, salsa, and avocado onto the waffles.
3. Serve and enjoy.

Mediterranean Breakfast Couscous



Servings: 4

Prep Time: 10 minutes

Cook Time: 18 minutes

Ingredients:

- 3 cups low-fat milk
- 1 cinnamon stick
- 1/ 2 cup chopped dried apricots
- 1/ 4 cup dried currants
- 1 cup uncooked whole wheat couscous
- 1/ 4 tsp salt

- 6 tsp dark brown sugar
- 4 tsp butter

Directions:

1. Put your cinnamon stick and milk in a saucepan over medium-high heat for approximately 3 minutes until a few bubbles begin to form around the inner edge of your skillet, making sure not to boil.
2. Remove from the heat and stir in your apricots, couscous, currants, salt, and brown sugar.
3. Cover your mixture and allow to stand for 15 minutes.
4. Remove and discard the cinnamon stick.
5. Serve the couscous in 4 bowls and top each of the bowls with a tsp of melted butter and 1/2 tsp of brown sugar.
6. Serve and Enjoy!

Pastina and Egg



Servings: 6

Prep Time: 10 minutes

Cook Time: 8 minutes

Ingredients:

- 1 large egg
- 2 large egg whites
- 3 cups fat-free chicken broth
- 1 ½ cups pasta
- ¼ cup grated Parmesan cheese
- ½ tsp ground black pepper
- ¼ cup chopped parsley

Directions:

1. First, in a small bowl, beat egg and egg whites.

2. Bring broth to a slow boil in a medium saucepan over medium-high heat, then add pasta.
3. Cook 3 minutes, frequently stirring, until almost al dente.
4. Next, whisk in egg mixture, continually stirring until eggs are cooked and pasta is al dente, about 2 minutes.
5. Remove from heat and ladle into bowls. Top with cheese, pepper, and parsley.
6. Serve hot.

Basil Scrambled Eggs



Servings: 2

Prep Time: 10 minutes

Cook Time: 5 minutes

Ingredients:

- 4 eggs, large
- Sea salt & black pepper to taste
- 2 cloves garlic, minced
- 2 tbsp fresh basil, chopped fine
- 2 tbsp Gruyere cheese, grated
- 1 tbsp cream
- 1 tbsp olive oil

Directions:

1. In a large bowl, mix well your basil, cheese, cream, and eggs together until it's well combined.
2. Next, in a large skillet, heat your oil over medium-low heat. Then, add in your garlic and cook for a minute.
3. Gradually pour the egg mixture into the skillet over the garlic. Continue to scramble as they cook so they become soft and fluffy.
4. Lasty, season with salt and pepper. Serve warm.

Appetizer & Dip Recipes

Sautéed Mushrooms



Servings: 5

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients:

- 3 tbsp olive oil
- 2 tbsp garlic, minced
- 2 lb cremini mushrooms, halved
- ½ tsp salt
- ½ tsp black pepper

Directions:

1. In a skillet over medium-low heat, heat your olive oil, then add in your garlic and Sauté until fragrant, stirring occasionally cook for a minute.
2. Add the halved mushrooms and stir to combine. Sauté for about 8 minutes, stirring frequently, or until the mushrooms are tender.
3. Remove from the heat to a plate.
4. To serve, sprinkle the sautéed mushrooms with black pepper.

Black Hummus



Servings: 8

Prep Time: 10 minutes

Cook Time: 0 minutes

Ingredients:

- 1 (15 oz) can black beans (drained, but reserve the liquid)
- 10 Greek olives
- 2 tbsp lemon juice
- 3/4 tsp cumin (ground)
- 1/2 tsp garlic (minced)
- 1/4 tsp cayenne pepper
- 1/4 tsp paprika

- Salt to taste

Directions:

1. Combine the above-listed ingredients except for the olives to a food processor or blender and blend to hummus consistency.
2. Garnish with the 10 Greek olives.
3. Enjoy.

Cucumber Boats



Servings: 6

Prep Time: 10 minutes

Cook Time: 0 minutes

Ingredients:

- 1/4 cup extra-virgin olive oil
- 1/4 cup walnut pieces
- 1/4 cup grated Parmesan cheese
- 1 clove garlic, minced
- 1 packed cup fresh basil leaves
- 3 medium cucumbers
- 1/4 tsp salt
- 1/2 tsp paprika

Directions:

1. Cut each cucumber in half lengthwise and again in half crosswise to make four stocky pieces.
2. Use a spoon to remove the seeds. Then, hollow out a shallow trough in each piece. Lightly salt each piece and set aside on a platter.
3. In a blender or food processor, combine the basil, garlic, walnuts, Parmesan cheese, and olive oil and blend until smooth.
4. Use a spoon to spread pesto into each cucumber “boat” and sprinkle each with paprika.
5. Serve.

Green Beans & Peppers



Servings: 4

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients:

- 2 tbsp olive oil
- 1.5 lb green beans, trimmed & halved
- Sea salt & black pepper to taste
- 2 red bell peppers, sliced into strips
- 1 tbsp lime juice, fresh
- 2 tbsp rosemary, chopped
- 1 tbsp dill, fresh & chopped

Directions:

1. First, heat a pan with oil over medium heat. Add in your bell pepper and green beans.
2. Toss to combine. Then, cook for five minutes.
3. Next, add in the remaining ingredients. Toss until well combined.
4. Cook for five more minutes, and then divide between plates.
5. Serve warm.

Vegetarian Recipes

Confetti Couscous



Servings: 5

Prep Time: 5 minutes

Cook Time: 20 minutes

Ingredients:

- 3 tbsp olive oil
- 1 large chopped onion
- 1 cup fresh peas
- 2 carrots, chopped
- ½ cup golden raisins

- 1 tsp salt
- 2 cups vegetable broth
- 2 cups couscous

Directions:

1. Add the olive oil, onions, peas, raisins, and carrots to a medium heat skillet.
2. Allow to cook for 5 minutes, stirring occasionally, or until the vegetables start to soften.
3. Season with salt and pour in the vegetable broth while whisking. Bring it to a boil for about 5 minutes. Fold in the couscous and stir to combine.
4. Reduce the heat to low and cook covered for about 10 minutes, or until the couscous has absorbed the liquid completely.
5. Using a fork to fluff the couscous and serve while warm with freshly chopped parsley.

Herbs Orzo



Servings: 4

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients:

ORZO:

- 2 cups orzo
- ½ cup fresh basil, finely chopped
- ½ cup fresh parsley, finely chopped
- 2 tbsp lemon zest

DRESSING:

- ½ cup extra-virgin olive oil

- 1/3 cup lemon juice
- 1 tsp salt
- 1/2 tsp freshly ground black pepper

Directions:

1. Put the orzo in a large saucepan with boiling water and allow it to cook for 6 minutes.
2. Drain the orzo in a sieve and rinse well under cold running water. Set aside to cool completely.
3. When cooled, place the orzo in a large bowl. Mix in the basil, lemon zest, and parsley. Set aside.
4. Make the dressing: In a separate bowl, combine the olive oil, lemon juice, salt, and pepper, then stir to incorporate.
5. Pour the dressing into the bowl of orzo mixture and toss gently until everything is well combined.
6. Serve immediately, or refrigerate for later.

Spaghetti Al Limone



Servings: 6

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients:

- 2 oz Parmesan cheese, grated
- $\frac{1}{3}$ cup lemon juice
- 2 tsp lemon zest
- 1 clove small garlic, minced
- 2 tbsp extra-virgin olive oil
- Salt and black pepper, to taste
- 1 lb spaghetti

- 6 tbsp fresh basil, shredded
- 10 cups water

Directions:

1. Combine the Parmesan, lemon juice and zest, garlic, olive oil, salt, and pepper in a blender, then blend until smooth and set aside.
2. Pour water with 1 tbsp of salt in a pot, and bring to a boil.
3. Add the spaghetti to the pot. Cook according to the own package direction until al dente., stirring constantly.
4. Transfer the cooked spaghetti to a large plate, and pat dry with paper towels.
5. Reserve ½ cup of spaghetti water.
6. Pour the lemon mixture over the spaghetti, then sprinkle with basil.
7. Toss to coat well.
8. Use the reserved spaghetti water to adjust the consistency before serving.

Quinoa Veggie Bowl



Servings: 4

Prep Time: 5 minutes

Cook Time: 0 minutes

Ingredients:

- 4 oz cooked quinoa
- 7.5 oz canned chickpeas
- 8 oz chopped veggie mix
- 1/4 cup salad dressing

Directions:

1. Prepare the cooked quinoa as directed on the package and place it in a bowl.

2. Add the veggie mix and chickpeas to the bowl and toss.
3. Toss in the dressing before serving.

Roasted Vegetables



Servings: 6

Prep Time: 10 minutes

Cook Time: 45 minutes

Ingredients:

- 2 tbsp olive oil
- 3 medium-sized potatoes, peeled and chopped
- 1 medium sweet potato, peeled and chopped
- 3 large carrots, peeled and chopped
- 1 medium yellow onion, peeled and chopped
- ½ lb button mushrooms
- ½ tsp salt
- 1 tsp black pepper

Directions:

1. Preheat oven to 350 ° F.
2. Combine well all the above-listed ingredients in a large roasting pan and mix.
3. Roast until tender, for about 45 minutes.
4. Serve warm.

Braised Tomato & Eggplant



Servings: 4

Prep Time: 30 minutes

Cook Time: 1 hour

Ingredients:

- 1 eggplant, peeled & diced
- 15 oz tomatoes, canned, chopped & in juices
- 1 cup chicken broth
- Sea salt & black pepper to taste
- 2 cloves garlic, smashed
- 1 tbsp Italian seasoning
- 1 bay leaf

Directions:

1. Salt both sides of the eggplant to help get rid of the bitter juices, and then let it sit for twenty minutes.
2. Rinse your eggplants, and then pat them dry.
3. Place your tomatoes, broth, garlic, eggplant, bay leaf, and seasoning in a saucepot, bringing it to a boil.
4. Reduce it to a simmer cover, and then cook for forty minutes or until your eggplant is tender.
5. Remove the bay leaf and garlic cloves.
6. Season to taste before serving.

Beef, lamb & Pork Recipes

Rosemary Roasted Lamb Chops



Servings: 4

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

- 3 tbsp extra virgin olive oil
- 8 lamb chops
- 2 cloves garlic, cut into small slices
- Kosher salt, to taste
- 2 tbsp freshly rosemary leaves

Directions:

1. Preheat oven to 375 ° F.
2. Place the chops on a baking sheet. Then, brush them with olive oil.

3. Cut one small, shallow slit in the top of each lamb chop.
4. Place a sliver of garlic in each cut and season with salt and a sprinkle of rosemary.
5. Roast chops 20 minutes or until an instant-read thermometer inserted in the thickest part of the chop registers 160 ° F for medium.
6. Serve warm and enjoy!

Oregano Pork Chops



Servings: 4

Prep Time: 10 minutes

Cook Time: 40 minutes

Ingredients:

- 1/4 cup and 2 tbsp olive oil, divided
- 1/4 cup fresh oregano, chopped
- 1/4 cup fresh rosemary, chopped
- Salt and pepper, to taste
- 2 cloves garlic, crushed and minced
- 4 pork rib chops, bone-in
- 2 lemons, cut in half

Directions:

1. Preheat oven to 400 ° F.
2. In a bowl, mix ¼ cup olive oil, garlic, oregano, and rosemary.
3. Rub the pork chops with this mixture and marinate in the refrigerator for 30 minutes.
4. In a baking pan, pour the remaining olive oil along with the chops and bake for 40 minutes.
5. Season with salt and pepper.
6. Serve with lemon halves.
7. Enjoy.

Polenta & Beef



Servings: 4

Prep Time: 15 minutes

Cook Time: 2 hours 25 minutes

Ingredients:

- 1/4 cup olive oil
- 2 lb lean boneless beef, chopped into 2-inch cubes
- 1 yellow onion, peeled & chopped
- 3 cloves garlic, minced
- 1 cup white wine
- 10 oz tomato sauce, canned
- 1 tsp rosemary
- 1/2 tsp chipotle chili powder

- 1 package polenta, prepared

Directions:

1. Heat your oil in a pot over medium-high heat.
2. Once it's hot, add in your beef and cook for about ten minutes, occasionally stirring so that the meat browns on all sides.
3. Once your meat has browned, add in your garlic and onion. Cook for five minutes more, and then pour in your wine.
4. Use the wine to deglaze the bottom of your pan, scraping up any browned bits stuck to the bottom.
5. Add in your herbs, chili powder, and tomato sauce. Cover, and let it simmer for two hours.
6. Prepare your polenta according to package instructions.
7. Discard the bay leaf, and serve the stew with polenta.

Pork with Couscous



Servings: 6

Prep Time: 10 minutes

Cook Time: 7 hours

Ingredients:

- 2.5 lb pork loin boneless and trimmed
- $\frac{3}{4}$ cup chicken stock
- 2 tbsp olive oil
- $\frac{1}{2}$ tbsp sweet paprika
- 2 $\frac{1}{4}$ tsp sage, dried
- $\frac{1}{2}$ tbsp garlic powder
- $\frac{1}{4}$ tsp rosemary, dried
- $\frac{1}{4}$ tsp marjoram, dried
- 1 tsp basil, dried

- 1 tsp oregano, dried
- Salt and black pepper to taste
- 2 cups couscous, cooked

Directions:

1. In a bowl, mix oil with stock, paprika, garlic powder, sage, rosemary, thyme, marjoram, oregano, salt, and pepper to taste and whisk well.
2. Put the pork loin in your crockpot, add stock and spice mix, stir, cover, and cook on low for 7 hours.
3. Slice the pork, return to the pot and toss with cooking juices.
4. Divide between plates and serve with couscous on the side.

Fish & Seafood Recipes

Moroccan Tilapia



Servings: 12

Prep Time: 10 minutes

Cook Time: 50 minutes

Ingredients:

- 1 chopped onion
- 1 tbsp vegetable oil
- 1 clove garlic, finely chopped
- 2 medium bell peppers, red
- 1 can garbanzo beans
- 1 large thinly sliced carrot
- 4 olives, chopped

- 3 tomatoes, chopped
- ¼ cup fresh parsley
- 3 tbsp paprika
- ¼ cup ground cumin
- 2 tbsp chicken bouillon
- Salt to taste
- 1 tsp cayenne pepper
- 5 lb tilapia fillets

Directions:

1. First, in a pan, heat oil over medium heat.
2. Add garlic and onion, and cook until onions are softened, for around 5 minutes.
3. Mix garbanzo beans, olives, carrots, bell peppers, tomatoes, and keep cooking for around 5 minutes.
4. Next, sprinkle cumin, parsley, paprika, cayenne, and chicken bouillon on top of the vegetables. Add salt.
5. Put tilapia on the top, and cover vegetables with enough water.
6. Lower the heat, and cook for around 40 minutes.
7. Serve and enjoy.

Tomato-Poached Halibut



Servings: 4

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

- 2 finely chopped poblano peppers
- 1 tbsp olive oil
- 1 finely chopped small onion
- 1 can diced tomatoes
- 1 can fire-roasted undrained diced tomatoes
- 1/4 cup chopped green olives
- 1/4 tsp pepper

- 3 cloves garlic, minced
- 1/ 8 tsp salt
- 1/ 3 cup fresh cilantro, chopped
- 1 whole grain crusty bread
- 4 (4 oz) halibut fillets
- 1 lemon

Directions:

1. First, in a non-stick skillet, heat the oil over medium heat.
2. Add the onion and poblano peppers, and cook for 4 to 6 minutes.
3. Add tomatoes, garlic, olives, salt, and pepper.
4. Next, bring it to a boil and adjust the heat for a gentle simmer.
5. Mix fillets, and cook while keeping it covered for 8 to 10 minutes.
6. Add cilantro, and serve with the lemon wedges.

Lemon Baked Trout



Servings: 4

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients:

- 1 tbsp olive oil, divided
- 2 (8 oz) whole trout, cleaned
- Sea salt and black pepper to taste
- 1 lemon, thinly sliced into about six pieces
- 1 tbsp chopped fresh parsley
- 1 tbsp finely chopped fresh dill
- ½ cup low-sodium fish stock or chicken stock

Directions:

1. Preheat the oven to 400°F.
2. Lightly grease a 9-by-13-inch baking dish with 1 tsp of olive oil.
3. Rinse the trout, pat dry with paper towels, and coat with the remaining 2 tsp of olive oil evenly. Season with salt and pepper
4. Stuff the trout's interior with the lemon slices, dill, and parsley and place it into the prepared baking dish.
5. Bake the fish for 10 minutes. Then, add the fish stock to the dish.
6. Continue to bake until the fish flakes easily with a fork, about 10 minutes.
7. Serve.

Baked Halibut with Olives



Servings: 4

Prep Time: 10 minutes

Cook Time: 40 minutes

Ingredients:

- 4 halibut fillets
- 1 (5 oz) jar Kalamata olives
- 1 tomato (chopped)
- 1/2 cup onion (chopped)
- 1/4 cup capers
- 1/4 cup olive oil
- 1 tbsp Greek seasoning
- 1 tbsp lemon juice

- Salt and pepper to taste:

Directions:

1. Preheat the oven to 350 ° F.
2. Next, line a baking sheet with foil.
3. Place the four halibut fillets on the lined baking sheet and sprinkle the tablespoon of Greek seasoning over the fillets.
4. In a bowl, combine the Kalamata olives, tomato, onion, capers, olive oil, lemon juice, and a couple of salt and pepper dashes.
5. Then, spoon the tomato and olive mixture over the halibut fillets.
6. Cover with a sheet of foil and fold the edges together with the bottom layer to create a large foil packet with the fillets.
7. Bake for 40 minutes in the oven.

Almond Crusted Salmon



Servings: 4

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients:

- 1/4 cup olive oil
- 1/4 cup breadcrumbs
- 1/2 cup almonds, chopped fine & lightly toasted
- 1 tbsp honey, raw
- 1/2 tsp thyme
- 4 salmon steaks
- Sea salt & black pepper to taste

Directions:

1. Preheat your oven to 350 ° F
2. Combine your honey and olive oil in a bowl.
3. Fill a shallow dish with your thyme, salt, pepper, almonds, and breadcrumbs, making sure it's well combined.
4. Coat your salmon steaks in the oil mixture before pressing the almond mixture into it.
5. Brush a baking sheet with oil. Then, lay out your salmon steaks.
6. Bake for eight to twelve minutes. The salmon should be firm and lightly browned.
7. Serve warm.

Pecan-Crusted Catfish



Servings: 4

Prep Time: 15 minutes

Cook Time: 10 minutes

Ingredients:

- 1 egg
- 2 tbsp water
- 4 catfish fillets
- ½ cup flour
- 1 cup pecans, chopped
- 2 tbsp extra-virgin olive oil
- Salt & pepper, to taste

Directions:

1. Combine egg and water.
2. Put fish in the mixture and let sit while preparing other ingredients. Put flour on one sheet of wax paper, pecans on another.
3. Take each fish fillet from the egg mixture.
4. Coat one side of fish in flour, other in pecans.
5. Cook fillets in the skillet for 5 minutes on each side.

Parmesan Garlic Salmon



Servings: 2

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients:

- 1 lb salmon
- 1 clove minced garlic
- ½ tsp Worcestershire sauce
- ⅓ cup mayonnaise
- 3 tbsp grated parmesan cheese
- 3 tbsp chopped onions or chives

Directions:

1. First, wash the fish fillets. Pat them dry.
2. To make the sauce: mix garlic, Worcestershire sauce, mayo, onions, and cheese.
3. Next, spread the sauce evenly over the fish fillets.
4. Place the fillet on a baking dish lined with butter paper.
5. Bake for 15 minutes at 450 ° F.
6. Lastly, serve with a side of steamed broccoli and other vegetables.

Spicy Halibut



Servings: 4

Prep Time: 15 minutes

Cook Time: 25 minutes

Ingredients:

- 4 (4 oz) halibut fillets
- 2 tsp ground cumin
- Sea salt
- 1 tbsp olive oil, divided
- ½ red onion, thinly sliced
- 2 tsp minced garlic
- 4 large tomatoes, chopped

- ½ cup chopped roasted red peppers
- ¼ cup pitted, chopped Kalamata olives
- 1 tbsp chopped fresh oregano
- Pinch of red pepper flakes
- 1 tbsp chopped fresh parsley

Directions:

1. First, season the halibut with cumin and salt.
2. Second, heat 2 tsp of olive oil in a large skillet over medium-high heat.
3. Cook the fish until it flakes easily, turning once, about 12 minutes total. Set aside.
4. Next, add the remaining olive oil to the skillet and sauté the onion and garlic until softened about 2 minutes.
5. Stir in the tomatoes, roasted red peppers, olives, oregano, and red pepper flakes and reduce the heat to medium low.
6. Then, cook, stirring, until the sauce is well blended and heated through, about 10 minutes.
7. Serve the fish topped with sauce and parsley.

Salmon with Green Beans



Servings: 4

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients:

- 4 salmon fillets
- 2 cloves garlic, minced
- 2 tbsp parsley, minced
- $\frac{1}{4}$ cup lemon juice
- Salt and black pepper to taste
- 2 tbsp olive oil, divided
- 1 lb green beans, trimmed

- 1 cup white beans

Directions:

1. First, preheat oven at 400 ° F.
2. Second, line a large baking sheet with tin foil.
3. Combine minced garlic, parsley, lemon juice, salt, pepper, and one tbsp olive oil.
4. Rub each salmon fillet with the mixture to coat evenly.
5. Then, arrange salmon on a baking sheet surrounded by green and white beans. Evenly drizzle with remaining olive oil, salt, and pepper
6. Cook in the broiler for 8-10 minutes until salmon, is done then plate the green and white beans, topping with the salmon fillet.

Poultry Recipes

Caprese Chicken



Servings: 4

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

- 4 boneless chicken breasts cut
- 1 tbsp olive oil
- 3 thinly sliced tomatoes
- 1/2 cup basil leaves
- 1 log mozzarella
- Salt and black pepper, to taste
- For Balsamic glaze:
- 3 tbsp brown sugar

- 1/2 cup balsamic vinegar

Directions:

1. Preheat the oven to 400 ° F.
2. Apply olive oil to the chicken and season with pepper and salt.
3. Slice mozzarella and tomatoes, then put into the cuts of chicken breast.
4. Add basil, then bake for almost 25 minutes in the oven.
5. Bring brown sugar and balsamic vinegar to boil in a pot over the stove, and cook for almost 10 to 12 minutes over medium heat. Set it aside.
6. Take the chicken out, and pour balsamic glaze onto it.
7. Garnish it with fresh basil, and serve with a side dish or salad.

Fennel Braised Duck



Servings: 6

Prep Time: 10 minutes

Cook Time: 1 hour

Ingredients:

- 2 cloves garlic, minced
- 1/4 cup olive oil
- 1/2 cup sherry
- 1 whole duck, cleaned
- 3 tsp fresh rosemary
- Sea salt and black pepper, to taste
- 3 fennel bulbs cut into chunks

Directions:

1. Preheat the oven to 375 ° F.
2. Next, in a Dutch oven, heat the olive oil.
3. Season the duck, including the cavity, with the rosemary, garlic, sea salt, and freshly ground pepper.
4. Place the duck in the oil, and cook it for 10– 15 minutes, turning as necessary to brown all sides.
5. Then, add the fennel bulbs and cook an additional 5 minutes.
6. Pour the sherry over the duck and fennel, cover, cook in the oven for 30– 45 minutes, or until the duck's internal temperature is 140– 150 degrees at its thickest part.
7. Allow the duck to sit for 15 minutes before serving.

Greek Chicken Salad



Servings: 2

Prep Time: 24 hours 10 minutes

Cook Time: 0 minutes

Ingredients:

- 1/4 cup balsamic vinegar
- 1 tsp freshly squeezed lemon juice
- 1/4 cup extra-virgin olive oil
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 2 grilled boneless, skinless chicken breasts, sliced (about 1 cup)

- 1/2 cup thinly sliced red onion
- 10 cherry tomatoes, halved
- 8 pitted Kalamata olives, halved
- 2 cups roughly chopped romaine lettuce
- 1/2 cup feta cheese

Directions:

1. First, in a medium bowl, combine the vinegar and lemon juice and stir well.
2. Slowly whisk in the olive oil and continue whisking vigorously until well blended.
3. Whisk in the salt and pepper.
4. Add the chicken, onion, tomatoes, and olives and stir well.
5. Next, cover and refrigerate overnight.
6. To serve, divide the romaine between 2 salad plates and top each with half of the chicken vegetable mixture.
7. Top with feta cheese and serve immediately.

Greek Stewed Chicken



Servings: 10

Prep Time: 10 minutes

Cook Time: 1 hour and 15 minutes

Ingredients:

- ½ cup red wine
- 1 ½ cups chicken stock or more if needed
- 1 cup olive oil
- 1 cup tomato sauce
- 4 lb whole chicken cut into pieces
- Pinch of dried oregano or to taste
- 10 small shallots, peeled
- 2 bay leaves
- 2 cloves garlic, finely chopped

- 2 tbsp chopped fresh parsley
- 2 tsp butter
- Salt and black pepper to taste

Directions:

1. Bring to a boil a large pot of lightly salted water.
2. Mix in the shallots and let boil uncovered until tender for around three minutes. Then drain the shallots and dip in cold water until no longer warm.
3. In another large pot over medium fire, heat butter and olive oil until bubbling and melted.
4. Sauté in the chicken and shallots for 15 minutes or until chicken is cooked and shallots are soft and translucent.
5. Add the chopped garlic and cook for three minutes more.
6. Add bay leaves, oregano, salt and pepper, parsley, tomato sauce and red wine. Then, let simmer for a minute before adding the chicken stock.
7. Stir before covering and let cook for 50 minutes on medium-low fire or until chicken is tender.

Chicken & Rice Soup



Servings: 4

Prep Time: 10 minutes

Cook Time: 35 minutes

Ingredients:

- 1/4 cup olive oil
- 2 leeks, root & tops trimmed, sliced thin
- 1 fennel bulb, chopped
- 2 carrots, peeled & sliced thin
- 1 clove garlic, sliced
- 1/2 cup rice
- 6 cups chicken broth

- 1 tsp sea salt, fine
- ¼ tsp black pepper
- 2 sprigs thyme, fresh
- 2 cups chicken, cooked & cut into ½-inch cubes
- 1 lemon, zested & juiced
- 2 scallions, sliced thin

Directions:

1. Heat your olive oil in a Dutch oven, and then add in your garlic, carrot, fennel, and leeks.
2. Sauté until your vegetables are lightly browned.
3. Add in your rice, stirring well.
4. Add in your thyme, salt, pepper, and chicken broth. Then, bring it to boil before reducing it to a simmer.
5. Cook while covered for fifteen minutes.
6. The rice should become tender. Add in your lemon juice, lemon zest, scallions, and chicken.
7. Remove the thyme, and serve warm.

Skillet Chicken Parmesan



Servings: 4

Prep Time: 10 minutes

Cook Time: 50 minutes

Ingredients:

- $\frac{1}{3}$ cup all-purpose flour
- $\frac{2}{3}$ cup cornmeal
- 1 tsp minced fresh basil
- 1 tsp minced fresh rosemary
- 1 tsp dried oregano
- $\frac{1}{2}$ tsp ground black pepper, divided

- $\frac{3}{4}$ tsp salt, divided
- 5 tbsp olive oil, divided
- 4 (6 oz) boneless, skinless chicken breasts, halved
- 1 medium onion, peeled and diced
- 6 cloves garlic, minced
- 3 cups canned whole tomatoes, hand crushed
- $\frac{1}{4}$ cup dry white wine
- 1 cup roughly chopped fresh basil
- 2 cups grated mozzarella cheese

Directions:

1. First, in a large bowl, combine cornmeal, flour, minced basil, oregano, and rosemary, then set aside.
2. Brush the chicken pieces with 2 tbsp oil and season with $\frac{1}{4}$ tsp pepper and $\frac{1}{2}$ tsp salt.
3. Dredge chicken in reserved cornmeal and flour mixture.
4. Next, in a large skillet, heat 2 tbsp oil over medium-high heat
5. Add chicken (in batches) and fry 2– 3 minutes per side approximately or until browned.
6. Gradually place chicken on a tray lined with paper towels to soak up excess oil.
7. Next, discard oil used for frying and wipe skillet clean.
8. In a skillet, heat the remaining 1 tbsp oil over medium heat
9. Add onions and garlic and cook 5– 6 minutes. Add tomatoes and wine.
10. Next, increase heat to medium-high and bring to a boil. Reduce heat to medium-low. Season with remaining $\frac{1}{4}$ tsp each salt and pepper

11. Nestle chicken into the sauce.
12. Then, cover and cook 30 minutes until sauce thickens and chicken is tender.
13. Stir in roughly chopped basil and top sauce with cheese.
14. Cover skillet and let the cheese melt for 2 minutes.
15. Serve warm.

Grilled Duck Breast with Fruit Salsa



Servings: 6

Prep Time: 10minutes

Cook Time: 15minutes

Ingredients:

- 1 medium plum, pitted and diced
- 1 medium peach, pitted and diced
- 1 medium nectarine, pitted and diced
- 1 medium red onion, peeled and diced
- 3 sprigs mint, minced
- ½ tsp ground black pepper
- 1 tbsp olive oil

- 1 tsp chili powder
- 1 ½ lb boneless duck breast

Directions:

1. First, preheat a gas or charcoal grill to medium-high heat.
2. When the grill is ready, dip a clean dish towel in vegetable oil and wipe the grill surface with the oil.
3. Toss together plum, peach, nectarine, onion, mint, and pepper in a medium bowl.
4. Next, in a shallow dish, mix oil and chili powder—dip duck breast in oil mixture.
5. Place duck on the grill. Then, cook about 8– 10 minutes per side.
6. Slice duck diagonally and serve with a spoonful of salsa.

Soup & Salad Recipes

Gazpacho Soup



Servings: 7

Prep Time: 10 minutes

Cook Time: 0 minutes

Ingredients:

- $\frac{1}{3}$ cup extra-virgin olive oil, plus more for serving
- $\frac{1}{2}$ cup water
- 2 slices whole-grain bread, crust removed
- 1 Persian cucumber, peeled and chopped
- 2 lb ripe tomatoes
- 1 clove garlic, finely chopped
- 2 tbsp red wine vinegar

- Salt and black pepper to taste

Directions:

1. First, soak the bread in a bowl of water for about 5 minutes, and then discard the water.
2. In a food processor, put the bread, cucumber, tomatoes, garlic, olive oil, red wine vinegar, salt, and pepper.
3. Next, process the ingredients until thoroughly mixed and glossy.
4. Pour the mixture into a glass jar and refrigerate to chill until ready to serve.
5. To serve, drizzle the soup with olive oil.

Lemony Red Lentil Soup



Servings: 7

Prep Time: 10 minutes

Cook Time: 50 minutes

Ingredients:

- 1 cup red lentils, nicely picked over and rinsed
- ½ cup long-grain or basmati rice, rinsed
- 10 cups water
- 2 tsp salt
- 3 tbsp extra-virgin olive oil
- 1 large finely chopped onion
- 2 cups finely diced carrots
- 1 tsp turmeric

- 1 lemon, cut into wedges

Directions:

1. Add the red lentils, rice, water, and salt to a large saucepan over medium heat.
2. Next, allow to simmer covered for about 30 minutes or until the lentils are soft, stirring occasionally.
3. In a skillet, heat the olive oil over medium-low heat until shimmering.
4. Add the onions and sauté for 5 minutes until the edges are browned.
5. Then, put the onions, carrots and turmeric into the saucepan and cook for 15 minutes more, whisking occasionally, or until the carrots are tender.
6. Divide the soup into serving bowls. Then, serve drizzled with lemon juice squeezed from the wedges.

Chickpea Soup



Servings: 4

Prep Time: 20 minutes

Cook Time: 18 minutes

Ingredients:

- 2 tsp olive oil
- 1 medium onion, chopped
- 2 medium carrots, diced
- 2 celery sticks, cleaned and diced
- 2 cans chickpeas rinsed
- 1 can low sodium tomatoes
- 2 cloves garlic, crushed

- 2 tsp Moroccan seasoning
- 2 cups low sodium vegetable stock
- 1 cup water
- Handful of Coriander leaves, chopped (optional)
- Black pepper to taste

Directions:

1. In a large saucepan, heat the oil. Add the chopped veggies.
2. Next, cover and cook for 3 minutes until vegetables are soft.
3. Add garlic and fry for a minute.
4. Add the chickpeas, tomatoes, stock, and water. Bring the mixture to a boil. Then, cover and simmer for up to 10 minutes.
5. Next, remove half the soup to a bowl and cool. Pour this half in a blender and blend until creamy. Return the creamy soup to the remaining soup in the pan.
6. Heat over medium heat for 2-3 minutes
7. Lastly, ladle into bowls and garnish with freshly chopped cilantro or coriander leaves.

White Bean Soup



Servings: 4

Prep Time: 10 minutes

Cook Time: 50 minutes

Ingredients:

- 1 chopped onion
- 1 chopped stalk celery
- 1 tbsp vegetable oil
- 2 cans white kidney beans
- 1 clove minced garlic
- 1 can chicken broth

- 1 tbsp lemon juice
- 1 bunch fresh spinach, thinly sliced
- 1/8 tsp dried thyme
- 1/4 tsp black pepper
- 2 cups water

Directions:

1. First, heat oil in a saucepan and cook celery and onion in the oil for 5-8 minutes.
2. Put garlic, cook for almost 30 seconds, and stir continually.
3. Add beans, pepper, chicken broth, 2 cups of water, and thyme.
4. Bring it to boil and reduce heat. Simmer for almost 15 minutes.
5. Next, remove 2 cups of the vegetable and beans mixture from the soup. Set aside.
6. Blend the remaining soup in the blender until smooth.
7. Once it is done, pour the soup back to the stockpot; stir in beans.
8. Bring it to boil, stirring occasionally.
9. Then, add spinach. Cook for 1 minute until wilted.
10. Add lemon juice; remove it from the heat.
11. Serve with Parmesan cheese.

Arugula Salad



Servings: 4

Prep Time: 5 minutes

Cook Time: 0 minutes

Ingredients:

- 1 avocado pitted, peeled, and sliced
- 4 cups arugula leaves rinsed, dried, torn into bite sizes
- 1 cup tomatoes, grape, halved
- 1/4 cup Parmesan cheese, grated
- 1/4 cup pine nuts
- 2 tbsp olive oil

- 1 tbsp rice vinegar
- Salt and pepper to taste

Directions:

1. Combine the entire ingredients in a large salad bowl.
2. Toss well.
3. Enjoy.

Asparagus Salad



Servings: 4

Prep Time: 5 minutes

Cook Time: 0 minutes

Ingredients:

- 1 lb asparagus, sliced into thin strips
- Sea salt & black pepper to taste
- 1 tbsp balsamic vinegar
- 1 tbsp lemon zest, fresh
- 4 tbsp olive oil

Directions:

1. Season the asparagus strips with salt and pepper.
2. Toss with olive oil, vinegar, and garnish with lemon zest before serving.

Snack Recipes

Tuna Salad Sandwiches



Servings: 2

Prep Time: 10 minutes

Cook Time: 5 minutes

Ingredients:

- 6 oz white tuna, drained
- 1 roasted red pepper, diced
- Juice of 1 lemon
- ½ small red onion, diced
- 10 olives, pitted and finely chopped
- ¼ cup plain Greek yogurt
- 1 tbsp parsley, chopped

- Salt and freshly ground pepper, to taste
- 1 tbsp olive oil
- 4 pieces whole-grain bread

Directions:

1. First, combine the entire ingredients, except for the bread and olive oil, in a medium bowl, then stir to mix well.
2. Second, heat the olive oil in a non-stick skillet over medium-high heat.
3. Toast the bread in the skillet for 2 to 4 minutes or until golden brown. Flip the bread halfway through the cooking time.
4. Lastly, assemble the bread with the mixture to make the sandwich and serve warm.

Tomato Bruschetta



Servings: 4

Prep Time: 10 minutes

Cook Time: 0 minutes

Ingredients:

- 1/2 toasted baguette, thinly sliced
- Handful of fresh basil leaves
- 1 1/2 cloves garlic, halved
- 8 oz ricotta cheese
- 2 tbsp basil pesto
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar

- 1 tbsp chopped dill sprigs
- 1 cup sliced cherry tomatoes
- 1/ 2 red tomato, thinly sliced
- 1/ 2 yellow tomato, thinly sliced
- 1/ 2 green tomato, thinly sliced
- Salt and black pepper to taste

Directions:

1. Place the baguette slices on a sheet and rub with the garlic cloves.
2. Spread the ricotta on the baguette slices after seasoning with salt and black pepper.
3. Next, in a bowl, add the olive oil, balsamic vinegar, and dill. Whisk them together.
4. Toss in the tomatoes.
5. Then, place the tomatoes on the slices and season with salt and black pepper.
6. Top the tomatoes with some basil leaves, and serve.

Baked Pita Crisps



Servings: 4

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients:

- 2 tbsp extra-virgin olive oil
- 2 slices whole wheat pita bread

Directions:

1. Preheat the oven to 425 degrees F.
2. Make triangles by cutting the pitas into four pieces each.
3. Slice each piece into two halves by the fold.

4. Line the baking sheet with foil.
5. Place each triangle with the smooth side down.
6. Brush olive oil on each piece lightly.
7. Bake until the pita is crisp, for around 10 minutes. You can mix in some garlic paste in the olive oil before brushing to give the crisps some extra flavor.

Kale Chips



Servings: 3

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

- 2 large bunches kale, ribs removed (rinsed & patted dry)
- 1 tbsp extra-virgin olive oil
- 1 tsp salt

Directions:

1. Preheat the oven to 250°F.
2. Grease 2 baking sheets.

3. Next, tear the kales into large pieces and toss them with the olive oil. Arrange on the baking sheets.
4. Sprinkle with salt.
5. Then, bake for 30 minutes until dry and crisp
6. Serve warm.

Sweet Potato Fries



Servings: 4

Prep Time: 10 minutes

Cook Time: 40 minutes

Ingredients:

- 4 large sweet potatoes, nicely peeled and cut into finger-like strips
- 2 tbsp extra-virgin olive oil
- Salt and black pepper to taste

Directions:

1. First, preheat the oven to 350°F.
2. Line a baking sheet with aluminum foil.

3. In a large bowl, evenly toss the potatoes with olive oil, salt and pepper.
4. Then, arrange the potatoes in a single layer on the baking sheet and bake until brown at the edges, about 40 minutes.
5. Serve hot.

Drinks

Banana Blueberry Smoothie



Servings: 2

Prep Time: 5 minutes

Cook Time: 0 minutes

Ingredients:

- 3 cups blueberries
- 1 chopped banana
- 2 cups almond milk

Directions:

1. Blend all the above-listed ingredients in a blender.
2. Once smooth, pour in a glass and serve with crushed ice.

Banana Date Smoothie



Servings: 6

Prep Time: 5 minutes

Cook Time: 0 minutes

Ingredients:

- 4 frozen, sliced bananas
- 1/2 cup tahini
- 8 pitted Medjool dates
- 3 cups unsweetened almond milk
- 1/2 cup crushed ice
- Pinch of ground cinnamon

Directions:

1. Blend the banana slices in a blender.
2. Add the rest of the ingredients.
3. Once creamy and smooth, pour into a glass and sprinkle with some ground cinnamon.
4. Serve immediately or refrigerate to chill.

Chia-Pomegranate Smoothie



Servings: 2

Prep Time: 5 minutes

Cook Time: 0 minutes

Ingredients:

- 1 cup pure pomegranate juice
- 1 cup frozen berries
- 1 cup coarsely chopped kale
- 2 tbsp chia seeds
- 3 Medjool dates, pitted and coarsely chopped
- Pinch of ground cinnamon

Directions:

1. Blend all the above-listed ingredients in a blender until smooth.
2. Pour into glasses and serve.

Avocado-Blueberry Smoothie



Servings: 2

Prep Time: 5 minutes

Cook Time: 0 minutes

Ingredients:

- ½ cup unsweetened vanilla almond milk
- ½ cup low-fat plain Greek yogurt
- 1 cup blueberries
- 1 ripe avocado, peeled, pitted, and chopped
- ¼ cup gluten-free rolled oats
- ½ tsp vanilla extract
- 4 ice cubes

Directions:

1. In a blender, combine the avocado, blueberries, oats, vanilla, yogurt and almond milk and pulse until well blended.
2. Add the ice cubes. Then, blend until thick and smooth.
3. Serve and enjoy.

Peach Smoothie



Servings: 1

Prep Time: 5 minutes

Cook Time: 0 minutes

Ingredients:

- 1 large unpeeled peach, pitted and sliced
- 6 oz vanilla or peach low-fat Greek yogurt
- 2 tbsp low-fat milk
- 7 ice cubes

Directions:

1. Combine all ingredients in a blender. Then, blend until thick and creamy.
2. Serve immediately and enjoy it.

Dessert Recipes

Coconut and Honey Crusted Banana Chips



Servings: 1

Prep Time: 10 minutes

Cook Time: 0 minutes

Ingredients:

- 1 banana, peeled and sliced
- 1 tbsp unsweetened cocoa powder
- 2 tbsp unsweetened, shredded coconut
- 1 tsp honey

Directions:

1. Line a baking sheet with parchment paper.

2. Arrange the banana slices on a single layer on the baking sheet.
3. Freeze for 10 minutes to firm the banana slices.
4. Next, combine the cocoa powder and coconut in a bowl.
5. Pour the honey into another bowl.
6. Dunk the banana slices in the bowl of honey, then in the cocoa powder mixture to coat well, shaking the excess off.
7. Lastly, serve immediately or keep in the freezer for 30 minutes and serve chilled.

Berry Clafoutis



Servings: 6

Prep Time: 10 minutes

Cook Time: 2 hours

Ingredients:

- 1 cup all-purpose flour
- $\frac{1}{4}$ tsp ground cinnamon
- 1 tsp baking powder
- $1\frac{3}{4}$ cups granulated sugar, divided
- $\frac{1}{4}$ tsp ground nutmeg
- $\frac{1}{4}$ tsp salt
- 2 eggs, lightly beaten

- 2 tbsp plain Greek yogurt
- 3 tsp olive oil
- 2 cups fresh blackberries
- 2 cups fresh raspberries
- 2 cups fresh blueberries
- 3 tbsp uncooked quick-cooking tapioca
- 1 cup water
- 1 cup heavy whipping cream, for serving

Directions:

1. Combine the flour, cinnamon, baking powder, $\frac{3}{4}$ cup of sugar, nutmeg, and salt in a bowl.
2. Mix the beaten eggs, Greek yogurt, and olive oil in another bowl.
3. Next, gradually pour the wet mixture into the dry mix and stir to mix well until it has a thick consistency. Set aside.
4. Add the berries, remaining sugar, tapioca, and water to a saucepan. Bring to a boil over medium heat.
5. Make the clafoutis: Pour the berry mixture into the slow cooker, then pour the batter over the berry mixture.
6. Put the slow cooker lid on. Then, cook on HIGH for 2 hours approximately or until the center is springy, and a toothpick comes out dry.
7. Lastly, turn off the slow cooker and let the clafoutis stand for an hour, then transfer to a plate and serve with cream on top.

Pistachio Pudding



Servings: 12

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients:

- 3.4 oz pistachio pudding mix
- 16 oz whipped topping
- 3 cups miniature marshmallows
- 1/2 cup chopped walnuts or pistachios
- 6 drops green food color
- 20 oz pineapple tidbits

Directions:

1. In a bowl, and combine pudding mix, food coloring, and whipped topping.
2. Add pineapple and marshmallows.
3. Refrigerate while keeping it covered for almost 2 hours.
4. Before serving, add more whipped topping and nuts.
5. Enjoy!

Honey Yogurt with Berries



Servings: 2

Prep Time: 15 minutes

Cook Time: 0 minutes

Ingredients:

- 4 oz hulled, halved strawberries
- 1/6 cup Greek yogurt
- 1/2 cup blueberries
- 1/2 cup raspberries
- 1 tsp honey
- 1/2 tbsp balsamic vinegar

Directions:

1. In a large bowl and toss the berries with the balsamic vinegar.

2. Set it aside for 8 to 10 minutes.
3. Meanwhile, mix the honey and yogurt in a bowl.
4. Serve it by topping the berries with honey yogurt.

Ricotta Brulee



Servings: 4

Prep Time: 10 minutes

Cook Time: 8 minutes

Ingredients:

- 1 cup whole milk ricotta cheese
- 1 tbsp granulated sugar
- 1/2 tsp finely grated lemon zest
- 1 tbsp honey
- Fresh raspberries to serve

Directions:

1. In a bowl, stir in the lemon zest, ricotta, and honey.
2. Combine the ingredients well.

3. Place four ramekins and divide the batter among them. Add sugar on top if you don't have a kitchen torch.
4. Add all of the ramekins on a baking sheet and place it on the oven rack.
5. Keep the rack on the highest level and turn on the oven.
6. Once the ricotta is golden-brown and starts to bubble, turn the oven off.
7. Top with raspberries once it has cooled down and serve it cold.

Honey-Caramelized Figs with Greek Yogurt



Servings: 4

Prep Time: 10 minutes

Cook Time: 8 minutes

Ingredients:

- 4 fresh halved figs
- 2 tbsp melted butter
- 2 tbsp brown sugar
- 2 cups Greek yogurt
- 1/4 cup honey

Directions:

1. First, heat a non-stick skillet over a medium flame.

2. Put the butter on the pan and toss the figs into it and sprinkle in some brown sugar.
3. Put the figs on the pan and cut off the side of the figs.
4. Next, cook the figs on a medium flame for 2-3 minutes until they turn a golden brown.
5. Turn over the figs and cook them for 2-3 minutes again.
6. Remove the figs from the pan and let it cool down a little.
7. On a plate and put a scoop of Greek yogurt on it.
8. Put the cooked figs over the yogurt and drizzle the honey over it.

Conclusion

Now you actually know everything you need to understand and get started with the Mediterranean diet! There's nothing to stop you from your weight loss and health goals on the diet. Just follow the simple tips and tricks provided to you, and before you know it, you'll be living the Mediterranean lifestyle and reaping all the benefits that the diet has to offer. The recipes herein will become family favorites in no time at all! Any dietary change can be hard at first, but with the delicious, new recipes, every day becomes a little easier.

All the best in this exciting journey

Author's Afterthoughts



Thanks ever so much to each of my cherished readers for investing the time to read this book!

I know you could have picked from many other books but you chose this one. So a big thanks for buying this book and reading all the way to the end.

*If you enjoyed this book or received value from it, I'd like to ask you for a favor. Please take a few minutes to post an honest and heartfelt review on **Amazon.com**. Your support does make a difference and helps to benefit other people.*

Thanks!

April Blomgren