

# **MEDITERRANEAN DIET COOKBOOK FOR BEGINNERS**

*1800+ Days of Delicious and Easy-to-Cook  
Recipes to Cultivate Healthy Eating Habits, with a  
30-Day Meal Plan and Full-Color Illustrations*

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# CHAPTER I.

## Introduction

### WHERE DOES THE MEDITERRANEAN DIET COME FROM?

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The Mediterranean Diet originates from the traditional eating habits of people in the Mediterranean region, particularly in countries like Greece, Italy, Spain, and parts of North Africa. This way of eating developed over centuries, shaped by the region's agriculture, climate, and cultural practices.

The Mediterranean Diet has its roots in ancient times, with influences from various civilizations that thrived in the Mediterranean basin. Ancient Greeks, Romans, and Egyptians, among others, contributed to the development of this cuisine by introducing ingredients like olives, grapes, and wheat, which are still staples today. The diet reflects the local environment, focusing on seasonal and locally sourced foods.

### KEY ELEMENTS OF THE DIET

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The traditional Mediterranean way of eating emphasizes fresh, whole foods. Key components include:

- *Olive oil is the primary source of fat and is known for its heart-healthy monounsaturated fats.*
- *Fruits and vegetables are consumed in abundance.*
- *Whole grains like barley, bulgur, and whole wheat.*
- *Legumes such as lentils, chickpeas, and beans.*
- *Nuts and seeds are used to add healthy fats and protein.*
- *Fish and seafood, which provide essential omega-3 fatty acids.*
- *Moderate consumption of dairy products like yogurt and cheese.*
- *Herbs and spices are used for flavor instead of salt.*
- *Moderate intake of red wine often enjoyed with meals.*

The Mediterranean Diet gained international recognition in the mid-20th century, mainly due to the work of American scientist Ancel Keys. In the 1950s, Keys led a study that compared the diets of people in various countries and found that those in the Mediterranean, particularly on the Greek island of Crete and in southern Italy, had lower rates of heart disease and longer life expectancies despite consuming a diet high in fats. Researchers realized the difference in the type of fats consumed—mainly from olive oil and fish rather than animal fats.

# HOW TO INCORPORATE THE MEDITERRANEAN DIET INTO YOUR DAILY LIFE

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Transitioning to a Mediterranean Diet can be simple and enjoyable. Here are some practical ways to get started:

## 1. Easy Food Swaps

- Swap butter for extra-virgin olive oil when cooking.
- Choose whole grains over refined ones, like whole-grain bread instead of white.
- Replace red meat with fish or plant-based proteins, such as beans or lentils.
- Opt for a handful of nuts instead of chips or sweets.

## 2. Planning Your Meals

- **Breakfast:** Try a bowl of Greek yogurt topped with fresh berries, nuts, and a drizzle of honey.
- **Lunch:** Prepare a salad with leafy greens, tomatoes, cucumbers, olives, feta, olive oil and lemon juice.
- **Dinner:** Enjoy grilled salmon with roasted vegetables and a small portion of whole grains like quinoa or farro.
- **Snacks:** Reach for a handful of almonds, olives, or a slice of whole-grain bread with hummus.

## 3. Shopping Tips

- Focus on the grocery store's perimeter, where fresh produce, fish, and dairy are typically located.
- Stock up on pantry essentials like olive oil, canned tomatoes, whole grains, and beans for quick and nutritious meals.
- Explore the herbs and spices section; these add Mediterranean flavor without extra calories.

## 4. Cooking Techniques

- Use **grilling** or **baking** over frying to keep meals light and healthy.
- Experiment with **one-pot meals**, like vegetable stews and casseroles, which are easy to make and packed with nutrients.
- Cook in batches to save time; many Mediterranean dishes taste better the next day.

# HEALTH BENEFITS

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The Mediterranean Diet is celebrated for its numerous health benefits, making it one of the most recommended diets by health professionals worldwide.

This diet, rooted in the traditional eating patterns of Mediterranean countries, emphasizes whole, nutrient-dense foods that contribute to overall well-being. Below is an overview of its essential health benefits.

## 1. Heart Health

One of the most significant benefits of the Mediterranean Diet is its positive impact on heart health. Research has consistently shown that this way of eating can reduce the risk of cardiovascular diseases, such as heart attack and stroke. The diet's emphasis on healthy fats, particularly from olive oil, nuts, and fish, helps maintain healthy cholesterol levels. These fats, known as monounsaturated and omega-3 fatty acids, can reduce inflammation, lower LDL (bad) cholesterol, and increase HDL (good) cholesterol, promoting a healthy heart.

## **2. Weight Loss and Maintenance**

The Mediterranean Diet is not a restrictive eating plan, but its focus on whole foods and balanced meals can lead to natural, sustainable weight loss. Including plenty of fiber-rich fruits, vegetables, whole grains, and legumes helps you feel full longer, reducing the likelihood of overeating. Additionally, the diet encourages portion control and mindful eating, which can support healthy weight management over time.

## **3. Diabetes Management and Prevention**

The Mediterranean diet offers a beneficial approach for those managing type 2 diabetes or at risk of developing it. The diet's emphasis on whole grains, legumes, and vegetables ensures a steady release of glucose into the bloodstream, helping to maintain stable blood sugar levels. The high fiber content of the diet also aids in improving insulin sensitivity, which can help reduce the risk of developing type 2 diabetes.

## **4. Improved Brain Health**

Studies suggest that the Mediterranean Diet may support brain health and reduce the risk of cognitive decline as people age. The diet's high content of antioxidants, found in fruits, vegetables, nuts, and olive oil, helps combat oxidative stress, which can damage brain cells. Additionally, omega-3 fatty acids from fish have been linked to improved brain function and a lower risk of neurodegenerative conditions like Alzheimer's.

## **5. Better Digestive Health**

A fiber-rich diet of fruits, vegetables, legumes, and whole grains promotes a healthy digestive system. Fiber helps regulate bowel movements and feeds beneficial gut bacteria, supporting a balanced microbiome. A healthy gut microbiome has been linked to improved immunity, better mood, and a reduced risk of chronic diseases.

## **6. Longevity and Quality of Life**

People who follow the Mediterranean Diet tend to live longer and healthier lives. The diet's anti-inflammatory and antioxidant properties contribute to overall longevity. At the same time, emphasizing a balanced, diverse range of foods ensures that the body receives all the essential nutrients it needs. Additionally, the social aspect of meals, often enjoyed with family and friends, promotes mental and emotional well-being, a necessary part of overall health.

The Mediterranean Diet is more than just a way of eating; it's a lifestyle that prioritizes balance, variety, and quality. By focusing on whole foods, healthy fats, and moderate consumption of meat and dairy, this diet can provide numerous health benefits, including better heart health, weight management, improved brain function, and a lower risk of chronic diseases. It's a sustainable and enjoyable approach to eating that can lead to a longer, healthier life.



# CHAPTER 2. Breakfast Recipes

# 1. Mediterranean Veggie Omelet with Feta



**PREP TIME:** 10 min  
**COOK TIME:** 10 min  
**YIELD:** 2 servings

**4 large eggs**  
**¼ cup crumbled feta cheese**  
**1 small red bell pepper, diced**  
**1 small zucchini, diced**  
**1 tablespoon olive oil**  
**1 handful fresh spinach**  
**¼ teaspoon dried oregano**  
**Salt and pepper to taste**

1. In a small bowl, whisk together the eggs, oregano, salt, and pepper. Set aside.
2. Heat olive oil in a non-stick skillet over medium heat. Add the bell pepper and zucchini and sauté for 3–4 minutes until tender.
3. Add spinach to the skillet and cook for another 1–2 minutes, until wilted.
4. Pour the egg mixture into the skillet, ensuring the vegetables are evenly spread. Cook for 2–3 minutes until the edges start to set.
5. Sprinkle feta cheese on top of the omelet. Fold the omelet in half and cook for another 1–2 minutes until fully set.
6. Serve hot with a garnish of fresh herbs, if desired.

**NUTRITIONAL INFORMATION:** 305 calories, 16g protein, 7g carbohydrates, 24g fat, 2g fiber, 380mg cholesterol, 610mg sodium, 340mg potassium

# 2. Mediterranean Breakfast Burrito with Fresh Salsa



**PREP TIME:** 15 min  
**COOK TIME:** 10 min  
**YIELD:** 2 servings

**4 large eggs**  
**2 whole wheat tortillas**  
**¼ cup crumbled feta cheese**  
**1 small tomato, diced**  
**1 small cucumber, diced**  
**¼ small red onion, finely chopped**  
**1 tablespoon olive oil**  
**¼ cup fresh parsley, chopped**  
**¼ teaspoon dried oregano**  
**Salt and pepper to taste**

1. In a bowl, whisk the eggs with a pinch of salt, pepper, and oregano.
2. Heat olive oil in a non-stick skillet over medium heat. Scramble the eggs until fully cooked, about 3–4 minutes.
3. Mix the diced tomato, cucumber, red onion, parsley, and a pinch of salt in a separate bowl to create the fresh salsa.
4. Warm the tortillas in a skillet or microwave for 30 seconds.
5. Divide the scrambled eggs evenly between the tortillas. Top with feta cheese and a generous spoonful of fresh salsa.
6. Roll the tortillas tightly into burritos and serve immediately.

**NUTRITIONAL INFORMATION:** 430 calories, 18g protein, 46g carbohydrates, 20g fat, 6g fiber, 380mg cholesterol, 720mg sodium, 400mg potassium

### 3. Greek Yogurt Parfait with Honey and Nuts



**1 cup Greek yogurt**  
**2 tablespoons honey**  
**¼ cup granola**  
**2 tablespoons chopped walnuts**  
**2 tablespoons chopped almonds**  
**¼ cup fresh berries (optional)**

1. Spoon half of the Greek yogurt into two serving glasses.
2. Drizzle 1 tablespoon of honey over each portion of yogurt.
3. Sprinkle half of the granola, walnuts, and almonds over the yogurt.
4. Add the remaining yogurt on top of the nuts and granola.
5. Finish with another drizzle of honey and top with fresh berries, if desired.
6. Serve immediately, or chill for up to 30 minutes before serving.

**PREP TIME:** 10 min

**COOK TIME:** 0 min

**YIELD:** 2 servings

**NUTRITIONAL INFORMATION:** 390 calories, 13g protein, 44g carbohydrates, 19g fat, 3g fiber, 10mg cholesterol, 80mg sodium, 300mg potassium

### 4. Shakshuka: Poached Eggs in Tomato Sauce



**4 large eggs**  
**1 can (14 oz) crushed tomatoes**  
**1 small onion, finely chopped**  
**1 small red bell pepper, diced**  
**2 cloves garlic, minced**  
**2 tablespoons olive oil**  
**1 teaspoon ground cumin**  
**1 teaspoon paprika**  
**¼ teaspoon cayenne pepper (optional)**  
**Salt and pepper to taste**  
**Fresh parsley, chopped, for garnish**

1. Heat olive oil in a large skillet over medium heat. Add the onion and red bell pepper, and sauté for 5-7 minutes until softening.
2. Add the garlic, cumin, paprika, and cayenne pepper (if using). Cook for 1 minute until fragrant.
3. Pour in the crushed tomatoes, season with salt and pepper, and simmer for 10 minutes, stirring occasionally.
4. Make four small wells in the sauce, and crack an egg into each well.
5. Cover the skillet and cook for 5-6 minutes until the eggs poach to your desired doneness.
6. Garnish with fresh parsley and serve warm with crusty bread.

**PREP TIME:** 10 min

**COOK TIME:** 20 min

**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 290 calories, 11g protein, 18g carbohydrates, 18g fat, 5g fiber, 370mg cholesterol, 520mg sodium, 430mg potassium

## 5. Spinach and Feta Breakfast Wrap



**4 large eggs**  
**1 cup fresh spinach, chopped**  
**¼ cup crumbled feta cheese**  
**2 whole wheat tortillas**  
**1 tablespoon olive oil**  
**Salt and pepper to taste**

1. In a bowl, whisk the eggs with salt and pepper.
2. Heat olive oil in a non-stick skillet over medium heat. Add the spinach and sauté for 2–3 minutes until wilted.
3. Pour the egg mixture into the skillet, stirring gently until the eggs are thoroughly scrambled and cooked, about 3–4 minutes.
4. Sprinkle the feta cheese over the scrambled eggs and mix briefly.
5. Warm the tortillas in a skillet or microwave for 30 seconds.
6. Divide the egg mixture evenly between the two tortillas, wrap tightly, and serve warm.

**PREP TIME:** 10 min  
**COOK TIME:** 10 min  
**YIELD:** 2 servings

**NUTRITIONAL INFORMATION:** 380 calories, 17g protein, 32g carbohydrates, 22g fat, 4g fiber, 370mg cholesterol, 560mg sodium, 320mg potassium

## 6. Avocado Toast with Cherry Tomatoes and Olive Oil



**2 slices whole grain bread, toasted**  
**1 ripe avocado, mashed**  
**¼ cup cherry tomatoes, halved**  
**1 tablespoon olive oil**  
**Salt and pepper to taste**  
**Fresh basil leaves (optional)**

1. Spread the mashed avocado evenly over the toasted bread slices.
2. Top each slice with cherry tomato halves.
3. Drizzle olive oil over the tomatoes and avocado.
4. Season with salt and pepper to taste.
5. Garnish with fresh basil leaves if desired, and serve immediately.

**PREP TIME:** 5 min  
**COOK TIME:** 0 min  
**YIELD:** 2 servings

**NUTRITIONAL INFORMATION:** 320 calories, 5g protein, 30g carbohydrates, 22g fat, 8g fiber, 0mg cholesterol, 240mg sodium, 600mg potassium

## 7. Mediterranean Smoothie Bowl with Berries and Seeds



**1 cup Greek yogurt**  
**1 banana, sliced**  
**½ cup mixed berries (strawberries, blueberries, raspberries)**  
**¼ cup granola**  
**1 tablespoon chia seeds**  
**1 tablespoon pumpkin seeds**  
**1 tablespoon honey (optional)**

1. Combine Greek yogurt, banana, and half of the mixed berries in a blender. Blend until smooth.
2. Pour the smoothie mixture into two bowls.
3. Top each bowl with the remaining berries, granola, chia, and pumpkin seeds.
4. Drizzle with honey if desired, and serve immediately.

**PREP TIME:** 10 min

**COOK TIME:** 0 min

**YIELD:** 2 servings

**NUTRITIONAL INFORMATION:** 350 calories, 14g protein, 49g carbohydrates, 11g fat, 8g fiber, 5mg cholesterol, 85mg sodium, 480mg potassium

## 8. Zucchini and Herb Frittata



**6 large eggs**  
**1 small zucchini, thinly sliced**  
**¼ cup milk**  
**¼ cup grated Parmesan cheese**  
**2 tablespoons fresh parsley, chopped**  
**1 tablespoon fresh basil, chopped**  
**1 tablespoon olive oil**  
**Salt and pepper to taste**

1. Preheat oven to 375°F (190°C).
2. Whisk together eggs, milk, Parmesan, parsley, basil, salt, and pepper in a bowl.
3. Heat olive oil in an oven-safe skillet over medium heat. Add zucchini and sauté for 3-4 minutes until tender.
4. Pour the egg mixture over the zucchini, stirring gently to combine.
5. Cook on the stovetop for 2-3 minutes until the edges start to set.
6. Transfer the skillet to the oven and bake for 10-12 minutes or until the frittata is fully set and lightly golden.
7. Slice and serve warm.

**PREP TIME:** 10 min

**COOK TIME:** 15 min

**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 220 calories, 14g protein, 6g carbohydrates, 16g fat, 1g fiber, 340mg cholesterol, 320mg sodium, 300mg potassium

## 9. Sun-Dried Tomato and Basil Scrambled Eggs



**4 large eggs**  
**¼ cup sun-dried tomatoes, chopped**  
**2 tablespoons fresh basil, chopped**  
**¼ cup milk**  
**1 tablespoon olive oil**  
**Salt and pepper to taste**

1. Whisk together the eggs, milk, salt, and pepper in a bowl until well combined.
2. Heat olive oil in a non-stick skillet over medium heat. Add the sun-dried tomatoes and sauté for 1–2 minutes.
3. Pour the egg mixture into the skillet, stirring gently to combine with the tomatoes.
4. Cook the eggs, stirring frequently, until softly scrambled and fully cooked, about 3–4 minutes.
5. Add fresh basil to the eggs and stir for a few seconds.
6. Serve immediately, garnished with extra basil if desired.

**PREP TIME:** 5 min  
**COOK TIME:** 10 min  
**YIELD:** 2 servings

**NUTRITIONAL INFORMATION:** 250 calories, 13g protein, 7g carbohydrates, 19g fat, 1g fiber, 380mg cholesterol, 320mg sodium, 290mg potassium

## 10. Whole Wheat Pancakes with Greek Yogurt and Fresh Berries



**1 cup whole wheat flour**  
**1 tablespoon baking powder**  
**1 tablespoon sugar**  
**½ teaspoon salt**  
**1 cup milk**  
**1 large egg**  
**2 tablespoons olive oil or melted butter**  
**½ cup Greek yogurt**  
**1 cup mixed fresh berries (strawberries, blueberries, raspberries)**  
**Extra Greek yogurt and berries for topping (optional)**

1. Mix whole wheat flour, baking powder, sugar, and salt in a bowl.
2. Whisk milk, egg, and olive oil (or melted butter) in a separate bowl until well combined.
3. Add the wet ingredients to the dry ingredients and stir until just combined.
4. Heat a non-stick skillet or griddle over medium heat. Lightly grease if needed.
5. Pour ¼ cup of the batter onto the skillet for each pancake, cooking for 2–3 minutes until bubbles form on the surface. Flip and cook for another 2–3 minutes until golden brown.
6. Serve pancakes warm with a dollop of Greek yogurt and a generous handful of fresh berries.
7. Optional: Drizzle with honey or maple syrup for extra sweetness.

**PREP TIME:** 10 min  
**COOK TIME:** 15 min  
**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:**  
290 calories, 10g protein, 42g carbohydrates, 10g fat, 4g fiber, 60mg cholesterol, 340mg sodium, 280mg potassium

## 11. Pita Bread Breakfast Sandwich with Hummus and Veggies



**PREP TIME:** 10 min

**COOK TIME:** 5 min

**YIELD:** 2 servings

**2 whole wheat pita breads**  
**½ cup hummus**  
**1 small cucumber, thinly sliced**  
**1 small tomato, thinly sliced**  
**¼ cup shredded carrots**  
**¼ cup baby spinach leaves**  
**1 tablespoon olive oil**  
**Salt and pepper to taste**

1. Warm the pita bread in a skillet or microwave for 1–2 minutes.
2. Cut each pita in half to create pockets.
3. Spread a generous layer of hummus inside each pita pocket.
4. Fill each pocket with cucumber, tomato, shredded carrots, and baby spinach leaves.
5. Drizzle olive oil over the veggies and season with salt and pepper to taste.
6. Serve immediately, or wrap in foil to take on the go.

**NUTRITIONAL INFORMATION:** 320 calories, 9g protein, 42g carbohydrates, 14g fat, 7g fiber, 0mg cholesterol, 460mg sodium, 390mg potassium

## 12. Olive Oil Banana Bread with Walnuts



**PREP TIME:** 10 min

**COOK TIME:** 50 min

**YIELD:** 6 servings

**3 ripe bananas, mashed**  
**⅓ cup olive oil**  
**½ cup sugar**  
**2 large eggs**  
**1 teaspoon vanilla extract**  
**1 ½ cups whole wheat flour**  
**1 teaspoon baking soda**  
**½ teaspoon salt**  
**½ cup chopped walnuts**

1. Preheat the oven to 350°F (175°C). Grease a loaf pan and set aside.
2. Mix the mashed bananas, olive oil, sugar, eggs, and vanilla extract in a large bowl until smooth.
3. Combine the flour, baking soda, and salt in a separate bowl. Gradually add to the wet ingredients, mixing until just combined.
4. Fold in the chopped walnuts.
5. Pour the batter into the prepared loaf pan and smooth the top.
6. Bake for 50–55 minutes or until a toothpick inserted into the center comes clean.
7. Let the banana bread cool in the pan for 10 minutes before transferring it to a wire rack to cool completely.

**NUTRITIONAL INFORMATION:** 320 calories, 6g protein, 45g carbohydrates, 14g fat, 3g fiber, 35mg cholesterol, 280mg sodium, 210mg potassium

## 13. Roasted Red Pepper and Goat Cheese Quiche



**PREP TIME:** 15 min  
**COOK TIME:** 40 min  
**YIELD:** 4 servings

**1 store-bought pie crust**  
**4 large eggs**  
**1 cup milk (or half-and-half)**  
**½ cup crumbled goat cheese**  
**1 cup roasted red peppers, chopped**  
**¼ cup fresh basil, chopped**  
**½ teaspoon salt**  
**¼ teaspoon black pepper**

1. Preheat oven to 375°F (190°C). Place the pie crust in a quiche or dish, trimming any excess.
2. Whisk together the eggs, milk, salt, and pepper in a bowl until smooth.
3. Spread the chopped roasted red peppers evenly over the crust.
4. Pour the egg mixture over the peppers, then sprinkle crumbled goat cheese and chopped basil.
5. Carefully place the quiche in the oven and bake for 35-40 minutes until the center is set and the top is lightly golden.
6. Let the quiche cool for 5 minutes before slicing.
7. Serve warm or at room temperature.

**NUTRITIONAL INFORMATION:** 320 calories, 13g protein, 22g carbohydrates, 20g fat, 2g fiber, 200mg cholesterol, 480mg sodium, 280mg potassium

## 14. Lemon Ricotta Pancakes with Honey Drizzle



**PREP TIME:** 10 min  
**COOK TIME:** 15 min  
**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:**  
340 calories, 10g protein, 48g carbohydrates, 12g fat, 1g fiber, 80mg cholesterol, 180mg sodium, 150mg potassium

**1 cup ricotta cheese**  
**¾ cup milk**  
**2 large eggs**  
**¼ cup sugar**  
**1 cup all-purpose flour**  
**1 teaspoon baking powder**  
**Zest of 1 lemon**  
**1 tablespoon lemon juice**  
**1 tablespoon olive oil or melted butter**  
**Honey, for drizzling**

1. Whisk together ricotta, milk, eggs, sugar, lemon zest, and lemon juice in a bowl until smooth.
2. Add flour and baking powder to the wet mixture, stirring gently until combined.
3. Heat a non-stick skillet or griddle over medium heat and lightly grease with olive oil or butter.
4. Pour ¼ cup of batter onto the skillet for each pancake. Cook for 2-3 minutes until bubbles appear on the surface, then flip and cook for 2-3 minutes until golden.
5. Repeat with the remaining batter, greasing the skillet as needed.
6. Serve the pancakes warm, drizzled with honey.
7. Optional: garnish with extra lemon zest or fresh berries for added flavor.



# CHAPTER 3. Appetizers & Snacks



# 1. Classic Hummus with Olive Tapenade



**PREP TIME:** 10 min  
**COOK TIME:** 0 min  
**YIELD:** 4 servings

## Hummus:

**1 can (15 oz) chickpeas, drained and rinsed**  
**1/4 cup tahini**  
**2 tbsp olive oil**  
**2 tbsp fresh lemon juice**  
**1 clove garlic, minced**  
**1/2 tsp ground cumin**  
**1/4 cup water (as needed for consistency)**  
**Salt, to taste**

## Olive Tapenade:

**1/2 cup pitted black olives, finely chopped**  
**1 tbsp capers, drained and chopped**  
**1 tbsp fresh parsley, chopped**  
**1 tbsp olive oil**  
**1/2 tsp fresh lemon juice**  
**Salt and pepper, to taste**

1. Prepare the hummus: In a food processor, blend chickpeas, tahini, olive oil, lemon juice, garlic, and cumin until smooth. Gradually add water to achieve the desired consistency. Season with salt.
2. Make the olive tapenade: Mix olives, capers, parsley, olive oil, and lemon juice in a small bowl. Adjust seasoning with salt and pepper.
3. Combine: Spread the hummus on a serving dish and top with olive tapenade. Drizzle extra olive oil if desired.
4. Serve: Serve with pita bread, vegetable sticks, or crackers.

**NUTRITIONAL INFORMATION:** 250 calories, 6g protein, 20g carbohydrates, 17g fat, 6g fiber, 0mg cholesterol, 400mg sodium, 200mg potassium

# 2. Greek Bruschetta with Tomato, Feta, and Basil



**PREP TIME:** 10 min  
**COOK TIME:** 5 min  
**YIELD:** 4 servings

**4 slices of crusty bread (e.g., baguette or ciabatta)**  
**2 medium tomatoes, diced**  
**1/4 cup crumbled feta cheese**  
**1/4 cup fresh basil leaves, chopped**  
**2 tbsp extra-virgin olive oil**  
**1 clove garlic, halved**  
**Salt and pepper, to taste**

1. Toast the bread: Lightly toast the slices of bread under a broiler or on a grill for about 2–3 minutes per side until golden.
2. Prepare the tomato mixture: In a bowl, mix the diced tomatoes, crumbled feta, and chopped basil. Drizzle with olive oil and season with salt and pepper.
3. Rub the garlic: Rub the cut sides of the garlic clove on the toasted bread for a subtle flavor.
4. Assemble: Spoon the tomato mixture evenly over the toasted bread slices.
5. Serve: Drizzle with more olive oil, if desired, and serve immediately.

**NUTRITIONAL INFORMATION:** 180 calories, 4g protein, 20g carbohydrates, 10g fat, 2g fiber, 10mg cholesterol, 320mg sodium, 150mg potassium

### 3. Stuffed Grape Leaves with Rice and Herbs (Dolmas)



**PREP TIME:** 20 min  
**COOK TIME:** 45 min  
**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:**

220 calories, 3g protein, 30g carbs, 10g fat, 3g fiber, 0mg cholesterol, 400mg sodium, 180mg potassium

**20 grape leaves (canned or jarred, rinsed and drained)**  
**1 cup long-grain rice**  
**1/4 cup olive oil, plus extra for drizzling**  
**1 medium onion, finely chopped**  
**2 tbsp pine nuts (optional)**  
**1/4 cup fresh parsley, chopped**  
**1/4 cup fresh dill, chopped**  
**1/4 cup fresh mint, chopped**  
**Juice of 1 lemon**  
**1 1/2 cups water**  
**Salt and pepper, to taste**

1. Prepare the filling: Heat olive oil in a pan over medium heat. Sauté the onion until soft, about 5 minutes. Add rice, pine nuts, and half of the herbs. Stir for 2–3 minutes.
2. Cook the rice: Add water, lemon juice, salt, and pepper. Bring to a simmer, cover, and cook until the rice is half-cooked (about 10 minutes). Let cool slightly, and mix in the remaining herbs.
3. Stuff the grape leaves: Place a grape leaf, vein side up, on a flat surface. Add a spoonful of the rice mixture near the stem end, fold in the sides, and roll tightly. Repeat with remaining leaves.
4. Cook the dolmas: Arrange the stuffed grape leaves in a pot, seam side down, in a single layer. Add water to cover, drizzle with olive oil, and place a heatproof plate on top to weigh them down. Simmer gently for 30 minutes until rice is tender.
5. Serve: Let cool slightly and serve with extra lemon wedges.

### 4. Roasted Red Pepper and Walnut Dip (Muhammara)



**PREP TIME:** 10 min  
**COOK TIME:** 5 min  
**YIELD:** 4 servings

**2 large roasted red peppers (store-bought or homemade)**  
**1 cup walnuts, toasted**  
**1/2 cup breadcrumbs**  
**2 tbsp pomegranate molasses**  
**1 clove garlic, minced**  
**1/4 cup olive oil**  
**1 tsp ground cumin**  
**1/4 tsp cayenne pepper (optional, for heat)**  
**Salt and pepper, to taste**  
**Juice of 1/2 lemon**

1. Toast the walnuts: Heat a dry pan over medium heat and toast the walnuts for 3–5 minutes, stirring frequently until fragrant. Let cool slightly.
2. Blend the ingredients: In a food processor, combine the roasted red peppers, toasted walnuts, breadcrumbs, garlic, cumin, cayenne pepper, pomegranate molasses, and lemon juice. Blend until smooth.
3. Add olive oil: While the food processor is running, slowly drizzle in the olive oil until the dip reaches a smooth, creamy consistency. Adjust seasoning with salt and pepper.
4. Serve: Transfer the dip to a serving bowl and drizzle with extra olive oil, if desired. Serve with pita bread, crackers, or vegetable sticks.

**NUTRITIONAL INFORMATION:** 230 calories, 5g protein, 15g carbs, 18g fat, 3g fiber, 0mg cholesterol, 200mg sodium, 250mg potassium

## 5. Baked Zucchini Fries with Tzatziki Dip



**PREP TIME:** 10 min

**COOK TIME:** 0 min

**YIELD:** 4 servings

### **NUTRITIONAL INFORMATION:**

220 calories, 7g protein, 28g carbs, 9g fat, 3g fiber, 70mg cholesterol, 340mg sodium, 450mg potassium

### ***Zucchini Fries:***

**2 medium zucchinis, cut into fry-like strips**  
**1/2 cup all-purpose flour**  
**2 large eggs, beaten**  
**1 cup breadcrumbs (preferably panko)**  
**1/4 cup grated Parmesan cheese**  
**1/2 tsp garlic powder**  
**1/2 tsp dried oregano**

**Salt and pepper, to taste**  
**Cooking spray**

### ***Tzatziki Dip:***

**1/2 cup Greek yogurt**  
**1/4 cup cucumber, finely grated and drained**  
**1 clove garlic, minced**  
**1 tbsp fresh dill, chopped**  
**1 tbsp fresh lemon juice**  
**Salt and pepper, to taste**

1. Prepare the coating: Preheat the oven to 425°F (220°C). Set up a breading station with three bowls: flour in one, beaten eggs in the second, and a mix of breadcrumbs, Parmesan, garlic powder, oregano, salt, and pepper in the third.
2. Coat the zucchini: Dredge each zucchini strip in flour, dip it into the egg, and coat it with the breadcrumb mixture. Place on a baking sheet lined with parchment paper.
3. Bake the fries: Lightly spray the coated zucchini with cooking spray. Bake for 20 minutes, turning halfway, until golden and crispy.
4. Make the tzatziki dip: In a bowl, mix Greek yogurt, grated cucumber, garlic, dill, lemon juice, salt, and pepper. Chill until ready to serve.
5. Serve: Serve the baked zucchini fries with the chilled tzatziki dip.

## 6. Marinated Olives with Herbs and Citrus



**PREP TIME:** 10 min

**COOK TIME:** 0 min

**YIELD:** 4 servings

**2 cups mixed olives (green and black), pitted if desired**  
**1/4 cup extra-virgin olive oil**  
**Zest of 1 lemon**  
**Zest of 1 orange**  
**2 cloves garlic, thinly sliced**  
**1 tbsp fresh rosemary, chopped**  
**1 tbsp fresh thyme, chopped**  
**1/2 tsp red pepper flakes (optional)**  
**1 tbsp fresh parsley, chopped (for garnish)**  
**Salt and pepper, to taste**

1. Combine the ingredients: In a bowl, mix the olives with olive oil, lemon zest, orange zest, garlic, rosemary, thyme, and red pepper flakes. Add salt and pepper to taste.
2. Marinate: Let the olives marinate for at least 1 hour at room temperature or refrigerate overnight for deeper flavor.
3. Serve: Garnish with fresh parsley before serving. Serve at room temperature for the best flavor.

**NUTRITIONAL INFORMATION:** 150 calories, 1g protein, 5g carbohydrates, 15g fat, 3g fiber, 0mg cholesterol, 300mg sodium, 100mg potassium

## 7. Spinach and Feta Phyllo Triangles (Spanakopita)



**PREP TIME:** 25 min  
**COOK TIME:** 30 min  
**YIELD:** 4 servings

### **NUTRITIONAL INFORMATION:**

210 calories, 6g protein, 20g carbs, 13g fat, 2g fiber, 35mg cholesterol, 310mg sodium, 230mg potassium

**1 package (8 oz) frozen spinach, thawed and drained**  
**1/2 cup crumbled feta cheese**  
**1/4 cup ricotta cheese**  
**1/4 cup green onions, finely chopped**  
**1 clove garlic, minced**  
**1/4 cup fresh dill, chopped**  
**1/4 cup fresh parsley, chopped**  
**1 large egg, beaten**  
**8 sheets of phyllo dough, thawed**  
**1/4 cup melted butter or olive oil**  
**Salt and pepper, to taste**

1. Prepare the filling: In a bowl, combine spinach, feta, ricotta, green onions, garlic, dill, parsley, and the beaten egg. Mix until well blended, and season with salt and pepper.
2. Set up the phyllo sheets: Preheat the oven to 375°F (190°C). Lay a sheet of phyllo dough on a clean surface and brush lightly with melted butter. Place another sheet on top and repeat. Cut the stacked sheets into three strips.
3. Fill and fold: Place a tablespoon of the spinach mixture at the end of each strip. Fold the corner over the filling to form a triangle, and continue folding, maintaining the triangle shape, until you reach the end of the strip. Repeat with remaining sheets and filling.
4. Bake the triangles: Arrange the triangles on a baking sheet lined with parchment paper. Brush the tops with more butter or olive oil. Bake for 25–30 minutes or until golden and crisp.
5. Serve: Let cool slightly before serving. Enjoy warm.

## 8. Roasted Chickpeas with Sea Salt and Paprika



**PREP TIME:** 5 min  
**COOK TIME:** 30 min  
**YIELD:** 4 servings

**1 can (15 oz) chickpeas, drained, rinsed, and patted dry**  
**1 tbsp olive oil**  
**1/2 tsp sea salt**  
**1/2 tsp smoked paprika**  
**1/4 tsp garlic powder (optional)**  
**1/4 tsp cayenne pepper (optional, for heat)**

1. Preheat the oven: Set the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Prepare the chickpeas: Place the dried chickpeas in a bowl. Drizzle with olive oil and toss to coat evenly.
3. Season: Add sea salt, smoked paprika, garlic powder, and cayenne pepper (if using). Mix until the chickpeas are well seasoned.
4. Roast: Spread the chickpeas in a single layer on the prepared baking sheet. Roast for 25–30 minutes, shaking the pan halfway through, until they are crispy and golden.
5. Serve: Let cool slightly before serving. Store any leftovers in an airtight container to maintain crispness.

**NUTRITIONAL INFORMATION:** 120 calories, 4g protein, 17g carbohydrates, 4g fat, 5g fiber, 0mg cholesterol, 220mg sodium, 150mg potassium

## 9. Cucumber Slices with Tzatziki and Smoked Salmon



**1 large cucumber, sliced into 1/4-inch thick rounds**  
**1/2 cup tzatziki sauce**  
**4 oz smoked salmon, cut into small pieces**  
**1 tbsp fresh dill, chopped**  
**1 tbsp capers (optional)**  
**Freshly ground black pepper, to taste**

1. Prepare the cucumber slices: Arrange the cucumber rounds on a serving platter.
2. Add the tzatziki: Spoon a small dollop of tzatziki onto each cucumber slice.
3. Top with smoked salmon: Place a piece of salmon on top of the tzatziki.
4. Garnish: Sprinkle with fresh dill, capers (if using), and a bit of black pepper.
5. Serve: Serve immediately as an appetizer or snack.

**PREP TIME:** 10 min

**COOK TIME:** 0 min

**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 90 calories, 6g protein, 3g carbohydrates, 6g fat, 0.5g fiber, 15mg cholesterol, 300mg sodium, 120mg potassium

## 10. Warm Pita Chips with Roasted Eggplant Dip (Baba Ganoush)



**Pita Chips:**  
**4 pita bread rounds, cut into wedges**  
**2 tbsp olive oil**  
**1/2 tsp sea salt**  
**1/4 tsp garlic powder (optional)**

**Baba Ganoush:**  
**1 large eggplant**  
**1/4 cup tahini**  
**2 tbsp olive oil**  
**2 tbsp fresh lemon juice**  
**1 clove garlic, minced**  
**1/4 tsp ground cumin**  
**Salt, to taste**  
**1 tbsp fresh parsley, chopped (for garnish)**

1. Roast the eggplant: Preheat the oven to 400°F (200°C). Pierce the eggplant several times with a fork, place it on a baking sheet, and roast for 30–35 minutes, until soft and the skin is charred. Let it cool slightly, then peel and scoop out the flesh.
2. Make the dip: In a food processor, blend the roasted eggplant, tahini, olive oil, lemon juice, garlic, cumin, and salt until smooth. Adjust seasoning as needed.
3. Prepare the pita chips: Arrange pita wedges on a baking sheet, drizzle with olive oil, and sprinkle with sea salt and garlic powder. Bake at 400°F (200°C) for 5–7 minutes or until golden and crisp.
4. Serve: Transfer the baba ganoush to a bowl, drizzle with olive oil, and garnish with parsley. Serve with warm pita chips.

**PREP TIME:** 10 min

**COOK TIME:** 40 min

**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:**

220 calories, 4g protein, 22g carbohydrates, 14g fat, 5g fiber, 0mg cholesterol, 300mg sodium, 350mg potassium

## 11. Herbed Goat Cheese Stuffed Mini Peppers



**PREP TIME:** 15 min  
**COOK TIME:** 0 min  
**YIELD:** 4 servings

**12 mini sweet peppers**  
**4 oz goat cheese, softened**  
**2 tbsp cream cheese, softened**  
**1 tbsp fresh chives, chopped**  
**1 tbsp fresh parsley, chopped**  
**1 tsp fresh thyme leaves**  
**1 clove garlic, minced**  
**Salt and pepper, to taste**  
**1 tbsp olive oil (optional, for drizzling)**

1. Prepare the peppers: Slice the mini peppers in half lengthwise and remove any seeds. Set aside.
2. Make the cheese filling: In a bowl, mix the goat cheese, cream cheese, chives, parsley, thyme, and garlic until smooth. Add salt and pepper to taste.
3. Stuff the peppers: Fill each pepper half with the herbed goat cheese mixture using a small spoon.
4. Serve: Arrange the stuffed peppers on a serving platter. Drizzle with olive oil, if desired, and serve immediately.

**NUTRITIONAL INFORMATION:** 110 calories, 3g protein, 5g carbohydrates, 9g fat, 1g fiber, 15mg cholesterol, 90mg sodium, 130mg potassium

## 12. Mediterranean Antipasto Platter with Cheese, Veggies, and Nuts



**PREP TIME:** 15 min  
**COOK TIME:** 0 min  
**YIELD:** 4 servings

**1 cup marinated olives**  
**1 cup cherry tomatoes**  
**1/2 cup roasted red peppers, sliced**  
**1/2 cup artichoke hearts, drained and quartered**  
**1/2 cup cucumber slices**  
**4 oz feta cheese, cubed**  
**4 oz marinated mozzarella balls (bocconcini or ciliegine)**  
**1/4 cup almonds, toasted**  
**1/4 cup walnuts, toasted**  
**Fresh basil and parsley for garnish**  
**1 tbsp extra-virgin olive oil (optional, for drizzling)**  
**Salt and pepper, to taste**

1. Prepare the ingredients: Arrange the olives, cherry tomatoes, roasted red peppers, artichoke hearts, and cucumber slices on a large platter.
2. Add the cheese: Distribute the feta cubes and marinated mozzarella balls around the platter.
3. Add nuts: Scatter the toasted almonds and walnuts over the platter for added texture and flavor.
4. Garnish and drizzle: Garnish with fresh basil and parsley. Drizzle with olive oil, if desired, and season lightly with salt and pepper.
5. Serve: Serve immediately with crusty bread or crackers on the side.

**NUTRITIONAL INFORMATION:** 300 calories, 10g protein, 15g carbohydrates, 22g fat, 4g fiber, 30mg cholesterol, 450mg sodium, 350mg potassium

## 13. Grilled Halloumi Cheese with Lemon and Herbs



**8 oz halloumi cheese, sliced into 1/2-inch thick pieces**  
**1 tbsp olive oil**  
**Juice of 1/2 lemon**  
**1 tbsp fresh oregano, chopped (or 1 tsp dried oregano)**  
**1 tbsp fresh parsley, chopped**  
**Freshly ground black pepper, to taste**  
**Lemon wedges, for serving**

**PREP TIME:** 5 min  
**COOK TIME:** 15 min  
**YIELD:** 4 servings

1. Prepare the cheese: Pat the halloumi slices dry with a paper towel. Brush each slice lightly with olive oil.
2. Heat the grill: Preheat a grill or grill pan over medium-high heat.
3. Grill the halloumi: Place the halloumi slices on the hot grill and cook for 2-3 minutes per side until golden and slightly charred.
4. Add lemon and herbs: Once grilled, arrange the halloumi on a serving plate. Drizzle with lemon juice and sprinkle with oregano, parsley, and a bit of black pepper.
5. Serve: Serve warm with extra lemon wedges on the side.

**NUTRITIONAL INFORMATION:** 200 calories, 12g protein, 3g carbohydrates, 16g fat, 0g fiber, 25mg cholesterol, 650mg sodium, 60mg potassium

## 14. Tomato and Olive Crostini with Fresh Basil



**1 baguette, sliced into 1/2-inch thick rounds**  
**1 cup cherry tomatoes, diced**  
**1/2 cup black olives, pitted and chopped**  
**2 tbsp extra-virgin olive oil**  
**1 clove garlic, minced**  
**1/4 cup fresh basil leaves, chopped**  
**Salt and pepper, to taste**  
**Extra olive oil for brushing**

**PREP TIME:** 10 min  
**COOK TIME:** 5 min  
**YIELD:** 4 servings

1. Prepare the crostini: Preheat the oven to 400°F (200°C). Arrange the baguette slices on a baking sheet and lightly brush each with olive oil. Toast in the oven for 5 minutes or until golden and crisp.
2. Make the topping: In a bowl, mix the diced tomatoes, chopped olives, minced garlic, and fresh basil. Drizzle with olive oil and season with salt and pepper.
3. Assemble: Spoon the tomato and olive mixture onto the toasted baguette slices.
4. Serve: Serve immediately as an appetizer or snack.

**NUTRITIONAL INFORMATION:** 150 calories, 3g protein, 18g carbohydrates, 8g fat, 2g fiber, 0mg cholesterol, 200mg sodium, 150mg potassium

A collage of fresh ingredients for a salad, including tomatoes, lemons, and herbs, with a central text overlay. The background shows a bowl of cherry tomatoes, lemons, and a bowl of green salad. The text is centered in a white box.

# CHAPTER 4. Salads



# 1. Classic Greek Salad



**1 cucumber, diced**  
**3 medium tomatoes, diced**  
**1/2 red onion, thinly sliced**  
**1 green bell pepper, diced**  
**1/2 cup Kalamata olives, pitted**

**1/4 cup feta cheese, crumbled**  
**2 tbsp extra-virgin olive oil**  
**1 tbsp red wine vinegar**  
**1/2 tsp dried oregano**  
**Salt and pepper, to taste**

1. Combine the vegetables: In a large bowl, add the cucumber, tomatoes, red onion, and green bell pepper.
2. Add the olives and feta: Toss in the Kalamata olives and sprinkle with crumbled feta cheese.
3. Make the dressing: In a small bowl, whisk together the olive oil, red wine vinegar, oregano, salt, and pepper.
4. Dress the salad: Pour the dressing over the salad and gently toss to combine.
5. Serve: Serve immediately or chill for 15 minutes to allow flavors to meld.

**PREP TIME:** 15 min

**COOK TIME:** 0 min

**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 180 calories, 4g protein, 12g carbohydrates, 14g fat, 3g fiber, 10mg cholesterol, 360mg sodium, 300mg potassium

# 2. Mediterranean Quinoa Salad



**1 cup quinoa, rinsed**  
**2 cups water**  
**1/2 cup cherry tomatoes, halved**  
**1/2 cup cucumber, diced**  
**1/4 cup red onion, finely chopped**  
**1/4 cup Kalamata olives, pitted and sliced**  
**1/4 cup feta cheese, crumbled**  
**2 tbsp fresh parsley, chopped**  
**2 tbsp extra-virgin olive oil**  
**1 tbsp fresh lemon juice**  
**1/2 tsp dried oregano**  
**Salt and pepper, to taste**

1. Cook the quinoa: In a medium saucepan, bring water to a boil. Add the quinoa, reduce heat, and simmer for 15 minutes, or until the water is absorbed and the quinoa is fluffy. Let cool slightly.
2. Prepare the vegetables: In a large bowl, combine cherry tomatoes, cucumber, red onion, olives, feta, and parsley.
3. Add the quinoa: Once the quinoa is slightly cooled, add it to the vegetable mixture.
4. Make the dressing: In a small bowl, whisk together olive oil, lemon juice, oregano, salt, and pepper.
5. Dress the salad: Pour the dressing over the quinoa and vegetables, then toss to combine.
6. Serve: Serve immediately or refrigerate for up to an hour to allow flavors to meld.

**PREP TIME:** 15 min

**COOK TIME:** 15 min

**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:**

220 calories, 6g protein, 28g carbohydrates, 10g fat, 4g fiber, 10mg cholesterol, 300mg sodium, 350mg potassium

### 3. Tomato and Cucumber Salad with Fresh Herbs



**2 cups cherry tomatoes, halved**  
**1 large cucumber, diced**  
**1/4 cup red onion, thinly sliced**  
**1/4 cup fresh parsley, chopped**  
**2 tbsp fresh mint, chopped**  
**2 tbsp extra-virgin olive oil**  
**1 tbsp red wine vinegar**  
**Salt and pepper, to taste**

**PREP TIME:** 10 min  
**COOK TIME:** 0 min  
**YIELD:** 4 servings

1. Combine the vegetables: In a large bowl, add the cherry tomatoes, cucumber, and red onion.
2. Add the herbs: Sprinkle in the chopped parsley and mint.
3. Make the dressing: In a small bowl, whisk together olive oil, red wine vinegar, salt, and pepper.
4. Dress the salad: Pour the dressing over the vegetables and herbs, then toss gently to combine.
5. Serve: Serve immediately or sit for 15 minutes to allow flavors to develop.

**NUTRITIONAL INFORMATION:** 110 calories, 2g protein, 10g carbohydrates, 8g fat, 2g fiber, 0mg cholesterol, 150mg sodium, 200mg potassium

### 4. Caprese Salad with Balsamic Glaze



**3 large tomatoes, sliced**  
**8 oz fresh mozzarella, sliced**  
**1/4 cup fresh basil leaves**  
**2 tbsp extra-virgin olive oil**  
**2 tbsp balsamic glaze**  
**Salt and pepper, to taste**

**PREP TIME:** 10 min  
**COOK TIME:** 0 min  
**YIELD:** 4 servings

1. Arrange the ingredients: On a serving platter, alternate slices of tomato and mozzarella, slightly overlapping. Tuck fresh basil leaves between the slices.
2. Drizzle with olive oil: Evenly drizzle the olive oil over the salad.
3. Add balsamic glaze: Drizzle the balsamic glaze over the tomatoes and mozzarella.
4. Season: Lightly season with salt and pepper.
5. Serve: Serve immediately as a fresh appetizer or side dish.

**NUTRITIONAL INFORMATION:** 210 calories, 8g protein, 10g carbohydrates, 16g fat, 1g fiber, 25mg cholesterol, 200mg sodium, 250mg potassium

## 5. Arugula Salad with Lemon Vinaigrette



**4 cups fresh arugula**  
**1/4 cup Parmesan cheese, shaved**  
**1/4 cup cherry tomatoes, halved**  
**1/4 cup walnuts, toasted (optional)**

**Lemon Vinaigrette:**  
**3 tbsp extra-virgin olive oil**  
**2 tbsp fresh lemon juice**  
**1/2 tsp Dijon mustard**  
**1/4 tsp honey (optional)**  
**Salt and pepper, to taste**

1. Prepare the salad: Place the arugula, Parmesan, cherry tomatoes, and walnuts (if using) in a large bowl.
2. Make the vinaigrette: In a small bowl, whisk together the olive oil, lemon juice, Dijon mustard, honey, salt, and pepper until well combined.
3. Dress the salad: Drizzle the vinaigrette over the arugula mixture.
4. Toss and serve: Gently toss the salad to coat the ingredients with the dressing. Serve immediately.

**PREP TIME:** 10 min

**COOK TIME:** 0 min

**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 160 calories, 4g protein, 6g carbohydrates, 14g fat, 2g fiber, 5mg cholesterol, 160mg sodium, 200mg potassium

## 6. Roasted Vegetable Salad with Feta



**1 zucchini, diced (sliced)**  
**1 red bell pepper, diced**  
**1 yellow bell pepper, diced**  
**1 red onion, cut into wedges**  
**1 cup cherry tomatoes**  
**2 tbsp olive oil**  
**1/2 tsp dried oregano**  
**Salt and pepper, to taste**  
**1/4 cup crumbled feta cheese**  
**2 tbsp fresh parsley, chopped**

1. Preheat the oven: Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Prepare the vegetables: Place the zucchini, red and yellow bell peppers, red onion, and cherry tomatoes on the baking sheet. Drizzle with olive oil, and season with oregano, salt, and pepper. Toss to coat evenly.
3. Roast the vegetables: Roast in the preheated oven for 20–25 minutes, stirring halfway, until the vegetables are tender and slightly caramelized.
4. Assemble the salad: Transfer the roasted vegetables to a serving bowl. Sprinkle with crumbled feta and fresh parsley.
5. Serve: Serve warm or at room temperature.

**PREP TIME:** 15 min

**COOK TIME:** 25 min

**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 210 calories, 5g protein, 18g carbohydrates, 14g fat, 4g fiber, 10mg cholesterol, 300mg sodium, 350mg potassium

## 7. Avocado and Chickpea Mediterranean Salad



**PREP TIME:** 10 min

**COOK TIME:** 0 min

**YIELD:** 4 servings

**1 can (15 oz) chickpeas, drained and rinsed**  
**1 large avocado, diced**  
**1 cup cherry tomatoes, halved**  
**1/2 cucumber, diced**  
**1/4 red onion, finely chopped**  
**1/4 cup Kalamata olives, sliced**  
**1/4 cup fresh parsley, chopped**  
**2 tbsp extra-virgin olive oil**  
**1 tbsp fresh lemon juice**  
**Salt and pepper, to taste**

1. Prepare the salad ingredients: In a large bowl, combine the chickpeas, avocado, cherry tomatoes, cucumber, red onion, olives, and parsley.
2. Make the dressing: In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper.
3. Dress the salad: Pour the dressing over the ingredients and gently toss to combine.
4. Serve: Serve immediately or refrigerate for 15 minutes to let the flavors meld.

**NUTRITIONAL INFORMATION:** 240 calories, 6g protein, 22g carbohydrates, 16g fat, 8g fiber, 0mg cholesterol, 320mg sodium, 450mg potassium

## 8. Spinach Salad with Oranges and Walnuts



**PREP TIME:** 10 min

**COOK TIME:** 0 min

**YIELD:** 4 servings

**4 cups fresh spinach leaves**  
**2 oranges, peeled and segmented**  
**1/4 red onion, thinly sliced**  
**1/4 cup walnuts, toasted**  
**1/4 cup feta cheese, crumbled (optional)**

**Dressing:**

**3 tbsp extra-virgin olive oil**  
**1 tbsp fresh orange juice**  
**1 tbsp balsamic vinegar**  
**1/2 tsp honey (optional)**  
**Salt and pepper, to taste**

1. Prepare the salad: In a large bowl, combine spinach, orange segments, red onion, and toasted walnuts. Add feta cheese if desired.
2. Make the dressing: In a small bowl, whisk together olive oil, orange juice, balsamic vinegar, honey, salt, and pepper until well combined.
3. Dress the salad: Drizzle the dressing over the salad and gently toss to combine.
4. Serve: Serve immediately, or refrigerate for 10 minutes to allow the flavors to meld.

**NUTRITIONAL INFORMATION:** 180 calories, 4g protein, 16g carbohydrates, 12g fat, 3g fiber, 5mg cholesterol, 120mg sodium, 300mg potassium

## 9. Mediterranean Pasta Salad



**PREP TIME:** 15 min  
**COOK TIME:** 10 min  
**YIELD:** 4 servings

### **NUTRITIONAL INFORMATION:**

300 calories, 8g protein, 35g carbs, 14g fat, 3g fiber, 10mg cholesterol, 320mg sodium, 200mg potassium

**2 cups pasta (penne or rotini)**  
**1/2 cup cherry tomatoes, halved**  
**1/2 cup cucumber, diced**  
**1/4 cup red onion, finely chopped**  
**1/4 cup Kalamata olives, sliced**  
**1/4 cup feta cheese, crumbled**  
**2 tbsp fresh parsley, chopped**  
**2 tbsp fresh basil, chopped**

### **Dressing:**

**3 tbsp extra-virgin olive oil**  
**1 tbsp red wine vinegar**  
**1 tbsp fresh lemon juice**  
**1/2 tsp dried oregano**  
**Salt and pepper, to taste**

1. Cook the pasta: Bring a pot of salted water to a boil. Add pasta and cook according to package instructions until al dente. Drain and rinse under cold water. Set aside.
2. Prepare the vegetables: In a large bowl, combine cherry tomatoes, cucumber, red onion, olives, feta, parsley, and basil.
3. Add the pasta: Add the cooked pasta to the bowl with the vegetables.
4. Make the dressing: In a small bowl, whisk together olive oil, red wine vinegar, lemon juice, oregano, salt, and pepper.
5. Dress the salad: Pour the dressing over the pasta salad and toss until everything is evenly coated.
6. Serve: Serve immediately, or refrigerate for 30 minutes to let the flavors meld.

## 10. Grilled Halloumi Salad with Mixed Greens



**PREP TIME:** 10 min  
**COOK TIME:** 10 min  
**YIELD:** 4 servings

### **NUTRITIONAL INFORMATION:**

280 calories, 10g protein, 12g carbs, 22g fat, 3g fiber, 20mg cholesterol, 480mg sodium, 200mg potassium

**8 oz halloumi cheese, sliced into 1/2-inch thick pieces**  
**4 cups mixed salad greens (arugula, spinach, and lettuce)**  
**1/2 cup cherry tomatoes, halved**  
**1/4 cup cucumber, sliced**  
**1/4 cup Kalamata olives, pitted**  
**2 tbsp fresh basil, chopped**

### **Dressing:**

**3 tbsp extra-virgin olive oil**  
**1 tbsp balsamic vinegar**  
**1/2 tsp honey (optional)**  
**Salt and pepper, to taste**

1. Heat the grill: Preheat a grill or grill pan over medium-high heat.
2. Grill the halloumi: Place the halloumi slices on the hot grill and cook for 1-2 minutes per side until golden and slightly charred. Remove and set aside.
3. Prepare the salad: In a large bowl, combine mixed greens, cherry tomatoes, cucumber, olives, and basil.
4. Make the dressing: In a small bowl, whisk together olive oil, balsamic vinegar, honey, salt, and pepper.
5. Assemble the salad: Arrange the grilled halloumi slices on the mixed greens.
6. Dress the salad: Drizzle the dressing over the salad and gently toss to combine.
7. Serve: Serve immediately as a fresh and flavorful main or side dish.

## 11. Beet and Goat Cheese Salad with Balsamic Dressing



**4 medium beets, roasted, peeled, and diced**  
**4 cups mixed salad greens**  
**1/4 cup goat cheese, crumbled**  
**1/4 cup walnuts, toasted**  
**2 tbsp fresh mint, chopped (optional)**

### **Balsamic Dressing:**

**3 tbsp extra-virgin olive oil**  
**1 tbsp balsamic vinegar**  
**1/2 tsp Dijon mustard**  
**1/2 tsp honey (optional)**  
**Salt and pepper, to taste**

**PREP TIME:** 10 min  
**COOK TIME:** 30 min  
**YIELD:** 4 servings

### **NUTRITIONAL INFORMATION:**

250 calories, 6g protein, 20g carbohydrates, 18g fat, 4g fiber, 10mg cholesterol, 200mg sodium, 350mg potassium

1. Roast the beets: Preheat the oven to 400°F (200°C). Wrap the beets in foil and roast for 30 minutes or until tender. Let cool, peel, and dice. (Prep time excludes roasting if beets are pre-cooked.)
2. Prepare the salad: In a large bowl, combine the mixed greens, diced beets, crumbled goat cheese, and toasted walnuts. Add mint if desired.
3. Make the dressing: In a small bowl, whisk together olive oil, balsamic vinegar, Dijon mustard, honey, salt, and pepper until well combined.
4. Dress the salad: Drizzle the balsamic dressing over the salad and gently toss to combine.
5. Serve: Serve immediately, garnished with extra goat cheese or walnuts if desired.

## 12. Spanish Mixed Salad



**4 cups mixed lettuce (romaine, iceberg, and arugula)**  
**1 can (15 oz) tuna in olive oil, drained**  
**2 hard-boiled eggs, sliced**  
**1/2 cup cherry tomatoes, halved**  
**1/2 cup cucumber, sliced**  
**1/4 cup red onion, thinly sliced**  
**1/4 cup green olives, pitted**  
**1/4 cup roasted red peppers, sliced**  
**2 tbsp extra-virgin olive oil**  
**1 tbsp red wine vinegar**  
**Salt and pepper, to taste**

**PREP TIME:** 15 min  
**COOK TIME:** 0 min  
**YIELD:** 4 servings

1. Prepare the salad: Arrange the mixed lettuce as the base in a large bowl. Layer on the tuna, hard-boiled egg slices, cherry tomatoes, cucumber, red onion, green olives and roasted red peppers.
2. Make the dressing: In a small bowl, whisk together olive oil, red wine vinegar, salt, and pepper.
3. Dress the salad: Drizzle the dressing over the salad.
4. Serve: Serve immediately as a light main or side dish.

**NUTRITIONAL INFORMATION:** 320 calories, 18g protein, 14g carbohydrates, 22g fat, 3g fiber, 90mg cholesterol, 500mg sodium, 350mg potassium

## 13. Roasted Red Pepper Salad



**PREP TIME:** 10 min  
**COOK TIME:** 20 min  
**YIELD:** 4 servings

**4 large red bell peppers**  
**2 tbsp extra-virgin olive oil**  
**1 tbsp red wine vinegar**  
**1 clove garlic, minced**  
**1/4 cup fresh parsley, chopped**  
**Salt and pepper, to taste**

1. Roast the peppers: Preheat the oven to 425°F (220°C). Place the red bell peppers on a baking sheet and roast for 20 minutes, turning halfway, until the skin is charred and blistered.
2. Peel and slice: Remove the peppers from the oven, place them in a bowl, and cover with plastic wrap for 10 minutes. Peel off the skins, remove seeds, and slice into strips.
3. Make the dressing: In a small bowl, whisk together olive oil, red wine vinegar, minced garlic, salt, and pepper.
4. Assemble the salad: Arrange the roasted pepper strips on a serving plate. Drizzle the dressing over the peppers and sprinkle with chopped parsley.
5. Serve: Serve immediately or refrigerate for up to an hour to let the flavors meld.

**NUTRITIONAL INFORMATION:** 120 calories, 1g protein, 10g carbohydrates, 9g fat, 3g fiber, 0mg cholesterol, 150mg sodium, 250mg potassium

## 14. Watermelon and Feta Salad with Mint



**PREP TIME:** 10 min  
**COOK TIME:** 0 min  
**YIELD:** 4 servings

**4 cups watermelon, cubed**  
**1/2 cup feta cheese, crumbled**  
**1/4 cup fresh mint leaves, chopped**  
**2 tbsp extra-virgin olive oil**  
**1 tbsp fresh lime juice**  
**Salt and pepper, to taste**

1. Prepare the salad: In a large bowl, combine the watermelon cubes, crumbled feta, and chopped mint.
2. Make the dressing: In a small bowl, whisk together the olive oil, lime juice, salt, and pepper.
3. Dress the salad: Drizzle the dressing over the watermelon mixture and gently toss to combine.
4. Serve: Serve immediately as a refreshing appetizer or side dish.

**NUTRITIONAL INFORMATION:** 150 calories, 3g protein, 15g carbohydrates, 9g fat, 1g fiber, 10mg cholesterol, 220mg sodium, 180mg potassium

# CHAPTER 5.

## Soups



# 1. Classic Lentil Soup with Vegetables



**PREP TIME:** 15 min

**COOK TIME:** 40 min

**YIELD:** 4 servings

## **NUTRITIONAL INFORMATION:**

220 calories, 10g protein, 35g carbs, 5g fat, 8g fiber, 0mg cholesterol, 600mg sodium, 450mg potassium

**1 cup dried lentils, rinsed**  
**1 onion, diced**  
**2 carrots, diced**  
**2 celery stalks, diced**  
**2 cloves garlic, minced**  
**1 can (14 oz) diced tomatoes**  
**4 cups vegetable broth**  
**1 tbsp olive oil**  
**1/2 tsp ground cumin**  
**1/2 tsp dried thyme**  
**1 bay leaf**  
**Salt and pepper, to taste**  
**2 tbsp fresh parsley, chopped (for garnish)**

1. Sauté the vegetables: Heat olive oil over medium heat in a large pot. Add onion, carrots, celery, and sauté for 5–7 minutes until softened. Add garlic and cook for another minute.
2. Add the lentils and spices: Stir in the lentils, cumin, thyme, and bay leaf. Cook for 1–2 minutes, stirring to coat the lentils in the spices.
3. Add liquids: Pour in the diced tomatoes and vegetable broth. Stir to combine, and bring to a boil.
4. Simmer: Reduce heat to low, cover, and let the soup simmer for 30 minutes or until the lentils are tender.
5. Season and serve: Remove the bay leaf. Add salt and pepper to taste. Serve hot, garnished with fresh parsley.

# 2. Greek Lemon Chicken Soup (Avgolemono)



**PREP TIME:** 10 min

**COOK TIME:** 30 min

**YIELD:** 4 servings

## **NUTRITIONAL INFORMATION:**

250 calories, 18g protein, 20g carbs, 10g fat, 1g fiber, 110mg cholesterol, 600mg sodium, 300mg potassium

**4 cups chicken broth**  
**1/2 cup uncooked rice (or orzo)**  
**2 cups cooked chicken, shredded**  
**2 eggs**  
**1/4 cup fresh lemon juice**  
**Salt and pepper, to taste**  
**Fresh parsley or dill, for garnish**

1. Cook the rice: Bring the chicken broth to a boil in a large pot. Add the rice (or orzo) and cook until tender, about 10–12 minutes.
2. Add the chicken: Reduce heat to low and stir in the cooked, shredded chicken.
3. Prepare the egg-lemon mixture: Whisk the eggs until smooth in a separate bowl. Slowly add the lemon juice while whisking continuously.
4. Temper the eggs: Add 1 cup of hot broth from the pot to the egg-lemon mixture, whisking constantly to avoid curdling.
5. Combine and heat through: Slowly pour the tempered egg mixture back into the pot while stirring. Cook for 2–3 minutes on low heat, ensuring the soup thickens slightly but does not boil.
6. Season and serve: Season with salt and pepper to taste. Serve hot, garnished with fresh parsley or dill.

### 3. Tomato Basil Soup with Olive Oil



**PREP TIME:** 10 min  
**COOK TIME:** 30 min  
**YIELD:** 4 servings

**2 tbsp extra-virgin olive oil**  
**1 onion, diced**  
**2 cloves garlic, minced**  
**4 cups ripe tomatoes, chopped (or 1 can 28 oz crushed tomatoes)**  
**2 cups vegetable broth**

**1/4 cup fresh basil leaves, chopped**  
**1 tbsp tomato paste**  
**1/2 tsp sugar (optional, to balance acidity)**  
**Salt and pepper, to taste**  
**Fresh basil leaves, for garnish**

1. Sauté the aromatics: Heat olive oil over medium heat in a large pot. Add the diced onion and sauté for 5-7 minutes until softened. Add garlic and cook for another minute.
2. Add the tomatoes and broth: Stir in the chopped tomatoes (or crushed tomatoes), vegetable broth, and tomato paste. Bring to a boil.
3. Simmer: Reduce heat to low and let the soup simmer for 20 minutes, allowing the flavors to meld.
4. Add the basil and blend: Stir in the fresh basil and remove the soup from heat. Use an immersion blender (or transfer to a blender) to blend the soup until smooth.
5. Season and serve: Season with salt, pepper, and a touch of sugar if needed. Serve hot, garnished with olive oil and fresh basil leaves.

**NUTRITIONAL INFORMATION:** 180 calories, 3g protein, 20g carbohydrates, 10g fat, 4g fiber, 0mg cholesterol, 480mg sodium, 400mg potassium

### 4. Roasted Red Pepper and Tomato Soup



**PREP TIME:** 10 min  
**COOK TIME:** 20 min  
**YIELD:** 4 servings

**2 large red bell peppers, roasted, peeled, and diced**  
**4 cups ripe tomatoes, chopped (or 1 can 28 oz crushed tomatoes)**  
**1 onion, diced**  
**2 cloves garlic, minced**

**2 cups vegetable broth**  
**2 tbsp olive oil**  
**1/4 tsp smoked paprika**  
**Salt and pepper, to taste**  
**Fresh basil leaves, for garnish**

1. Sauté the aromatics: Heat olive oil over medium heat in a large pot. Add the diced onion and sauté for 5-7 minutes until softened. Add garlic and cook for another minute.
2. Add the tomatoes and peppers: Stir in the chopped tomatoes and roasted red peppers. Cook for 5 minutes, stirring occasionally.
3. Add the broth and spices: Pour the vegetable broth, add smoked paprika, and season with salt and pepper. Bring to a boil, then reduce heat to a simmer.
4. Simmer: Let the soup simmer for 20 minutes to allow the flavors to meld.
5. Blend the soup: Use an immersion blender (or transfer to a blender) to puree the soup until smooth.
6. Serve: Serve hot, garnished with fresh basil leaves.

**NUTRITIONAL INFORMATION:** 180 calories, 3g protein, 22g carbohydrates, 9g fat, 4g fiber, 0mg cholesterol, 400mg sodium, 350mg potassium

## 5. Hearty Vegetable Minestrone



**1 tbsp olive oil**  
**1 onion, diced**  
**2 cloves garlic, minced**  
**2 carrots, diced**  
**2 celery stalks, diced**  
**1 zucchini, diced**  
**1 cup green beans, chopped**  
**1 can (14 oz) diced tomatoes**  
**4 cups vegetable broth**  
**1/2 cup small pasta (e.g., ditalini or elbow)**

**1 can (15 oz) cannellini beans, drained and rinsed**  
**1/2 tsp dried oregano**  
**1/2 tsp dried basil**  
**Salt and pepper, to taste**  
**Fresh parsley, chopped (for garnish)**  
**Grated Parmesan cheese (optional)**

**PREP TIME:** 15 min  
**COOK TIME:** 40 min  
**YIELD:** 4 servings

### **NUTRITIONAL INFORMATION:**

260 calories, 8g protein, 42g carbs, 7g fat, 7g fiber, 0mg cholesterol, 600mg sodium, 450mg potassium

1. Sauté the vegetables: Heat olive oil over medium heat in a large pot. Add the onion, garlic, carrots, celery, and sauté for 5-7 minutes until the vegetables are softened.
2. Add remaining vegetables: Stir in the zucchini, green beans, and diced tomatoes. Cook for another 5 minutes.
3. Add broth and seasonings: Pour the vegetable broth, and add oregano, basil, salt, and pepper. Bring to a boil.
4. Simmer and cook pasta: Reduce the heat to low and let the soup simmer for 15 minutes. Add the pasta and cook for another 10 minutes until tender.
5. Add beans: Stir in the cannellini beans and cook for 2-3 minutes until heated.
6. Serve: If desired, serve hot, garnished with fresh parsley and a sprinkle of grated Parmesan cheese.

## 6. Creamy Butternut Squash Soup



**1 medium butternut squash, peeled, seeded, and cubed**  
**1 onion, diced**  
**2 cloves garlic, minced**  
**2 cups vegetable broth**  
**1 cup coconut milk (or heavy cream)**

**2 tbsp olive oil**  
**1/2 tsp ground cinnamon**  
**1/4 tsp ground nutmeg**  
**Salt and pepper, to taste**  
**Fresh parsley, chopped (for garnish)**

**PREP TIME:** 15 min  
**COOK TIME:** 30 min  
**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 220 calories, 3g protein, 28g carbs, 12g fat, 5g fiber, 0mg cholesterol, 350mg sodium, 450mg potassium

1. Sauté the aromatics: Heat olive oil over medium heat in a large pot. Add the diced onion and sauté for 5-7 minutes until softened. Add garlic and cook for another minute.
2. Cook the squash: Add the cubed butternut squash, cinnamon, nutmeg, salt, and pepper. Stir to combine and cook for 5 minutes.
3. Add the broth: Pour in the vegetable broth, bring to a boil, then reduce heat to a simmer. Cover and cook for 20 minutes or until the squash is tender.
4. Blend the soup: Use an immersion blender (or transfer to a blender) to puree the soup until smooth.
5. Add the creaminess: Stir in the coconut milk (or heavy cream) and heat through. Adjust seasoning as needed.
6. Serve: Serve hot, garnished with fresh parsley.

## 7. Mediterranean Chickpea Soup



**PREP TIME:** 10 min  
**COOK TIME:** 30 min  
**YIELD:** 4 servings

**2 tbsp olive oil**  
**1 onion, diced**  
**2 cloves garlic, minced**  
**2 carrots, diced**  
**2 celery stalks, diced**  
**1 can (15 oz) chickpeas, drained and rinsed**  
**1 can (14 oz) diced tomatoes**

**4 cups vegetable broth**  
**1/2 tsp ground cumin**  
**1/2 tsp smoked paprika**  
**1/4 tsp dried oregano**  
**Salt and pepper, to taste**  
**1/4 cup fresh parsley, chopped (for garnish)**  
**Lemon wedges, for serving**

1. Sauté the vegetables: Heat olive oil over medium heat in a large pot. Add the onion, garlic, carrots, and celery. Sauté for 5–7 minutes, until the vegetables are softened.
2. Add the chickpeas and spices: Stir in the chickpeas, cumin, smoked paprika, oregano, salt, and pepper. Cook for 2–3 minutes, stirring to combine.
3. Add the tomatoes and broth: Pour the diced tomatoes and vegetable broth. Bring to a boil, then reduce heat to a simmer.
4. Simmer the soup: Cover and let the soup simmer for 20–25 minutes, allowing the flavors to meld.
5. Serve: Serve hot, garnished with fresh parsley and a squeeze of lemon juice.

**NUTRITIONAL INFORMATION:** 220 calories, 7g protein, 30g carbs, 9g fat, 6g fiber, 0mg cholesterol, 480mg sodium, 400mg potassium

## 8. Spinach and White Bean Soup



**PREP TIME:** 10 min  
**COOK TIME:** 25 min  
**YIELD:** 4 servings

**2 tbsp olive oil**  
**1 onion, diced**  
**2 cloves garlic, minced**  
**2 carrots, diced**  
**2 celery stalks, diced**  
**1 can (15 oz) white beans, drained and rinsed**  
**4 cups vegetable broth**

**1 can (14 oz) diced tomatoes**  
**3 cups fresh spinach leaves**  
**1/2 tsp dried thyme**  
**1/4 tsp crushed red pepper flakes (optional)**  
**Salt and pepper, to taste**  
**Fresh parsley, chopped (for garnish)**

1. Sauté the aromatics: Heat olive oil over medium heat in a large pot. Add the onion, garlic, carrots, and celery. Sauté for 5–7 minutes until the vegetables are softened.
2. Add beans and seasonings: Stir in the white beans, dried thyme, crushed red pepper flakes (if using), salt, and pepper. Cook for another 2–3 minutes.
3. Add broth and tomatoes: Pour in the vegetable broth and diced tomatoes. Bring the mixture to a boil, then reduce the heat to a simmer.
4. Simmer the soup: Cover and let the soup simmer for 15–20 minutes.
5. Add spinach: Stir in the fresh spinach and cook for 2–3 more minutes until wilted. Serve hot, garnished with fresh parsley.

**NUTRITIONAL INFORMATION:** 210 calories, 6g protein, 30g carbohydrates, 8g fat, 6g fiber, 0mg cholesterol, 480mg sodium, 400mg potassium

## 9. Gazpacho



**4 ripe tomatoes, diced**  
**1 cucumber, peeled, seeded, and diced**  
**1 red bell pepper, diced**  
**1/2 red onion, diced**  
**2 cloves garlic, minced**  
**2 cups tomato juice**  
**1/4 cup extra-virgin olive oil**  
**2 tbsp red wine vinegar**  
**1/2 tsp salt**  
**1/4 tsp black pepper**  
**Fresh basil or parsley, for garnish**

**PREP TIME:** 15 min  
**COOK TIME:** 0 min  
**YIELD:** 4 servings

1. Prepare the vegetables: In a large bowl, combine the diced tomatoes, cucumber, red bell pepper, red onion, and garlic.
2. Blend the ingredients: Transfer the mixture to a blender or food processor. Add tomato juice, olive oil, red wine vinegar, salt, and black pepper. Blend until smooth.
3. Adjust seasoning: Taste and adjust seasoning if needed.
4. Chill: Refrigerate for at least 1 hour before serving to allow the flavors to meld.
5. Serve: Serve cold, garnished with fresh basil or parsley.

**NUTRITIONAL INFORMATION:** 160 calories, 2g protein, 14g carbohydrates, 11g fat, 3g fiber, 0mg cholesterol, 320mg sodium, 400mg potassium

## 10. Seafood Soup with Tomatoes and Herbs



**2 tbsp olive oil**  
**1 onion, diced**  
**2 cloves garlic, minced**  
**1 can (14 oz) diced tomatoes**  
**4 cups fish or seafood broth**  
**1/2 cup white wine (optional)**  
**1/2 lb shrimp, peeled and deveined**  
**1/2 lb mussels, cleaned**  
**1/2 lb white fish (e.g., cod or haddock), cut into bite-sized pieces**  
**1/4 cup fresh parsley, chopped**  
**1/4 cup fresh basil, chopped**  
**1/2 tsp dried oregano**  
**Salt and pepper, to taste**  
**Lemon wedges, for serving**

**PREP TIME:** 15 min  
**COOK TIME:** 30 min  
**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:**  
280 calories, 25g protein, 12g carbohydrates, 10g fat, 2g fiber, 150mg cholesterol, 700mg sodium, 450mg potassium

1. Sauté the aromatics: Heat olive oil over medium heat in a large pot. Add the onion and sauté for 5-7 minutes until softened. Add garlic and cook for another minute.
2. Add tomatoes and broth: Stir in the diced tomatoes, fish broth, and white wine (if using). Bring to a boil.
3. Add herbs and seasoning: Add oregano, salt, and pepper. Reduce heat and let the soup simmer for 15 minutes.
4. Cook the seafood: Add the shrimp, mussels, and white fish to the pot. Cover and cook for 5-7 minutes or until the seafood is fully cooked and the mussels have opened.
5. Finish with fresh herbs: Stir in the parsley and basil before serving.
6. Serve: Serve hot with lemon wedges on the side for added flavor.

## 11. Moroccan-Spiced Lentil Soup



**PREP TIME:** 10 min  
**COOK TIME:** 35 min  
**YIELD:** 4 servings

**2 tbsp olive oil**  
**1 onion, diced**  
**2 cloves garlic, minced**  
**2 carrots, diced**  
**2 celery stalks, diced**  
**1 cup dried lentils, rinsed**  
**1 can (14 oz) diced tomatoes**  
**4 cups vegetable broth**

**1/2 tsp ground cumin**  
**1/2 tsp ground coriander**  
**1/2 tsp smoked paprika**  
**1/4 tsp ground cinnamon**  
**1/4 tsp ground turmeric**  
**Salt and pepper, to taste**  
**1/4 cup fresh cilantro, chopped (for garnish)**  
**Lemon wedges, for serving**

1. Sauté the aromatics: Heat olive oil over medium heat in a large pot. Add the onion, garlic, carrots, and celery. Sauté for 5–7 minutes until the vegetables are softened.
2. Add spices and lentils: Stir in the cumin, coriander, paprika, cinnamon, and turmeric. Add the lentils and cook for 1–2 minutes to coat them in the spices.
3. Add tomatoes and broth: Pour in the diced tomatoes and vegetable broth. Bring to a boil.
4. Simmer the soup: Reduce heat to low, cover, and let the soup simmer for 25–30 minutes or until the lentils are tender.
5. Season and serve: Season with salt and pepper. Serve hot, garnished with fresh cilantro and a squeeze of lemon juice.

**NUTRITIONAL INFORMATION:** 240 calories, 10g protein, 38g carbohydrates, 7g fat, 8g fiber, 0mg cholesterol, 480mg sodium, 450mg potassium

## 12. Creamy Cauliflower and Leek Soup



**PREP TIME:** 10 min  
**COOK TIME:** 30 min  
**YIELD:** 4 servings

**2 tbsp olive oil**  
**2 leeks, white and light green parts only, sliced**  
**2 cloves garlic, minced**  
**1 head cauliflower, cut into florets**  
**4 cups vegetable broth**  
**1 cup coconut milk (or heavy cream)**  
**Salt and pepper, to taste**  
**Fresh chives, chopped (for garnish)**

1. Sauté the leeks and garlic: Heat olive oil over medium heat in a large pot. Add the sliced leeks and sauté for 5–7 minutes until softened. Add garlic and cook for another minute.
2. Add the cauliflower: Stir in the cauliflower florets and cook for 3–4 minutes, stirring occasionally.
3. Add the broth: Pour in the vegetable broth, boil it, then reduce the heat and let the soup simmer for 20 minutes, or until the cauliflower is tender.
4. Blend the soup: Use an immersion blender (or transfer to a blender) to puree the soup until smooth.
5. Add the creaminess: Stir in the coconut milk (or heavy cream) and heat through. Add salt and pepper to taste.
6. Serve: Serve hot, garnished with fresh chives.

**NUTRITIONAL INFORMATION:** 220 calories, 4g protein, 18g carbohydrates, 15g fat, 4g fiber, 0mg cholesterol, 450mg sodium, 400mg potassium

## 13. Roasted Garlic and Potato Soup



**PREP TIME:** 15 min  
**COOK TIME:** 45 min  
**YIELD:** 4 servings

### **NUTRITIONAL INFORMATION:**

250 calories, 5g protein, 35g carbs, 10g fat, 4g fiber, 5mg cholesterol, 500mg sodium, 600mg potassium

**2 heads garlic**  
**1 tbsp olive oil**  
**1 onion, diced**  
**4 cups potatoes, peeled and diced**  
**4 cups vegetable broth**  
**1 cup milk (or cream)**  
**1/2 tsp dried thyme**  
**Salt and pepper, to taste**  
**Fresh parsley, chopped (for garnish)**

1. Roast the garlic: Preheat the oven to 400°F (200°C). Slice the tops off the garlic heads, drizzle with olive oil, wrap in foil, and roast for 30–35 minutes until soft and golden. Let cool, then squeeze out the garlic cloves.
2. Sauté the onion: Heat olive oil over medium heat in a large pot. Add the diced onion and sauté for 5–7 minutes until softened.
3. Add potatoes and broth: Stir in the diced potatoes, roasted garlic, and vegetable broth. Bring to a boil, then reduce heat and let simmer for 20 minutes or until the potatoes are tender.
4. Blend the soup: Use an immersion blender (or transfer to a blender) to puree the soup until smooth.
5. Add milk and seasonings: Stir in the milk (or cream), thyme, salt, and pepper. Heat through, but do not boil.
6. Serve: Serve hot, garnished with fresh parsley.

## 14. Zucchini and Basil Soup



**PREP TIME:** 10 min  
**COOK TIME:** 20 min  
**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 180 calories, 3g protein, 15g carbohydrates, 12g fat, 3g fiber, 0mg cholesterol, 400mg sodium, 450mg potassium

**2 tbsp olive oil**  
**1 onion, diced**  
**2 cloves garlic, minced**  
**4 cups zucchini, sliced**  
**4 cups vegetable broth**  
**1/2 cup fresh basil leaves**  
**1/2 cup coconut milk (or heavy cream)**  
**Salt and pepper, to taste**  
**Fresh basil, for garnish**

1. Sauté the aromatics: Heat olive oil over medium heat in a large pot. Add the onion and sauté for 5–7 minutes until softened. Add the garlic and cook for another minute.
2. Add zucchini: Stir in the sliced zucchini and cook for 3–4 minutes, stirring occasionally.
3. Add broth: Pour in the vegetable broth and bring to a boil. Reduce heat and let the soup simmer for 15 minutes or until the zucchini is tender.
4. Blend the soup: Add the fresh basil leaves to the pot and use an immersion blender (or transfer to a blender) to puree the soup until smooth.
5. Add creaminess: Stir in the coconut milk (or heavy cream) and heat through. Add salt and pepper to taste.
6. Serve: Serve hot, garnished with fresh basil leaves.



# CHAPTER 6.

## Fish and Seafood

# 1. Grilled Lemon Herb Salmon



**4 salmon fillets (about 6 oz each)**  
**2 tbsp olive oil**  
**2 tbsp fresh lemon juice**  
**1 tbsp chopped fresh parsley**  
**1 tbsp chopped fresh dill**  
**2 cloves garlic, minced**  
**1/2 tsp salt**  
**1/4 tsp black pepper**  
**Lemon slices (optional, for garnish)**

1. Add olive oil, lemon juice, parsley, dill, garlic, salt, and pepper in a small bowl. Mix well.
2. Place salmon fillets in a shallow dish and pour the marinade over them. Let it sit for 10 minutes.
3. Preheat the grill to medium-high heat.
4. Grill the salmon fillets on each side for 6–7 minutes or until the fish flakes easily with a fork.
5. Serve hot, garnished with lemon slices if desired.

**PREP TIME:** 10 min  
**COOK TIME:** 15 min  
**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 320 calories, 34g protein, 3g carbohydrates, 20g fat, 0g fiber, 90mg cholesterol, 400mg sodium, 780mg potassium

# 2. Mediterranean Baked Cod with Tomatoes and Olives



**4 cod fillets (about 6 oz each)**  
**2 tbsp olive oil**  
**1 cup cherry tomatoes, halved**  
**1/2 cup pitted Kalamata olives, halved**  
**1/4 cup red onion, thinly sliced**  
**2 cloves garlic, minced**  
**1/4 cup fresh parsley, chopped**  
**1/4 tsp dried oregano**  
**1/4 tsp salt**  
**1/4 tsp black pepper**  
**1 lemon, sliced (optional, for garnish)**

1. Preheat the oven to 400°F (200°C). Lightly grease a baking dish with 1 tablespoon of olive oil.
2. Arrange the cod fillets in the baking dish. Season with salt, pepper, and oregano.
3. Combine cherry tomatoes, olives, red onion, garlic, parsley, and the remaining olive oil in a bowl. Mix well.
4. Spoon the tomato and olive mixture over the cod fillets, distributing evenly.
5. Bake for 18–20 minutes until the cod is opaque and flakes easily with a fork.
6. Serve hot, garnished with lemon slices if desired.

**PREP TIME:** 10 min  
**COOK TIME:** 20 min  
**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 270 calories, 30g protein, 8g carbohydrates, 12g fat, 2g fiber, 75mg cholesterol, 620mg sodium, 560mg potassium

### 3. Garlic Shrimp with Olive Oil and Parsley



**1 lb (450g) shrimp, peeled and deveined**  
**3 tbsp olive oil**  
**4 cloves garlic, minced**  
**1/4 cup fresh parsley, finely chopped**  
**1/2 tsp salt**  
**1/4 tsp black pepper**  
**1/4 tsp red pepper flakes (optional)**  
**Lemon wedges (optional, for serving)**

1. Heat olive oil in a large skillet over medium heat.
2. Add minced garlic and sauté for about 1 minute until fragrant, being careful not to let it burn.
3. Add the shrimp to the skillet, and season with salt, black pepper, and red pepper flakes if using. Cook for 3–4 minutes, stirring occasionally, until the shrimp turn pink and opaque.
4. Remove from heat, stir in the chopped parsley, and toss to coat evenly.
5. Serve immediately with lemon wedges on the side, if desired.

**PREP TIME:** 10 min

**COOK TIME:** 8 min

**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 220 calories, 23g protein, 2g carbohydrates, 14g fat, 0g fiber, 180mg cholesterol, 500mg sodium, 250mg potassium

### 4. Pan-Seared Tuna Steaks with Lemon Caper Sauce



**4 tuna steaks (about 6 oz each)**  
**2 tbsp olive oil**  
**1/2 tsp salt**  
**1/4 tsp black pepper**  
**1/4 cup chicken broth**  
**2 tbsp fresh lemon juice**  
**2 tbsp capers, drained**  
**1 tbsp butter**  
**1 tbsp fresh parsley, chopped (optional, for garnish)**

1. Season the tuna steaks with salt and pepper on both sides.
2. Heat olive oil in a skillet over medium–high heat. Add the tuna steaks and sear on each side for 2–3 minutes until golden brown and cooked to the desired doneness.
3. Remove the tuna steaks from the skillet and set aside.
4. Add chicken broth, lemon juice, and capers in the same skillet, stirring to deglaze the pan. Cook for about 2 minutes.
5. Reduce heat to low, add butter, and stir until melted, creating a smooth sauce.
6. Return the tuna steaks to the skillet, spooning the sauce over them. Cook for another 1–2 minutes to warm through.
7. Serve immediately, garnished with fresh parsley if desired.

**PREP TIME:** 10 min

**COOK TIME:** 10 min

**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 320 calories, 38g protein, 2g carbohydrates, 17g fat, 0g fiber, 80mg cholesterol, 480mg sodium, 560mg potassium

## 5. Seafood Paella



**1 tbsp olive oil**  
**1 onion, finely chopped**  
**1 red bell pepper, diced**  
**3 cloves garlic, minced**  
**1 cup Arborio rice**  
**1/2 tsp smoked paprika**  
**1/4 tsp saffron threads (optional)**  
**1/2 cup white wine**  
**3 cups chicken or seafood broth**

**1/2 lb (225g) shrimp, peeled and deveined**  
**1/2 lb (225g) mussels, cleaned**  
**1/2 lb (225g) squid rings**  
**1/4 cup peas (optional)**  
**1/4 cup fresh parsley, chopped**  
**Lemon wedges (optional, for serving)**  
**Salt and pepper to taste**

**PREP TIME:** 15 min  
**COOK TIME:** 35 min  
**YIELD:** 4 servings

### **NUTRITIONAL INFORMATION:**

480 calories, 32g protein, 52g carbohydrates, 12g fat, 3g fiber, 145mg cholesterol, 720mg sodium, 480mg potassium

1. Heat olive oil in a large, deep skillet or paella pan over medium heat. Sauté the onion, red bell pepper, and garlic until softened, about 5 minutes.
2. Stir in the Arborio rice, smoked paprika, and saffron threads, cooking for 1-2 minutes until the rice is coated.
3. Add the white wine, stirring until it is mostly absorbed, about 2 minutes.
4. Pour in the broth, boil, then reduce to a simmer. Cook for 15 minutes without stirring.
5. Arrange the shrimp, mussels, and squid over the rice. Add peas if using. Cover and cook for 10 more minutes or until the seafood is cooked and the mussels have opened.
6. Remove from heat, sprinkle with parsley, and season with salt and pepper. Let rest for a few minutes before serving.
7. Serve warm with lemon wedges on the side.

## 6. Baked Tilapia with Spinach and Cherry Tomatoes



**4 tilapia fillets (about 6 oz each)**  
**2 tbsp olive oil**  
**2 cups fresh spinach**  
**1 cup cherry tomatoes, halved**  
**2 cloves garlic, minced**

**1/4 cup white wine (optional)**  
**1/4 tsp salt**  
**1/4 tsp black pepper**  
**1/4 tsp dried oregano**  
**Lemon wedges (optional, for garnish)**

**PREP TIME:** 10 min  
**COOK TIME:** 20 min  
**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 260 calories, 34g protein, 6g carbohydrates, 10g fat, 2g fiber, 75mg cholesterol, 370mg sodium, 600mg potassium

1. Preheat the oven to 375°F (190°C). Lightly grease a baking dish with 1 tablespoon of olive oil.
2. Arrange the spinach evenly at the bottom of the baking dish, and place the tilapia fillets on top.
3. In a bowl, combine cherry tomatoes, garlic, white wine (if used), olive oil, salt, pepper, and oregano. Mix well.
4. Spoon the tomato mixture over the tilapia fillets, spreading it evenly.
5. Bake for 18-20 minutes until the tilapia is cooked through and flakes easily with a fork.
6. Serve hot, garnished with lemon wedges if desired.

## 7. Garlic Butter Shrimp with Lemon Zest



**PREP TIME:** 10 min  
**COOK TIME:** 8 min  
**YIELD:** 4 servings

**1 lb (450g) shrimp, peeled and deveined**  
**3 tbsp unsalted butter**  
**4 cloves garlic, minced**  
**1 tbsp olive oil**  
**1/2 tsp salt**  
**1/4 tsp black pepper**  
**Zest of 1 lemon**  
**1 tbsp fresh lemon juice**  
**1 tbsp fresh parsley, chopped (optional, for garnish)**

1. Heat olive oil and 2 tablespoons of butter in a large skillet over medium heat.
2. Add minced garlic and sauté for about 1 minute until fragrant.
3. Add the shrimp, season with salt and pepper, and cook for 3–4 minutes, stirring occasionally, until the shrimp turn pink and are fully cooked.
4. Stir in the remaining butter, lemon zest, and lemon juice, cooking for another 1 minute until the sauce is smooth.
5. Remove from heat and garnish with parsley if desired. Serve immediately.

**NUTRITIONAL INFORMATION:** 290 calories, 24g protein, 3g carbohydrates, 21g fat, 0g fiber, 190mg cholesterol, 580mg sodium, 230mg potassium

## 8. Spicy Grilled Sardines with Fresh Herbs



**PREP TIME:** 15 min  
**COOK TIME:** 10 min  
**YIELD:** 4 servings

**8 whole sardines, cleaned**  
**2 tbsp olive oil**  
**1 tbsp lemon juice**  
**2 cloves garlic, minced**  
**1/2 tsp red pepper flakes**  
**1/4 tsp salt**  
**1/4 tsp black pepper**  
**1/4 cup fresh parsley, chopped**  
**1/4 cup fresh cilantro, chopped**  
**Lemon wedges (optional, for serving)**

1. Add olive oil, lemon juice, garlic, red pepper flakes, salt, and black pepper in a small bowl. Mix well.
2. Rub the sardines with the marinade, ensuring they are well coated. Let them marinate for 10 minutes.
3. Preheat the grill to medium-high heat.
4. Grill the sardines on each side for 4–5 minutes until golden and cooked through.
5. Remove from the grill, sprinkle with fresh parsley and cilantro.
6. Serve hot with lemon wedges on the side if desired.

**NUTRITIONAL INFORMATION:** 220 calories, 24g protein, 1g carbohydrates, 14g fat, 0g fiber, 90mg cholesterol, 340mg sodium, 450mg potassium

## 9. Mediterranean Fish Stew (Zarzuela)



**PREP TIME:** 10 min  
**COOK TIME:** 20 min  
**YIELD:** 4 servings

### **NUTRITIONAL INFORMATION:**

350 calories, 35g protein, 12g carbs, 15g fat, 3g fiber, 110mg cholesterol, 780mg sodium, 600mg potassium

**2 tbsp olive oil**  
**1 onion, finely chopped**  
**1 red bell pepper, diced**  
**3 cloves garlic, minced**  
**1 cup canned diced tomatoes**  
**1/2 cup white wine**  
**3 cups fish or seafood broth**  
**1/4 tsp saffron threads (optional)**  
**1/2 lb (225g) firm white fish fillets, cut into chunks (e.g., cod or halibut)**  
**1/2 lb (225g) shrimp, peeled and deveined**  
**1/2 lb (225g) mussels, cleaned**  
**1/4 cup fresh parsley, chopped**  
**1/4 tsp salt**  
**1/4 tsp black pepper**  
**Lemon wedges (optional, for serving)**

1. Heat olive oil in a large pot over medium heat. Add onion, red bell pepper, and garlic, sautéing until softened, about 5 minutes.
2. Stir in the diced tomatoes, cooking for another 3 minutes until slightly reduced.
3. Add white wine and let it simmer for 2 minutes. Pour in the broth and saffron, bringing to a gentle boil.
4. Add the fish chunks and shrimp, cooking for 5 minutes. Add mussels, cover, and cook for another 5 minutes or until the mussels open and the seafood is cooked.
5. Season with salt and pepper, then stir in fresh parsley.
6. Serve hot with lemon wedges on the side if desired.

## 10. Seared Scallops with Garlic and Lemon



**PREP TIME:** 10 min  
**COOK TIME:** 8 min  
**YIELD:** 4 servings

**1 lb (450g) sea scallops, patted dry**  
**2 tbsp olive oil**  
**2 tbsp unsalted butter**  
**3 cloves garlic, minced**  
**1/4 tsp salt**  
**1/4 tsp black pepper**  
**1 tbsp fresh lemon juice**  
**Zest of 1 lemon**  
**1 tbsp fresh parsley, chopped (optional, for garnish)**

1. Heat olive oil in a large skillet over medium-high heat.
2. Season scallops with salt and pepper. Place them in the skillet and sear for 2-3 minutes on each side until golden brown and opaque.
3. Remove the scallops from the skillet and set aside.
4. In the same skillet, add butter and garlic, cooking for about 1 minute until fragrant.
5. Stir in lemon juice and zest, cooking for another 1 minute until the sauce is well combined.
6. Return the scallops to the skillet, spooning the sauce over them. Cook for another 1-2 minutes to warm through.
7. Serve immediately, garnished with fresh parsley if desired.

**NUTRITIONAL INFORMATION:** 310 calories, 26g protein, 4g carbohydrates, 20g fat, 0g fiber, 75mg cholesterol, 450mg sodium, 380mg potassium

## 11. Fish Tacos with Cabbage Slaw and Lime



**PREP TIME:** 15 min  
**COOK TIME:** 10 min  
**YIELD:** 4 servings

**1 lb (450g) white fish fillets**  
(e.g., cod or tilapia)  
**1 tbsp olive oil**  
**1/2 tsp chili powder**  
**1/4 tsp cumin**  
**1/4 tsp salt**  
**1/4 tsp black pepper**  
**8 small corn tortillas**  
**1 cup shredded cabbage**

**1/4 cup red onion, thinly sliced**  
**1/4 cup fresh cilantro, chopped**  
**2 tbsp mayonnaise**  
**1 tbsp sour cream**  
**1 tbsp fresh lime juice**  
**Lime wedges (optional, for serving)**

1. Preheat a skillet over medium-high heat and add olive oil.
2. Season the fish fillets with chili powder, cumin, salt, and black pepper. Cook for 3–4 minutes on each side until the fish is golden and flakes easily.
3. Combine shredded cabbage, red onion, cilantro, mayonnaise, sour cream, and lime juice in a bowl. Mix well to make the slaw.
4. Warm the corn tortillas in a dry skillet or microwave for a few seconds.
5. Break the cooked fish into bite-sized pieces and divide among the tortillas.
6. Top each taco with a generous amount of cabbage slaw.
7. Serve immediately with lime wedges on the side if desired.

**NUTRITIONAL INFORMATION:** 340 calories, 22g protein, 32g carbohydrates, 15g fat, 4g fiber, 45mg cholesterol, 360mg sodium, 420mg potassium

## 12. Baked Sea Bass with Herbs and Lemon



**PREP TIME:** 10 min  
**COOK TIME:** 20 min  
**YIELD:** 4 servings

**4 sea bass fillets (about 6 oz each)**  
**2 tbsp olive oil**  
**1 tbsp fresh lemon juice**  
**1/4 cup fresh parsley, chopped**  
**1/4 cup fresh dill, chopped**  
**2 cloves garlic, minced**  
**1/4 tsp salt**  
**1/4 tsp black pepper**  
**Lemon slices (optional, for garnish)**

1. Preheat the oven to 375°F (190°C). Lightly grease a baking dish with 1 tablespoon of olive oil.
2. Place the sea bass fillets in the baking dish. Drizzle with remaining olive oil and lemon juice.
3. Mix parsley, dill, garlic, salt, and black pepper in a small bowl. Sprinkle the herb mixture evenly over the fillets.
4. Bake for 18–20 minutes until the fish is opaque and flakes easily with a fork.
5. Serve hot, garnished with lemon slices if desired.

**NUTRITIONAL INFORMATION:** 310 calories, 34g protein, 2g carbohydrates, 18g fat, 0g fiber, 80mg cholesterol, 300mg sodium, 650mg potassium

## 13. Grilled Shrimp Skewers with Vegetables



**PREP TIME:** 15 min  
**COOK TIME:** 10 min  
**YIELD:** 4 servings

**1 lb (450g) shrimp, peeled and deveined**  
**1 red bell pepper, cut into chunks**  
**1 yellow bell pepper, cut into chunks**  
**1 zucchini, sliced**  
**1 red onion, cut into chunks**  
**2 tbsp olive oil**  
**2 tbsp fresh lemon juice**  
**2 cloves garlic, minced**  
**1/2 tsp salt**  
**1/4 tsp black pepper**  
**1/4 tsp paprika**  
**Wooden or metal skewers**

1. Combine olive oil, lemon juice, garlic, salt, pepper, and paprika in a bowl. Mix well.
2. Add shrimp, bell peppers, zucchini, and red onion to the bowl, tossing to coat everything evenly with the marinade. Let marinate for 10 minutes.
3. Thread shrimp and vegetables alternately onto the skewers.
4. Preheat the grill to medium-high heat.
5. Grill the skewers on each side for 2-3 minutes until the shrimp are pink and opaque and the vegetables are tender.
6. Serve hot, with additional lemon wedges if desired.

**NUTRITIONAL INFORMATION:** 290 calories, 22g protein, 15g carbohydrates, 15g fat, 4g fiber, 170mg cholesterol, 460mg sodium, 520mg potassium

## 14. Spanish Seafood Stew



**PREP TIME:** 15 min  
**COOK TIME:** 30 min  
**YIELD:** 4 servings

**2 tbsp olive oil**  
**1 onion, finely chopped**  
**1 red bell pepper, diced**  
**3 cloves garlic, minced**  
**1/2 cup white wine**  
**1 can (14.5 oz) diced tomatoes**  
**3 cups seafood broth**  
**1/2 tsp smoked paprika**  
**1/4 tsp saffron threads (optional)**  
**1/2 lb (225g) white fish fillets, cut into chunks (e.g., cod or haddock)**  
**1/2 lb (225g) shrimp, peeled and deveined**  
**1/2 lb (225g) mussels, cleaned**  
**1/4 cup fresh parsley, chopped**  
**1/4 tsp salt**  
**1/4 tsp black pepper**  
**Lemon wedges (optional, for serving)**

1. Heat olive oil in a large pot over medium heat. Add the onion, bell pepper, and garlic, sautéing until softened, about 5 minutes.
2. Pour in the white wine and let it simmer for 2 minutes. Add diced tomatoes, seafood broth, smoked paprika, and saffron. Bring to a boil, then reduce to a simmer.
3. Add the white fish chunks and cook for 5 minutes.
4. Add shrimp and mussels to the pot, cover, and cook for another 5-7 minutes until the shrimp are pink and the mussels have opened.
5. Season with salt and pepper, then stir in the fresh parsley.
6. Serve hot, with lemon wedges on the side if desired.

**NUTRITIONAL INFORMATION:** 380 calories, 32g protein, 15g carbohydrates, 18g fat, 3g fiber, 120mg cholesterol, 710mg sodium, 680mg potassium



# CHAPTER 7. Meat Recipes



# 1. Mediterranean Beef and Vegetable Stir-Fry



**1 lb (450g) beef sirloin, thinly sliced**  
**2 tbsp olive oil**  
**1 onion, sliced**  
**1 red bell pepper, sliced**  
**1 zucchini, sliced**  
**1/2 cup cherry tomatoes, halved**

**2 cloves garlic, minced**  
**1/4 cup fresh parsley, chopped**  
**2 tbsp balsamic vinegar**  
**1 tbsp fresh lemon juice**  
**1/2 tsp dried oregano**  
**1/4 tsp salt**  
**1/4 tsp black pepper**

**PREP TIME:** 15 min  
**COOK TIME:** 15 min  
**YIELD:** 4 servings

1. Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Add the beef slices and cook for 3-4 minutes until browned. Remove from the skillet and set aside.
2. Add the remaining olive oil in the same skillet and sauté the onion, red bell pepper, and zucchini for about 5 minutes until tender.
3. Add the cherry tomatoes and garlic, cooking for another 2 minutes.
4. Return the beef to the skillet and stir to combine.
5. Add balsamic vinegar, lemon juice, oregano, salt, and black pepper. Cook for another 2-3 minutes until everything is heated through.
6. Remove from heat, sprinkle with fresh parsley, and serve immediately.

**NUTRITIONAL INFORMATION:** 360 calories, 28g protein, 15g carbohydrates, 22g fat, 4g fiber, 70mg cholesterol, 380mg sodium, 650mg potassium

# 2. Greek Lemon and Herb Chicken Skewers



**1 lb (450g) chicken breast, cut into bite-sized pieces**  
**2 tbsp olive oil**  
**3 tbsp fresh lemon juice**  
**2 cloves garlic, minced**  
**1 tbsp fresh oregano, chopped (or 1 tsp dried oregano)**

**1 tbsp fresh parsley, chopped**  
**1/2 tsp salt**  
**1/4 tsp black pepper**  
**Lemon wedges (optional, for serving)**  
**Wooden or metal skewers**

**PREP TIME:** 15 min  
**COOK TIME:** 10 min  
**YIELD:** 4 servings

1. Add olive oil, lemon juice, garlic, oregano, parsley, salt, and pepper in a bowl. Mix well.
2. Add the chicken pieces to the marinade, stirring to coat evenly. Let marinate for 10-15 minutes.
3. Thread the marinated chicken onto the skewers.
4. Preheat the grill to medium-high heat.
5. Grill the chicken skewers on each side for 4-5 minutes until the chicken is fully cooked and has a nice char.
6. Serve hot, with lemon wedges on the side if desired.

**NUTRITIONAL INFORMATION:** 290 calories, 27g protein, 3g carbohydrates, 18g fat, 0g fiber, 80mg cholesterol, 320mg sodium, 480mg potassium

### 3. Moroccan Spiced Lamb Meatballs



**1 lb (450g) ground lamb**  
**1/4 cup breadcrumbs**  
**1 egg, beaten**  
**2 cloves garlic, minced**  
**1/4 cup onion, finely chopped**  
**2 tbsp fresh parsley, chopped**

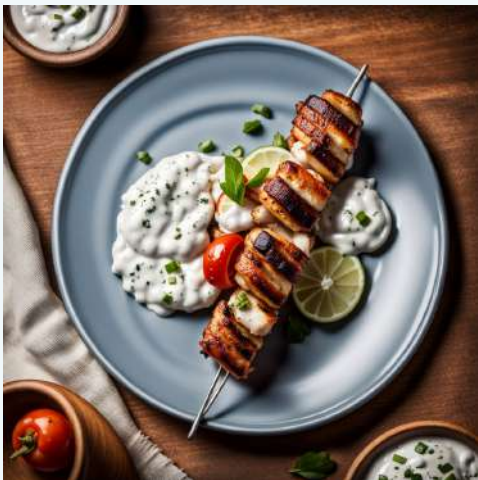
**1 tbsp fresh mint, chopped**  
**1/2 tsp ground cumin**  
**1/2 tsp ground coriander**  
**1/4 tsp ground cinnamon**  
**1/4 tsp paprika**  
**1/4 tsp salt**  
**1/4 tsp black pepper**  
**1 tbsp olive oil**

1. Combine ground lamb, breadcrumbs, egg, garlic, onion, parsley, mint, cumin, coriander, cinnamon, paprika, salt, and black pepper in a large bowl. Mix until well combined.
2. Form the mixture into small meatballs about 1 inch in diameter.
3. Heat olive oil in a skillet over medium heat.
4. Add the meatballs to the skillet, cooking for 8-10 minutes, turning occasionally, until browned on all sides and cooked through.
5. Serve hot, garnished with extra parsley or mint if desired.

**PREP TIME:** 15 min  
**COOK TIME:** 20 min  
**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 350 calories, 22g protein, 8g carbohydrates, 26g fat, 1g fiber, 90mg cholesterol, 400mg sodium, 380mg potassium

### 4. Chicken Souvlaki with Tzatziki



**1 lb (450g) chicken breast, cut into bite-sized pieces**  
**2 tbsp olive oil**  
**3 tbsp fresh lemon juice**  
**2 cloves garlic, minced**  
**1 tbsp fresh oregano, chopped (or 1 tsp dried oregano)**  
**1/4 tsp salt**  
**1/4 tsp black pepper**  
**Wooden or metal skewers**

**Tzatziki Sauce:**  
**1 cup Greek yogurt**  
**1/2 cucumber, grated and drained**  
**1 clove garlic, minced**  
**1 tbsp fresh dill, chopped**  
**1 tbsp olive oil**  
**1 tbsp fresh lemon juice**  
**1/4 tsp salt**

1. Combine olive oil, lemon juice, garlic, oregano, salt, and black pepper in a bowl. Add the chicken pieces, stirring to coat evenly. Marinate for 15-20 minutes.
2. Thread the marinated chicken onto skewers.
3. Preheat the grill or grill pan to medium-high heat.
4. Grill the chicken skewers on each side for 4-5 minutes until the chicken is fully cooked and has a slight char.
5. Mix the tzatziki ingredients in a separate bowl: Greek yogurt, grated cucumber, garlic, dill, olive oil, lemon juice, and salt. Stir until well combined.
6. Serve the chicken souvlaki hot with a side of tzatziki sauce for dipping.

**PREP TIME:** 20 min  
**COOK TIME:** 10 min  
**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 320 calories, 28g protein, 7g carbohydrates, 18g fat, 1g fiber, 80mg cholesterol, 410mg sodium, 470mg potassium

## 5. Slow-cooked Greek Beef Stew (Stifado)



**1.5 lb (680g) beef stew meat, cut into chunks**  
**2 tbsp olive oil**  
**1 large onion, finely chopped**  
**3 cloves garlic, minced**  
**1/2 cup red wine**  
**1/4 cup red wine vinegar**  
**1 can (14.5 oz) diced tomatoes**

**1/4 cup tomato paste**  
**1 cup beef broth**  
**1 bay leaf**  
**1/2 tsp ground cinnamon**  
**1/4 tsp ground cloves**  
**1/2 tsp dried oregano**  
**1/4 tsp salt**  
**1/4 tsp black pepper**  
**Fresh parsley, chopped (optional, for garnish)**

**PREP TIME:** 15 min  
**COOK TIME:** 3 hours  
**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:**  
450 calories, 35g protein, 16g carbs,  
25g fat, 3g fiber, 110mg cholesterol,  
640mg sodium, 750mg potassium

1. Heat olive oil in a large pot over medium-high heat. Brown the beef chunks on all sides, then remove and set aside.
2. In the same pot, add onions and garlic and sauté until softened, for about 5 minutes.
3. Pour in red wine and red wine vinegar, stirring to deglaze the pot. Let it simmer for 2 minutes.
4. Add the diced tomatoes, tomato paste, and beef broth, stirring to combine.
5. Return the beef to the pot and add the bay leaf, cinnamon, cloves, oregano, salt, and black pepper.
6. Bring to a boil, then reduce to a simmer. Cover and cook on low heat for 2.5-3 hours or until the beef is tender and the flavors are well-developed.
7. Serve hot, garnished with fresh parsley if desired.

## 6. Lemon Garlic Roast Chicken



**1 whole chicken (about 4 lbs)**  
**4 tbsp olive oil**  
**4 cloves garlic, minced**  
**2 lemons (1 juiced, 1 sliced)**  
**1 tbsp fresh rosemary, chopped (or 1 tsp dried rosemary)**  
**1 tbsp fresh thyme, chopped (or 1 tsp dried thyme)**  
**1/2 tsp salt**  
**1/4 tsp black pepper**

**PREP TIME:** 15 min  
**COOK TIME:** 1 hour 30 min  
**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 420 calories, 35g protein, 2g carbohydrates, 30g fat, 0g fiber, 130mg cholesterol, 350mg sodium, 450mg potassium

1. Preheat the oven to 375°F (190°C).
2. To make the marinade, mix olive oil, minced garlic, lemon juice, rosemary, thyme, salt, and black pepper in a small bowl.
3. Rub the marinade all over the chicken, including under the skin. Place lemon slices inside the cavity of the chicken.
4. Place the chicken in a roasting pan, breast side up.
5. Roast the chicken for 1 hour and 30 minutes until the internal temperature reaches 165°F (75°C) and the skin is golden brown.
6. Let the chicken rest for 10 minutes before carving.
7. Serve hot, garnished with extra fresh herbs if desired.

## 7. Lamb Chops with Rosemary and Olive Oil



**8 lamb chops (about 1-inch thick)**  
**3 tbsp olive oil**  
**2 cloves garlic, minced**  
**1 tbsp fresh rosemary, chopped (or 1 tsp dried rosemary)**  
**1/2 tsp salt**  
**1/4 tsp black pepper**  
**Lemon wedges (optional, for serving)**

1. Combine olive oil, garlic, rosemary, salt, and black pepper in a bowl. Mix well to make a marinade.
2. Rub the marinade onto the lamb chops, ensuring they are well coated. Let them sit for 10 minutes.
3. Preheat a grill or skillet over medium-high heat.
4. Cook the lamb chops on each side for 4-5 minutes for medium-rare or until desired doneness.
5. Remove from heat and let rest for a few minutes before serving.
6. Serve hot with lemon wedges on the side if desired.

**PREP TIME:** 10 min  
**COOK TIME:** 15 min  
**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 450 calories, 27g protein, 1g carbohydrates, 37g fat, 0g fiber, 110mg cholesterol, 380mg sodium, 450mg potassium

## 8. Mediterranean Turkey Patties



**1 lb (450g) ground turkey**  
**1/4 cup feta cheese, crumbled**  
**1/4 cup red bell pepper, finely diced**  
**1/4 cup red onion, finely diced**  
**2 tbsp fresh parsley, chopped**  
**1 clove garlic, minced**  
**1 tbsp olive oil**  
**1/2 tsp dried oregano**  
**1/4 tsp salt**  
**1/4 tsp black pepper**

1. Combine ground turkey, feta cheese, red bell pepper, red onion, parsley, garlic, oregano, salt, and black pepper in a bowl. Mix until well incorporated.
2. Form the mixture into 8 small patties or 4 larger patties.
3. Heat olive oil in a skillet over medium-high heat.
4. Cook the patties on each side for 4-5 minutes or until browned and cooked.
5. Remove from heat and let rest for a minute before serving.
6. Serve hot with a side of salad or pita bread, if desired.

**PREP TIME:** 15 min  
**COOK TIME:** 10 min  
**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 290 calories, 25g protein, 5g carbohydrates, 18g fat, 1g fiber, 80mg cholesterol, 400mg sodium, 450mg potassium

## 9. Stuffed Peppers with Ground Beef and Rice



**PREP TIME:** 15 min  
**COOK TIME:** 40 min  
**YIELD:** 4 servings

### **NUTRITIONAL INFORMATION:**

420 calories, 25g protein, 35g carbohydrates, 20g fat, 4g fiber, 75mg cholesterol, 580mg sodium, 700mg potassium

**4 large bell peppers (any color), tops cut off and seeds removed**  
**1 lb (450g) ground beef**  
**1 cup cooked white rice**  
**1 small onion, finely chopped**  
**1 can (14.5 oz) diced tomatoes**  
**1/4 cup tomato sauce**  
**2 cloves garlic, minced**  
**1 tbsp olive oil**  
**1/2 tsp dried oregano**  
**1/2 tsp salt**  
**1/4 tsp black pepper**  
**1/4 cup shredded mozzarella or cheddar cheese (optional)**

1. Preheat the oven to 375°F (190°C). Lightly grease a baking dish.
2. In a skillet, heat olive oil over medium heat. Add onion and garlic, sautéing until softened, about 3 minutes.
3. Add the ground beef and cook until browned. Drain excess fat if necessary.
4. Stir in cooked rice, diced tomatoes, tomato sauce, oregano, salt, and black pepper. Cook for 5 minutes, stirring occasionally.
5. Spoon the beef and rice mixture evenly into the bell peppers. Place the stuffed peppers upright in the baking dish.
6. Cover with aluminum foil and bake for 30 minutes. If using cheese, uncover and sprinkle it on top for the last 5 minutes of baking. Serve hot.

## 10. Beef Kebab with Vegetables



**PREP TIME:** 15 min  
**COOK TIME:** 15 min  
**YIELD:** 4 servings

### **NUTRITIONAL INFORMATION:**

360 calories, 28g protein, 12g carbs, 22g fat, 3g fiber, 75mg cholesterol, 480mg sodium, 650mg potassium

**1 lb (450g) beef sirloin, cut into bite-sized cubes**  
**1 red bell pepper, cut into chunks**  
**1 yellow bell pepper, cut into chunks**  
**1 zucchini, sliced into rounds**  
**1 red onion, cut into chunks**  
**3 tbsp olive oil**  
**2 tbsp soy sauce**  
**1 tbsp fresh lemon juice**  
**2 cloves garlic, minced**  
**1/2 tsp ground cumin**  
**1/4 tsp salt**  
**1/4 tsp black pepper**  
**Wooden or metal skewers**

1. To make the marinade, mix olive oil, soy sauce, lemon juice, garlic, cumin, salt, and black pepper in a bowl.
2. Add beef cubes, bell peppers, zucchini, and onion to the bowl, tossing to coat everything evenly. Let marinate for 10-15 minutes.
3. Thread beef and vegetables alternately onto skewers.
4. Preheat the grill to medium-high heat.
5. Grill the kebabs for 10-12 minutes, turning occasionally, until the beef is cooked to the desired doneness and the vegetables are tender.
6. Remove from the grill and let rest for a few minutes before serving.
7. Serve hot, with additional lemon wedges if desired.

## 11. Lemon and Herb Turkey Meatloaf



**1 lb (450g) ground turkey**  
**1/2 cup breadcrumbs**  
**1/4 cup milk**  
**1 egg, beaten**  
**1/4 cup onion, finely chopped**  
**2 cloves garlic, minced**  
**2 tbsp fresh parsley, chopped**

**1 tbsp fresh thyme, chopped (or 1 tsp dried thyme)**  
**1 tbsp fresh lemon juice**  
**1 tsp lemon zest**  
**1/2 tsp salt**  
**1/4 tsp black pepper**

1. Preheat the oven to 375°F (190°C). Lightly grease a loaf pan.
2. In a small bowl, combine breadcrumbs and milk, letting it soak for a few minutes.
3. In a large bowl, mix the ground turkey, soaked breadcrumbs, egg, onion, garlic, parsley, thyme, lemon juice, lemon zest, salt, and black pepper until well combined.
4. Transfer the mixture to the loaf pan and shape it into an even loaf.
5. Bake for 45–50 minutes or until the internal temperature reaches 165°F (75°C).
6. Remove from the oven and let rest for 5 minutes before slicing.
7. Serve hot, with additional fresh herbs if desired.

**PREP TIME:** 15 min

**COOK TIME:** 50 min

**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 310 calories, 28g protein, 18g carbohydrates, 14g fat, 1g fiber, 95mg cholesterol, 450mg sodium, 470mg potassium

## 12. Greek-Style Meatballs with Tomato Sauce



### For the Meatballs:

**1 lb (450g) ground beef or lamb**  
**1/4 cup breadcrumbs**  
**1 egg, beaten**  
**1/4 cup onion, finely chopped**  
**2 cloves garlic, minced**  
**2 tbsp fresh parsley, chopped**  
**1 tbsp fresh mint, chopped (or 1/2 tsp dried mint)**  
**1/2 tsp dried oregano**  
**1/4 tsp salt**  
**1/4 tsp black pepper**

### For the Tomato Sauce:

**1 tbsp olive oil**  
**1 can (14.5 oz) diced tomatoes**  
**1/4 cup tomato paste**  
**1/2 cup water**  
**1/4 tsp ground cinnamon**  
**1/4 tsp sugar**  
**1/4 tsp salt**  
**1/4 tsp black pepper**

1. Combine all meatball ingredients in a large bowl. Mix until well incorporated, then form into small meatballs about 1 inch in diameter.
2. Heat olive oil in a skillet over medium heat. Add the meatballs and cook until browned on all sides, about 5–6 minutes. Remove and set aside.
3. Add diced tomatoes, tomato paste, water, cinnamon, sugar, salt, and black pepper in the same skillet. Stir to combine and bring to a simmer.
4. Return the meatballs to the skillet, covering them with the tomato sauce. Cover and cook for 20 minutes over low heat, stirring occasionally.
5. Remove from heat and let rest for a few minutes before serving. Serve hot, garnished with extra parsley if desired.

**PREP TIME:** 15 min

**COOK TIME:** 30 min

**YIELD:** 4 servings

### **NUTRITIONAL INFORMATION:**

400 calories, 28g protein, 16g carbohydrates, 24g fat, 2g fiber, 90mg cholesterol, 620mg sodium, 520mg potassium

## 13. Stuffed Cabbage Rolls with Ground Beef and Herbs



**8 large cabbage leaves**  
**1 lb (450g) ground beef**  
**1/2 cup cooked white rice**  
**1 small onion, finely chopped**  
**2 cloves garlic, minced**  
**1/4 cup fresh parsley, chopped**  
**1 tbsp fresh dill, chopped (or 1/2 tsp dried dill)**  
**1/2 tsp salt**  
**1/4 tsp black pepper**  
**1 can (14.5 oz) diced tomatoes**  
**1/4 cup tomato paste**  
**1 cup beef broth**  
**1 tbsp olive oil**

**PREP TIME:** 20 min

**COOK TIME:** 1 hour

**YIELD:** 4 servings

### **NUTRITIONAL INFORMATION:**

350 calories, 24g protein, 20g carbohydrates, 20g fat, 3g fiber, 85mg cholesterol, 580mg sodium, 720mg potassium

1. Bring a pot of water to a boil. Blanch the cabbage leaves for 2-3 minutes until softened, then drain and set aside.
2. Combine ground beef, cooked rice, onion, garlic, parsley, dill, salt, and black pepper in a bowl. Mix until well combined.
3. Place a portion of the meat mixture onto each cabbage leaf, roll up tightly, and tuck in the sides to seal.
4. In a skillet, heat olive oil over medium heat. Add diced tomatoes, tomato paste, and beef broth, stirring to combine.
5. Place the cabbage rolls in the skillet, seam side down, and spoon some of the sauce over the top.
6. Cover and simmer over low heat for 45-50 minutes or until the cabbage is tender and the meat is cooked.
7. Serve hot, with extra sauce spooned over the rolls.

## 14. Mediterranean Spiced Lamb Burgers



**1 lb (450g) ground lamb**  
**1/4 cup onion, finely chopped**  
**2 cloves garlic, minced**  
**2 tbsp fresh parsley, chopped**  
**1 tbsp fresh mint, chopped (or 1/2 tsp dried mint)**  
**1/2 tsp ground cumin**  
**1/2 tsp ground coriander**  
**1/4 tsp paprika**  
**1/4 tsp salt**  
**1/4 tsp black pepper**  
**1 tbsp olive oil**  
**Burger buns and toppings (optional)**

**PREP TIME:** 10 min

**COOK TIME:** 15 min

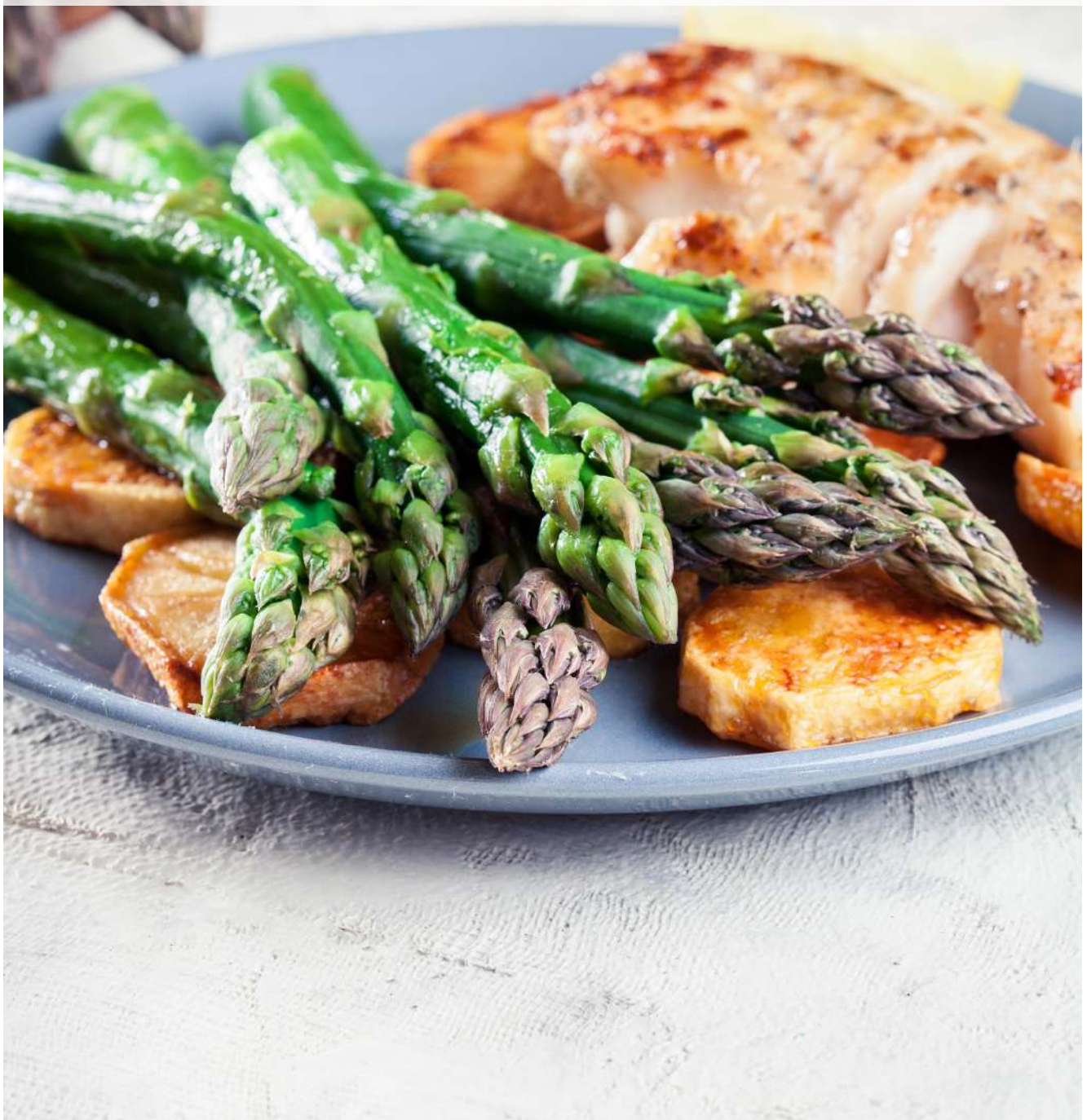
**YIELD:** 4 servings

1. Combine ground lamb, onion, garlic, parsley, mint, cumin, coriander, paprika, salt, and black pepper in a bowl. Mix until well combined.
2. Form the mixture into 4 patties.
3. Heat olive oil in a skillet or grill pan over medium-high heat.
4. Cook the lamb patties on each side for 4-5 minutes or until they reach the desired level of doneness.
5. Remove from heat and let rest for a couple of minutes.
6. Serve on burger buns with your choice of toppings, such as lettuce, tomato, and tzatziki sauce.
7. Enjoy hot.

**NUTRITIONAL INFORMATION:** 420 calories, 24g protein, 6g carbohydrates, 34g fat, 1g fiber, 90mg cholesterol, 520mg sodium, 450mg potassium

# CHAPTER 8.

## Side Dishes



# 1. Greek Roasted Potatoes with Lemon and Oregano



**PREP TIME:** 10 min  
**COOK TIME:** 45 min  
**YIELD:** 4 servings

**2 lb (900g) potatoes, peeled and cut into wedges**  
**1/4 cup olive oil**  
**1/4 cup fresh lemon juice**  
**3 cloves garlic, minced**  
**1 tbsp dried oregano**  
**1/2 tsp salt**  
**1/4 tsp black pepper**  
**1/4 cup chicken broth (optional)**  
**Fresh parsley, chopped (optional, for garnish)**

1. Preheat the oven to 400°F (200°C). Lightly grease a baking dish or sheet.
2. Mix olive oil, lemon juice, garlic, oregano, salt, and black pepper in a bowl.
3. Add the potato wedges to the bowl, tossing to coat them evenly with the marinade.
4. Arrange the potatoes in a single layer in the baking dish. Pour any remaining marinade over the top. If using, add chicken broth to the dish for extra flavor.
5. Roast the potatoes in the oven for 45 minutes, stirring halfway through, until they are golden and tender.
6. Remove from the oven and let rest for a few minutes.
7. Serve hot, garnished with fresh parsley if desired.

**NUTRITIONAL INFORMATION:** 280 calories, 4g protein, 40g carbohydrates, 13g fat, 4g fiber, 0mg cholesterol, 320mg sodium, 750mg potassium

# 2. Garlic Sautéed Spinach with Olive Oil



**PREP TIME:** 5 min  
**COOK TIME:** 5 min  
**YIELD:** 4 servings

**2 tablespoons extra virgin olive oil**  
**4 cloves garlic, thinly sliced**  
**10 oz (285 g) fresh spinach leaves, washed and drained**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**1 tablespoon lemon juice (optional)**

1. Heat the olive oil in a large skillet over medium heat.
2. Add the sliced garlic and sauté for 1-2 minutes until fragrant and lightly golden.
3. Add the spinach leaves, stirring continuously until wilted, about 2-3 minutes.
4. Season with salt and pepper to taste, and add lemon juice if desired. Serve warm.

**NUTRITIONAL INFORMATION:** 85 calories, 1.5 g protein, 4 g carbohydrates, 7 g fat, 2 g fiber, 0 mg cholesterol, 80 mg sodium, 450 mg potassium

### 3. Roasted Vegetables with Balsamic Glaze



**PREP TIME:** 10 min  
**COOK TIME:** 25 min  
**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:**

140 calories, 2 g protein, 19 g carbohydrates, 7 g fat, 4 g fiber, 0 mg cholesterol, 140 mg sodium, 500 mg potassium

**1 red bell pepper, cut into 1-inch pieces**  
**1 yellow bell pepper, cut into 1-inch pieces**  
**1 zucchini, sliced into half-moons**  
**1 red onion, cut into wedges**  
**1 cup cherry tomatoes**  
**2 tablespoons extra virgin olive oil**  
**2 tablespoons balsamic vinegar**  
**1 tablespoon honey**  
**1/2 teaspoon dried oregano**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Combine bell peppers, zucchini, red onion, and cherry tomatoes in a large bowl. Drizzle with olive oil and toss to coat.
3. Spread the vegetables evenly on the baking sheet and season with salt, pepper, and oregano.
4. Roast in the preheated oven for 20–25 minutes or until the vegetables are tender and slightly caramelized.
5. While the vegetables are roasting, mix balsamic vinegar and honey in a small saucepan. Simmer for 3–5 minutes, until it thickens slightly.
6. Drizzle the balsamic glaze over the roasted vegetables and serve warm.

### 4. Grilled Asparagus with Lemon Zest



**PREP TIME:** 5 min  
**COOK TIME:** 8 min  
**YIELD:** 4 servings

**1 lb (450 g) asparagus, trimmed**  
**1 tablespoon extra virgin olive oil**  
**Zest of 1 lemon**  
**Juice of 1/2 lemon**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**

1. Preheat the grill to medium-high heat.
2. Toss the asparagus with olive oil, salt, and pepper in a bowl until evenly coated.
3. Place the asparagus on the grill and cook for 6–8 minutes, turning occasionally, until tender and slightly charred.
4. Transfer the grilled asparagus to a serving plate, drizzle with lemon juice, and sprinkle with lemon zest. Serve warm.

**NUTRITIONAL INFORMATION:** 60 calories, 2.5 g protein, 5 g carbohydrates, 4.5 g fat, 2 g fiber, 0 mg cholesterol, 75 mg sodium, 270 mg potassium

## 5. Mediterranean Rice Pilaf with Almonds and Raisins



**PREP TIME:** 10 min  
**COOK TIME:** 20 min  
**YIELD:** 4 servings

### **NUTRITIONAL INFORMATION:**

250 calories, 4 g protein, 35 g carbs,  
10 g fat, 2 g fiber, 0 mg cholesterol,  
350 mg sodium, 150 mg potassium

**1 cup long-grain rice**  
**2 tablespoons olive oil**  
**1/4 cup slivered almonds**  
**1/4 cup raisins**  
**1 small onion, finely chopped**  
**2 cups vegetable broth**  
**1/2 teaspoon ground cumin**  
**1/4 teaspoon ground cinnamon**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**2 tablespoons chopped fresh parsley (optional)**

1. Heat the olive oil in a medium saucepan over medium heat. Add the almonds and toast until golden, about 2–3 minutes. Remove and set aside.
2. Add the chopped onion and sauté in the same saucepan until soft and translucent, about 5 minutes.
3. Add the rice, cumin, and cinnamon. Stir to coat the rice with the spices, then pour in the vegetable broth.
4. Bring to a boil, reduce heat to low, cover, and simmer for 15–20 minutes or until the rice is tender and the liquid is absorbed.
5. Stir in the toasted almonds and raisins. Adjust seasoning with salt and pepper, and garnish with chopped parsley if desired. Serve warm.

## 6. Baked Eggplant with Tomato and Feta



**PREP TIME:** 10 min  
**COOK TIME:** 30 min  
**YIELD:** 4 servings

**1 large eggplant, sliced into 1/2-inch rounds**  
**2 tablespoons olive oil**  
**2 medium tomatoes, diced**  
**1/2 cup crumbled feta cheese**  
**1 clove garlic, minced**  
**1/4 teaspoon dried oregano**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**Fresh basil leaves, for garnish (optional)**

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Arrange the eggplant slices on the baking sheet and brush both sides with olive oil. Season with salt and pepper.
3. Bake in the preheated oven for 20 minutes, flipping halfway through, until tender and slightly golden.
4. Mix the diced tomatoes, minced garlic, and dried oregano in a bowl. Spoon the tomato mixture over each eggplant slice.
5. Top with crumbled feta cheese and bake for 10 minutes until the cheese is slightly melted.
6. Garnish with fresh basil leaves if desired, and serve warm.

**NUTRITIONAL INFORMATION:** 180 calories, 4 g protein, 10 g carbohydrates, 14 g fat, 4 g fiber, 10 mg cholesterol, 250 mg sodium, 400 mg potassium

## 7. Warm Lentil Salad with Roasted Vegetables



**PREP TIME:** 15 min  
**COOK TIME:** 30 min  
**YIELD:** 4 servings

### **NUTRITIONAL INFORMATION:**

320 calories, 10 g protein, 38 g carbohydrates, 14 g fat, 9 g fiber, 0 mg cholesterol, 300 mg sodium, 550 mg potassium

**1 cup dried green or brown lentils**  
**1 red bell pepper, diced**  
**1 zucchini, diced**  
**1 red onion, diced**  
**1 cup cherry tomatoes, halved**  
**3 tablespoons olive oil, divided**  
**1 tablespoon red wine vinegar**  
**1 teaspoon Dijon mustard**  
**1/2 teaspoon dried thyme**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**2 tablespoons chopped fresh parsley**

1. Preheat the oven to 400°F (200°C). Place the diced bell pepper, zucchini, and red onion on a baking sheet. Drizzle with 1 tablespoon of olive oil, season with salt and pepper, and roast for 25–30 minutes until tender and caramelized.
2. While the vegetables are roasting, cook the lentils according to the package instructions. Drain and set aside.
3. To make the dressing, whisk together the remaining olive oil, red wine vinegar, Dijon mustard, dried thyme, salt, and pepper in a small bowl.
4. Combine the cooked lentils, roasted vegetables, and cherry tomatoes in a large bowl. Pour the dressing over the mixture and toss gently to combine.
5. Adjust seasoning if needed, and garnish with chopped fresh parsley. Serve warm.

## 8. Grilled Zucchini with Garlic and Mint



**PREP TIME:** 5 min  
**COOK TIME:** 10 min  
**YIELD:** 4 servings

**3 medium zucchinis, sliced lengthwise into 1/4-inch strips**  
**2 tablespoons olive oil**  
**2 cloves garlic, minced**  
**1 tablespoon fresh mint leaves, chopped**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**Juice of 1/2 lemon**

1. Preheat the grill to medium-high heat.
2. In a bowl, toss the zucchini slices with olive oil, minced garlic, salt, and pepper until well coated.
3. Place the zucchini on the grill and cook for 3–4 minutes per side, until tender and lightly charred.
4. Remove from the grill, place on a serving plate, and sprinkle with fresh mint leaves.
5. Drizzle with lemon juice before serving. Serve warm or at room temperature.

**NUTRITIONAL INFORMATION:** 90 calories, 2 g protein, 6 g carbohydrates, 7 g fat, 2 g fiber, 0 mg cholesterol, 50 mg sodium, 300 mg potassium

## 9. Savory Bulgur Wheat with Herbs



**PREP TIME:** 10 min  
**COOK TIME:** 20 min  
**YIELD:** 4 servings

### **NUTRITIONAL INFORMATION:**

210 calories, 5 g protein, 32 g carbs,  
8 g fat, 6 g fiber, 0 mg cholesterol,  
350 mg sodium, 150 mg potassium

**1 cup bulgur wheat**  
**2 cups vegetable broth**  
**1 small onion, finely chopped**  
**2 tablespoons olive oil**  
**1/4 cup fresh parsley, chopped**  
**1/4 cup fresh mint, chopped**  
**1/2 teaspoon dried oregano**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**Juice of 1/2 lemon**

1. In a medium saucepan, heat the olive oil over medium heat. Add the chopped onion and sauté until soft and translucent, about 5 minutes.
2. Add the bulgur wheat and stir to coat it with the oil and onions.
3. Pour in the vegetable broth, boil, then reduce the heat to low. Cover and simmer for 12–15 minutes or until the liquid is absorbed and the bulgur is tender.
4. Remove from heat and let sit for 5 minutes. Fluff the bulgur with a fork.
5. Stir in the fresh parsley, mint, dried oregano, and lemon juice. Add salt and pepper to taste. Serve warm.

## 10. Roasted Cauliflower with Tahini Drizzle



**PREP TIME:** 10 min  
**COOK TIME:** 25 min  
**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 160 calories, 4 g protein, 11 g carbohydrates, 12 g fat, 4 g fiber, 0 mg cholesterol, 120 mg sodium, 350 mg potassium

**1 medium head of cauliflower, cut into florets**  
**2 tablespoons olive oil**  
**1/4 cup tahini**  
**2 tablespoons lemon juice**  
**1 clove garlic, minced**  
**2 tablespoons water**  
**1/4 teaspoon ground cumin**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**1 tablespoon chopped fresh parsley (optional)**

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Toss the cauliflower florets with olive oil, salt, and pepper, and spread them evenly on the baking sheet.
3. Roast in the preheated oven for 20–25 minutes, stirring halfway through, until golden and tender.
4. While the cauliflower is roasting, prepare the tahini drizzle by whisking tahini, lemon juice, minced garlic, water, cumin, and a pinch of salt until smooth.
5. Once the cauliflower is roasted, drizzle the tahini sauce over the top and garnish with chopped parsley if desired. Serve warm.

## 11. Tomato and Olive Rice with Fresh Herbs



**PREP TIME:** 10 min  
**COOK TIME:** 20 min  
**YIELD:** 4 servings

### **NUTRITIONAL INFORMATION:**

230 calories, 4 g protein, 34 g carbohydrates, 8 g fat, 2 g fiber, 0 mg cholesterol, 400 mg sodium, 200 mg potassium

**1 cup long-grain rice**  
**2 tablespoons olive oil**  
**1 small onion, finely chopped**  
**2 cloves garlic, minced**  
**1 cup diced tomatoes (fresh or canned)**  
**1/4 cup pitted black olives, sliced**  
**2 cups vegetable broth**  
**1/2 teaspoon dried oregano**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**2 tablespoons chopped fresh basil**  
**2 tablespoons chopped fresh parsley**

1. Heat the olive oil in a medium saucepan over medium heat. Add the chopped onion and sauté until soft and translucent, about 5 minutes.
2. Add the minced garlic and cook for another 1 minute until fragrant.
3. Stir in the rice, diced tomatoes, olives, and dried oregano. Mix well to combine.
4. Pour in the vegetable broth, boil, then reduce the heat to low. Cover and simmer for 15–20 minutes or until the rice is tender and the liquid is absorbed.
5. Remove from heat and let sit for 5 minutes. Fluff the rice with a fork, then stir in the fresh basil and parsley. Adjust seasoning with salt and pepper if needed. Serve warm.

## 12. Garlic and Herb Roasted Cherry Tomatoes



**PREP TIME:** 5 min  
**COOK TIME:** 20 min  
**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 100 calories, 1 g protein, 5 g carbohydrates, 8 g fat, 2 g fiber, 0 mg cholesterol, 120 mg sodium, 250 mg potassium

**2 cups cherry tomatoes**  
**2 tablespoons olive oil**  
**3 cloves garlic, minced**  
**1/2 teaspoon dried oregano**  
**1/2 teaspoon dried thyme**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**1 tablespoon chopped fresh basil (optional)**

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a bowl, toss the cherry tomatoes with olive oil, minced garlic, oregano, thyme, salt, and pepper until well coated.
3. Spread the tomatoes evenly on the prepared baking sheet.
4. Roast in the preheated oven for 15–20 minutes or until the tomatoes are soft and slightly caramelized.
5. Remove from the oven and sprinkle with fresh basil if desired. Serve warm or at room temperature.

## 13. Easy Spinach and Ricotta Stuffed Zucchini Boats



**PREP TIME:** 10 min  
**COOK TIME:** 25 min  
**YIELD:** 4 servings

**4 medium zucchinis, halved lengthwise**  
**1 cup ricotta cheese**  
**1/2 cup cooked spinach, drained and chopped**  
**1/4 cup grated Parmesan cheese**  
**1/4 teaspoon dried oregano**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**1/4 cup shredded mozzarella cheese**

1. Preheat the oven to 375°F (190°C). Scoop out the center of each zucchini half to create "boats" and place them on a baking sheet.
2. In a bowl, mix the ricotta, cooked spinach, Parmesan, oregano, salt, and pepper together until well combined.
3. Spoon the ricotta mixture evenly into each zucchini boat.
4. Top each boat with a sprinkle of shredded mozzarella.
5. Bake in the preheated oven for 20–25 minutes, until the zucchini is tender and the cheese is melted and slightly golden. Serve warm.

**NUTRITIONAL INFORMATION:** 180 calories, 8 g protein, 8 g carbohydrates, 12 g fat, 2 g fiber, 35 mg cholesterol, 250 mg sodium, 350 mg potassium

## 14. Lemon and Parmesan Orzo



**PREP TIME:** 5 min  
**COOK TIME:** 15 min  
**YIELD:** 4 servings

**1 cup orzo pasta**  
**2 tablespoons olive oil**  
**1 clove garlic, minced**  
**1/4 cup grated Parmesan cheese**  
**Zest of 1 lemon**  
**Juice of 1/2 lemon**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**2 tablespoons chopped fresh parsley**

1. Cook the orzo according to the package instructions until al dente. Drain and set aside.
2. In a large skillet, heat the olive oil over medium heat. Add the minced garlic and sauté for 1–2 minutes until fragrant.
3. Add the cooked orzo to the skillet and toss to combine with the garlic and oil.
4. Stir in the Parmesan cheese, lemon zest, and lemon juice. Mix until the cheese is melted and well combined.
5. Season with salt and pepper to taste, and garnish with fresh parsley. Serve warm.

**NUTRITIONAL INFORMATION:** 220 calories, 6 g protein, 30 g carbohydrates, 9 g fat, 2 g fiber, 5 mg cholesterol, 180 mg sodium, 100 mg potassium

A close-up photograph of three baked eggplants arranged on a white tray. Each eggplant is sliced lengthwise and filled with a mixture of melted cheese and herbs. The eggplants are topped with several slices of roasted cherry tomatoes and fresh basil leaves. The tray also contains some roasted red onions and scattered herbs. The text "CHAPTER 9. Vegetarian Mains" is overlaid in the center of the image.

# CHAPTER 9. Vegetarian Mains

# 1. Stuffed Peppers with Quinoa, Vegetables, and Feta



**PREP TIME:** 15 min  
**COOK TIME:** 30 min  
**YIELD:** 4 servings

**4 large bell peppers, halved and seeded**  
**1 cup cooked quinoa**  
**1 small zucchini, diced**  
**1/2 cup cherry tomatoes, diced**  
**1/4 cup red onion, finely chopped**  
**1/4 cup crumbled feta cheese**

**2 tablespoons olive oil**  
**1/2 teaspoon dried oregano**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**1 tablespoon chopped fresh parsley (optional)**

1. Preheat the oven to 375°F (190°C). Arrange the bell pepper halves in a baking dish.
2. Combine the cooked quinoa, zucchini, cherry tomatoes, red onion, and feta cheese in a large bowl.
3. Drizzle with olive oil, add oregano, and season with salt and pepper. Mix until well combined.
4. Spoon the quinoa mixture evenly into each bell pepper half.
5. Cover the baking dish with foil and bake in the preheated oven for 25–30 minutes until the peppers are tender.
6. Remove from the oven and garnish with fresh parsley if desired. Serve warm.

**NUTRITIONAL INFORMATION:** 210 calories, 6 g protein, 24 g carbohydrates, 10 g fat, 4 g fiber, 10 mg cholesterol, 250 mg sodium, 350 mg potassium

# 2. Eggplant Parmesan with Fresh Basil



**PREP TIME:** 15 min  
**COOK TIME:** 35 min  
**YIELD:** 4 servings

**1 large eggplant, sliced into 1/4-inch rounds**  
**1/2 cup all-purpose flour**  
**2 eggs, beaten**  
**1 cup breadcrumbs**  
**1/2 cup grated Parmesan cheese**  
**1 cup marinara sauce**

**1 cup shredded mozzarella cheese**  
**1/4 cup fresh basil leaves, chopped**  
**2 tablespoons olive oil**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper and lightly brush with olive oil.
2. Coat each eggplant slice in flour, dip in beaten eggs, and then coat with breadcrumbs and Parmesan cheese.
3. Arrange the eggplant slices on the baking sheet, drizzle with olive oil, and bake for 20 minutes, flipping halfway, until golden and tender.
4. Spread a layer of marinara sauce in a baking dish. Place half the eggplant slices over the sauce and top with half the mozzarella and basil. Repeat with the remaining eggplant, sauce, mozzarella, and basil.
5. Bake for an additional 15 minutes, until the cheese is melted and bubbly. Serve warm.

**NUTRITIONAL INFORMATION:** 320 calories, 12 g protein, 35 g carbohydrates, 15 g fat, 6 g fiber, 55 mg cholesterol, 500 mg sodium, 400 mg potassium

### 3. Vegetable Moussaka



**PREP TIME:** 20 min  
**COOK TIME:** 45 min  
**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:**

380 calories, 12 g protein, 45 g carbs, 18 g fat, 8 g fiber, 20 mg cholesterol, 450 mg sodium, 650 mg potassium

**1 large eggplant, sliced into 1/4-inch rounds**  
**1 zucchini, sliced into 1/4-inch rounds**  
**1 potato, thinly sliced**  
**1 onion, finely chopped**  
**2 cloves garlic, minced**  
**1 cup canned crushed tomatoes**  
**1/2 cup lentils, cooked**  
**1/2 teaspoon ground cinnamon**

**1/4 teaspoon ground allspice**  
**2 tablespoons olive oil**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**1 cup béchamel sauce (store-bought or homemade)**  
**1/4 cup grated Parmesan cheese**

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper. Arrange the eggplant and zucchini slices on the sheet, brush with olive oil, and roast for 15 minutes, until tender.
2. Meanwhile, heat 1 tablespoon of olive oil in a skillet over medium heat. Add the onion and garlic, and sauté until soft and fragrant. Stir in the crushed tomatoes, cooked lentils, cinnamon, and allspice. Season with salt and pepper, and let it simmer for 10 minutes.
3. Layer the roasted eggplant, zucchini, and potato slices in a greased baking dish, alternating with the lentil-tomato mixture.
4. Pour the béchamel sauce over the top layer and sprinkle with grated Parmesan cheese.
5. Bake for 30 minutes, until the top is golden and bubbly. Allow it to cool slightly before serving.

### 4. Grilled Vegetable Skewers with Halloumi



**PREP TIME:** 15 min  
**COOK TIME:** 10 min  
**YIELD:** 4 servings

**1 red bell pepper, cut into 1-inch pieces**  
**1 yellow bell pepper, cut into 1-inch pieces**  
**1 zucchini, sliced into 1/2-inch rounds**  
**1 red onion, cut into wedges**

**8 oz (225 g) halloumi cheese, cut into 1-inch cubes**  
**2 tablespoons olive oil**  
**1 tablespoon lemon juice**  
**1 teaspoon dried oregano**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**

1. Preheat the grill to medium-high heat. To prevent burning, soak wooden skewers in water for 10 minutes.
2. Toss the bell peppers, zucchini, onion, and halloumi cubes with olive oil, lemon juice, oregano, salt, and pepper until evenly coated.
3. Thread the vegetables and halloumi onto the skewers, alternating the ingredients.
4. Grill the skewers for 8–10 minutes, turning occasionally, until the vegetables are tender and slightly charred and the halloumi is golden. Remove from the grill and serve warm.

**NUTRITIONAL INFORMATION:** 290 calories, 12 g protein, 14 g carbohydrates, 22 g fat, 3 g fiber, 25 mg cholesterol, 400 mg sodium, 320 mg potassium

## 5. Mediterranean Vegetable Paella



**PREP TIME:** 15 min  
**COOK TIME:** 35 min  
**YIELD:** 4 servings

### **NUTRITIONAL INFORMATION:**

320 calories, 6 g protein, 52 g carbohydrates, 10 g fat, 5 g fiber, 0 mg cholesterol, 400 mg sodium, 450 mg potassium

**1 cup short-grain rice**  
**2 tablespoons olive oil**  
**1 onion, finely chopped**  
**1 red bell pepper, diced**  
**1 zucchini, diced**  
**1 cup cherry tomatoes, halved**  
**1 cup green beans, cut into 1-inch pieces**  
**2 cloves garlic, minced**  
**1/4 teaspoon saffron threads (optional)**

**1 teaspoon smoked paprika**  
**1/2 teaspoon dried oregano**  
**3 cups vegetable broth**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**1/4 cup chopped fresh parsley**  
**Lemon wedges, for serving**

1. Heat the olive oil in a large, deep skillet or paella pan over medium heat. Add the onion and sauté for 3-4 minutes until softened.
2. Add the red bell pepper, zucchini, cherry tomatoes, green beans, and garlic. Cook for another 5-6 minutes until the vegetables are slightly tender.
3. Stir in the rice, saffron, smoked paprika, and oregano. Cook for 1-2 minutes, allowing the rice to be coated with the spices.
4. Pour in the vegetable broth, season with salt and pepper, and bring to a boil. Reduce the heat to low, cover, and simmer for 20-25 minutes or until the rice is tender and the liquid is absorbed.
5. Remove from heat and let the paella rest for 5 minutes. Fluff the rice with a fork, sprinkle with fresh parsley, and serve with lemon wedges.

## 6. Spinach and Ricotta Stuffed Shells



**PREP TIME:** 15 min  
**COOK TIME:** 30 min  
**YIELD:** 4 servings

**12 jumbo pasta shells**  
**1 cup ricotta cheese**  
**1/2 cup cooked spinach, drained and chopped**  
**1/4 cup grated Parmesan cheese**  
**1 egg, beaten**  
**1/2 teaspoon dried oregano**

**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**1 1/2 cups marinara sauce**  
**1/2 cup shredded mozzarella cheese**  
**Fresh basil leaves, for garnish (optional)**

1. Preheat the oven to 375°F (190°C). Cook the pasta shells according to the package instructions. Drain and set aside.
2. Mix the ricotta, cooked spinach, Parmesan, egg, oregano, salt, and pepper until well combined. Fill each pasta shell with the ricotta mixture and place them in a baking dish.
3. Pour the marinara sauce over the stuffed shells, covering them evenly. Sprinkle the mozzarella cheese over the top.
4. Cover with foil and bake for 20 minutes. Remove the foil and bake for 10 minutes until the cheese is melted and bubbly.
5. Garnish with fresh basil leaves if desired, and serve warm.

**NUTRITIONAL INFORMATION:** 380 calories, 15 g protein, 42 g carbohydrates, 18 g fat, 4 g fiber, 55 mg cholesterol, 600 mg sodium, 400 mg potassium

## 7. Roasted Cauliflower Steaks with Lemon and Herbs



**PREP TIME:** 10 min  
**COOK TIME:** 25 min  
**YIELD:** 4 servings

**1 large cauliflower, sliced into 1-inch thick steaks**  
**3 tablespoons olive oil**  
**1 tablespoon lemon juice**  
**1 teaspoon dried thyme**  
**1 teaspoon dried rosemary**  
**1 clove garlic, minced**

**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**Lemon zest, for garnish (optional)**  
**Fresh parsley, chopped, for garnish (optional)**

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Arrange the cauliflower steaks on the baking sheet.
3. Mix the olive oil, lemon juice, thyme, rosemary, minced garlic, salt, and pepper in a small bowl.
4. Brush the cauliflower steaks on both sides with the herb mixture.
5. Roast in the preheated oven for 20–25 minutes, flipping halfway through, until golden and tender.
6. Remove from the oven and garnish with lemon zest and chopped parsley if desired. Serve warm.

**NUTRITIONAL INFORMATION:** 160 calories, 3 g protein, 10 g carbohydrates, 14 g fat, 4 g fiber, 0 mg cholesterol, 180 mg sodium, 400 mg potassium

## 8. Vegetable Tagine with Chickpeas and Apricots



**PREP TIME:** 15 min  
**COOK TIME:** 40 min  
**YIELD:** 4 servings

**1 tablespoon olive oil**  
**1 onion, finely chopped**  
**2 cloves garlic, minced**  
**1 carrot, sliced**  
**1 zucchini, diced**  
**1 red bell pepper, diced**  
**1 cup canned chickpeas, drained and rinsed**  
**1/2 cup dried apricots, halved**  
**1 cup canned diced tomatoes**  
**1 cup vegetable broth**

**1/2 teaspoon ground cumin**  
**1/2 teaspoon ground cinnamon**  
**1/4 teaspoon ground turmeric**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**1/4 cup chopped fresh cilantro, for garnish**

1. Heat the olive oil in a large pot or tagine over medium heat. Add the onion and sauté for 5 minutes until soft and translucent.
2. Add the garlic, carrot, zucchini, and red bell pepper. Cook for 5–7 minutes, stirring occasionally, until the vegetables soften.
3. Stir in the chickpeas, dried apricots, diced tomatoes, and vegetable broth.
4. Add the cumin, cinnamon, turmeric, salt, and pepper. Mix well to combine.
5. Bring the mixture to a boil, then reduce the heat to low. Cover and simmer for 25–30 minutes, until the vegetables are tender and the flavors are well combined.
6. Remove from heat and garnish with fresh cilantro. Serve warm with couscous or flatbread if desired.

**NUTRITIONAL INFORMATION:**  
310 calories, 7 g protein, 50 g carbohydrates, 10 g fat, 9 g fiber, 0 mg cholesterol, 480 mg sodium, 650 mg potassium

## 9. Zucchini Fritters with Tzatziki



**PREP TIME:** 15 min  
**COOK TIME:** 15 min  
**YIELD:** 4 servings

### **NUTRITIONAL INFORMATION:**

210 calories, 7 g protein, 15 g carbohydrates, 14 g fat, 2 g fiber, 45 mg cholesterol, 350 mg sodium, 300 mg potassium

### ***For the Zucchini Fritters:***

**2 medium zucchinis, grated**  
**1/4 cup flour**  
**1/4 cup grated Parmesan cheese**  
**1 egg, beaten**  
**2 cloves garlic, minced**  
**1/4 teaspoon dried oregano**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**2 tablespoons olive oil, for frying**

### ***For the Tzatziki Sauce:***

**1/2 cup Greek yogurt**  
**1/4 cucumber, grated and squeezed to remove excess water**  
**1 clove garlic, minced**  
**1 tablespoon lemon juice**  
**1 tablespoon chopped fresh dill**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**

1. Place the grated zucchini in a clean kitchen towel and squeeze out as much moisture as possible. Transfer to a bowl.
2. Add the flour, Parmesan, egg, minced garlic, oregano, salt, and pepper to the zucchini. Mix until well combined.
3. Heat the olive oil in a skillet over medium heat. Drop spoonfuls of the zucchini mixture into the pan and flatten slightly. Fry on each side for 3–4 minutes until golden and crispy. Repeat with the remaining mixture.
4. To prepare the tzatziki, combine the Greek yogurt, grated cucumber, garlic, lemon juice, dill, salt, and pepper in a small bowl. Mix until smooth.
5. Serve the zucchini fritters warm with the tzatziki sauce on the side.

## 10. Savory Chickpea Pancakes with Tomato and Basil



**PREP TIME:** 10 min  
**COOK TIME:** 15 min  
**YIELD:** 4 servings

**1 cup chickpea flour**  
**1 cup water**  
**1/4 teaspoon salt**  
**1/4 teaspoon black pepper**  
**1/4 teaspoon ground cumin**  
**1/2 cup cherry tomatoes, diced**

**1/4 cup fresh basil leaves, chopped**  
**1 tablespoon olive oil, plus extra for frying**  
**1 clove garlic, minced**

1. Whisk together the chickpea flour, water, salt, pepper, and cumin in a bowl until smooth. Let the batter rest for 5 minutes.
2. Stir in the diced cherry tomatoes, chopped basil, olive oil, and minced garlic.
3. Heat a non-stick skillet over medium heat and lightly grease with olive oil.
4. Pour a ladleful batter into the skillet and spread it into a thin, even layer. Cook for 2–3 minutes on each side until golden and set. Repeat with the remaining batter, adding more oil to the skillet if needed.
5. Serve warm, garnished with extra fresh basil if desired.

**NUTRITIONAL INFORMATION:** 190 calories, 6 g protein, 22 g carbohydrates, 8 g fat, 3 g fiber, 0 mg cholesterol, 240 mg sodium, 320 mg potassium

## 11. Greek Stuffed Tomatoes (Yemista)



**PREP TIME:** 20 min

**COOK TIME:** 50 min

**YIELD:** 4 servings

### **NUTRITIONAL INFORMATION:**

280 calories, 5 g protein, 40 g carbs,  
11 g fat, 4 g fiber, 0 mg cholesterol,  
320 mg sodium, 450 mg potassium

**4 large ripe tomatoes**  
**1/2 cup uncooked rice**  
**1 small onion, finely chopped**  
**1/2 cup diced zucchini**  
**1/4 cup pine nuts**  
**1/4 cup raisins**  
**2 tablespoons olive oil**  
**1/4 cup chopped fresh parsley**

**1/4 cup chopped fresh mint**  
**1/2 teaspoon dried oregano**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**1/2 cup water**

1. Preheat the oven to 375°F (190°C). Slice the tomatoes' tops off and scoop out the insides, reserving the pulp. Place the hollowed tomatoes in a baking dish.
2. In a skillet, heat the olive oil over medium heat. Add the onion and sauté for 3-4 minutes until softened.
3. Add the rice, diced zucchini, pine nuts, raisins, and reserved tomato pulp to the skillet. Cook for another 5 minutes, stirring occasionally.
4. Season with parsley, mint, oregano, salt, and pepper. Stir in 1/2 cup water and cook for 10 minutes, until the rice absorbs most of the liquid but is still firm.
5. Spoon the rice mixture into the hollowed tomatoes and place the tomato tops back on.
6. Bake in the preheated oven for 35-40 minutes, until the tomatoes are tender and the filling is cooked. Serve warm.

## 12. Vegetable Ratatouille



**PREP TIME:** 15 min

**COOK TIME:** 45 min

**YIELD:** 4 servings

**1 eggplant, diced**  
**1 zucchini, diced**  
**1 yellow squash, diced**  
**1 red bell pepper, diced**  
**1 onion, finely chopped**  
**3 cloves garlic, minced**  
**1 can (14.5 oz) diced tomatoes**  
**2 tablespoons olive oil**

**1/2 teaspoon dried thyme**  
**1/2 teaspoon dried oregano**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**1/4 cup chopped fresh basil**

1. Heat the olive oil in a large pot over medium heat. Add the onion and garlic and sauté for 3-4 minutes until softening.
2. Add the diced eggplant, zucchini, yellow squash, and red bell pepper. Cook for 10 minutes, stirring occasionally, until the vegetables soften.
3. Stir in the diced tomatoes, thyme, oregano, salt, and pepper. Bring to a simmer.
4. Reduce the heat to low, cover, and cook for 30-35 minutes, stirring occasionally, until the vegetables are tender and the flavors are well combined.
5. Remove from heat and stir in the fresh basil. Serve warm, with crusty bread if desired.

**NUTRITIONAL INFORMATION:** 180 calories, 3 g protein, 20 g carbohydrates, 11 g fat, 6 g fiber, 0 mg cholesterol, 320 mg sodium, 550 mg potassium

## 13. Creamy Spinach and Artichoke Risotto



**PREP TIME:** 10 min  
**COOK TIME:** 30 min  
**YIELD:** 4 servings

### **NUTRITIONAL INFORMATION:**

350 calories, 8 g protein, 48 g carbs, 14 g fat, 4 g fiber, 20 mg cholesterol, 450 mg sodium, 400 mg potassium

**1 cup Arborio rice**  
**2 tablespoons olive oil**  
**1 onion, finely chopped**  
**2 cloves garlic, minced**  
**1/2 cup white wine (optional)**  
**4 cups vegetable broth, warmed**  
**1 can (14 oz) artichoke hearts, drained and chopped**  
**2 cups fresh spinach, chopped**  
**1/4 cup grated Parmesan cheese**  
**1/4 cup cream or half-and-half**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**1 tablespoon chopped fresh parsley (optional)**

1. Heat the olive oil in a large saucepan over medium heat. Add the onion, garlic and sauté for 3-4 minutes until softening.
2. Stir in the Arborio rice and cook for 1-2 minutes until lightly toasted, stirring frequently.
3. Add the white wine (if using) and cook until it is absorbed.
4. Begin adding the warm vegetable broth, one ladle at a time, stirring constantly. Allow the liquid to be absorbed before adding the next ladle. Continue until the rice is creamy and tender, about 20-25 minutes.
5. Stir in the chopped artichoke hearts, spinach, Parmesan cheese, and cream. Cook for 2-3 more minutes until the spinach is wilted and everything is well combined.
6. Season with salt and pepper to taste, and garnish with fresh parsley if desired. Serve warm.

## 14. Bulgur Salad with Pomegranate and Mint



**PREP TIME:** 10 min  
**COOK TIME:** 15 min  
**YIELD:** 4 servings

**1 cup bulgur wheat**  
**1 1/2 cups water**  
**1/2 cup pomegranate seeds**  
**1/4 cup chopped fresh mint**  
**1/4 cup chopped fresh parsley**  
**1/4 cup diced cucumber**  
**1/4 cup diced red onion**  
**2 tablespoons olive oil**  
**1 tablespoon lemon juice**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**

1. In a saucepan, bring water to a boil. Add the bulgur, cover, and reduce the heat to low. Simmer for 10-12 minutes or until the bulgur is tender and the water is absorbed. Fluff with a fork and let cool.
2. Combine the cooked bulgur, pomegranate seeds, mint, parsley, cucumber, and red onion in a large bowl.
3. Drizzle olive oil and lemon juice, then season with salt and pepper. Toss gently to combine.
4. Serve chilled or at room temperature.

**NUTRITIONAL INFORMATION:** 220 calories, 5 g protein, 32 g carbohydrates, 9 g fat, 6 g fiber, 0 mg cholesterol, 150 mg sodium, 250 mg potassium

# CHAPTER 10.

## Pasta



# 1. Mediterranean Pasta Salad with Olives and Feta



**PREP TIME:** 15 min  
**COOK TIME:** 10 min  
**YIELD:** 4 servings

**2 cups pasta (penne or rotini)**  
**1/2 cup cherry tomatoes, halved**  
**1/4 cup Kalamata olives, pitted and sliced**  
**1/4 cup diced cucumber**  
**1/4 cup crumbled feta cheese**  
**2 tablespoons red onion, finely chopped**  
**2 tablespoons olive oil**

**1 tablespoon red wine vinegar**  
**1/2 teaspoon dried oregano**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**2 tablespoons chopped fresh parsley (optional)**

1. Cook the pasta according to the package instructions. Drain, rinse under cold water, and set aside to cool.
2. Combine the cooled pasta, cherry tomatoes, olives, cucumber, feta cheese, and red onion in a large bowl.
3. Whisk together the olive oil, red wine vinegar, oregano, salt, and pepper in a small bowl.
4. Pour the dressing over the pasta mixture and toss gently until well combined.
5. Garnish with chopped parsley if desired. Serve chilled or at room temperature.

**NUTRITIONAL INFORMATION:** 320 calories, 8 g protein, 38 g carbohydrates, 14 g fat, 3 g fiber, 15 mg cholesterol, 400 mg sodium, 200 mg potassium

# 2. Pasta Primavera with Fresh Vegetables



**PREP TIME:** 10 min  
**COOK TIME:** 15 min  
**YIELD:** 4 servings

**2 cups penne or fusilli pasta**  
**1 cup broccoli florets**  
**1/2 cup sliced bell peppers (red, yellow, or green)**  
**1/2 cup cherry tomatoes, halved**  
**1/2 cup zucchini, sliced**  
**1/4 cup peas (fresh or frozen)**  
**2 tablespoons olive oil**

**2 cloves garlic, minced**  
**1/4 cup grated Parmesan cheese**  
**1 tablespoon lemon juice**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**2 tablespoons chopped fresh basil**

1. Cook the pasta according to package instructions. In the last 2-3 minutes of cooking, add the broccoli, bell peppers, and peas to the boiling pasta. Drain and set aside.
2. In a large skillet, heat the olive oil over medium heat. Add the minced garlic and sauté for 1-2 minutes until fragrant.
3. Add the zucchini and cherry tomatoes to the skillet, cooking for another 3-4 minutes until the vegetables are tender but still crisp.
4. In the skillet, combine the cooked pasta and vegetables. Stir in the Parmesan cheese, lemon juice, salt, and pepper.
5. Toss everything together until well coated and heated through. Garnish with fresh basil and serve warm.

**NUTRITIONAL INFORMATION:** 350 calories, 10 g protein, 50 g carbohydrates, 12 g fat, 6 g fiber, 5 mg cholesterol, 350 mg sodium, 400 mg potassium

### 3. Lemon and Garlic Shrimp Linguine



**PREP TIME:** 10 min  
**COOK TIME:** 15 min  
**YIELD:** 4 servings

#### **NUTRITIONAL INFORMATION:**

420 calories, 26 g protein, 50 g carbs,  
14 g fat, 3 g fiber, 150 mg cholesterol,  
450 mg sodium, 350 mg potassium

**8 oz (225 g) linguine**  
**1 lb (450 g) shrimp, peeled and deveined**  
**3 tablespoons olive oil**  
**3 cloves garlic, minced**  
**1/4 cup white wine (optional)**  
**Zest of 1 lemon**  
**Juice of 1 lemon**  
**1/4 cup fresh parsley, chopped**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**1/4 teaspoon red pepper flakes (optional)**

1. Cook the linguine according to package instructions. Drain and set aside.
2. In a large skillet, heat the olive oil over medium heat. Add the minced garlic and sauté for 1-2 minutes until fragrant.
3. Add the shrimp to the skillet and cook for 3-4 minutes or until pink and opaque. If using, pour the white wine and let it simmer for 2 minutes.
4. Stir in the lemon zest, lemon juice, salt, pepper, and red pepper flakes. Mix until the shrimp are well coated.
5. Add the cooked linguine to the skillet and toss until the pasta is evenly coated with the sauce.
6. Sprinkle with fresh parsley and serve warm.

### 4. Spinach and Ricotta Cannelloni



**PREP TIME:** 20 min  
**COOK TIME:** 35 min  
**YIELD:** 4 servings

#### **NUTRITIONAL INFORMATION:**

400 calories, 18 g protein, 48 g carbs,  
16 g fat, 4 g fiber, 70 mg cholesterol,  
600 mg sodium, 450 mg potassium

**12 cannelloni tubes**  
**1 cup ricotta cheese**  
**1 cup cooked spinach, drained and chopped**  
**1/2 cup grated Parmesan cheese**  
**1 egg, beaten**  
**1/4 teaspoon ground nutmeg**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**2 cups marinara sauce**  
**1/2 cup shredded mozzarella cheese**  
**Fresh basil leaves, for garnish (optional)**

1. Preheat the oven to 375°F (190°C). Cook the cannelloni tubes according to package instructions until al dente. Drain and set aside.
2. Combine the ricotta, cooked spinach, Parmesan, egg, nutmeg, salt, and pepper in a bowl. Mix until smooth.
3. Fill each cannelloni tube with the ricotta mixture and arrange them in a greased baking dish.
4. Pour the marinara sauce evenly over the filled cannelloni, ensuring they are well covered.
5. Sprinkle the shredded mozzarella on top and cover the dish with aluminum foil.
6. Bake in the preheated oven for 25 minutes. Remove the foil and bake for 10 minutes until the cheese is melted and bubbly.
7. Garnish with fresh basil if desired, and serve warm.

## 5. Creamy Mushroom and Parmesan Fettuccine



**8 oz (225 g) fettuccine**  
**2 tablespoons butter**  
**2 cloves garlic, minced**  
**1 cup sliced mushrooms (button or cremini)**  
**1/2 cup heavy cream**  
**1/4 cup grated Parmesan cheese**  
**1/4 cup vegetable broth**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**2 tablespoons chopped fresh parsley (optional)**

**PREP TIME:** 10 min  
**COOK TIME:** 25 min  
**YIELD:** 4 servings

1. Cook the fettuccine according to the package instructions. Drain and set aside.
2. In a large skillet, melt the butter over medium heat. Add the garlic and sauté for 1–2 minutes until fragrant.
3. Add the sliced mushrooms and cook for 5–6 minutes until they are softened and lightly browned.
4. Pour in the heavy cream and vegetable broth, stirring to combine. Bring to a gentle simmer.
5. Stir in the Parmesan cheese until melted and smooth. Season with salt and pepper.
6. Add the cooked fettuccine to the skillet and toss to coat the pasta evenly with the creamy sauce.
7. Garnish with fresh parsley if desired, and serve warm.

**NUTRITIONAL INFORMATION:** 450 calories, 12 g protein, 50 g carbohydrates, 22 g fat, 3 g fiber, 60 mg cholesterol, 350 mg sodium, 300 mg potassium

## 6. Pesto Pasta with Cherry Tomatoes and Mozzarella



**8 oz (225 g) pasta (penne or fusilli)**  
**1/2 cup pesto (store-bought or homemade)**  
**1 cup cherry tomatoes, halved**  
**1/2 cup mini mozzarella balls (bocconcini), halved**  
**2 tablespoons olive oil**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**2 tablespoons grated Parmesan cheese (optional)**  
**Fresh basil leaves, for garnish (optional)**

**PREP TIME:** 10 min  
**COOK TIME:** 15 min  
**YIELD:** 4 servings

1. Cook the pasta according to the package instructions until al dente. Drain and set aside.
2. Combine the cooked pasta with the pesto in a large bowl, tossing to coat evenly.
3. Add the cherry tomatoes, mini mozzarella balls, and olive oil. Gently mix to combine.
4. Season with salt and pepper, and sprinkle with Parmesan cheese if desired.
5. Garnish with fresh basil leaves and serve warm or at room temperature.

**NUTRITIONAL INFORMATION:** 420 calories, 12 g protein, 48 g carbohydrates, 20 g fat, 3 g fiber, 30 mg cholesterol, 400 mg sodium, 250 mg potassium

## 7. Roasted Red Pepper Pasta with Goat Cheese



**PREP TIME:** 10 min  
**COOK TIME:** 20 min  
**YIELD:** 4 servings

**8 oz (225 g) pasta (spaghetti or penne)**  
**1 jar (12 oz) roasted red peppers, drained**  
**3 oz (85 g) goat cheese**  
**2 cloves garlic, minced**  
**1/4 cup vegetable broth**  
**2 tablespoons olive oil**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**Fresh basil, chopped, for garnish (optional)**

1. Cook the pasta according to the package instructions until al dente. Drain and set aside.
2. In a blender or food processor, combine the roasted red peppers, goat cheese, garlic, and vegetable broth. Blend until smooth.
3. Heat the olive oil in a large skillet over medium heat. Pour in the red pepper sauce and cook for 5-7 minutes, stirring occasionally, until heated through.
4. Add the cooked pasta to the skillet and toss to coat evenly with the sauce. Season with salt and pepper to taste.
5. Serve warm, garnished with fresh basil if desired.

**NUTRITIONAL INFORMATION:** 390 calories, 10 g protein, 50 g carbohydrates, 15 g fat, 3 g fiber, 25 mg cholesterol, 320 mg sodium, 280 mg potassium

## 8. Spaghetti Aglio e Olio (Garlic and Olive Oil Pasta)



**PREP TIME:** 5 min  
**COOK TIME:** 15 min  
**YIELD:** 4 servings

**12 oz (340 g) spaghetti**  
**1/4 cup extra virgin olive oil**  
**6 cloves garlic, thinly sliced**  
**1/4 teaspoon red pepper flakes (optional)**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**1/4 cup fresh parsley, chopped**  
**1/4 cup grated Parmesan cheese (optional)**

1. Cook the spaghetti according to the package instructions until al dente. Reserve 1/2 cup of the pasta water, then drain.
2. While the pasta is cooking, heat the olive oil in a large skillet over medium heat. Add the sliced garlic and sauté for 2-3 minutes until golden and fragrant, being careful not to burn it.
3. Add the red pepper flakes (if using) and stir for another 30 seconds.
4. Add the cooked spaghetti to the skillet and a splash of reserved pasta water. Toss to coat the pasta evenly in the garlic oil.
5. Season with salt and pepper, and stir in the fresh parsley.
6. Serve warm, topped with grated Parmesan cheese if desired.

**NUTRITIONAL INFORMATION:** 400 calories, 9 g protein, 60 g carbohydrates, 14 g fat, 3 g fiber, 0 mg cholesterol, 180 mg sodium, 150 mg potassium

## 9. Eggplant and Tomato Pasta (Pasta alla Norma)



**PREP TIME:** 10 min  
**COOK TIME:** 30 min  
**YIELD:** 4 servings

### **NUTRITIONAL INFORMATION:**

420 calories, 10 g protein, 60 g carbohydrates, 14 g fat, 6 g fiber, 5 mg cholesterol, 350 mg sodium, 400 mg potassium

**12 oz (340 g) pasta (penne or rigatoni)**  
**1 medium eggplant, diced**  
**1 can (14.5 oz) diced tomatoes**  
**3 tablespoons olive oil, divided**  
**2 cloves garlic, minced**  
**1/4 teaspoon red pepper flakes (optional)**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**1/4 cup ricotta salata or grated Parmesan cheese**  
**Fresh basil leaves, for garnish**

1. Cook the pasta according to the package instructions until al dente. Reserve 1/4 cup of pasta water, then drain and set aside.
2. Heat 2 tablespoons of olive oil over medium heat in a large skillet. Add the diced eggplant and cook for 8–10 minutes, stirring occasionally, until golden and tender. Remove and set aside.
3. In the same skillet, add the remaining olive oil and sauté the garlic and red pepper flakes (if using) for 1–2 minutes until fragrant. Add the diced tomatoes, salt, and pepper. Simmer for 10–12 minutes, allowing the sauce to thicken slightly.
4. Return the cooked eggplant to the skillet and stir to combine. Add the reserved pasta water to adjust the sauce consistency if needed. Toss in the cooked pasta and mix until well coated with the sauce.
5. Serve warm, topped with ricotta salata or Parmesan cheese, and garnish with fresh basil leaves.

## 10. Tagliatelle with Pesto and Grilled Vegetables



**PREP TIME:** 10 min  
**COOK TIME:** 20 min  
**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 430 calories, 10 g protein, 54 g carbohydrates, 20 g fat, 4 g fiber, 5 mg cholesterol, 350 mg sodium, 300 mg potassium

**8 oz (225 g) tagliatelle**  
**1 small zucchini, sliced**  
**1 red bell pepper, sliced**  
**1/2 cup cherry tomatoes, halved**  
**2 tablespoons olive oil, divided**  
**1/2 cup pesto (store-bought or homemade)**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**Fresh basil, for garnish (optional)**

1. Cook the tagliatelle according to package instructions until al dente. Drain and set aside.
2. While the pasta is cooking, heat 1 tablespoon of olive oil in a grill pan over medium-high heat. Add the zucchini and red bell pepper, and grill for 5–6 minutes, turning occasionally, until tender and lightly charred.
3. Add the cherry tomatoes to the pan for 2–3 minutes of grilling. Remove the vegetables from the heat.
4. Combine the cooked tagliatelle with the grilled vegetables, remaining olive oil, and pesto in a large bowl. Toss to coat evenly. Season with salt and pepper to taste.
5. Serve warm, garnished with fresh basil if desired.

## 11. Pasta Puttanesca



**PREP TIME:** 10 min  
**COOK TIME:** 20 min  
**YIELD:** 4 servings

**12 oz (340 g) spaghetti**  
**2 tablespoons olive oil**  
**3 cloves garlic, minced**  
**1/4 teaspoon red pepper flakes (optional)**  
**1 can (14.5 oz) diced tomatoes**  
**1/4 cup Kalamata olives, pitted and halved**  
**2 tablespoons capers, drained**  
**4 anchovy fillets, chopped (optional)**  
**1/2 teaspoon dried oregano**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**Fresh parsley, chopped, for garnish**

1. Cook the spaghetti according to package instructions until al dente. Drain and set aside.
2. In a large skillet, heat the olive oil over medium heat. Add the minced garlic, red pepper flakes, and sauté for 1-2 minutes until fragrant.
3. Add the chopped anchovies (if using) and cook for 1 minute, breaking them down with the back of a spoon.
4. Stir in the diced tomatoes, olives, capers, and oregano. Simmer for 10-12 minutes, allowing the sauce to thicken.
5. Season with salt and pepper to taste. Add the cooked spaghetti to the skillet and toss until well coated with the sauce.
6. Serve warm, garnished with fresh parsley if desired.

**NUTRITIONAL INFORMATION:** 420 calories, 10 g protein, 60 g carbohydrates, 14 g fat, 4 g fiber, 10 mg cholesterol, 800 mg sodium, 400 mg potassium

## 12. Roasted Vegetable and Pesto Lasagna



**PREP TIME:** 20 min  
**COOK TIME:** 40 min  
**YIELD:** 4 servings

**9 lasagna noodles**  
**1 zucchini, sliced**  
**1 red bell pepper, sliced**  
**1 yellow bell pepper, sliced**  
**1 cup cherry tomatoes, halved**  
**1 cup ricotta cheese**  
**1/2 cup pesto (store-bought or homemade)**  
**1 cup shredded mozzarella cheese**  
**1/4 cup grated Parmesan cheese**  
**2 tablespoons olive oil**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**

1. Preheat the oven to 400°F (200°C). Arrange the zucchini, red bell pepper, and yellow bell pepper on a baking sheet. Drizzle with olive oil, season with salt and pepper, and roast for 20 minutes until tender.
2. Cook the lasagna noodles according to package instructions. Drain and set aside.
3. Mix the ricotta cheese with the pesto until well combined in a bowl.
4. In a greased baking dish, layer 3 lasagna noodles, spread a portion of the pesto-ricotta mixture, add roasted vegetables, and sprinkle with cherry tomatoes. Repeat layers two more times. Top the final layer with shredded mozzarella and grated Parmesan cheese.
5. Cover with foil and bake at 375°F (190°C) for 25 minutes. Remove the foil and bake for 10-15 minutes, until the cheese is melted and bubbly. Let cool slightly before serving.

**NUTRITIONAL INFORMATION:**  
480 calories, 18 g protein, 55 g carbs,  
22 g fat, 4 g fiber, 50 mg cholesterol,  
650 mg sodium, 450 mg potassium

## 13. Farfalle with Sun-Dried Tomato Cream Sauce



**PREP TIME:** 10 min  
**COOK TIME:** 20 min  
**YIELD:** 4 servings

**8 oz (225 g) farfalle (bow-tie) pasta**  
**1/2 cup sun-dried tomatoes, drained and chopped**  
**1 cup heavy cream**  
**1/4 cup grated Parmesan cheese**  
**2 cloves garlic, minced**  
**2 tablespoons olive oil**  
**1/4 cup vegetable broth**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**Fresh basil, chopped, for garnish (optional)**

1. Cook the farfalle according to package instructions until al dente. Drain and set aside.
2. In a large skillet, heat the olive oil over medium heat. Add the minced garlic and sauté for 1-2 minutes until fragrant.
3. Stir in the chopped sun-dried tomatoes and cook for another 2-3 minutes. Add the heavy cream and vegetable broth, stirring to combine. Simmer for 5-7 minutes, allowing the sauce to thicken.
4. Mix in the grated Parmesan cheese and season with salt and pepper. Add the cooked farfalle to the skillet, tossing to coat evenly with the sauce.
5. Serve warm, garnished with fresh basil if desired.

**NUTRITIONAL INFORMATION:** 520 calories, 10 g protein, 60 g carbohydrates, 26 g fat, 3 g fiber, 70 mg cholesterol, 380 mg sodium, 250 mg potassium

## 14. Pasta Carbonara



**PREP TIME:** 10 min  
**COOK TIME:** 25 min  
**YIELD:** 4 servings

**12 oz (340 g) spaghetti**  
**4 oz (115 g) pancetta or bacon, diced**  
**2 cloves garlic, minced**  
**2 large eggs**  
**1/2 cup grated Parmesan cheese**  
**Salt, to taste**  
**Freshly ground black pepper, to taste**  
**1/4 cup chopped fresh parsley (optional)**

1. Cook the spaghetti according to package instructions until al dente. Reserve 1/2 cup of pasta water, then drain.
2. While the pasta is cooking, heat a skillet over medium heat. Add the diced pancetta or bacon and cook for 5-7 minutes until crispy. Add the minced garlic and sauté for 1 minute.
3. Whisk together the eggs, grated Parmesan, salt, and pepper in a bowl.
4. Add the cooked spaghetti to the skillet with the pancetta. Remove from heat.
5. Quickly pour the egg mixture over the pasta, tossing continuously to create a creamy sauce. If needed, use the reserved pasta water to adjust the consistency.
6. Serve immediately, garnished with freshly ground black pepper and parsley if desired.

**NUTRITIONAL INFORMATION:**  
560 calories, 19 g protein, 66 g carbs,  
25 g fat, 3 g fiber, 175 mg cholesterol,  
620 mg sodium, 220 mg potassium

# CHAPTER II.

## Desserts



# 1. Orange and Almond Semolina Cake



**1 cup semolina**  
**1/2 cup almond flour**  
**1/2 cup sugar**  
**1/2 cup Greek yogurt**  
**1/4 cup olive oil**  
**2 large eggs**  
**Zest of 1 orange**  
**1/4 cup freshly squeezed orange juice**

**1 teaspoon baking powder**  
**1/2 teaspoon vanilla extract**  
**Pinch of salt**  
**Sliced almonds, for garnish (optional)**  
**Powdered sugar, for dusting (optional)**

**PREP TIME:** 15 min  
**COOK TIME:** 40 min  
**YIELD:** 4 servings

## **NUTRITIONAL INFORMATION:**

320 calories, 6 g protein, 42 g carbs, 15 g fat, 2 g fiber, 55 mg cholesterol, 180 mg sodium, 150 mg potassium

1. Preheat the oven to 350°F (180°C). Grease a 9-inch round cake pan or line the bottom with parchment paper.
2. Whisk together the semolina, almond flour, sugar, and baking powder in a mixing bowl.
3. Combine the yogurt, olive oil, eggs, orange zest, orange juice, vanilla extract, and salt in a separate bowl. Mix until smooth.
4. Gradually add the wet ingredients to the dry ingredients, stirring until well combined.
5. Pour the batter into the prepared cake pan and smooth the top. Sprinkle with sliced almonds if desired.
6. Bake for 35–40 minutes, or until a toothpick inserted into the center comes clean.
7. Allow the cake to cool, then dust with powdered sugar before serving.

# 2. Lemon Sorbet with Fresh Mint



**1 cup freshly squeezed lemon juice (about 4-5 lemons)**  
**1 cup water**  
**3/4 cup sugar**  
**1 tablespoon lemon zest**  
**2 tablespoons fresh mint leaves, finely chopped**  
**Fresh mint sprigs, for garnish (optional)**

**PREP TIME:** 10 min  
**COOK TIME:** 5 min (plus freezing time)  
**YIELD:** 4 servings

1. Combine the water and sugar in a small saucepan. Heat over medium heat, stirring until the sugar dissolves completely. Remove from heat and let cool.
2. Stir in the lemon juice, lemon zest, and chopped mint leaves.
3. Pour the mixture into a shallow dish and freeze for 1–2 hours, stirring every 30 minutes to break up the ice crystals.
4. Once fully frozen, transfer the mixture to a blender or food processor and blend until smooth. Return to the freezer for another hour before serving.
5. Scoop into bowls and garnish with fresh mint sprigs if desired.

**NUTRITIONAL INFORMATION:** 180 calories, 8 g protein, 8 g carbohydrates, 12 g fat, 2 g fiber, 35 mg cholesterol, 250 mg sodium, 350 mg potassium

### 3. Tiramisu Cups



**PREP TIME:** 20 min  
**COOK TIME:** 0 min  
**YIELD:** 4 servings

#### **NUTRITIONAL INFORMATION:**

320 calories, 5 g protein, 28 g carbs,  
22 g fat, 1 g fiber, 100 mg cholesterol,  
80 mg sodium, 90 mg potassium

***1/2 cup strong brewed espresso, cooled***  
***2 tablespoons coffee liqueur (optional)***  
***8 ladyfinger cookies, broken in half***  
***1 cup mascarpone cheese***  
***1/2 cup heavy cream***  
***1/4 cup powdered sugar***  
***1/2 teaspoon vanilla extract***  
***1 tablespoon cocoa powder, for dusting***  
***Dark chocolate shavings, for garnish (optional)***

1. In a small bowl, mix the espresso and coffee liqueur (if using). Set aside.
2. In a mixing bowl, beat the mascarpone, heavy cream, powdered sugar, and vanilla extract until smooth and fluffy.
3. Dip each ladyfinger half briefly into the espresso mixture, then place two pieces in the bottom of each serving cup.
4. Spoon a layer of the mascarpone mixture over the soaked ladyfingers.
5. Repeat the layers, ending with a mascarpone layer on top.
6. Dust the tops with cocoa powder and garnish with dark chocolate shavings if desired.
7. Refrigerate for at least 1 hour before serving to allow the flavors to meld.

### 4. Lemon Ricotta Cheesecake



**PREP TIME:** 15 min  
**COOK TIME:** 1 hour  
**YIELD:** 6 servings

#### **NUTRITIONAL INFORMATION:**

320 calories, 9 g protein, 32 g carbs,  
18 g fat, 1 g fiber, 130 mg cholesterol,  
220 mg sodium, 150 mg potassium

***1 1/2 cups ricotta cheese***  
***1/2 cup cream cheese, softened***  
***1/2 cup sugar***  
***3 large eggs***  
***Zest of 1 lemon***  
***1/4 cup freshly squeezed lemon juice***

***1 teaspoon vanilla extract***  
***1/4 cup all-purpose flour***  
***1/4 teaspoon salt***  
***Powdered sugar, for dusting (optional)***  
***Fresh berries, for garnish (optional)***

1. Preheat the oven to 350°F (175°C). Grease a 7-inch springform pan and set aside.
2. In a mixing bowl, beat the ricotta, cream cheese, and sugar until smooth and creamy.
3. Add the eggs one at a time, mixing well after each addition. Stir in the lemon zest, lemon juice, and vanilla extract.
4. Sift in the flour and salt, and mix until just combined.
5. Pour the batter into the prepared springform pan and smooth the top.
6. Bake for 55–60 minutes until the center is set and the edges are lightly golden. Let cool completely before removing from the pan.
7. Dust with powdered sugar and garnish with fresh berries if desired before serving.

## 5. Greek Yogurt with Honey and Walnuts



**2 cups Greek yogurt**  
**1/4 cup honey**  
**1/2 cup walnuts, roughly chopped**  
**1/4 teaspoon ground cinnamon (optional)**  
**Fresh mint leaves, for garnish (optional)**

1. Divide the Greek yogurt evenly among four serving bowls.
2. Drizzle each serving with a tablespoon of honey.
3. Sprinkle the chopped walnuts over the top of the yogurt.
4. If desired, add a pinch of cinnamon and garnish with fresh mint leaves.
5. Serve immediately or refrigerate for later.

**PREP TIME:** 5 min  
**COOK TIME:** 0 min  
**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 250 calories, 10 g protein, 25 g carbohydrates, 12 g fat, 1 g fiber, 10 mg cholesterol, 60 mg sodium, 200 mg potassium

## 6. Italian Biscotti with Almonds and Anise



**1 1/2 cups all-purpose flour**  
**1/2 cup sugar**  
**1/4 teaspoon baking powder**  
**1/4 teaspoon salt**  
**2 large eggs**  
**1/2 cup whole almonds, toasted**  
**1/2 teaspoon anise seeds**  
**1/2 teaspoon vanilla extract**  
**1/2 teaspoon almond extract**

1. Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. Whisk together the flour, sugar, baking powder, and salt in a large bowl.
3. In a separate bowl, beat the eggs and mix in the vanilla extract, almond extract, and anise seeds.
4. Combine the wet and dry ingredients, then fold the toasted almonds, forming a sticky dough.
5. Shape the dough into a log about 12 inches long and 3 inches wide. Place on the prepared baking sheet.
6. Bake for 25 minutes or until lightly golden. Remove from the oven and let cool for 10 minutes.
7. Slice the log diagonally into 1/2-inch thick slices. Lay the slices flat on the baking sheet and bake for 10-15 minutes, flipping halfway through, until crisp and golden. Cool completely before serving.

**PREP TIME:** 15 min  
**COOK TIME:** 45 min  
**YIELD:** 6 servings

**NUTRITIONAL INFORMATION:** 150 calories, 4 g protein, 22 g carbohydrates, 5 g fat, 1 g fiber, 30 mg cholesterol, 70 mg sodium, 50 mg potassium

## 7. Date and Walnut Bars



**PREP TIME:** 15 min  
**COOK TIME:** 25 min  
**YIELD:** 6 servings

### **NUTRITIONAL INFORMATION:**

240 calories, 3 g protein, 34 g carbs,  
11 g fat, 2 g fiber, 20 mg cholesterol,  
120 mg sodium, 150 mg potassium

**1 cup pitted dates, chopped**  
**1/2 cup walnuts, chopped**  
**1 cup all-purpose flour**  
**1/2 cup brown sugar**  
**1/2 cup butter, melted**  
**1/4 cup honey**  
**1/2 teaspoon baking powder**  
**1/4 teaspoon salt**  
**1/2 teaspoon vanilla extract**

1. Preheat the oven to 350°F (175°C). Grease and line an 8x8-inch baking pan with parchment paper.
2. Combine the flour, brown sugar, baking powder, and salt in a mixing bowl.
3. Add the melted butter, honey, and vanilla extract to the dry ingredients, stirring until well combined.
4. Fold in the chopped dates and walnuts, mixing until evenly distributed.
5. Pour the mixture into the prepared baking pan and spread it out evenly.
6. Bake for 20–25 minutes or until the edges are golden and the center is set. Let cool completely in the pan.
7. Cut into bars and serve. Store leftovers in an airtight container.

## 8. Apricot and Almond Tart



**PREP TIME:** 20 min  
**COOK TIME:** 35 min  
**YIELD:** 6 servings

### **NUTRITIONAL INFORMATION:**

320 calories, 5 g protein, 38 g carbs,  
18 g fat, 3 g fiber, 50 mg cholesterol,  
150 mg sodium, 180 mg potassium

**1 sheet puff pastry, thawed**  
**1/2 cup almond flour**  
**1/4 cup sugar**  
**1/4 cup butter, softened**  
**1 egg**  
**1/2 teaspoon almond extract**  
**6–8 fresh apricots, halved and pitted**  
**2 tablespoons apricot jam, warmed**  
**2 tablespoons sliced almonds**

1. Preheat the oven to 375°F (190°C). Roll out the puff pastry and fit it into a tart pan, trimming any excess.
2. Cream the almond flour, sugar, butter, egg, and almond extract until smooth in a bowl.
3. Spread the almond mixture evenly over the puff pastry.
4. Arrange the apricot halves, cut-side up, on top of the almond filling.
5. Bake for 30–35 minutes or until the pastry is golden and the almond filling is set.
6. Brush the warm apricot jam over the top of the tart for a glossy finish. Sprinkle with sliced almonds.
7. Allow the tart to cool before slicing and serving.

## 9. Pistachio Baklava Rolls



**12 sheets of phyllo pastry**  
**1 cup unsalted pistachios, finely chopped**  
**1/2 cup melted butter**  
**1/4 cup honey**  
**1/4 cup sugar**  
**1/4 cup water**  
**1 tablespoon lemon juice**  
**1/2 teaspoon ground cinnamon**

1. Preheat the oven to 350°F (175°C). Grease a baking tray and set aside.
2. Lay one sheet of phyllo pastry on a clean surface and brush it with melted butter. Place another sheet on top and brush with more butter. Repeat until you have 4 layers.
3. Sprinkle a thin layer of chopped pistachios over the phyllo. Gently roll the pastry into a log and place it on the prepared baking tray. Repeat the process with the remaining sheets.
4. Bake the rolls for 25–30 minutes or until golden and crisp.
5. Combine honey, sugar, water, lemon juice, and cinnamon in a small saucepan. Bring to a boil, then reduce heat and simmer for 5 minutes. Remove from heat and let cool slightly.
6. Drizzle the warm syrup over the baked rolls, ensuring they are well-coated. Allow them to absorb the syrup for at least 30 minutes before serving.
7. Slice the rolls into bite-sized pieces and enjoy.

**PREP TIME:** 20 min

**COOK TIME:** 30 min

**YIELD:** 6 servings

### **NUTRITIONAL INFORMATION:**

320 calories, 5 g protein, 34 g carbs, 18 g fat, 2 g fiber, 30 mg cholesterol, 100 mg sodium, 160 mg potassium

## 10. Moist Banana Nut Muffins



**1 cup all-purpose flour**  
**1/2 cup sugar**  
**1/2 teaspoon baking soda**  
**1/4 teaspoon salt**  
**1/2 cup walnuts, chopped**  
**2 ripe bananas, mashed**  
**1/4 cup melted butter**  
**1 egg**  
**1/4 cup milk**  
**1/2 teaspoon vanilla extract**

1. Preheat the oven to 350°F (175°C). Line a muffin tin with 6 paper liners.
2. Combine the flour, sugar, baking soda, salt, and chopped walnuts in a mixing bowl.
3. Whisk together the mashed bananas, melted butter, egg, milk, and vanilla extract in a separate bowl.
4. Pour the wet ingredients into the dry ingredients and mix until just combined.
5. Divide the batter evenly among the muffin cups.
6. Bake for 20–25 minutes or until a toothpick inserted into the center comes clean.
7. Allow the muffins to cool in the tin for a few minutes before transferring to a wire rack. Serve warm or at room temperature.

**PREP TIME:** 10 min

**COOK TIME:** 25 min

**YIELD:** 6 servings

### **NUTRITIONAL INFORMATION:**

250 calories, 4 g protein, 35 g carbs, 11 g fat, 2 g fiber, 40 mg cholesterol, 150 mg sodium, 180 mg potassium

## 11. Blueberry Almond Panna Cotta



**PREP TIME:** 10 min

**COOK TIME:** 10 min (plus chilling time)

**YIELD:** 4 servings

### **NUTRITIONAL INFORMATION:**

250 calories, 4 g protein, 22 g carbs, 17 g fat, 1 g fiber, 60 mg cholesterol, 40 mg sodium, 100 mg potassium

**1 cup heavy cream**  
**1 cup almond milk**  
**1/4 cup sugar**  
**1/2 teaspoon almond extract**  
**1 packet (2 1/4 teaspoons) unflavored gelatin**  
**1/4 cup water**  
**1/2 cup fresh blueberries**  
**1 tablespoon honey**  
**Sliced almonds, for garnish (optional)**

1. In a small bowl, sprinkle the gelatin over 1/4 cup of cold water. Let it sit for 5 minutes to bloom.
2. Combine the heavy cream, almond milk, and sugar in a saucepan. Heat over medium, stirring occasionally, until the sugar dissolves and the mixture is warm (do not boil).
3. Remove from heat and stir in the bloomed gelatin until fully dissolved. Add the almond extract and mix well.
4. Pour the mixture evenly into four ramekins or serving cups. Chill in the refrigerator for at least 4 hours or until set.
5. Before serving, mix the blueberries with honey and gently mash a few to release their juices.
6. Top each panna cotta with the blueberry mixture and garnish with sliced almonds if desired.
7. Serve chilled, and enjoy.

## 12. Blackberry and Apple Cobbler



**PREP TIME:** 15 min

**COOK TIME:** 35 min

**YIELD:** 6 servings

**NUTRITIONAL INFORMATION:** 280 calories, 3 g protein, 48 g carbohydrates, 10 g fat, 4 g fiber, 20 mg cholesterol, 180 mg sodium, 150 mg potassium

**2 cups blackberries**  
**2 apples, peeled, cored, and sliced**  
**1/3 cup sugar**  
**1 tablespoon lemon juice**  
**1 cup all-purpose flour**  
**1/4 cup brown sugar**  
**1 teaspoon baking powder**  
**1/4 teaspoon salt**  
**1/4 cup cold butter, cut into cubes**  
**1/2 cup milk**  
**1/2 teaspoon vanilla extract**  
**1/4 teaspoon ground cinnamon (optional)**

1. Preheat the oven to 375°F (190°C). Grease a 9-inch baking dish.
2. Combine blackberries, apples, sugar, and lemon juice in a bowl. Pour the mixture into the prepared baking dish.
3. Mix the flour, brown sugar, baking powder, and salt in another bowl. Add the cold butter cubes and blend until the mixture resembles coarse crumbs.
4. Stir in the milk and vanilla extract until just combined.
5. Drop spoonfuls of the batter over the fruit mixture, spreading slightly but leaving some gaps.
6. Sprinkle ground cinnamon on top if desired.
7. Bake for 30–35 minutes or until the topping is golden and the fruit is bubbling. Let cool slightly before serving.

## 13. Honey-Cherry Walnut Brownies



**PREP TIME:** 15 min  
**COOK TIME:** 25 min  
**YIELD:** 6 servings

**1/2 cup butter, melted**  
**1/4 cup honey**  
**1/2 cup brown sugar**  
**2 large eggs**  
**1/3 cup all-purpose flour**  
**1/4 cup cocoa powder**

**1/4 teaspoon baking powder**  
**1/4 teaspoon salt**  
**1/2 cup dried cherries**  
**1/2 cup walnuts, chopped**  
**1/2 teaspoon vanilla extract**

1. Preheat the oven to 350°F (175°C). Grease and line an 8x8-inch baking pan with parchment paper.
2. Whisk together the melted butter, honey, and brown sugar in a mixing bowl until smooth.
3. Add the eggs and vanilla extract and mix until well combined.
4. Sift in the flour, cocoa powder, baking powder, and salt. Stir until just combined.
5. Fold in the dried cherries and chopped walnuts.
6. Pour the batter into the prepared baking pan and spread it evenly.
7. Bake for 20–25 minutes, or until a toothpick inserted into the center comes out with a few moist crumbs. Let cool before slicing into squares.

**NUTRITIONAL INFORMATION:** 320 calories, 4 g protein, 40 g carbohydrates, 16 g fat, 2 g fiber, 60 mg cholesterol, 120 mg sodium, 180 mg potassium

## 14. Creamy Banana Delight



**PREP TIME:** 10 min  
**COOK TIME:** 0 min  
**YIELD:** 4 servings

**2 ripe bananas, sliced**  
**1 cup Greek yogurt**  
**1/4 cup honey**  
**1/4 cup cream cheese, softened**  
**1/2 teaspoon vanilla extract**  
**1/4 cup crushed graham crackers**  
**2 tablespoons chopped walnuts (optional)**  
**Fresh mint leaves, for garnish (optional)**

1. In a mixing bowl, beat the Greek yogurt, cream cheese, honey, and vanilla extract until smooth and creamy.
2. Layer the sliced bananas at the bottom of serving cups or bowls.
3. Spoon the creamy yogurt mixture over the bananas, dividing it evenly among the cups.
4. Sprinkle crushed graham crackers on top for a bit of crunch.
5. Add chopped walnuts if desired, and garnish with fresh mint leaves.
6. Serve immediately or refrigerate until ready to enjoy.

**NUTRITIONAL INFORMATION:** 250 calories, 5 g protein, 38 g carbohydrates, 10 g fat, 2 g fiber, 10 mg cholesterol, 60 mg sodium, 300 mg potassium

# CHAPTER 12.

## Beverages



# 1. Classic Mediterranean Sangria



**1 bottle (750 ml) red wine**  
**1/4 cup brandy**  
**1/4 cup orange liqueur (optional)**  
**1/4 cup orange juice**  
**1/4 cup pomegranate juice**  
**1 orange, thinly sliced**  
**1 lemon, thinly sliced**  
**1/2 cup grapes, halved**  
**1/2 cup pomegranate seeds**  
**1-2 tablespoons honey (optional, for sweetness)**  
**Fresh mint leaves, for garnish**  
**Ice cubes**

**PREP TIME:** 10 min

**COOK TIME:** 0 min

**YIELD:** 4 servings

## **NUTRITIONAL INFORMATION:**

180 calories, 0 g protein, 20 g carbs,  
0 g fat, 1 g fiber, 0 mg cholesterol,  
5 mg sodium, 150 mg potassium

1. Combine the red wine, brandy, orange liqueur, orange juice, and pomegranate juice in a large pitcher. Stir to mix well.
2. Add the orange slices, lemon slices, grapes, and pomegranate seeds to the pitcher.
3. If desired, add honey for extra sweetness and stir until fully dissolved.
4. Refrigerate the sangria for at least 1-2 hours to allow the flavors to meld.
5. When ready to serve, add ice cubes to glasses, pour the sangria, and garnish with fresh mint leaves.
6. Serve chilled, and enjoy.

# 2. Pomegranate Iced Tea



**4 cups water**  
**2 black tea bags**  
**1 cup pomegranate juice**  
**1/4 cup honey (optional, for sweetness)**  
**1/2 lemon, sliced**  
**Ice cubes**  
**Fresh mint leaves, for garnish (optional)**

**PREP TIME:** 5 min

**COOK TIME:** 10 min

**YIELD:** 4 servings

1. Bring 4 cups of water to a boil. Remove from heat and add the black tea bags. Let steep for 5 minutes.
2. Remove the tea bags and stir in the pomegranate juice. Add honey if desired and mix until fully dissolved.
3. Allow the tea to cool to room temperature, then refrigerate for at least 1 hour.
4. To serve, fill glasses with ice cubes and pour the chilled pomegranate tea over the top.
5. Garnish with lemon slices and fresh mint leaves if desired.

**NUTRITIONAL INFORMATION:** 80 calories, 0 g protein, 21 g carbohydrates, 0 g fat, 0 g fiber, 0 mg cholesterol, 5 mg sodium, 50 mg potassium

### 3. Iced Mint Lemonade



**PREP TIME:** 10 min

**COOK TIME:** 0 min

**YIELD:** 4 servings

**1/2 cup freshly squeezed lemon juice (about 3-4 lemons)**  
**1/4 cup fresh mint leaves**  
**1/4 cup honey or sugar (adjust to taste)**  
**4 cups cold water**  
**Ice cubes**  
**Lemon slices, for garnish (optional)**  
**Fresh mint sprigs, for garnish (optional)**

1. Combine the lemon juice, fresh mint leaves, and honey (or sugar) in a blender. Blend until the mint is finely chopped.
2. Add the cold water to the mixture and blend briefly to combine.
3. Strain the lemonade through a fine mesh sieve to remove mint particles, if desired.
4. Fill glasses with ice cubes and pour the lemonade over the ice.
5. Garnish with lemon slices and fresh mint sprigs if desired. Serve chilled.

**NUTRITIONAL INFORMATION:** 80 calories, 0 g protein, 21 g carbohydrates, 0 g fat, 1 g fiber, 0 mg cholesterol, 5 mg sodium, 60 mg potassium

### 4. Greek Frappe (Iced Coffee)



**PREP TIME:** 5 min

**COOK TIME:** 0 min

**YIELD:** 2 servings

**2 tablespoons instant coffee**  
**2 teaspoons sugar (optional, adjust to taste)**  
**1/4 cup cold water**  
**1 1/2 cups cold water or milk (for serving)**  
**Ice cubes**  
**Milk or cream, for topping (optional)**

1. Combine the instant coffee, sugar, and 1/4 cup cold water in a shaker or blender.
2. Shake or blend vigorously until a thick, frothy foam forms (about 30 seconds).
3. Pour the frothy coffee mixture into a tall glass.
4. Add ice cubes and top with the remaining cold water or milk.
5. Stir gently, add milk or cream if desired, and serve with a straw.

**NUTRITIONAL INFORMATION:** 50 calories, 0 g protein, 12 g carbohydrates, 0 g fat, 0 g fiber, 0 mg cholesterol, 10 mg sodium, 30 mg potassium

## 5. Herbal Infused Water with Cucumber and Basil



**1/2 cucumber, thinly sliced**  
**1/4 cup fresh basil leaves**  
**1 lemon, thinly sliced (optional)**  
**4 cups cold water**  
**Ice cubes**

1. In a large pitcher, combine the cucumber slices, basil leaves, and lemon slices if using.
2. Pour in the cold water and stir gently to mix.
3. Let the water infuse for at least 30 minutes in the refrigerator.
4. Add ice cubes to glasses and pour the infused water over the ice.
5. Serve chilled, and enjoy a refreshing, herbal-infused drink.

**PREP TIME:** 5 min  
**COOK TIME:** 0 min  
**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 5 calories, 0 g protein, 1 g carbohydrates, 0 g fat, 0 g fiber, 0 mg cholesterol, 5 mg sodium, 20 mg potassium

## 6. Warm Spiced Apple Cider



**4 cups apple cider**  
**2 cinnamon sticks**  
**4 whole cloves**  
**2 star anise pods**  
**1 orange, thinly sliced**  
**1/4 teaspoon ground nutmeg (optional)**  
**1 tablespoon brown sugar (optional, for added sweetness)**

1. Combine the apple cider, cinnamon sticks, cloves, star anise, and orange slices in a saucepan.
2. Heat over medium heat until the cider begins to simmer. Do not boil.
3. Reduce the heat to low and let it simmer for 10–15 minutes to allow the flavors to infuse.
4. Add the brown sugar if desired, and stir until dissolved.
5. Strain out the spices and orange slices before serving.
6. Pour into mugs and enjoy warm. Garnish with a fresh slice of orange or a cinnamon stick if desired.

**PREP TIME:** 5 min  
**COOK TIME:** 15 min  
**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 120 calories, 0 g protein, 30 g carbohydrates, 0 g fat, 1 g fiber, 0 mg cholesterol, 10 mg sodium, 260 mg potassium

## 7. Mediterranean Mojito with Lime and Basil



**10 fresh basil leaves**  
**1 lime, cut into wedges**  
**2 tablespoons honey or sugar (optional)**  
**1/4 cup fresh lime juice**  
**1/4 cup white rum**  
**1 cup sparkling water**  
**Ice cubes**  
**Lime slices and basil sprigs, for garnish (optional)**

1. Muddle the basil leaves and lime wedges together in a shaker or glass to release their flavors.
2. Add honey or sugar if desired, and stir until dissolved.
3. Pour in the lime juice and white rum and mix well.
4. Fill two glasses with ice cubes and divide the mixture evenly between them.
5. Top each glass with sparkling water and stir gently.
6. Garnish with lime slices and fresh basil sprigs if desired. Serve immediately.

**PREP TIME:** 5 min

**COOK TIME:** 0 min

**YIELD:** 2 servings

**NUTRITIONAL INFORMATION:** 120 calories, 0 g protein, 12 g carbohydrates, 0 g fat, 1 g fiber, 0 mg cholesterol, 10 mg sodium, 50 mg potassium

## 8. Orange Blossom Water Lemonade



**1/2 cup freshly squeezed lemon juice (about 3-4 lemons)**  
**4 cups cold water**  
**1/4 cup sugar or honey (adjust to taste)**  
**1 tablespoon orange blossom water**  
**Ice cubes**  
**Lemon slices and mint sprigs, for garnish (optional)**

1. Combine the lemon juice and sugar (or honey) in a pitcher. Stir until the sugar is completely dissolved.
2. Add the cold water and orange blossom water and mix well.
3. Taste and adjust the sweetness if needed by adding more sugar or honey.
4. Fill glasses with ice cubes and pour the lemonade over the ice.
5. Garnish with lemon slices and mint sprigs if desired. Serve chilled.

**PREP TIME:** 10 min

**COOK TIME:** 0 min

**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 80 calories, 0 g protein, 22 g carbohydrates, 0 g fat, 0 g fiber, 0 mg cholesterol, 5 mg sodium, 40 mg potassium

## 9. Peach and Mint Green Tea Cooler



**PREP TIME:** 10 min

**COOK TIME:** 5 min

**YIELD:** 4 servings

**3 cups water**

**2 green tea bags**

**1 ripe peach, sliced**

**1/4 cup fresh mint leaves**

**1/4 cup honey or sugar (optional, adjust to taste)**

**1 cup cold water**

**Ice cubes**

**Peach slices and mint sprigs, for garnish (optional)**

1. Bring 3 cups of water to a boil, then remove from heat. Add the green tea bags and let steep for 3-5 minutes.
2. Remove the tea bags and allow the tea to cool slightly.
3. Combine the sliced peach, fresh mint leaves, and honey or sugar in a blender. Blend until smooth.
4. Mix the peach-mint puree with the brewed green tea and add 1 cup of cold water. Stir well.
5. Strain the mixture through a fine mesh sieve if you prefer a smoother texture.
6. Pour over ice cubes in glasses and garnish with extra peach slices and mint sprigs if desired.
7. Serve chilled, and enjoy.

**NUTRITIONAL INFORMATION:** 70 calories, 0 g protein, 18 g carbohydrates, 0 g fat, 1 g fiber, 0 mg cholesterol, 5 mg sodium, 80 mg potassium

## 10. Fresh Watermelon Juice with Lime



**PREP TIME:** 10 min

**COOK TIME:** 0 min

**YIELD:** 4 servings

**4 cups watermelon, cubed and seeds removed**

**2 tablespoons freshly squeezed lime juice (about 1 lime)**

**1 tablespoon honey or sugar (optional, adjust to taste)**

**Ice cubes**

**Lime slices and mint sprigs, for garnish (optional)**

1. Combine the watermelon cubes, lime juice, and honey or sugar in a blender if desired. Blend until smooth.
2. Strain the juice through a fine mesh sieve if you prefer a smoother texture.
3. Fill glasses with ice cubes and pour the watermelon juice over the ice.
4. Garnish with lime slices and mint sprigs if desired.
5. Serve chilled, and enjoy immediately.

**NUTRITIONAL INFORMATION:** : 60 calories, 1 g protein, 15 g carbohydrates, 0 g fat, 1 g fiber, 0 mg cholesterol, 5 mg sodium, 170 mg potassium

## 11. Iced Hibiscus Tea with Lemon



**PREP TIME:** 5 min  
**COOK TIME:** 10 min  
**YIELD:** 4 servings

**4 cups water**  
**1/4 cup dried hibiscus flowers**  
**1/4 cup honey or sugar (optional, adjust to taste)**  
**1/4 cup freshly squeezed lemon juice (about 2 lemons)**  
**Ice cubes**  
**Lemon slices and mint sprigs, for garnish (optional)**

1. Bring 4 cups of water to a boil, then remove from heat.
2. Add the dried hibiscus flowers to the hot water and steep for 5–10 minutes, depending on the desired strength.
3. Strain the tea into a pitcher and stir in honey or sugar if desired, mixing until dissolved. Allow the tea to cool.
4. Add the freshly squeezed lemon juice to the tea and stir well.
5. Fill glasses with ice cubes and pour the hibiscus tea over the ice.
6. Garnish with lemon slices and mint sprigs if desired.
7. Serve chilled, and enjoy.

**NUTRITIONAL INFORMATION:** 60 calories, 0 g protein, 16 g carbohydrates, 0 g fat, 0 g fiber, 0 mg cholesterol, 5 mg sodium, 50 mg potassium

## 12. Mediterranean Smoothie with Berries and Yogurt



**PREP TIME:** 5 min  
**COOK TIME:** 0 min  
**YIELD:** 2 servings

**1 cup mixed berries (strawberries, blueberries, raspberries)**  
**1/2 cup Greek yogurt**  
**1/2 cup almond milk (or milk of choice)**  
**1 tablespoon honey (optional)**  
**1/4 cup ice cubes**  
**1/2 teaspoon vanilla extract (optional)**  
**Fresh mint leaves, for garnish (optional)**

1. Combine the mixed berries, Greek yogurt, almond milk, honey (if using), and ice cubes in a blender.
2. Add vanilla extract for extra flavor, if desired.
3. Blend on high until smooth and creamy.
4. Pour into glasses and garnish with fresh mint leaves if desired.
5. Serve immediately and enjoy a refreshing, nutritious smoothie.

**NUTRITIONAL INFORMATION:** 150 calories, 5 g protein, 28 g carbohydrates, 3 g fat, 4 g fiber, 5 mg cholesterol, 60 mg sodium, 250 mg potassium

## 13. Pomegranate and Mint Green Smoothie



**1 cup pomegranate juice**  
**1/2 cup spinach leaves**  
**1/4 cup fresh mint leaves**  
**1/2 cup Greek yogurt**  
**1/2 banana, sliced**  
**1/4 cup ice cubes**  
**1 tablespoon honey (optional)**

1. Combine pomegranate juice, spinach, mint leaves, Greek yogurt, banana, and ice cubes in a blender.
2. Add honey for extra sweetness if desired.
3. Blend on high until smooth and creamy.
4. Pour into glasses and serve immediately.
5. Garnish with a few mint leaves if desired for a fresh touch.

**PREP TIME:** 5 min  
**COOK TIME:** 0 min  
**YIELD:** 2 servings

**NUTRITIONAL INFORMATION:** 180 calories, 5 g protein, 32 g carbohydrates, 3 g fat, 2 g fiber, 5 mg cholesterol, 55 mg sodium, 350 mg potassium

## 14. Rosewater Iced Peach Tea



**4 cups water**  
**2 black tea bags**  
**1 ripe peach, sliced**  
**1/4 cup sugar or honey (optional, adjust to taste)**  
**1/2 teaspoon rosewater**  
**Ice cubes**  
**Peach slices and fresh mint, for garnish (optional)**

1. Bring 4 cups of water to a boil, then remove from heat. Add the black tea bags and let steep for 5 minutes.
2. Remove the tea bags and stir in sugar or honey, if desired. Mix until fully dissolved.
3. Add the peach slices to the warm tea and let it cool to room temperature, letting the peaches infuse.
4. Stir in the rosewater and refrigerate the tea for at least 1 hour until chilled.
5. To serve, fill glasses with ice cubes and pour the rosewater peach tea over the ice.
6. Garnish with additional peach slices and fresh mint if desired.
7. Serve cold, and enjoy.

**PREP TIME:** 10 min  
**COOK TIME:** 10 min  
**YIELD:** 4 servings

**NUTRITIONAL INFORMATION:** 90 calories, 0 g protein, 23 g carbohydrates, 0 g fat, 1 g fiber, 0 mg cholesterol, 5 mg sodium, 80 mg potassium

# 30-Day Meal Plan

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
1	Avocado Toast with Cherry Tomatoes and Olive Oil Herbal tea or a glass of water with a slice of lemon	Sliced cucumber, cherry tomatoes, and a small handful of olives Sparkling water with a splash of pomegranate juice	Grilled Halloumi Salad with Mixed Greens Iced green tea or water infused with mint leaves	Apple slices with almond butter and a small handful of mixed nuts Unsweetened iced hibiscus tea	Grilled Lemon Herb Salmon and a small portion of brown rice Water with a wedge of lime or a small glass of red wine (optional)
2	Sun-Dried Tomato and Basil Scrambled Eggs Black coffee or a glass of water with a splash of orange juice	A small bowl of mixed berries with a few walnuts Green tea or water with cucumber slices	Mediterranean Turkey Patties Tomato and Cucumber Salad with Fresh Herbs Sparkling water with a twist of lemon	Red bell pepper and carrot sticks with a small serving of hummus Cold herbal tea (e.g., chamomile or peppermint)	Baked Sea Bass with Herbs and Lemon Zucchini Fritters with Tzatziki Water or a small glass of white wine (optional)
3	Mediterranean Veggie Omelet with Feta Avocado Toast with Cherry Tomatoes and Olive Oil Freshly squeezed orange juice or black coffee	Sliced pear with a handful of almonds Water infused with lemon and ginger slices	Chicken Souvlaki with Tzatziki Pasta Primavera with Fresh Vegetables Iced green tea or water with fresh basil leaves	Greek yogurt with a few chopped dried apricots and a sprinkle of pumpkin seeds Cold water with a slice of grapefruit	Baked Tilapia with Spinach and Cherry Tomatoes Water or a small glass of red wine (optional)
4	Lemon Ricotta Pancakes with Honey Drizzle Greek Frappe (Iced Coffee)	Sliced carrots and bell peppers with tzatziki sauce for dipping Sparkling water with a splash of cranberry juice	Mediterranean Baked Cod with Tomatoes and Olives Bulgur Salad with Pomegranate and Mint Iced green tea	Fresh strawberries with a handful of walnuts Chamomile tea (iced or warm)	Seafood Paella Water with a slice of lime or a small glass of white wine (optional)
5	Spinach and Feta Breakfast Wrap Tiramisu Cups Black coffee or a glass of water with a splash of orange juice	Handful of mixed berries and a few Brazil nuts Water with lemon and ginger	Greek Lemon Chicken Soup (Avgolemono) Greek Bruschetta with Tomato, Feta, and Basil Honey-Cherry Walnut Brownies Green Tea	Sliced pear with a small serving of almond butter Water with basil leaves	Pan-Seared Tuna Steaks with Lemon Caper Sauce Water with a slice of lime or a small glass of white wine (optional)

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
6	<p>Shakshuka: Poached Eggs in Tomato Sauce</p> <p>Black coffee or Fresh Watermelon Juice with Lime</p>	<p>Sliced cucumber and bell pepper sticks with a small serving of hummus</p> <p>Sparkling water with a splash of lemon juice</p>	<p>Baked Eggplant with Tomato and Feta</p> <p>Lamb Chops with Rosemary and Olive Oil</p> <p>Iced Hibiscus Tea with Lemon</p>	<p>1 medium apple with a handful of walnuts</p> <p>Peach and Mint Green Tea Cooler</p>	<p>Pasta Puttanesca</p> <p>Grilled Halloumi Cheese with Lemon and Herbs</p> <p>A small glass of Classic Mediterranean Sangria or water with a slice of grapefruit</p>
7	<p>Zucchini and Herb Frittata</p> <p>Pistachio Baklava Rolls</p> <p>Chamomile tea (iced or warm)</p>	<p>A small handful of mixed nuts (almonds, walnuts, and pistachios) with a few dried apricots</p> <p>Green tea or water with a slice of lime</p>	<p>Classic Lentil Soup with Vegetables</p> <p>Mediterranean Spiced Lamb Burgers</p> <p>Rosewater Iced Peach Tea</p>	<p>Warm Pita Chips with Roasted Eggplant Dip (Baba Ganoush)</p> <p>Unsweetened iced hibiscus tea</p>	<p>Garlic Butter Shrimp with Lemon Zest</p> <p>Spinach Salad with Oranges and Walnuts</p> <p>Water or a small glass of white wine (optional)</p>
8	<p>Greek Yogurt Parfait with Honey and Nuts</p> <p>Black coffee or a glass of water with a splash of orange juice</p>	<p>Cucumber Slices with Tzatziki and Smoked Salmon</p> <p>Water with a slice of orange and mint leaves</p>	<p>Mediterranean Rice Pilaf with Almonds and Raisins</p> <p>Grilled Shrimp Skewers with Vegetables</p> <p>Sparkling water with a twist of lemon</p>	<p>Tomato and Olive Crostini with Fresh Basil</p> <p>Cold herbal tea (e.g., chamomile or peppermint)</p>	<p>Mediterranean Beef and Vegetable Stir-Fry</p> <p>Water or a small glass of red wine (optional)</p>
9	<p>Mediterranean Breakfast Burrito with Fresh Salsa</p> <p>Black coffee or a glass of water with a splash of orange juice</p>	<p>Sliced cucumber, cherry tomatoes, and a small handful of olives</p> <p>Green tea or water with a slice of lime</p>	<p>Tomato Basil Soup with Olive Oil</p> <p>Spinach and Feta Phyllo Triangles (Spanakopita)</p> <p>Green Tea</p>	<p>1 medium orange with a handful of walnuts</p> <p>Cold herbal tea (e.g., chamomile or peppermint)</p>	<p>Lemon Garlic Roast Chicken</p> <p>Classic Greek Salad</p> <p>Pomegranate Iced Tea or a small glass of red wine (optional)</p>
10	<p>Mediterranean Smoothie Bowl with Berries and Seeds</p> <p>Herbal tea or a glass of water with a slice of lemon</p>	<p>Sliced apple with a tablespoon of almond butter and a sprinkle of cinnamon</p> <p>Iced hibiscus tea</p>	<p>Mediterranean Fish Stew (Zarzuela)</p> <p>Roasted Vegetable Salad with Feta</p> <p>Herbal Infused Water with Cucumber and Basil</p>	<p>Marinated Olives with Herbs and Citrus</p> <p>Unsweetened iced hibiscus tea</p>	<p>Greek-Style Meatballs with Tomato Sauce</p> <p>Warm Lentil Salad with Roasted Vegetables</p> <p>Water or a small glass of Apple cider</p>

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
11	<p>Pita Bread Breakfast Sandwich with Hummus and Veggies</p> <p>Green tea or water with lemon slices</p>	<p>Cherry tomatoes and cucumber slices with a small serving of feta cheese</p> <p>Sparkling water with a splash of cranberry juice</p>	<p>Spinach and Ricotta Stuffed Shells</p> <p>Water with mint and cucumber slices</p>	<p>1 medium banana and 1 Tbsp. peanut butter</p> <p>Iced peppermint tea</p>	<p>Grilled Lemon Herb Salmon</p> <p>Roasted Cauliflower Steaks with Lemon and Herbs</p> <p>Water with a wedge of lime or a small glass of red wine (optional)</p>
12	<p>Whole Wheat Pancakes with Greek Yogurt and Fresh Berries</p> <p>Black coffee or water with a slice of grapefruit</p>	<p>Sliced apple with a tablespoon of almond butter</p> <p>Iced green tea or water with orange slices</p>	<p>Greek Lemon Chicken Soup (Avgolemono)</p> <p>Mediterranean Antipasto Platter with Cheese, Veggies, and Nuts</p> <p>Sparkling water with lemon</p>	<p>Handful of mixed berries with a few almonds</p> <p>Cold chamomile tea (unsweetened)</p>	<p>Greek Lemon and Herb Chicken Skewers</p> <p>Vegetable Ratatouille</p> <p>Water with basil leaves or a small glass of white wine (optional)</p>
13	<p>Mediterranean Smoothie Bowl with Berries and Seeds</p> <p>Herbal tea or water with lime</p>	<p>Sliced carrots and bell peppers with a small side of tzatziki</p> <p>Sparkling water with a splash of pomegranate juice</p>	<p>Stuffed Peppers with Ground Beef and Rice</p> <p>Water with rosemary sprigs</p>	<p>1 cup raspberries and 1 oz. dark chocolate</p> <p>Cold hibiscus tea</p>	<p>Garlic Shrimp with Olive Oil and Parsley</p> <p>Creamy Spinach and Artichoke Risotto</p> <p>Water with a slice of lemon or a small glass of red wine (optional)</p>
14	<p>Sun-Dried Tomato and Basil Scrambled Eggs</p> <p>Black coffee or a glass of water with a splash of orange juice</p>	<p>Sliced pear with a handful of almonds</p> <p>Pomegranate and Mint Green Smoothie</p>	<p>Beef Kebab with Vegetables</p> <p>Tomato and Cucumber Salad with Fresh Herbs</p> <p>Water with a slice of orange and mint leaves</p>	<p>Sliced red bell pepper and carrot sticks with a small serving of hummus</p> <p>Cold herbal tea (e.g., chamomile or peppermint)</p>	<p>Lamb Chops with Rosemary and Olive Oil</p> <p>Grilled Asparagus with Lemon Zest</p> <p>Water with a wedge of lime or a small glass of red wine (optional)</p>
15	<p>Greek Yogurt Parfait with Honey and Nuts</p> <p>Chamomile tea (iced or warm)</p>	<p>Sliced apple with a handful of almonds</p> <p>Pomegranate Iced Tea</p>	<p>Moroccan Spiced Lamb Meatballs</p> <p>Savory Bulgur Wheat with Herbs</p> <p>Arugula Salad with Lemon Vinaigrette</p> <p>Iced green tea or mint-infused water</p>	<p>1 medium banana and 1 Tbsp. peanut butter</p> <p>Water with basil leaves</p>	<p>Mediterranean Baked Cod with Tomatoes and Olives</p> <p>Water with basil leaves or a small glass of white wine (optional)</p>

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
16	Mediterranean Veggie Omelet with Feta Black coffee or a glass of water with a splash of orange juice	A small bowl of mixed berries with a few walnuts Green tea or water with cucumber slices	Hearty Vegetable Minestrone Iced peppermint tea	Warm Pita Chips with Roasted Eggplant Dip (Baba Ganoush)	Lemon Garlic Roast Chicken Beet and Goat Cheese Salad with Balsamic Dressing Water with a slice of lime or a small glass of red wine (optional)
17	Mediterranean Smoothie Bowl with Berries and Seeds Freshly squeezed grapefruit juice or black coffee	Sliced carrots and bell peppers with tzatziki sauce for dipping Sparkling water with a splash of cranberry juice	Pasta Carbonara Caprese Salad with Balsamic Glaze Sparkling water with lemon and a sprig of rosemary	Apple slices with almond butter and a small handful of mixed nuts Unsweetened iced hibiscus tea	Greek Lemon and Herb Chicken Skewers Zucchini Fritters with Tzatziki Pomegranate Iced Tea or a small glass of red wine (optional)
18	Avocado Toast with Cherry Tomatoes and Olive Oil Green tea or water with lemon	A small bowl of mixed berries with a few walnuts Sparkling water with a splash of pomegranate juice	Mediterranean Turkey Patties Easy Spinach and Ricotta Stuffed Zucchini Boats Water with mint and cucumber slices	1 medium orange with a handful of walnuts Cold herbal tea (e.g., chamomile or peppermint)	Seafood Paella Water with a wedge of lime or a small glass of white wine (optional)
19	Greek Yogurt Parfait with Honey and Nuts Greek Frappe (Iced Coffee)	Sliced bell pepper and cherry tomatoes with a small serving of tzatziki Sparkling water with a splash of cranberry juice	Creamy Butternut Squash Soup Blackberry and Apple Cobbler Green tea or water with lemon slices	Fresh peach with a few almonds Iced chamomile tea	Grilled Shrimp Skewers with Vegetables Roasted Cauliflower Steaks with Lemon and Herbs Water with a slice of lime or a small glass of red wine (optional)
20	Avocado and Chickpea Mediterranean Salad Black coffee or water with a slice of grapefruit	Handful of mixed berries with a few pistachios Green tea or water with orange slices	Roasted Red Pepper Pasta with Goat Cheese Water with rosemary sprigs	Greek yogurt with a few dried apricots and sunflower seeds Cold hibiscus tea	Stuffed Cabbage Rolls with Ground Beef and Herbs Water or a small glass of white wine (optional)

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
21	<p>Shakshuka: Poached Eggs in Tomato Sauce</p> <p>Black coffee or a glass of water with a splash of orange juice</p>	<p>Sliced apple with a tablespoon of almond butter</p> <p>Iced green tea or water with orange slices</p>	<p>Fish Tacos with Cabbage Slaw and Lime</p> <p>Sparkling water with lemon</p>	<p>Fresh strawberries with a handful of walnuts</p> <p>Chamomile tea (iced or warm)</p>	<p>Slow-cooked Greek Beef Stew (Stifado)</p> <p>Tomato and Olive Crostini with Fresh Basil</p> <p>Water with a wedge of lime or a small glass of red wine (optional)</p>
22	<p>Pita Bread Breakfast Sandwich with Hummus and Veggies</p> <p>Green tea or water with lemon</p>	<p>A small handful of mixed nuts (almonds, walnuts, and pistachios) with a few dried apricots</p> <p>Pomegranate Iced Tea</p>	<p>Classic Greek Salad</p> <p>Chicken Souvlaki with Tzatziki</p> <p>Sparkling water with lemon</p>	<p>Apple slices with almond butter and a small handful of mixed nuts</p> <p>Unsweetened iced hibiscus tea</p>	<p>Grilled Lemon Herb Salmon</p> <p>Spinach Salad with Oranges and Walnuts</p> <p>Water or a small glass of white wine (optional)</p>
23	<p>Greek Yogurt Parfait with mixed berries, a sprinkle of granola, and a drizzle of honey</p> <p>Herbal tea or a glass of water with a slice of lemon</p>	<p>Sliced cucumber, cherry tomatoes, and a small handful of olives</p> <p>Sparkling water with a splash of pomegranate juice</p>	<p>Mediterranean Quinoa Salad</p> <p>Iced green tea or water infused with mint leaves</p>	<p>Fresh strawberries with a handful of walnuts</p> <p>Chamomile tea (iced or warm)</p>	<p>Mediterranean Spiced Lamb Burgers</p> <p>Watermelon and Feta Salad with Mint</p> <p>Water with basil leaves or a small glass of white wine (optional)</p>
24	<p>Spinach and Feta Breakfast Wrap</p> <p>Freshly squeezed grapefruit juice or black coffee</p>	<p>A small bowl of mixed berries with a few walnuts</p> <p>Green tea or water with cucumber slices</p>	<p>Seafood Soup with Tomatoes and Herbs</p> <p>Water with rosemary sprigs</p>	<p>1 medium banana and 1 Tbsp. peanut butter</p> <p>Iced peppermint tea</p>	<p>Spicy Grilled Sardines with Fresh Herbs</p> <p>Eggplant Parmesan with Fresh Basil</p> <p>Pomegranate Iced Tea or a small glass of red wine (optional)</p>
25	<p>Sun-Dried Tomato and Basil Scrambled Eggs</p> <p>Green tea or water with lemon</p>	<p>Sliced pear with a handful of almonds</p> <p>Sparkling water with a splash of pomegranate juice</p>	<p>Creamy Mushroom and Parmesan Fettuccine</p> <p>Iced green tea or water with fresh basil leaves</p>	<p>Apple slices with almond butter and a small handful of mixed nuts</p> <p>Water with basil leaves</p>	<p>Lemon Garlic Roast Chicken</p> <p>Arugula Salad with Lemon Vinaigrette</p> <p>A small glass of Classic Mediterranean Sangria or water with a slice of grapefruit</p>

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
26	<p>Mediterranean Smoothie Bowl with Berries and Seeds</p> <p>Black coffee or a glass of water with a splash of orange juice</p>	<p>Cucumber Slices with Tzatziki and Smoked Salmon</p> <p>Iced green tea or water with orange slices</p>	<p>Spanish Mixed Salad</p> <p>Sparkling water with lemon</p>	<p>Sliced red bell pepper and carrot sticks with a small serving of hummus</p> <p>Cold herbal tea (e.g., chamomile or peppermint)</p>	<p>Beef Kebab with Vegetables</p> <p>Water with a wedge of lime or a small glass of red wine (optional)</p>
27	<p>Lemon Ricotta Pancakes with Honey Drizzle</p> <p>Chamomile tea (iced or warm)</p>	<p>Sliced apple with a tablespoon of almond butter and a sprinkle of cinnamon</p> <p>Iced hibiscus tea</p>	<p>Tomato and Olive Rice with Fresh Herbs</p> <p>Cucumber Slices with Tzatziki and Smoked Salmon</p> <p>Peach and Mint Green Tea Cooler</p>	<p>1 medium orange with a handful of walnuts</p> <p>Sparkling water with a splash of cranberry juice</p>	<p>Baked Sea Bass with Herbs and Lemon</p> <p>Zucchini Fritters with Tzatziki</p> <p>Water or a small glass of white wine (optional)</p>
28	<p>Greek Yogurt Parfait with Honey and Nuts</p> <p>Black coffee or a glass of water with a splash of orange juice</p>	<p>Sliced bell pepper and cherry tomatoes with a small serving of tzatziki</p> <p>Sparkling water with a splash of cranberry juice</p>	<p>Tagliatelle with Pesto and Grilled Vegetables</p> <p>Iced Hibiscus Tea with Lemon</p>	<p>A small handful of mixed nuts (almonds, walnuts, and pistachios) with a few dried apricots</p> <p>Water with rosemary sprigs</p>	<p>Stuffed Peppers with Ground Beef and Rice</p> <p>Water with a slice of lemon or a small glass of red wine (optional)</p>
29	<p>Avocado Toast with Cherry Tomatoes and Olive Oil</p> <p>Freshly squeezed grapefruit juice or black coffee</p>	<p>Watermelon and Feta Salad with Mint</p>	<p>Baked Eggplant with Tomato and Feta</p> <p>Lamb Chops with Rosemary and Olive Oil</p> <p>Iced Hibiscus Tea with Lemon</p>	<p>Apple slices with almond butter and a small handful of mixed nuts</p> <p>Unsweetened iced hibiscus tea</p>	<p>Mediterranean Pasta Salad</p> <p>Grilled Halloumi Cheese with Lemon and Herbs</p> <p>A small glass of Classic Mediterranean Sangria or water with a slice of grapefruit</p>
30	<p>Spinach and Feta Breakfast Wrap</p> <p>Herbal tea or water with lime</p>	<p>Spinach and Feta Breakfast Wrap</p> <p>Herbal tea or water with lime</p>	<p>Mediterranean Fish Stew (Zarzuela)</p> <p>Roasted Vegetable Salad with Feta</p> <p>Sparkling water with lemon and mint</p>	<p>1 medium banana and 1 Tbsp. peanut butter</p> <p>Green tea (unsweetened)</p>	<p>Baked Tilapia with Spinach and Cherry Tomatoes</p> <p>Water or a small glass of red wine (optional)</p>

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Greek Yogurt with Honey and Walnuts, 84  
Date and Walnut Bars, 85  
Pistachio Baklava Rolls, 86  
Blueberry Almond Panna Cotta, 87  
Honey-Cherry Walnut Brownies, 88  
Creamy Banana Delight, 88  
Classic Mediterranean Sangria, 90  
Pomegranate Iced Tea, 90  
Iced Mint Lemonade, 91  
Mediterranean Mojito with Lime and Basil, 93  
Orange Blossom Water Lemonade, 93  
Peach and Mint Green Tea Cooler, 94  
Fresh Watermelon Juice with Lime, 94  
Mediterranean Smoothie with Berries and Yogurt, 95

#### **hummus**

Pita Bread Breakfast Sandwich with Hummus and Veggies, 15

## K

#### **Kalamata olives**

Classic Greek Salad, 26  
Mediterranean Quinoa Salad, 26  
Avocado and Chickpea Mediterranean Salad, 29  
Mediterranean Pasta Salad, 30  
Grilled Halloumi Salad with Mixed Greens, 30  
Mediterranean Baked Cod with Tomatoes and Olives, 42  
Mediterranean Pasta Salad with Olives and Feta, 74  
Pasta Puttanesca, 79

## L

#### **lamb chops**

Lamb Chops with Rosemary and Olive Oil, 53

#### **lasagna noodles**

Roasted Vegetable and Pesto Lasagna, 79

#### **leek**

Creamy Cauliflower and Leek Soup, 39

#### **lemon**

Lemon Ricotta Pancakes with Honey Drizzle, 16  
Stuffed Grape Leaves with Rice and Herbs (Dolmas), 19  
Marinated Olives with Herbs and Citrus, 20  
Lemon Garlic Roast Chicken, 52  
Grilled Asparagus with Lemon Zest, 59  
Lemon and Parmesan Orzo, 64  
Lemon and Garlic Shrimp Linguine, 75  
Lemon Ricotta Cheesecake, 83  
Classic Mediterranean Sangria, 90  
Pomegranate Iced Tea, 90  
Herbal Infused Water with Cucumber and Basil, 92

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**lemon juice**

Lemon Ricotta Pancakes with Honey Drizzle, 16  
Classic Hummus with Olive Tapenade, 18  
Roasted Red Pepper and Walnut Dip (Muhammara), 19  
Baked Zucchini Fries with Tzatziki Dip, 20  
Warm Pita Chips with Roasted Eggplant Dip (Baba Ganoush), 22  
Grilled Halloumi Cheese with Lemon and Herbs, 24  
Mediterranean Quinoa Salad, 26  
Arugula Salad with Lemon Vinaigrette, 28  
Avocado and Chickpea Mediterranean Salad, 29  
Mediterranean Pasta Salad, 30  
Greek Lemon Chicken Soup (Avgolemono), 34  
Grilled Lemon Herb Salmon, 42  
Pan-Seared Tuna Steaks with Lemon Caper Sauce, 43  
Garlic Butter Shrimp with Lemon Zest, 45  
Spicy Grilled Sardines with Fresh Herbs, 45  
Seared Scallops with Garlic and Lemon, 46  
Baked Sea Bass with Herbs and Lemon, 47  
Grilled Shrimp Skewers with Vegetables, 48  
Mediterranean Beef and Vegetable Stir-Fry, 50  
Greek Lemon and Herb Chicken Skewers, 50  
Chicken Souvlaki with Tzatziki, 51  
Chicken Souvlaki with Tzatziki, 51  
Beef Kebab with Vegetables, 54  
Lemon and Herb Turkey Meatloaf, 55  
Greek Roasted Potatoes with Lemon and Oregano, 58  
Roasted Cauliflower with Tahini Drizzle, 62  
Grilled Vegetable Skewers with Halloumi, 67  
Roasted Cauliflower Steaks with Lemon and Herbs, 69  
Zucchini Fritters with Tzatziki, 70  
Bulgur Salad with Pomegranate and Mint, 72  
Pasta Primavera with Fresh Vegetables, 74  
Lemon Sorbet with Fresh Mint, 82  
Lemon Ricotta Cheesecake, 83  
Pistachio Baklava Rolls, 86  
Blackberry and Apple Cobbler, 87  
Iced Mint Lemonade, 91  
Orange Blossom Water Lemonade, 93

**lentils**

Moroccan-Spiced Lentil Soup, 39  
Warm Lentil Salad with Roasted Vegetables, 61  
Vegetable Moussaka, 67

**lime**

Mediterranean Mojito with Lime and Basil, 93

**lime juice**

Watermelon and Feta Salad with Mint, 32  
Fish Tacos with Cabbage Slaw and Lime, 47  
Mediterranean Mojito with Lime and Basil, 93  
Fresh Watermelon Juice with Lime, 94

**linguine**

Lemon and Garlic Shrimp Linguine, 75

**long-grain rice**

Stuffed Grape Leaves with Rice and Herbs (Dolmas), 19  
Mediterranean Rice Pilaf with Almonds and Raisins, 60  
Tomato and Olive Rice with Fresh Herbs, 63

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**M****marinara sauce**

Eggplant Parmesan with Fresh Basil, 66  
Spinach and Ricotta Stuffed Shells, 68

**mascarpone cheese**

Tiramisu Cups, 83

**mayonnaise**

Fish Tacos with Cabbage Slaw and Lime, 47

**milk**

Zucchini and Herb Frittata, 13  
Sun-Dried Tomato and Basil Scrambled Eggs, 14  
Whole Wheat Pancakes with Greek Yogurt and Fresh Berries, 14  
Roasted Red Pepper and Goat Cheese Quiche, 16  
Lemon Ricotta Pancakes with Honey Drizzle, 16  
Roasted Garlic and Potato Soup, 40  
Lemon and Herb Turkey Meatloaf, 55  
Moist Banana Nut Muffins, 86  
Blackberry and Apple Cobbler, 87

**mozzarella balls**

Pesto Pasta with Cherry Tomatoes and Mozzarella, 76  
Mediterranean Antipasto Platter with Cheese, Veggies, and Nuts, 23

**mini sweet peppers**

Herbed Goat Cheese Stuffed Mini Peppers, 23

**mixed lettuce**

Spanish Mixed Salad, 31

**mixed salad greens**

Grilled Halloumi Salad with Mixed Greens, 30  
Beet and Goat Cheese Salad with Balsamic Dressing, 31

**mozzarella cheese**

Caprese Salad with Balsamic Glaze, 27  
Easy Spinach and Ricotta Stuffed Zucchini Boats, 64  
Eggplant Parmesan with Fresh Basil, 66  
Spinach and Ricotta Stuffed Shells, 68  
Spinach and Ricotta Cannelloni, 75  
Roasted Vegetable and Pesto Lasagna, 79

**mushrooms**

Creamy Mushroom and Parmesan Fettuccine, 76

**mussels**

Seafood Soup with Tomatoes and Herbs, 38  
Seafood Paella, 44  
Mediterranean Fish Stew (Zarzuela), 46  
Spanish Seafood Stew, 48

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**O****olives**

Marinated Olives with Herbs and Citrus, 20

Mediterranean Antipasto Platter with Cheese, Veggies, and Nuts, 23

### **onion**

Mediterranean Breakfast Burrito with Fresh Salsa, 10  
Shakshuka: Poached Eggs in Tomato Sauce, 11  
Stuffed Grape Leaves with Rice and Herbs (Dolmas), 19  
Classic Greek Salad, 26  
Classic Lentil Soup with Vegetables, 34  
Tomato Basil Soup with Olive Oil, 35  
Roasted Red Pepper and Tomato Soup, 35  
Hearty Vegetable Minestrone, 36  
Creamy Butternut Squash Soup, 36  
Mediterranean Chickpea Soup, 37  
Spinach and White Bean Soup, 37  
Seafood Soup with Tomatoes and Herbs, 38  
Moroccan-Spiced Lentil Soup, 39  
Roasted Garlic and Potato Soup, 40  
Zucchini and Basil Soup, 40  
Seafood Paella, 44  
Mediterranean Fish Stew (Zarzuela), 46  
Spanish Seafood Stew, 48  
Mediterranean Beef and Vegetable Stir-Fry, 50  
Moroccan Spiced Lamb Meatballs, 51  
Slow-cooked Greek Beef Stew (Stifado), 52  
Stuffed Peppers with Ground Beef and Rice, 54  
Lemon and Herb Turkey Meatloaf, 55  
Greek-Style Meatballs with Tomato Sauce, 55  
Stuffed Cabbage Rolls with Ground Beef and Herbs, 56  
Mediterranean Spiced Lamb Burgers, 56  
Mediterranean Rice Pilaf with Almonds and Raisins, 60  
Savory Bulgur Wheat with Herbs, 62  
Vegetable Moussaka, 67  
Mediterranean Vegetable Paella, 68  
Vegetable Ratatouille, 71  
Creamy Spinach and Artichoke Risotto, 72

### **orange**

Marinated Olives with Herbs and Citrus, 20  
Spinach Salad with Oranges and Walnuts, 29  
Warm Spiced Apple Cider, 92

### **orange juice**

Spinach Salad with Oranges and Walnuts, 29  
Orange and Almond Semolina Cake, 82  
Classic Mediterranean Sangria, 90

### **oregano**

Greek Roasted Potatoes with Lemon and Oregano, 58  
Baked Eggplant with Tomato and Feta, 60  
Stuffed Peppers with Quinoa, Vegetables, and Feta, 66

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## **p**

### **Parmesan cheese**

Zucchini and Herb Frittata, 13  
Baked Zucchini Fries with Tzatziki Dip, 20  
Arugula Salad with Lemon Vinaigrette, 28  
Hearty Vegetable Minestrone, 36  
Easy Spinach and Ricotta Stuffed Zucchini Boats, 64

Lemon and Parmesan Orzo, 64  
Eggplant Parmesan with Fresh Basil, 66  
Vegetable Moussaka, 67  
Spinach and Ricotta Stuffed Shells, 68  
Zucchini Fritters with Tzatziki, 70  
Creamy Spinach and Artichoke Risotto, 72  
Pasta Primavera with Fresh Vegetables, 74  
Spinach and Ricotta Cannelloni, 75  
Creamy Mushroom and Parmesan Fettuccine, 76  
Pesto Pasta with Cherry Tomatoes and Mozzarella, 76  
Spaghetti Aglio e Olio (Garlic and Olive Oil Pasta), 77  
Eggplant and Tomato Pasta (Pasta alla Norma), 78  
Roasted Vegetable and Pesto Lasagna, 79  
Farfalle with Sun-Dried Tomato Cream Sauce, 80  
Pasta Carbonara, 80

### **pasta**

Mediterranean Pasta Salad, 30  
Hearty Vegetable Minestrone, 36  
Mediterranean Pasta Salad with Olives and Feta, 74  
Pasta Primavera with Fresh Vegetables, 74  
Pesto Pasta with Cherry Tomatoes and Mozzarella, 76  
Roasted Red Pepper Pasta with Goat Cheese, 77  
Eggplant and Tomato Pasta (Pasta alla Norma), 78

### **pasta orzo**

Lemon and Parmesan Orzo, 64  
pasta shells  
Spinach and Ricotta Stuffed Shells, 68

### **peach**

Peach and Mint Green Tea Cooler, 94

### **peas**

Pasta Primavera with Fresh Vegetables, 74

### **pesto**

Pesto Pasta with Cherry Tomatoes and Mozzarella, 76  
Tagliatelle with Pesto and Grilled Vegetables, 78  
Roasted Vegetable and Pesto Lasagna, 79

### **phyllo dough**

Spinach and Feta Phyllo Triangles (Spanakopita), 21

### **phyllo pastry**

Pistachio Baklava Rolls, 86

### **pine nuts**

Stuffed Grape Leaves with Rice and Herbs (Dolmas), 19  
Greek Stuffed Tomatoes (Yemista), 71

### **pistachios**

Pistachio Baklava Rolls, 86

### **pita bread**

Warm Pita Chips with Roasted Eggplant Dip (Baba Ganoush), 22

### **pitted black olives**

Classic Hummus with Olive Tapenade, 18

**pitted dates**

Date and Walnut Bars, 85

**pomegranate juice**

Classic Mediterranean Sangria, 90

Pomegranate Iced Tea, 90

Pomegranate and Mint Green Smoothie, 96

**pomegranate molasses**

Roasted Red Pepper and Walnut Dip (Muhammara), 19

**pomegranate seeds**

Bulgur Salad with Pomegranate and Mint, 72

Classic Mediterranean Sangria, 90

**potato**

Vegetable Moussaka, 67

Roasted Garlic and Potato Soup, 40

Greek Roasted Potatoes with Lemon and Oregano, 58

**puff pastry**

Apricot and Almond Tart, 85

**pumpkin seeds**

Mediterranean Smoothie Bowl with Berries and Seeds, 13

**Q****quinoa**

Mediterranean Quinoa Salad, 26

Stuffed Peppers with Quinoa, Vegetables, and Feta, 66

**R****raisins**

Mediterranean Rice Pilaf with Almonds and Raisins, 60

Greek Stuffed Tomatoes (Yemista), 71

**red bell pepper**

Mediterranean Veggie Omelet with Feta, 10

Shakshuka: Poached Eggs in Tomato Sauce, 11

Roasted Vegetable Salad with Feta, 28

Gazpacho, 38

Seafood Paella, 44

Mediterranean Fish Stew (Zarzuela), 46

Grilled Shrimp Skewers with Vegetables, 48

Spanish Seafood Stew, 48

Mediterranean Beef and Vegetable Stir-Fry, 50

Mediterranean Turkey Patties, 53

Stuffed Peppers with Ground Beef and Rice, 54

Beef Kebab with Vegetables, 54

Roasted Vegetables with Balsamic Glaze, 59

Warm Lentil Salad with Roasted Vegetables, 61

Grilled Vegetable Skewers with Halloumi, 67

Mediterranean Vegetable Paella, 68

Vegetable Tagine with Chickpeas and Apricots, 69

Vegetable Ratatouille, 71

Tagliatelle with Pesto and Grilled Vegetables, 78

Roasted Vegetable and Pesto Lasagna, 79

Roasted Red Pepper Salad, 32

Roasted Red Pepper and Tomato Soup, 35

**red onion**

Mediterranean Quinoa Salad, 26

Tomato and Cucumber Salad with Fresh Herbs, 27

Roasted Vegetable Salad with Feta, 28

Avocado and Chickpea Mediterranean Salad, 29

Spinach Salad with Oranges and Walnuts, 29

Mediterranean Pasta Salad, 30

Spanish Mixed Salad, 31

Gazpacho, 38

Mediterranean Baked Cod with Tomatoes and Olives, 42

Fish Tacos with Cabbage Slaw and Lime, 47

Grilled Shrimp Skewers with Vegetables, 48

Mediterranean Turkey Patties, 53

Beef Kebab with Vegetables, 54

Roasted Vegetables with Balsamic Glaze, 59

Warm Lentil Salad with Roasted Vegetables, 61

Stuffed Peppers with Quinoa, Vegetables, and Feta, 66

Grilled Vegetable Skewers with Halloumi, 67

Bulgur Salad with Pomegranate and Mint, 72

Mediterranean Pasta Salad with Olives and Feta, 74

**red wine vinegar**

Classic Greek Salad, 26

Tomato and Cucumber Salad with Fresh Herbs, 27

Mediterranean Pasta Salad, 30

Spanish Mixed Salad, 31

Roasted Red Pepper Salad, 32

Gazpacho, 38

Slow-cooked Greek Beef Stew (Stifado), 52

Warm Lentil Salad with Roasted Vegetables, 61

Mediterranean Pasta Salad with Olives and Feta, 74

**rice**

Greek Stuffed Tomatoes (Yemista), 71

Greek Lemon Chicken Soup (Avgolemono), 34

**ricotta cheese**

Lemon Ricotta Pancakes with Honey Drizzle, 16

Spinach and Feta Phyllo Triangles (Spanakopita), 21

Easy Spinach and Ricotta Stuffed Zucchini Boats, 64

Spinach and Ricotta Stuffed Shells, 68

Spinach and Ricotta Cannelloni, 75

Roasted Vegetable and Pesto Lasagna, 79

Lemon Ricotta Cheesecake, 83

**roasted red peppers**

Roasted Red Pepper and Goat Cheese Quiche, 16

Roasted Red Pepper and Walnut Dip (Muhammara), 19

Mediterranean Antipasto Platter with Cheese, Veggies,  
and Nuts, 23

Spanish Mixed Salad, 31

Roasted Red Pepper Pasta with Goat Cheese, 77

**S****salmon fillets**

Grilled Lemon Herb Salmon, 42

**sardines**

Spicy Grilled Sardines with Fresh Herbs, 45

**sea bass fillets**

Baked Sea Bass with Herbs and Lemon, 47

**sea salt**

Roasted Chickpeas with Sea Salt and Paprika, 21  
Warm Pita Chips with Roasted Eggplant Dip (Baba Ganoush), 22

**sea scallops**

Seared Scallops with Garlic and Lemon, 46

**seafood broth**

Seafood Paella, 44  
Spanish Seafood Stew, 48

**semolina**

Orange and Almond Semolina Cake, 82

**short-grain rice**

Mediterranean Vegetable Paella, 68

**shrimp**

Seafood Soup with Tomatoes and Herbs, 38  
Garlic Shrimp with Olive Oil and Parsley, 43  
Seafood Paella, 44  
Garlic Butter Shrimp with Lemon Zest, 45  
Mediterranean Fish Stew (Zarzuela), 46  
Grilled Shrimp Skewers with Vegetables, 48  
Spanish Seafood Stew, 48  
Lemon and Garlic Shrimp Linguine, 75

**smoked paprika**

Roasted Chickpeas with Sea Salt and Paprika, 21  
Roasted Red Pepper and Tomato Soup, 35  
Mediterranean Chickpea Soup, 37  
Moroccan-Spiced Lentil Soup, 39  
Seafood Paella, 44  
Spanish Seafood Stew, 48  
Mediterranean Vegetable Paella, 68

**smoked salmon**

Cucumber Slices with Tzatziki and Smoked Salmon, 22

**sour cream**

Fish Tacos with Cabbage Slaw and Lime, 47

**soy sauce**

Beef Kebab with Vegetables, 54

**spaghetti**

Spaghetti Aglio e Olio (Garlic and Olive Oil Pasta), 77  
Pasta Puttanesca, 79  
Pasta Carbonara, 80

**spinach**

Mediterranean Veggie Omelet with Feta, 10  
Baked Tilapia with Spinach and Cherry Tomatoes, 44  
Easy Spinach and Ricotta Stuffed Zucchini Boats, 64

Spinach and Ricotta Stuffed Shells, 68  
Creamy Spinach and Artichoke Risotto, 72  
Spinach and Ricotta Cannelloni, 75

**squash**

Vegetable Ratatouille, 71

**squid rings**

Seafood Paella, 44

**sugar**

Whole Wheat Pancakes with Greek Yogurt and Fresh Berries, 14  
Olive Oil Banana Bread with Walnuts, 15  
Lemon Ricotta Pancakes with Honey Drizzle, 16  
Orange and Almond Semolina Cake, 82  
Lemon Sorbet with Fresh Mint, 82  
Lemon Ricotta Cheesecake, 83  
Apricot and Almond Tart, 85  
Italian Biscotti with Almonds and Anise, 84  
Moist Banana Nut Muffins, 86  
Blueberry Almond Panna Cotta, 87

**sun-dried tomatoes**

Sun-Dried Tomato and Basil Scrambled Eggs, 14  
Farfalle with Sun-Dried Tomato Cream Sauce, 80

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**T****tagliatelle**

Tagliatelle with Pesto and Grilled Vegetables, 78

**tahini**

Classic Hummus with Olive Tapenade, 18  
Warm Pita Chips with Roasted Eggplant Dip (Baba Ganoush), 22

**tilapia fillets**

Baked Tilapia with Spinach and Cherry Tomatoes, 44

**tomato**

Mediterranean Breakfast Burrito with Fresh Salsa, 10  
Pita Bread Breakfast Sandwich with Hummus and Veggies, 15

**tomato juice**

Gazpacho, 38

**tomato paste**

Tomato Basil Soup with Olive Oil, 35  
Slow-cooked Greek Beef Stew (Stifado), 52  
Greek-Style Meatballs with Tomato Sauce, 55  
Stuffed Cabbage Rolls with Ground Beef and Herbs, 56

**tomato sauce**

Stuffed Peppers with Ground Beef and Rice, 54

**tomatoes**

Shakshuka: Poached Eggs in Tomato Sauce, 11  
Greek Bruschetta with Tomato, Feta, and Basil, 18

Classic Greek Salad, 26  
Caprese Salad with Balsamic Glaze, 27  
Tomato Basil Soup with Olive Oil, 35  
Roasted Red Pepper and Tomato Soup, 35  
Hearty Vegetable Minestrone, 36  
Mediterranean Chickpea Soup, 37  
Spinach and White Bean Soup, 37  
Gazpacho, 38  
Seafood Soup with Tomatoes and Herbs, 38  
Moroccan-Spiced Lentil Soup, 39  
Mediterranean Fish Stew (Zarzuela), 46  
Spanish Seafood Stew, 48  
Slow-cooked Greek Beef Stew (Stifado), 52  
Stuffed Peppers with Ground Beef and Rice, 54  
Greek-Style Meatballs with Tomato Sauce, 55  
Stuffed Cabbage Rolls with Ground Beef and Herbs, 56  
Baked Eggplant with Tomato and Feta, 60  
Vegetable Moussaka, 67  
Vegetable Tagine with Chickpeas and Apricots, 69  
Greek Stuffed Tomatoes (Yemista), 71  
Vegetable Ratatouille, 71  
Eggplant and Tomato Pasta (Pasta alla Norma), 78  
Pasta Puttanesca, 79

### **tortillas**

Fish Tacos with Cabbage Slaw and Lime, 47

### **tuna in olive oil**

Spanish Mixed Salad, 31

### **tuna steaks**

Pan-Seared Tuna Steaks with Lemon Caper Sauce, 43

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## V

### **vegetable broth**

Classic Lentil Soup with Vegetables, 34  
Tomato Basil Soup with Olive Oil, 35  
Roasted Red Pepper and Tomato Soup, 35  
Hearty Vegetable Minestrone, 36  
Creamy Butternut Squash Soup, 36  
Mediterranean Chickpea Soup, 37  
Spinach and White Bean Soup, 37  
Moroccan-Spiced Lentil Soup, 39  
Creamy Cauliflower and Leek Soup, 39  
Roasted Garlic and Potato Soup, 40  
Zucchini and Basil Soup, 40  
Mediterranean Rice Pilaf with Almonds and Raisins, 60  
Savory Bulgur Wheat with Herbs, 62  
Tomato and Olive Rice with Fresh Herbs, 63  
Mediterranean Vegetable Paella, 68  
Vegetable Tagine with Chickpeas and Apricots, 69  
Creamy Spinach and Artichoke Risotto, 72  
Creamy Mushroom and Parmesan Fettuccine, 76  
Roasted Red Pepper Pasta with Goat Cheese, 77  
Farfalle with Sun-Dried Tomato Cream Sauce, 80

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## W

### **walnuts**

Greek Yogurt Parfait with Honey and Nuts, 11

Olive Oil Banana Bread with Walnuts, 15  
Roasted Red Pepper and Walnut Dip (Muhammara), 19  
Mediterranean Antipasto Platter with Cheese, Veggies,  
and Nuts, 23  
Arugula Salad with Lemon Vinaigrette, 28  
Spinach Salad with Oranges and Walnuts, 29  
Beet and Goat Cheese Salad with Balsamic Dressing, 31  
Greek Yogurt with Honey and Walnuts, 84  
Date and Walnut Bars, 85  
Moist Banana Nut Muffins, 86  
Honey-Cherry Walnut Brownies, 88  
Creamy Banana Delight, 88

### **watermelon**

Watermelon and Feta Salad with Mint, 32  
Fresh Watermelon Juice with Lime, 94

### **wheat tortillas**

Mediterranean Breakfast Burrito with Fresh Salsa, 10  
Spinach and Feta Breakfast Wrap, 12

### **white beans**

Spinach and White Bean Soup, 37

### **white fish (e.g., cod or haddock)**

Seafood Soup with Tomatoes and Herbs, 38

### **white fish fillets**

Mediterranean Fish Stew (Zarzuela), 46  
Fish Tacos with Cabbage Slaw and Lime, 47  
Spanish Seafood Stew, 48

### **white rice**

Stuffed Peppers with Ground Beef and Rice, 54  
Stuffed Cabbage Rolls with Ground Beef and Herbs, 56

### **whole grain bread**

Avocado Toast with Cherry Tomatoes and Olive Oil, 12

### **whole wheat flour**

Whole Wheat Pancakes with Greek Yogurt and Fresh  
Berries, 14  
Olive Oil Banana Bread with Walnuts, 15  
Zucchini Fritters with Tzatziki, 70

### **whole wheat pita breads**

Pita Bread Breakfast Sandwich with Hummus and  
Veggies, 15

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## Y

### **yellow bell pepper**

Roasted Vegetable Salad with Feta, 28  
Grilled Shrimp Skewers with Vegetables, 48  
Beef Kebab with Vegetables, 54  
Roasted Vegetables with Balsamic Glaze, 59  
Grilled Vegetable Skewers with Halloumi, 67  
Roasted Vegetable and Pesto Lasagna, 79

## 2

### **zucchini**

Mediterranean Veggie Omelet with Feta, 10

Zucchini and Herb Frittata, 13

Baked Zucchini Fries with Tzatziki Dip, 20

Roasted Vegetable Salad with Feta, 28

Hearty Vegetable Minestrone, 36

Zucchini and Basil Soup, 40

Grilled Shrimp Skewers with Vegetables, 48

Mediterranean Beef and Vegetable Stir-Fry, 50

Beef Kebab with Vegetables, 54

Roasted Vegetables with Balsamic Glaze, 59

Warm Lentil Salad with Roasted Vegetables, 61

Grilled Zucchini with Garlic and Mint, 61

Easy Spinach and Ricotta Stuffed Zucchini Boats, 64

Stuffed Peppers with Quinoa, Vegetables, and Feta, 66

Vegetable Moussaka, 67

Grilled Vegetable Skewers with Halloumi, 67

Mediterranean Vegetable Paella, 68

Vegetable Tagine with Chickpeas and Apricots, 69

Zucchini Fritters with Tzatziki, 70

Greek Stuffed Tomatoes (Yemista), 71

Vegetable Ratatouille, 71

Pasta Primavera with Fresh Vegetables, 74

Tagliatelle with Pesto and Grilled Vegetables, 78

Roasted Vegetable and Pesto Lasagna, 79