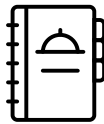


# *Mediterranean Cookbook for Beginners*

365 Days of Flavor – Easy Diet Guide for Lazy People with  
Delicious Recipes for Healthy Living and a No-Fuss  
Approach to Cooking



LILY REDFOX



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## Foreword

I'm Lily Redfox – a chef, culinary explorer, and cookbook author dedicated to discovering and sharing the rich traditions of Mediterranean cuisine. For over twenty years, I have worked in the restaurant industry, traveling across Mediterranean countries, learning from local chefs, exploring vibrant markets, and immersing myself in the region's authentic flavors.

My passion for cooking started in childhood when I grew up in a family that valued fresh, seasonal ingredients and the joy of gathering around the table.

Traveling through countries like Italy, Greece, Spain, and Morocco, I discovered the incredible diversity of Mediterranean dishes and the deep cultural heritage behind each recipe.

In my book, *Mediterranean Cookbook*, I have gathered what I believe are the best recipes—not only easy to prepare but also the ones that best capture the mood and flavors of different Mediterranean countries. They are simple to make yet filled with aromas that transport you to the coasts of Greece, the sunlit vineyards of Italy, or the spice-filled markets of Morocco.

This book is more than just a collection of recipes; it is a true culinary journey that will help you experience the spirit of the Mediterranean in your own home. I genuinely believe that Mediterranean cuisine is not just about food—it's a way of life filled with flavor, warmth, and inspiration.

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# Introduction

## Why Choose the Mediterranean Diet?

The Mediterranean Diet is widely regarded as one of the healthiest dietary patterns, inspired by the traditional eating habits of countries bordering the Mediterranean Sea. This diet is not just about what you eat—it's a lifestyle that emphasizes whole, nutrient-dense foods, mindful eating, and an active lifestyle. The Mediterranean Diet can help improve heart health, support weight management, and reduce the risk of chronic diseases by focusing on fresh, unprocessed ingredients.

In this guide, we'll explore the foods encouraged in the Mediterranean Diet, those that should be limited or avoided, and how to make smart food choices to stay on track.

## Overview of its health benefits and sustainability.

### Health Benefits

#### Overall Health and Disease Prevention:

- **Heart Health:** Numerous studies, including the landmark Lyon Diet Heart Study, support the Mediterranean Diet's ability to reduce heart disease risks by lowering cholesterol levels and blood pressure.
- **Cancer Prevention:** A diet high in antioxidants and phytonutrients has been linked to a reduced risk of various cancers.
- **Diabetes Management:** Its low glycemic index foods help stabilize blood sugar, which is beneficial for diabetes management and prevention.

#### Specific Conditions:

- **Neurological Diseases:** Ingredients like olive oil and nuts contain anti-inflammatory agents that protect against cognitive decline.
- **Bone Health:** The nutrients from a varied diet rich in fruits and vegetables support bone density.

### Mental and Emotional Benefits

- **Mood Improvement:** Omega-3 fatty acids, prevalent in fish, have been shown to enhance mood and alleviate depression.
- **Increased Energy:** Balanced meals with a good mix of carbohydrates, proteins, and fats ensure sustained daily energy.
- **Sleep Quality:** The Mediterranean diet's balance of nutrients can contribute to better sleep patterns, thanks to ingredients like magnesium in nuts and leafy greens.



## How This Book Will Help You?

Adopting the Mediterranean Diet is not just about making better food choices; it's about embracing a lifestyle that celebrates food, fosters social connections, and encourages physical activity. This holistic approach to eating and living can lead to improved physical health and a more joyful and sustainable way of life. Start small, be consistent, and let the Mediterranean's vibrant flavors and diverse foods transform your health and your life.

## How can following the Mediterranean diet improve life, health, and income?

Don't think of this as just another diet. The word "diet" often connotes restrictions, and our brains don't like restrictions! The recipes in this book will convince you that healthy eating can be beneficial and incredibly delicious.

Implementing an active lifestyle and incorporating 2-3 dishes from this book into your daily diet will significantly boost your vitality, focus, and health. These changes will make you much more productive. As is well-known, productivity leads to efficiency, which is key to financial success. The exquisite combination of a healthy body and mind continually contributes to income growth.

I recommend starting each day with 30 minutes of light exercise, using basic movements you are familiar with or from videos on YouTube. Don't forget to spend at least 10 minutes outdoors daily and to air out your living space regularly. Take this important step towards your health and a better life—choose Mediterranean recipes as your perfect ally in this pursuit.



*Part I: The Basics of  
Mediterranean Eating*

A collage of Mediterranean ingredients including bread, olive oil, nuts, and grains. The image shows various items like a loaf of bread, a bowl of rice, a jar of olive oil, almonds, and wheat stalks, all arranged on a wooden surface.

## Understanding the Mediterranean Diet

The Mediterranean Diet is more than just a meal plan — it's a mirror reflecting the eating patterns of the cultures adjacent to the Mediterranean Sea. Renowned for its diverse and balanced approach, this diet emphasizes fresh fruits, vegetables, whole grains, nuts, and healthy fats, significantly reducing processed foods and red meats.

### Core components and health benefits

At the heart of the Mediterranean Diet are several key components:

- **Fruits and Vegetables:** These are the cornerstone of every meal, providing vitamins, minerals, and fiber.
- **Whole Grains:** Bread, pasta, rice, and couscous in their whole and unrefined states are staples.
- **Healthy Fats:** Olive oil is the primary source of added fat, celebrated for its heart-healthy monounsaturated fats.
- **Nuts and Seeds:** A healthy fats, protein, and fiber source.
- **Legumes and Beans:** Included regularly for their protein content and ability to keep you full.
- **Fish and Seafood:** Consumed often, providing essential omega-3 fatty acids.
- **Dairy:** Enjoyed in moderation, with a preference for fermented dairy like yogurt and cheese.
- **Herbs and Spices:** Used to flavor dishes in place of salt.
- **Wine:** Consumed in moderation, typically with meals.

The background of the slide is a collage of various Mediterranean diet ingredients. At the top left, there are several stalks of golden wheat. In the top center, a small wooden bowl is filled with white rice. To the right, there are ears of yellow corn with their husks partially removed. At the bottom left, there are some tortellini pasta pieces and scattered seeds or nuts on a wooden surface. The overall theme is fresh, natural, and healthy food.

## The Mediterranean Diet is associated with numerous health benefits

- **Heart Health:** Regular olive oil and fatty fish consumption lowers the risk of cardiovascular disease.
- **Weight Management:** High in fiber and healthy fats, it helps maintain a healthy weight without harsh restrictions.
- **Longevity:** Diets rich in fruits and vegetables have been linked with increased life expectancy.
- **Reduced Risk of Chronic Diseases:** Studies suggest a lower risk of developing type 2 diabetes, high cholesterol, and high blood pressure.

## Mediterranean Food Pyramid: Structure, Principles, and Benefits



The Mediterranean food pyramid is a visual representation of the fundamentals of healthy eating based on the traditional diet of Mediterranean countries (Greece, Italy, Spain, Turkey, etc.). This dietary system is known for its positive impact on health, particularly on the cardiovascular system, longevity, and maintaining a healthy weight. The pyramid is divided into seven horizontal levels, each representing a specific food group.

## Structure of the Food Pyramid

1. Top Level (Red Background) – Red Meat
  - Includes beef, lamb, and pork.
  - Consumed rarely (no more than a few times per month).
  - Rich in protein and iron but may contain high amounts of saturated fats.
2. Second Level (Orange Background) – Mediterranean Sweets
  - Includes baklava, Turkish delight, honey-based desserts, and other traditional sweets.
  - Consumed in moderation due to high sugar content.
3. Third Level (Light Orange Background) – Poultry, Eggs, Dairy products
  - Includes chicken, turkey, and various types of eggs (boiled, fried, etc.).
  - A source of protein and B vitamins, but intake should be controlled to avoid excess cholesterol.
4. Fourth Level (Yellow Background) – Fish and Seafood
  - Includes fish, shrimp, shellfish, squid, and other seafood.
  - Rich in omega-3 fatty acids, which benefit heart and brain health.
  - Recommended consumption: 2–3 times per week.
5. Fifth Level (Green Background) – Legumes, Nuts, Olive Oil, Vegetables and Fruits
  - Includes chickpeas, lentils, beans, almonds, walnuts, and olive oil.
  - A source of plant-based protein, fiber, and healthy fats.
  - Olive oil is a key element of the Mediterranean diet.
  - Includes tomatoes, cucumbers, peppers, apples, oranges, and other plant-based foods.
  - The foundation of a healthy diet, rich in vitamins, antioxidants, and fiber.
6. Bottom Level (Earthy Tones) – Grains and Cereals
  - Includes bread, pasta, rice, and grains.
  - A source of carbohydrates that provide energy for the body.
  - Whole grain products are preferred.



### ***Measurement Conversions***

*Cooking measurements vary between different regions, particularly between the United States and the United Kingdom.*

*This section provides an overview of the key differences and how to convert measurements to suit your needs.*

#### ***Metric vs. Imperial System***

*The metric system (grams, liters, Celsius) is widely used worldwide, while the imperial system (ounces, pounds, pints, Fahrenheit) is common in the US.*

*The UK uses a mix of both, with some differences in volume measurements.*

#### ***Key Differences***

- Pint: UK = 568 ml, US = 473 ml.*
- Cup: UK = 250 ml (rarely used), US = 240 ml.*
- Tablespoon (tbsp): UK = 15 ml, US = 14.8 ml.*
- Oven Temperatures: The UK commonly uses Celsius, while US recipes use Fahrenheit.*

#### ***Measuring Dry vs. Liquid Ingredients***

*For dry ingredients like flour and sugar, it's best to use weight (grams/ounces) rather than volume (cups).*

*Use milliliters, fluid ounces, or cups for liquids, depending on your preference.*

*Tables for temperature, weight,  
and volume conversions*

U.S.	U.K.	Metric
Volume		
1 teaspoon	1 teaspoon	5 milliliters (ml)
1 tablespoon	1 tablespoon	15 milliliters (ml)
1 cup	1 cup	240 milliliters (ml)
1 pint (2 cups)	1 pint	473 milliliters (ml)
1 quart (4 cups)	1 quart	946 milliliters (ml)
1 gallon (4 quarts)	1 gallon	3.79 liters (L)
Weight		
1 ounce	1 ounce	28 grams (g)
1 pound (16 oz)	1 pound	454 grams (g)
2.2 pounds	2.2 pounds	1 kilogram (ker)
Oven Temperature		
250°F	Gas Mark $1\frac{1}{2}$	120°C
300°F	Gas Mark 2	150°C
350°F	Gas Mark 4	180°C
400°F	Gas Mark 6	200°C
450°F	Gas Mark 8	230°C
500°F	Gas Mark 10	260°C
Common Ingredients		
Flour		
1 cup		120 grams (g)
Sugar		
1 cup		200 grams (g)
Butter		
1 cup		227 grams (g)



*How to Read Food Labels for the  
Mediterranean Diet*

*When grocery shopping, reading food labels helps ensure you make Mediterranean-friendly choices.*

*Key Ingredients to Look For:*

*Whole grains (e.g., whole wheat, quinoa, oats)*

*Olive oil instead of vegetable or canola oil*

*No added sugars or artificial sweeteners*

*Low sodium and no trans fats*

*Red Flags to Avoid:*

*Hydrogenated oils (trans fats)*

*High-fructose corn syrup or excessive sugar*

*Artificial additives and preservatives*



## *Part II: The Recipes*

# CHAPTER 1

*BREAKFASTS(SIMPLE, NUTRITIOUS  
BREAKFASTS, INCLUDING  
OVERNIGHT OATS, YOGURT  
PARFAITS, AND OMELETS).*



# ITALIAN BREAKFAST BRUSCHETTA

*Perfect as a quick and healthy breakfast!*



**TIME**

15m



**SERVES**

4



**DIFFICULTY**

*Easy*

## INGREDIENTS

- 4 slices of rustic Italian bread
- 2 tablespoons olive oil
- 2 large tomatoes, diced
- 1/2 cup fresh basil leaves, chopped
- 1 clove garlic, minced
- Salt and pepper to taste
- 4 eggs, poached
- Optional: grated Parmesan cheese or crumbled feta for topping



## DIRECTIONS

1. Brush the bread slices with olive oil and toast them in a skillet over medium heat until golden and crispy on both sides.
2. Mix the diced tomatoes, chopped basil, minced garlic, salt, and pepper in a bowl.
3. Top each slice of toasted bread with the tomato mixture.
4. Place a poached egg on top of each bruschetta. Sprinkle with cheese if using.
5. Serve immediately while warm.

Nutritional Information: 230 calories, 11g protein, 18g carbohydrates, 12g fat, 2g fiber, 186mg cholesterol, 220mg sodium, 240mg potassium.

# EGGPLANT AND ROASTED PEPPER SHAKSHUKA

## INGREDIENTS

- 2 tablespoons olive oil
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 medium eggplant, diced
- 2 roasted red peppers, chopped
- 1 (28-ounce) can crushed tomatoes
- 1 teaspoon paprika
- 1 teaspoon cumin
- Salt and pepper to taste
- 6 large eggs
- Fresh parsley or cilantro for garnish



**TIME**

35m



**SERVES**

4



**DIFFICULTY**

*Easy*

## DIRECTIONS

1. Heat the olive oil in a large skillet over medium heat. Add the onion and garlic, sauté until the onion becomes translucent, about 5 minutes.
2. Add the diced eggplant and cook until it softens about 10 minutes. Stir in the roasted peppers, crushed tomatoes, paprika, and cumin—season with salt and pepper. Simmer the mixture until it thickens, about 10 minutes.
3. Using a spoon, create wells in the sauce and crack an egg into each well. Cover the skillet and cook until the egg whites are set but the yolks are still runny for about 5-7 minutes.
4. Garnish with chopped parsley or cilantro before serving.

Nutritional Information: 280 calories, 14g protein, 25g carbohydrates, 15g fat, 7g fiber, 370mg cholesterol, 410mg sodium, 650mg potassium.



# SPINACH AND FETA OMELET

## INGREDIENTS

- 8 large eggs
- 1/4 cup milk
- Salt and pepper to taste
- 2 tablespoons olive oil
- 1 small onion, finely chopped
- 2 cups fresh spinach, roughly chopped
- 1/2 cup feta cheese, crumbled
- Optional garnish: chopped tomatoes or fresh herbs

## DIRECTIONS

1. Whisk together the eggs, milk, salt, and pepper in a bowl.
2. Heat olive oil in a large skillet over medium heat. Sauté the onion until translucent, about 3 minutes. Add the spinach and cook until wilted, about 2 minutes.
3. Pour the egg mixture over the sautéed vegetables. Cook until the eggs are set at the edges, then sprinkle feta cheese over the top. Fold the omelet in half or cook until the center is set, according to preference.
4. Serve immediately, garnished with additional herbs or chopped tomatoes if desired.

Nutritional Information: 290 calories, 20g protein, 6g carbohydrates, 22g fat, 1g fiber, 425mg cholesterol, 410mg sodium, 340mg potassium.



**TIME**  
20m



**SERVES**  
4



**DIFFICULTY**  
*Easy*





## INGREDIENTS

2 cups rolled oats  
2 1/2 cups almond milk  
1/2 cup pitted dates, chopped  
1/4 cup sliced almonds  
1 teaspoon vanilla extract  
1/2 teaspoon ground cinnamon  
Optional: 1 tablespoon honey or  
maple syrup for added  
sweetness

# OVERNIGHT OATS WITH DATES AND ALMONDS

## DIRECTIONS

1. Combine rolled oats, almond milk, chopped dates, sliced almonds, vanilla extract, and cinnamon in a large bowl. Mix well to combine.
2. Divide the mixture into jars or airtight containers. If desired, add honey or maple syrup to each portion for added sweetness.
3. Seal the containers and refrigerate overnight or at least 6 hours.
4. Serve cold, straight from the fridge, optionally topped with more almonds or fresh fruit.

**Nutritional Information:** 310 calories, 10g protein, 50g carbohydrates, 9g fat, 7g fiber, 0mg cholesterol, 80mg sodium, 350mg potassium



**TIME**

5m



**SERVES**

4



**DIFFICULTY**

*Easy*

# HUMMUS AND VEGETABLE PLATTER



**TIME**  
15m



**SERVES**  
4



**DIFFICULTY**  
*Easy*

## INGREDIENTS

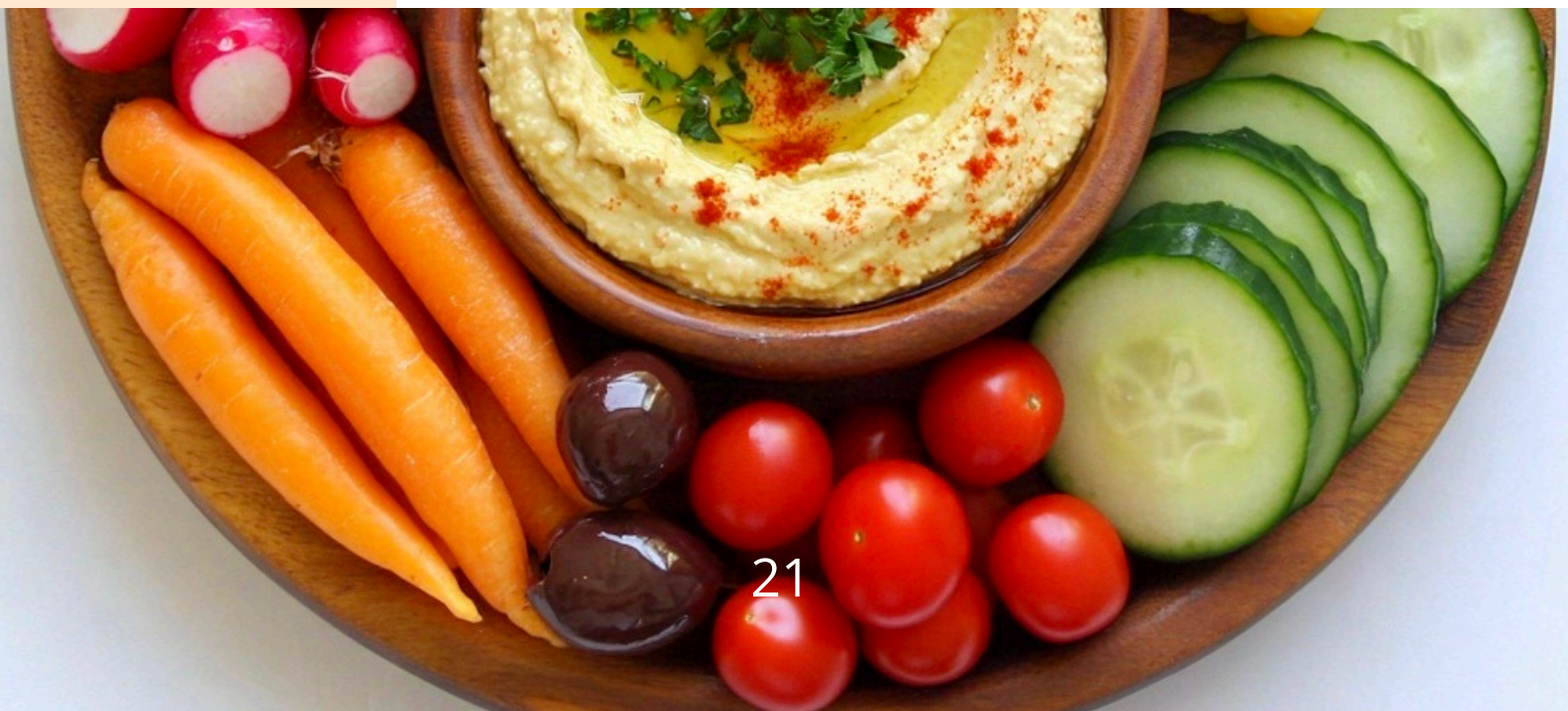
2 cups hummus (store-bought or homemade)  
1 cucumber, sliced  
2 carrots, peeled and sliced  
1 bell pepper (any color), sliced  
1 cup cherry tomatoes  
1/2 cup radishes, sliced  
1/4 cup Kalamata olives  
Optional: pita bread or whole grain crackers for serving

### Nutritional Information:

330 calories, 12g protein, 35g carbohydrates, 18g fat, 10g fiber, 0mg cholesterol, 420mg sodium, 670mg potassium.

## DIRECTIONS

1. Prepare the hummus if homemade, or use a ready-made version.
2. Wash and cut all vegetables into bite-sized pieces or slices. Arrange them on a large serving platter.
3. Place the hummus in a bowl in the center of the platter or distribute it in smaller dollops around it.
4. Add the olives to the platter and optionally serve with pita bread or crackers on the side.



# MOROCCAN SEMOLINA PANCAKES (BAGHRIR)

## DIRECTIONS

## INGREDIENTS

- 1 cup fine semolina
- 1/2 cup all-purpose flour
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1 teaspoon instant yeast
- 2 cups warm water
- Cooking oil spray for the pan



**TIME**

30m



**SERVES**

4



**DIFFICULTY**

*Easy*

1. Combine semolina, flour, sugar, salt, baking powder, yeast, and warm water in a blender. Blend until the mixture is smooth and consistent with thin pancake batter.
2. Let the batter rest for 10 minutes to allow the yeast to activate.
3. Heat a non-stick skillet over medium heat and lightly spray with cooking oil. Pour about 1/4 cup of batter into the skillet. Cook for 2-3 minutes until the top is bubbly and the edges dry. Baghrir is only cooked on one side.
4. Remove the pancake from the skillet and repeat with the remaining batter. Serve warm with honey, butter, or jam.

Nutritional Information: 230 calories, 7g protein, 48g carbohydrates, 1g fat, 3g fiber, 0mg cholesterol, 300mg sodium, 100mg potassium.



# TURKISH MENEMEN

## INGREDIENTS

- 2 tablespoons olive oil
- 1 large onion, finely chopped
- 1 green bell pepper, seeded and diced
- 1 red bell pepper, seeded and diced
- 2 cloves garlic, minced
- 1 teaspoon paprika
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt
- 4 large tomatoes, diced
- 6 large eggs
- Optional: crumbled feta cheese, fresh parsley for garnish

## DIRECTIONS

1. Heat the olive oil in a large skillet over medium heat. Add the onions, bell peppers, and sauté until softened, about 5 minutes. Add the garlic and cook for another minute.
2. Stir in the paprika, black pepper, salt, and diced tomatoes. Cook until the tomatoes are soft and the mixture has thickened, about 10 minutes.
3. Crack the eggs directly over the tomato mixture. Cover and cook until the eggs are set to your liking, for about 5 minutes, for softly set eggs.
4. If using, garnish with feta cheese and fresh parsley and serve directly from the skillet.



Nutritional Information: 220 calories, 13g protein, 12g carbohydrates, 14g fat, 3g fiber, 370mg cholesterol, 390mg sodium, 400mg potassium.



TIME  
30m



SERVES  
4



DIFFICULTY  
*Easy*

# SPANISH TORTILLA



TIME

40m



SERVES

4



DIFFICULTY

Medium

## INGREDIENTS

1/4 cup olive oil

1 pound potatoes, peeled  
and thinly sliced

1 large onion, thinly  
sliced

6 large eggs

Salt and pepper to taste

Optional: chopped fresh  
parsley or chives for  
garnish

## DIRECTIONS

1. Heat the olive oil in a large, non-stick frying pan over medium heat. Add the potato and onion slices, cooking until the potatoes are tender, about 10 minutes, stirring occasionally.
2. In a bowl, beat the eggs with salt and pepper. Pour the egg mixture over the cooked potatoes and onions in the pan, ensuring the eggs cover the potatoes evenly.
3. Cook over low heat until the eggs are set around the edges, about 10 minutes. Carefully flip the tortilla using a large plate, and then slide it back into the pan to cook the other side for about five more minutes.
4. Slide the tortilla onto a plate, garnish with parsley or chives if desired, and cut into wedges to serve.

**Nutritional Information:** 350 calories, 13g protein, 38g carbohydrates, 18g fat, 3g fiber, 285mg cholesterol, 330mg sodium, 950mg potassium.

# RICOTTA AND FIG TOAST

## INGREDIENTS

4 slices of whole-grain bread  
1 cup ricotta cheese  
4 fresh figs, sliced  
2 tablespoons honey  
1/4 teaspoon ground cinnamon  
Optional: chopped walnuts or almonds for topping




## DIRECTIONS

1. Toast the bread slices to your preferred level of crispiness.
2. Spread each slice of toast evenly with ricotta cheese.
3. Arrange the sliced figs on top of the ricotta.
4. Drizzle honey over the figs and sprinkle with ground cinnamon.
5. Top with chopped nuts for added crunch and flavor.

### Nutritional Information:

270 calories, 11g protein, 36g carbohydrates, 9g fat, 5g fiber, 31mg cholesterol, 180mg sodium, 240mg potassium.



 <b>TIME</b> 10m	 <b>SERVES</b> 4	 <b>DIFFICULTY</b> Easy
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# SMOKED SALMON AND CREAM CHEESE PITA

## INGREDIENTS




- 4 pita breads
  - 8 ounces cream cheese, softened
  - 8 ounces smoked salmon, thinly sliced
  - 1/4 cup red onion, thinly sliced
  - 1 tablespoon capers
  - Fresh dill for garnish
- Optional: lemon wedges for serving

## DIRECTIONS

1. Spread each pita bread generously with cream cheese.
2. Layer the smoked salmon over the cream cheese.
3. Sprinkle red onion slices and capers evenly over the salmon.
4. Garnish with fresh dill and serve with lemon wedges if desired.

Nutritional Information: 400 calories, 23g protein, 33g carbohydrates, 20g fat, 2g fiber, 55mg cholesterol, 760mg sodium, 200mg potassium.



 <b>TIME</b> 10m	 <b>SERVES</b> 4	 <b>DIFFICULTY</b> Easy
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## INGREDIENTS

- 1 cup cooked bulgur (cooled)
- 2 cups Greek yogurt (plain)
- 1/2 cup honey or to taste
- 1 teaspoon vanilla extract
- 2 cups mixed berries (such as strawberries, blueberries, and raspberries)
- 1/4 cup chopped nuts (almonds or walnuts)

# BULGUR AND BERRY PARFAIT

## DIRECTIONS

1. Mix the cooked bulgur with half of the honey and vanilla extract in a bowl.
2. In another bowl, stir the remaining honey into the Greek yogurt until well combined.
3. Assemble the parfaits by layering bulgur, Greek yogurt, and mixed berries in glasses or bowls. Repeat the layers until all ingredients are used up.
4. Garnish the top layer with chopped nuts and extra berries.

Nutritional Information: 360 calories, 14g protein, 58g carbohydrates, 8g fat, 6g fiber, 10mg cholesterol, 45mg sodium, 200mg potassium.



**TIME**

25m




**SERVES**

4



**DIFFICULTY**

*Easy*



CHAPTER 2

*LIGHT LUNCHEES*

*(SALADS, WRAPS, AND*

*LIGHT SOUPS)*

# TURKISH LENTIL BALLS (MERCIMEK KÖFTESİ)

## INGREDIENTS

- 1 cup red lentils
- 2 cups water
- 1/2 cup fine bulgur
- 2 tablespoons olive oil
- 1 small onion, finely chopped
- 1 tablespoon tomato paste
- 1 teaspoon ground cumin
- 1/2 teaspoon black pepper
- 1 teaspoon salt
- 1/4 teaspoon red pepper flakes (optional)
- 3 tablespoons finely chopped parsley
- 2 green onions, finely chopped
- Juice of 1/2 lemon
- Lettuce leaves for serving



**TIME**

45m



**SERVES**

4



**DIFFICULTY**

*Easy*

## DIRECTIONS

- 1.** Combine lentils and water in a pot. Bring to a boil, then reduce heat and simmer until lentils are soft and water is mostly absorbed (about 15 minutes). Remove from heat, stir in bulgur, cover, and let sit for 10 minutes.
- 2.** Meanwhile, heat olive oil in a pan over medium heat. Add onions and sauté until soft (about 5 minutes). Stir in tomato paste, cumin, black pepper, salt, and red pepper flakes, then cook for one more minute.
- 3.** Add the onion mixture to the lentil-bulgur mixture and mix well. Let it cool slightly, then add parsley, green onions, and lemon juice.
- 4.** Using your hands, shape the mixture into small oval-shaped balls. Serve on lettuce leaves.

Nutritional Information: 220 calories, 7g protein, 40g carbohydrates, 5g fat, 7g fiber, 0mg cholesterol, 320mg sodium, 410mg potassium.



# VEGETABLE MINISTRONE SOUP



## INGREDIENTS

- 2 tablespoons olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 medium carrot, diced
- 1 celery stalk, diced
- 1 small zucchini, diced
- 1 cup canned diced tomatoes (with juice)
- 4 cups vegetable broth
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 cup small pasta (such as ditalini)
- 1/2 cup canned kidney beans, drained and rinsed
- 1/2 cup canned cannellini beans, drained and rinsed
- 1 cup chopped spinach or kale
- 1 tablespoon lemon juice
- Grated Parmesan cheese (optional for serving)

## DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Add onion, garlic, carrot, celery, and sauté until softened (about 5 minutes).
2. Stir in zucchini, diced tomatoes, vegetable broth, salt, pepper, oregano, and basil. Bring to a boil, then reduce heat and let simmer for 15 minutes.
3. Add pasta and beans and cook until tender (about 10 minutes). Stir in spinach or kale and cook for another 2 minutes.
4. Remove from heat, stir in lemon juice, and adjust seasoning if needed. Serve hot, garnished with Parmesan cheese if desired.

Nutritional Information: 230 calories, 8g protein, 42g carbohydrates, 5g fat, 8g fiber, 0mg cholesterol, 580mg sodium, 620mg potassium.



**TIME**  
1h



**SERVES**  
4



**DIFFICULTY**  
Medium



# SPANISH CHILLED ALMOND SOUP (AJO BLANCO)



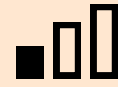
## TIME

15m



## SERVES

4



## DIFFICULTY

*Easy*

## INGREDIENTS

- 1 cup blanched almonds
- 2 cups cold water
- 2 slices white bread, crusts removed
- 2 cloves garlic, minced
- 3 tablespoons olive oil
- 2 tablespoons white wine vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup seedless green grapes, halved (for garnish)

## DIRECTIONS

1. Combine almonds, water, bread, garlic, olive oil, vinegar, salt, and black pepper in a blender. Blend until smooth.
2. Strain the soup through a fine sieve for a silkier texture, if desired.
3. Chill in the refrigerator for at least 1 hour before serving.
4. Garnish with green grapes and a drizzle of olive oil before serving.

Nutritional Information: 220 calories, 6g protein, 12g carbohydrates, 18g fat, 3g fiber, 0mg cholesterol, 190mg sodium, 250mg potassium.



# GREEK SPINACH AND FETA PIE (SPANAKOPITA)

## INGREDIENTS

- 10 ounces fresh spinach, chopped
  - 1 tablespoon olive oil
- 1 small onion, finely chopped
  - 2 cloves garlic, minced
    - 1/2 teaspoon salt
  - 1/4 teaspoon black pepper
  - 1/2 teaspoon dried oregano
    - 1/2 teaspoon dried dill
- 4 ounces feta cheese, crumbled
  - 1 large egg, beaten
  - 6 sheets of phyllo dough
- 3 tablespoons unsalted butter, melted



**SERVES**

4



**DIFFICULTY**

Medium



**TIME**

1h

## DIRECTIONS

01

Preheat the oven to 375°F. In a pan, heat olive oil over medium heat. Add the onion and garlic and sauté until soft (about 3 minutes). Add the spinach, salt, pepper, oregano, and dill, and cook until wilted. Remove from heat and cool slightly.

02

Stir in feta cheese and beaten egg, mixing well.

03

Brush a baking dish with melted butter. Layer 3 sheets of phyllo dough, brushing each with butter. Spread the spinach mixture evenly over the phyllo. Layer the remaining three sheets, brushing each with butter.

04

Bake for 30-35 minutes, until golden brown and crispy. Let cool for a few minutes before slicing and serving.

Nutritional Information: 280 calories, 9g protein, 22g carbohydrates, 18g fat, 2g fiber, 55mg cholesterol, 420mg sodium, 340mg potassium.

# ITALIAN TOMATO AND BREAD SOUP (PAPPA AL POMODORO)

## DIRECTIONS

## INGREDIENTS



**TIME**

45m



**SERVES**

4



**DIFFICULTY**

*Easy*

- 2 tablespoons olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 4 cups canned crushed tomatoes
- 2 cups vegetable broth
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried oregano
- 1/2 teaspoon red pepper flakes (optional)
- 4 ounces of stale bread torn into small pieces
- 1/4 cup fresh basil, chopped
- 1 tablespoon balsamic vinegar
- Extra olive oil for drizzling (optional)

- 1.** In a large pot, heat olive oil over medium heat. Add onion and garlic, sauté until soft (about 5 minutes).
- 2.** Stir in crushed tomatoes, vegetable broth, salt, black pepper, oregano, and red pepper flakes. Bring to a simmer and cook for 15 minutes.
- 3.** Add bread pieces and stir well, letting the bread absorb the liquid. Simmer for another 10 minutes, stirring occasionally, until thickened.
- 4.** Remove from heat and stir in basil and balsamic vinegar. Serve warm with a drizzle of olive oil if desired.

Nutritional Information: 220 calories, 6g protein, 36g carbohydrates, 7g fat, 5g fiber, 0mg cholesterol, 520mg sodium, 480mg potassium.



# MOROCCAN HARIRA SOUP

## INGREDIENTS

2 tablespoons olive oil	1 celery stalk, diced
1 small onion, finely chopped	1 cup canned crushed tomatoes
2 cloves garlic, minced	4 cups vegetable or chicken broth
1 teaspoon ground cumin	1/2 cup canned chickpeas, drained and rinsed
1/2 teaspoon ground cinnamon	1/2 cup cooked lentils
1/2 teaspoon ground ginger	1/4 cup vermicelli or small pasta
1/2 teaspoon ground turmeric	2 tablespoons chopped fresh cilantro
1/4 teaspoon black pepper	2 tablespoons chopped fresh parsley
1/2 teaspoon salt	Juice of 1/2 lemon
1 small carrot, diced	



**TIME**

55m



**DIFFICULTY**

Medium



**SERVES**

4

## DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Add onion and garlic and sauté for 3 minutes. Stir in cumin, cinnamon, ginger, turmeric, black pepper, and salt, and cook for another minute until fragrant.

2. Add carrot, celery, crushed tomatoes, and broth. Bring to a boil, then reduce heat and simmer for 20 minutes.

3. Stir in chickpeas, lentils, and vermicelli. Cook for another 10 minutes, until pasta is tender.

4. Remove from heat; stir in cilantro, parsley, and lemon juice. Serve warm.

Nutritional Information: 280 calories, 10g protein, 45g carbohydrates, 8g fat, 9g fiber, 0mg cholesterol, 520mg sodium, 620mg potassium.

# LEBANESE STUFFED GRAPE LEAVES (DOLMA)



## INGREDIENTS

- 30 grape leaves (jarred, rinsed and drained)
- 1/2 cup uncooked white rice
- 1/2 pound ground beef or lamb
- 1 small onion, finely chopped
- 1 small tomato, finely chopped
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon fresh mint, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon ground allspice
- 1/4 teaspoon cinnamon
- 2 tablespoons olive oil
- 1 cup beef or vegetable broth
- Juice of 1 lemon

## DIRECTIONS

1. Mix rice, ground meat, onion, tomato, parsley, mint, salt, pepper, allspice, cinnamon, and olive oil in a bowl.
2. Lay a grape leaf flat, vein-side up, and place a teaspoon of filling near the stem end. Fold in the sides and roll tightly. Repeat with remaining leaves.
3. Arrange stuffed leaves seam-side down in a pot, layering as needed. Pour broth and lemon juice over the rolls.
4. Place a heatproof plate on top to keep them in place. Cover and simmer over low heat for 45 minutes, until rice and meat are cooked.
5. Serve warm or at room temperature with yogurt or lemon wedges.

Nutritional Information: 250 calories, 12g protein, 28g carbohydrates, 10g fat, 4g fiber, 25mg cholesterol, 420mg sodium, 380mg potassium.



**TIME**  
1h20m



**SERVES**  
4



**DIFFICULTY**  
Medium



**TIME**  
50m



**SERVES**  
4



**DIFFICULTY**  
Medium

## SICILIAN EGGPLANT CAPONATA

### DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Add eggplant, onion, garlic, and bell pepper. Cook until vegetables are softened, about 10 minutes.
2. Stir in capers, olives, tomato sauce, vinegar, and sugar—season with salt and pepper. Simmer the mixture for about 20 minutes, stirring occasionally, until thickened.
3. Remove from heat and stir in fresh basil. Let the caponata cool to room temperature before serving. It can also be refrigerated and served chilled.

Nutritional Information: 190 calories, 3g protein, 27g carbohydrates, 8g fat, 6g fiber, 0mg cholesterol, 650mg sodium, 370mg potassium.

### INGREDIENTS

- 2 tablespoons olive oil
- 1 large eggplant, diced
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 2 tablespoons capers, rinsed
- 1/2 cup green olives, pitted and chopped
- 1/2 cup tomato sauce
- 3 tablespoons red wine vinegar
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup fresh basil, chopped

# MINTY PEA SOUP

## INGREDIENTS

2 tablespoons unsalted butter  
1 medium onion, chopped  
2 cups frozen peas  
3 cups vegetable broth  
1/4 cup fresh mint leaves, chopped  
Salt and pepper to taste  
Sour cream or yogurt for garnish (optional)

## DIRECTIONS

1. In a large saucepan, melt butter over medium heat. Add the chopped onion and sauté until translucent, about 5 minutes.
2. Add the frozen peas and vegetable broth. Bring to a boil, then reduce heat and simmer for 15 minutes.
3. Remove from heat. Stir in chopped mint, and blend the soup until smooth using an immersion blender—season with salt and pepper to taste.
4. Serve hot, garnished with a dollop of sour cream or yogurt if desired.

**Nutritional Information:** 150 calories, 5g protein, 16g carbohydrates, 7g fat, 5g fiber, 15mg cholesterol, 890mg sodium, 240mg potassium.



**TIME**  
1h

**SERVES**  
4

**DIFFICULTY**  
Easy

# MEDITERRANEAN QUINOA SALAD

## INGREDIENTS

1 cup quinoa, rinsed  
2 cups water  
1/2 teaspoon salt  
1 cup cherry tomatoes, halved  
1 cucumber, diced  
1/2 red onion, finely chopped  
1/4 cup kalamata olives,  
pitted and halved  
1/4 cup feta cheese, crumbled  
1/4 cup fresh parsley, chopped  
2 tablespoons olive oil  
Juice of 1 lemon  
1 clove garlic, minced  
1/2 teaspoon black pepper

## DIRECTIONS

1. In a medium saucepan, combine quinoa, water, and salt. Bring to a boil, reduce heat to low, cover, and simmer until the quinoa is tender and the water is absorbed, about 15 minutes. Fluff with a fork and let cool.
2. In a large bowl, combine cooled quinoa, cherry tomatoes, cucumber, red onion, kalamata olives, and feta cheese.
3. In a small bowl, whisk together olive oil, lemon juice, minced garlic, and black pepper. Pour over the quinoa mixture and toss to combine.
4. Stir in chopped parsley just before serving. Serve chilled or at room temperature.

**Nutritional Information:**  
290 calories, 8g protein, 38g carbohydrates, 13g fat, 5g fiber, 10mg cholesterol, 420mg sodium, 480mg potassium.



**TIME**  
30m

**SERVES**  
4

**DIFFICULTY**  
Easy



## INGREDIENTS

2 cans (15 ounces each)  
chickpeas, drained and rinsed  
1 cucumber, diced  
1 red bell pepper, diced  
1/2 red onion, finely chopped  
1/4 cup fresh parsley, chopped  
1/4 cup olive oil  
2 tablespoons lemon juice  
1 clove garlic, minced  
1 teaspoon ground cumin  
Salt and pepper to taste  
Feta cheese, crumbled (optional)

# CHICKPEA SALAD

## DIRECTIONS

1. In a large bowl, combine chickpeas, cucumber, bell pepper, onion, and parsley.
2. In a small bowl, whisk together olive oil, lemon juice, minced garlic, cumin, salt, and pepper.
3. Pour the dressing over the chickpea mixture and toss to coat evenly.
4. Refrigerate for at least 30 minutes to allow flavors to meld. Serve chilled, garnished with crumbled feta cheese if desired.

**Nutritional Information:** 340 calories, 11g protein, 42g carbohydrates, 16g fat, 12g fiber, 0mg cholesterol, 300mg sodium, 480mg potassium.



**TIME**

15m



**SERVES**

4



**DIFFICULTY**

*Easy*

# CAPRESE SALAD



**TIME**

10m



**SERVES**

4



**DIFFICULTY**

*Easy*

## INGREDIENTS

4 large ripe tomatoes, sliced  
8 ounces fresh mozzarella cheese,  
sliced  
1/4 cup fresh basil leaves  
2 tablespoons extra-virgin olive oil  
1 tablespoon balsamic vinegar  
Salt and pepper to taste



## DIRECTIONS

1. Arrange the tomato and mozzarella slices alternately on a platter, overlapping slightly.
2. Tuck whole basil leaves between the slices.
3. Drizzle the olive oil and balsamic vinegar over the top.
4. Season with salt and pepper to taste. Serve immediately.

Nutritional Information: 250 calories, 14g protein, 6g carbohydrates, 19g fat, 2g fiber, 45mg cholesterol, 280mg sodium, 300mg potassium.

# TABBOULEH

## INGREDIENTS

- 1/2 cup bulgur wheat
- 1 cup boiling water
- 3 medium tomatoes, finely diced
- 1 cucumber, finely diced
- 4 green onions, thinly sliced
- 1 cup fresh parsley, finely chopped
- 1/2 cup fresh mint, finely chopped
- 1/4 cup lemon juice
- 1/4 cup olive oil
- 1 teaspoon salt
- 1/2 teaspoon black pepper

## DIRECTIONS

1. Place bulgur in a large bowl and cover with 1 cup boiling water. Let stand until water is absorbed and bulgur is soft, about 30 minutes. Drain any excess water.
2. Add tomatoes, cucumber, green onions, parsley, and mint to the bulgur. Toss to combine.
3. In a small bowl, whisk together lemon juice, olive oil, salt, and pepper. Pour over the bulgur and vegetable mixture and toss well to coat.
4. Refrigerate for at least 1 hour to allow flavors to meld. Serve chilled.

Nutritional Information: 220 calories, 4g protein, 20g carbohydrates, 14g fat, 5g fiber, 0mg cholesterol, 590mg sodium, 340mg potassium.



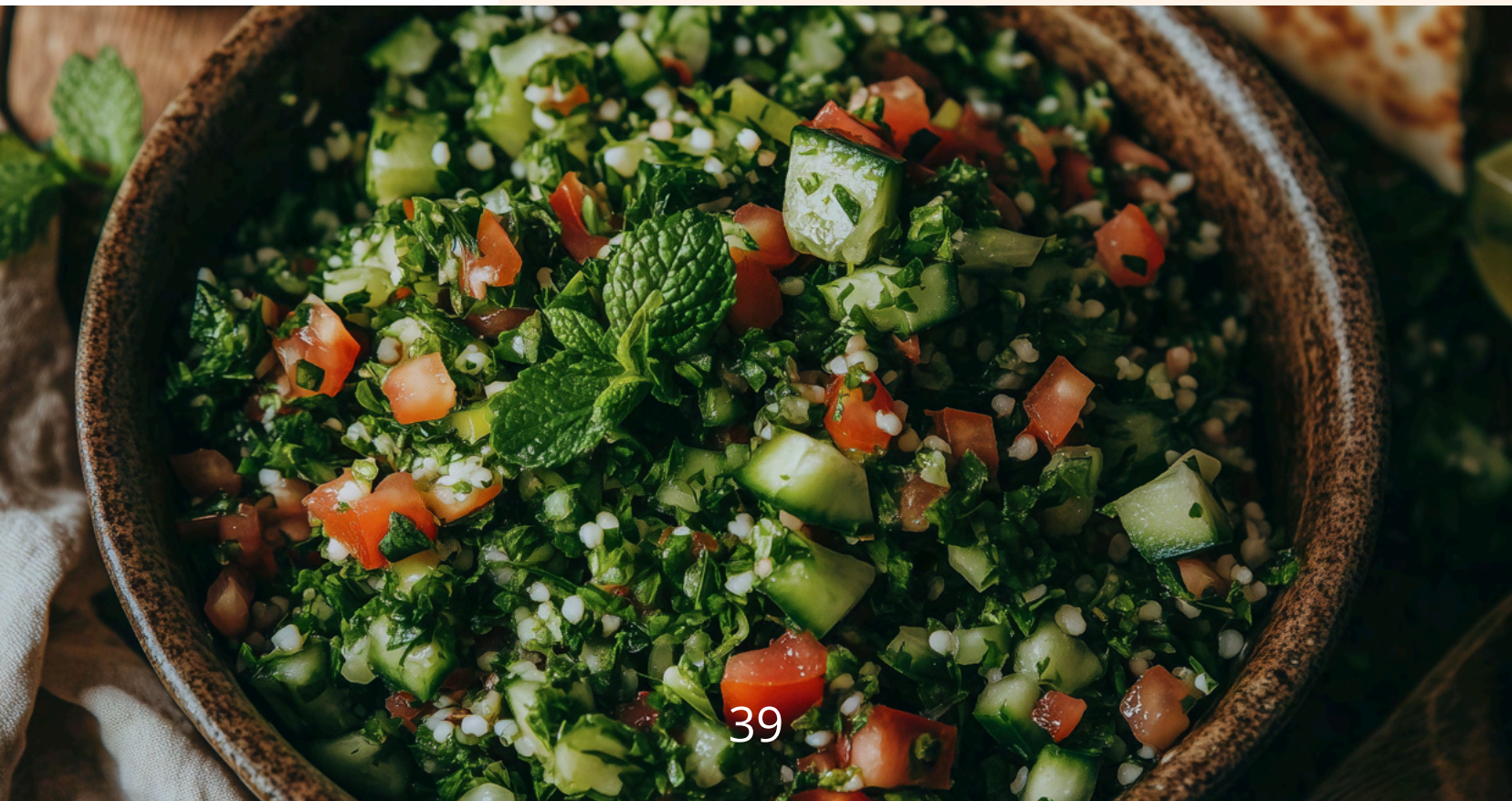
**TIME**  
15m



**SERVES**  
4



**DIFFICULTY**  
*Easy*



# CUCUMBER YOGURT SALAD

## INGREDIENTS

- 2 large cucumbers, peeled and diced
- 2 cups plain Greek yogurt
- 2 cloves garlic, minced
- 2 tablespoons fresh dill, chopped
- 1 tablespoon lemon juice
- Salt and pepper to taste



**TIME**

10M



**SERVES**

4



**DIFFICULTY**

*Easy*

## DIRECTIONS

1. In a medium bowl, combine the diced cucumbers, Greek yogurt, minced garlic, chopped dill, and lemon juice.
2. Mix thoroughly to blend all the ingredients.
3. Season with salt and pepper according to taste.
4. Chill in the refrigerator for about 30 minutes before serving to enhance the flavors.

Nutritional Information: 90 calories, 9g protein, 10g carbohydrates, 2g fat, 1g fiber, 10mg cholesterol, 60mg sodium, 350mg potassium.



40

# ROASTED PEPPER AND HUMMUS WRAP

## INGREDIENTS

- 4 whole wheat wraps
- 1 cup hummus
- 2 roasted red peppers, sliced
- 1 cucumber, thinly sliced
- 1 small red onion, thinly sliced
- 1 cup spinach leaves
- 1/4 cup feta cheese, crumbled
- Salt and pepper to taste

## DIRECTIONS

1. Lay out the wraps on a clean surface. Spread each wrap evenly with hummus.
2. Distribute roasted red peppers, cucumber slices, red onion, and spinach leaves evenly among the wraps.
3. Sprinkle crumbled feta cheese over the vegetables. Season with salt and pepper.
4. Roll up the wraps tightly, cut in half, and serve immediately or wrap for a to-go lunch.

**Nutritional Information:** 320 calories, 12g protein, 40g carbohydrates, 12g fat, 6g fiber, 15mg cholesterol, 640mg sodium, 370mg potassium.



# TOMATO AND CUCUMBER FETA SALAD

## INGREDIENTS

- 3 large ripe tomatoes, chopped
- 1 large cucumber, peeled and diced
- 1/2 red onion, thinly sliced
- 1 cup crumbled feta cheese
- 1/4 cup olive oil
- 2 tablespoons red wine vinegar
- Salt and pepper to taste
- Optional: fresh herbs (such as basil or parsley), chopped

## DIRECTIONS

1. In a large bowl, combine the chopped tomatoes, diced cucumber, and thinly sliced red onion.
2. Add the crumbled feta cheese to the bowl.
3. Drizzle olive oil and red wine vinegar over the salad. Toss gently to coat all ingredients evenly. Season with salt and pepper to taste.
4. If desired, sprinkle chopped fresh herbs over the salad before serving.

**Nutritional Information:** 220 calories, 7g protein, 10g carbohydrates, 18g fat, 2g fiber, 25mg cholesterol, 420mg sodium, 350mg potassium.





CHAPTER 3  
*SATISFYING DINNERS  
(SEAFOOD, POULTRY,  
AND PROTEIN  
COURSES)*



# SPANISH CHORIZO AND POTATO STEW

## DIRECTIONS

## INGREDIENTS



**TIME**

50m



**SERVES**

4



**DIFFICULTY**

*Easy*

- 1 tablespoon olive oil
- 8 ounces chorizo, sliced
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 pound potatoes, peeled and diced
- 1 teaspoon smoked paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon red pepper flakes (optional)
- 4 cups chicken broth
- 1 bell pepper, diced
- 2 tomatoes, diced
- 2 tablespoons chopped fresh parsley

1. Heat olive oil in a large pot over medium heat. Add chorizo and cook until browned, about 5 minutes. Remove chorizo and set aside.
2. In the same pot, add onion and garlic, cooking until softened, about 5 minutes.
3. Add potatoes, smoked paprika, salt, black pepper, and red pepper flakes, stirring to combine. Cook for 2 minutes.
4. Pour in chicken broth, bring to a boil, then reduce heat and simmer for 20 minutes, or until potatoes are tender.
5. Add the chorizo back to the pot along with bell pepper and tomatoes. Cook for another 10 minutes. Stir in fresh parsley just before serving.

Nutritional Information: 370 calories, 15g protein, 38g carbohydrates, 18g fat, 4g fiber, 40mg cholesterol, 910mg sodium, 950mg potassium.



# GREEK LAMB KLEFTIKO



**TIME**

4h20m



**SERVES**

4



**DIFFICULTY**

Medium



**Nutritional Information:**  
620 calories, 48g protein,  
35g carbohydrates, 30g fat,  
5g fiber, 145mg cholesterol,  
650mg sodium, 950mg  
potassium.

## INGREDIENTS

- 2 pounds lamb shoulder, cut into large chunks
- 4 cloves garlic, sliced
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 teaspoons dried oregano
- Juice of 1 lemon
- 2 tablespoons olive oil
- 1 pound potatoes, peeled and quartered
- 1 large onion, quartered
- 1 cup chicken or vegetable broth
- 1/2 cup dry white wine
- 2 bay leaves

## DIRECTIONS

1. Preheat the oven to 300°F (150°C). Place the lamb in a large baking dish.
2. In a small bowl, mix together garlic, salt, pepper, oregano, lemon juice, and olive oil. Rub this mixture all over the lamb.
3. Add potatoes and onion around the lamb. Pour broth and wine over the meat and vegetables. Tuck bay leaves into the dish.
4. Cover tightly with foil and bake for about 4 hours, or until the lamb is very tender and falling apart.
5. Serve hot, with juices spooned over the lamb and vegetables.



# TURKISH KOFTE



**TIME**  
30m



**SERVES**  
4



**DIFFICULTY**  
*Easy*

## INGREDIENTS

- 1 pound ground beef
- 1 medium onion, grated
- 2 cloves garlic, minced
- 1/4 cup fresh parsley, finely chopped
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon cumin
- 1/4 teaspoon ground allspice
- 1 egg
- 2 tablespoons bread crumbs

### Nutritional Information:

310 calories, 26g protein, 9g carbohydrates, 19g fat, 1g fiber, 105mg cholesterol, 630mg sodium, 340mg potassium.

## DIRECTIONS

1. In a large bowl, combine all ingredients thoroughly. Let the mixture rest for 10 minutes to allow flavors to meld.
2. Shape the meat into elongated patties about 3 inches long and 1 inch thick.
3. Heat a grill or skillet over medium-high heat and cook the koftes for about 4-5 minutes on each side or until they reach desired doneness.
4. Serve hot, garnished with extra chopped parsley and a side of yogurt or salad, if desired.





**TIME**  
2h20m



**SERVES**  
4



**DIFFICULTY**  
Medium

# MOROCCAN BEEF TAGINE WITH PRUNES

## DIRECTIONS

1. Heat olive oil in a tagine or heavy-bottomed pot over medium heat. Add the beef cubes and brown on all sides. Remove and set aside.
2. In the same pot, add onions and garlic, sautéing until onions are translucent. Stir in cinnamon, ginger, turmeric, black pepper, and saffron, cooking until fragrant.
3. Return the beef to the pot. Add beef broth and bring to a boil. Reduce heat to low, cover, and simmer for 1.5 hours or until the beef is tender.
4. Stir in prunes and honey, and continue to simmer for another 20 minutes. Adjust seasoning with salt.
5. Serve hot, garnished with toasted almonds and chopped cilantro.

Nutritional Information: 510 calories, 35g protein, 28g carbohydrates, 28g fat, 3g fiber, 95mg cholesterol, 400mg sodium, 770mg potassium.

## INGREDIENTS

- 1.5 pounds beef chuck, cut into 1-inch cubes
- 2 tablespoons olive oil
- 1 large onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon black pepper
- 1/4 teaspoon saffron threads
- 1 cup beef broth
- 1/2 cup prunes
- 1/4 cup toasted almonds
- 2 tablespoons honey
- Salt to taste
- Fresh cilantro, chopped, for garnish

# ITALIAN SALTIMBOCCA

## INGREDIENTS

- 4 veal cutlets (about 1 pound)
- 4 thin slices prosciutto
- 8 sage leaves
- 2 tablespoons all-purpose flour
- 4 tablespoons unsalted butter
- 1/2 cup dry white wine
- Salt and pepper to taste
- Toothpicks



**TIME**

25m



**SERVES**

4



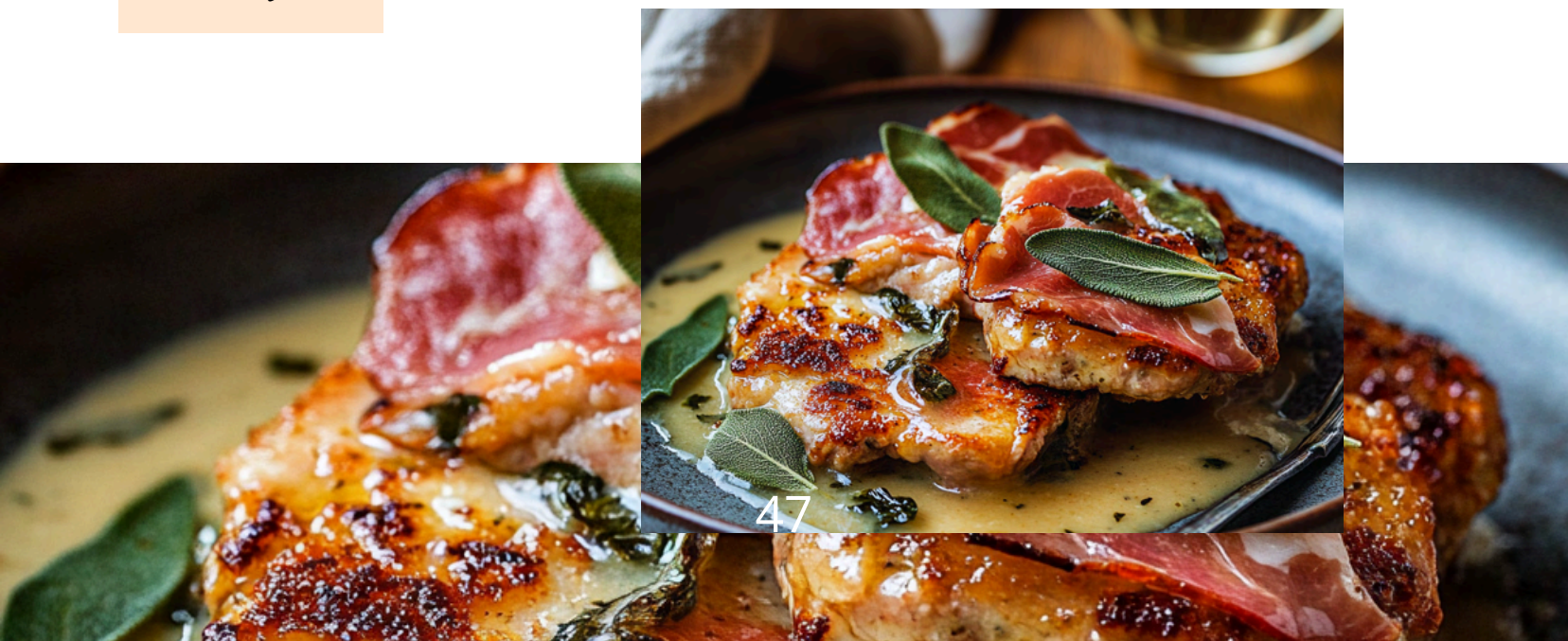
**DIFFICULTY**

*Easy*

## DIRECTIONS

1. Place each veal cutlet between two sheets of plastic wrap and gently pound with a meat mallet until about 1/4 inch thick. Season each cutlet with a little salt and pepper.
2. Top each cutlet with a slice of prosciutto and two sage leaves. Secure with toothpicks. Lightly dust each cutlet with flour.
3. In a large skillet, melt 2 tablespoons of butter over medium-high heat. Add the cutlets, sage side down, and cook for about 3 minutes. Flip and cook for an additional 3 minutes until golden.
4. Remove the cutlets and set aside. Add white wine to the skillet, scraping up any browned bits. Let reduce for a minute, then whisk in the remaining butter until the sauce has thickened slightly.
5. Remove from heat, remove toothpicks from the cutlets, and spoon the sauce over them. Serve immediately.

**Nutritional Information:** 310 calories, 24g protein, 2g carbohydrates, 21g fat, 0g fiber, 105mg cholesterol, 500mg sodium, 290mg potassium.





**TIME**  
1h



**SERVES**  
4



**DIFFICULTY**  
Medium

# EGGPLANT AND CHICKPEA BAKE

## DIRECTIONS

1. Preheat the oven to 400°F. Toss cubed eggplant with 2 tablespoons olive oil and spread on a baking sheet. Roast for 25 minutes, or until tender and golden.
2. In a large skillet, heat the remaining olive oil over medium heat. Sauté onion and garlic until translucent, about 5 minutes. Add cumin, smoked paprika, salt, and pepper, cooking for another minute.
3. Stir in chickpeas, roasted eggplant, diced tomatoes, and vegetable broth. Simmer for 10 minutes.
4. Transfer the mixture to a baking dish, sprinkle with feta cheese, and bake for 20 minutes until the top is golden and bubbly. Garnish with fresh parsley before serving.

## INGREDIENTS

- 2 medium eggplants, cubed
  - 3 tablespoons olive oil
- 1 can (15 ounces) chickpeas, drained and rinsed
  - 1 large onion, diced
  - 3 cloves garlic, minced
  - 1 teaspoon ground cumin
  - 1 teaspoon smoked paprika
    - 1/2 teaspoon salt
    - 1/4 teaspoon black pepper
- 1 can (14.5 ounces) diced tomatoes
  - 1/2 cup vegetable broth
  - 1/2 cup chopped fresh parsley
  - 1/2 cup crumbled feta cheese

Nutritional Information: 320 calories, 9g protein, 35g carbohydrates, 16g fat, 12g fiber, 15mg cholesterol, 680mg sodium, 700mg potassium.

# SEAFOOD FIDEUÀ

## INGREDIENTS

- 1/2 pound thin noodles (fideuà noodles or angel hair pasta broken into 2-inch pieces)
  - 2 tablespoons olive oil
- 1 small onion, finely chopped
  - 2 cloves garlic, minced
- 1 red bell pepper, chopped
  - 1 tomato, grated
  - 4 cups fish stock
  - 1 pinch saffron threads
- 1/2 teaspoon smoked paprika
- 1/2 pound shrimp, peeled and deveined
- 1/2 pound squid, cleaned and cut into rings
  - 1/2 pound small clams, cleaned
  - 1/4 cup fresh parsley, chopped
  - Lemon wedges for serving



**SERVES**

4



**DIFFICULTY**

Medium



**TIME**

50m

## DIRECTIONS

01

In a large paella pan or wide skillet, heat olive oil over medium heat. Add the noodles and toast until golden brown, stirring frequently, about 5 minutes. Remove noodles and set aside.

02

In the same pan, add more oil if needed, and sauté onion, garlic, and red bell pepper until the onion is translucent, about 5 minutes. Stir in grated tomato, saffron, and smoked paprika.

03

Return the noodles to the pan, pour in the fish stock, and bring to a simmer. Cook for 10 minutes.

04

Add the shrimp, squid, and clams, tucking them into the noodles. Cook until the seafood is cooked through and clams have opened, about 10 minutes.

05

Garnish with parsley and serve with lemon wedges on the side.

Nutritional Information: 450 calories, 35g protein, 46g carbohydrates, 14g fat, 2g fiber, 175mg cholesterol, 780mg sodium, 370mg potassium.

# GREEK LEMON CHICKEN



**TIME**  
50m



**SERVES**  
4



**DIFFICULTY**  
Medium

## INGREDIENTS

- 4 bone-in, skin-on chicken thighs
  - 1/4 cup olive oil
  - Juice of 2 lemons
  - 4 cloves garlic, minced
- 1 tablespoon dried oregano
  - 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 lemon, sliced for garnish
- Fresh parsley, chopped for garnish

## DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. In a large bowl, combine olive oil, lemon juice, garlic, oregano, salt, and pepper. Add chicken thighs and coat thoroughly with the marinade.
3. Arrange chicken thighs in a baking dish and pour any remaining marinade over the top. Place lemon slices around the chicken.
4. Bake in the preheated oven for 35-40 minutes, or until the chicken is golden brown and reaches an internal temperature of 165°F (75°C).
5. Garnish with chopped parsley before serving.

Nutritional Information: 410 calories, 35g protein, 4g carbohydrates, 29g fat, 1g fiber, 145mg cholesterol, 640mg sodium, 350mg potassium.

# PAELLA VALENCIANA

## INGREDIENTS

- 2 tablespoons olive oil
- 1/2 pound chicken thighs, cut into pieces
- 1/2 pound rabbit, cut into pieces (optional, can substitute with additional chicken)
- 4 cups chicken broth
- 1 cup paella rice (short grain)
- 1/2 cup green beans, trimmed
- 1/2 cup butter beans
- 1/2 cup artichoke hearts, quartered
- 1 tomato, finely chopped
- 1 teaspoon smoked paprika
- 1 pinch saffron threads
- Salt and pepper to taste
- Fresh rosemary sprigs for garnish



**TIME**

55m



**DIFFICULTY**

Medium



**SERVES**

4

## DIRECTIONS

1. Heat olive oil in a paella pan or large skillet over medium-high heat. Add chicken and rabbit pieces, browning on all sides.
2. Reduce heat to medium, add green beans, butter beans, and artichoke hearts. Cook for 5 minutes, stirring occasionally.
3. Add chopped tomato and cook for another 2 minutes. Stir in paprika, saffron, and season with salt and pepper.
4. Pour in chicken broth and bring to a boil. Sprinkle in the rice, distribute evenly, and cook without stirring for about 20-25 minutes, or until the rice absorbs the broth and achieves a tender but firm texture.
5. Remove from heat, cover with a clean kitchen towel, and let rest for 5-10 minutes before serving. Garnish with fresh rosemary sprigs.

Nutritional Information: 520 calories, 35g protein, 45g carbohydrates, 22g fat, 5g fiber, 115mg cholesterol, 800mg sodium, 450mg potassium.

# GRILLED SEA BASS WITH OLIVE TAPENADE

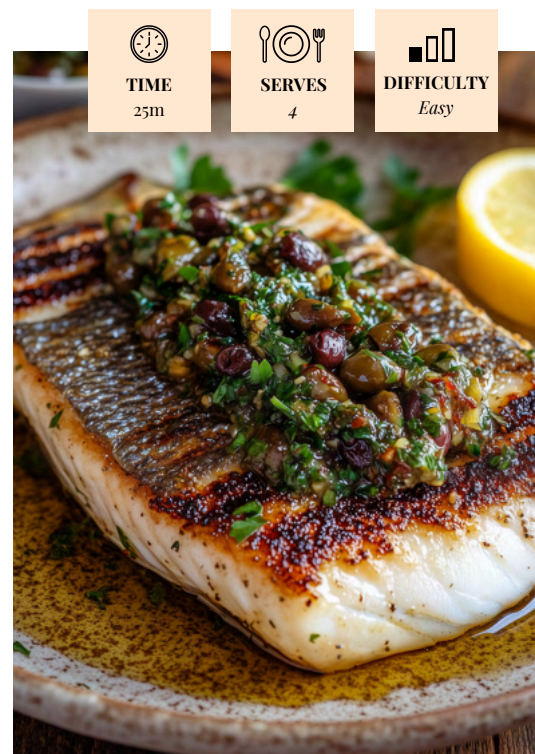
## INGREDIENTS

- 4 sea bass fillets (about 6 ounces each)
- 2 tablespoons olive oil
- Salt and pepper to taste
- 1 cup pitted Kalamata olives
- 1 clove garlic, minced
- 2 tablespoons capers, rinsed
- 1 tablespoon lemon juice
- 2 tablespoons chopped fresh parsley
- 1 teaspoon anchovy paste (optional)

## DIRECTIONS

1. Preheat the grill to medium-high heat. Brush sea bass fillets with olive oil and season with salt and pepper.
2. Grill the fillets for 4-5 minutes on each side or until the fish flakes easily with a fork.
3. While the fish grills make the tapenade by combining olives, garlic, capers, lemon juice, parsley, and anchovy paste in a food processor. Pulse until the mixture is finely chopped but still has some texture.
4. Serve the grilled sea bass topped with a spoonful of olive tapenade.

**Nutritional Information:** 310 calories, 23g protein, 3g carbohydrates, 23g fat, 1g fiber, 75mg cholesterol, 680mg sodium, 350mg potassium.



 <b>TIME</b> 25m	 <b>SERVES</b> 4	 <b>DIFFICULTY</b> Easy
---	---	--

# ITALIAN CIOPPINO

## INGREDIENTS




- 2 tablespoons olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 bell pepper, chopped
- 1/2 teaspoon red pepper flakes
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 bay leaf
- 1 can (28 ounces) crushed tomatoes
- 1 cup white wine
- 2 cups fish stock
- 1/2 pound shrimp, peeled and deveined
- 1/2 pound scallops
- 1/2 pound mussels, cleaned and debearded
- 1/2 pound crab legs, cracked (optional)
- 1/2 pound firm white fish (like cod), cut into chunks
- Salt and pepper to taste
- Fresh parsley, chopped for garnish

## DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Add onion, garlic, bell pepper, red pepper flakes, oregano, basil, and bay leaf. Sauté until vegetables are soft, about 5 minutes.
2. Stir in crushed tomatoes, white wine, and fish stock. Bring to a simmer and cook for 20 minutes.
3. Add all seafood to the pot. Simmer until all seafood is cooked through, and the mussels have opened for about 10 minutes (discard any mussels that don't open).
4. Season with salt and pepper to taste. Serve hot, garnished with fresh parsley.

**Nutritional Information:** 450 calories, 40g protein, 22g carbohydrates, 15g fat, 2g fiber, 155mg cholesterol, 820mg sodium, 860mg potassium.



 <b>TIME</b> 10m	 <b>SERVES</b> 4	 <b>DIFFICULTY</b> Medium
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# SEAFOOD RISOTTO

## INGREDIENTS

- 1 tablespoon olive oil
- 1 small onion, finely chopped
  - 2 cloves garlic, minced
  - 1 cup Arborio rice
  - 1/2 cup dry white wine
- 4 cups seafood stock, warmed
- 1/2 pound shrimp, peeled and deveined
  - 1/2 pound scallops
- 1/2 cup grated Parmesan cheese
  - 1 tablespoon unsalted butter
  - Salt and pepper to taste
- 1 tablespoon chopped fresh parsley
  - Lemon wedges for serving



SERVES

4



DIFFICULTY

Medium



TIME

45m

## DIRECTIONS

01

Heat olive oil over medium heat in a large saucepan. Add onion and garlic and sauté until onion is translucent, about 5 minutes.

02

Add Arborio rice and stir to coat with oil. Toast the rice until the edges become slightly translucent, about 2 minutes. Pour in white wine and cook until the wine is nearly absorbed.

03

Add warm seafood stock, stirring frequently, one cup at a time. Wait until each addition is almost fully absorbed before adding the next.

04

Halfway through, add the shrimp and scallops, continuing to add stock and stir until the seafood is cooked and the rice is al dente, about 18–20 minutes total.

05

Stir in Parmesan cheese and butter until melted and creamy—season with salt and pepper. Serve garnished with chopped parsley and lemon wedges on the side.

**Nutritional Information:** 460 calories, 31g protein, 45g carbohydrates, 15g fat, 1g fiber, 120mg cholesterol, 820mg sodium, 300mg potassium.



**TIME**  
45m



**SERVES**  
4



**DIFFICULTY**  
*Medium*

## STUFFED GREEK CHICKEN

### DIRECTIONS

1. Preheat the oven to 375°F (190°C). Cut a pocket into the side of each chicken breast.
2. Combine feta cheese, chopped spinach, sun-dried tomatoes, garlic, and oregano in a bowl. Season the mixture with salt and pepper.
3. Stuff each chicken breast with the feta mixture and secure it with toothpicks.
4. Heat olive oil in a skillet over medium heat. Sear the chicken on each side until golden, about 3 minutes per side.
5. Transfer the chicken to a baking dish and bake in the oven for 20 minutes or until the chicken is cooked through. Serve garnished with lemon slices.

Nutritional Information: 290 calories, 38g protein, 5g carbohydrates, 14g fat, 1g fiber, 105mg cholesterol, 410mg sodium, 390mg potassium.

### INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1 cup crumbled feta cheese
- 1/2 cup chopped spinach
- 1/4 cup sun-dried tomatoes, chopped
- 2 cloves garlic, minced
- 1 tablespoon fresh oregano, chopped
- 1 tablespoon olive oil
- Salt and pepper to taste
- Lemon slices for garnish



## CHAPTER 4

### *SNACKS & SIDES*

- HEALTHY SNACKS LIKE HOMEMADE HUMMUS AND VEGGIE DIPS.
  - QUICK AND EASY SIDE DISHES THAT COMPLEMENT ANY MEAL.
- 



# MEDITERRANEAN HUMMUS FOR BEGINNERS

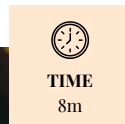
## INGREDIENTS

- 1 (15-ounce) can of chickpeas, drained and rinsed
- 3 tablespoons tahini
- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 2-3 tablespoons water (optional, to adjust consistency)

## DIRECTIONS

1. Add chickpeas, tahini, lemon juice, olive oil, garlic, cumin, and salt to a food processor.
2. Blend until smooth, pausing to scrape down the sides as needed.
3. If the hummus is too thick, gradually add water, one tablespoon at a time, until the desired consistency is reached.
4. Taste and adjust seasoning as needed, then serve with pita bread, veggies, or crackers.

Nutritional Information: 165 calories, 6g protein, 14g carbohydrates, 8g fat, 3g fiber, 0mg cholesterol, 250mg sodium, 130mg potassium.



# BABA GHANOUSH – SMOKY EGGPLANT DIP

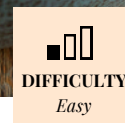
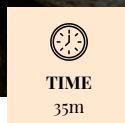
## INGREDIENTS

- 2 medium eggplants (about 1.5 lbs total)
- 2 tbsp tahini
- 2 cloves garlic, minced
- 3 tbsp fresh lemon juice (about one lemon)
- 2 tbsp olive oil
- 1/2 tsp salt (or to taste)
- 1/4 tsp ground cumin (optional)
- 1 tbsp chopped parsley (optional, for garnish)
- 1/4 tsp smoked paprika (optional, for garnish)

## DIRECTIONS

1. Preheat your oven to 425°F. Pierce the eggplants several times with a fork and place them on a baking sheet—Roast for 25 minutes or until the skin is charred and the flesh is soft.
2. Once roasted, let the eggplants cool slightly. Cut them open, scoop out the flesh, and discard the skin.
3. In a food processor or mixing bowl, combine the eggplant flesh, tahini, garlic, lemon juice, olive oil, salt, and cumin (if using). Blend or mash until smooth.
4. Taste and adjust seasoning if needed. Transfer to a serving bowl, garnish with parsley and smoked paprika, and drizzle with additional olive oil if desired.

Nutritional Information: 140 calories, 2g protein, 11g carbohydrates, 10g fat, 5g fiber, 0mg cholesterol, 300mg sodium, 380mg potassium.



# FALAFEL

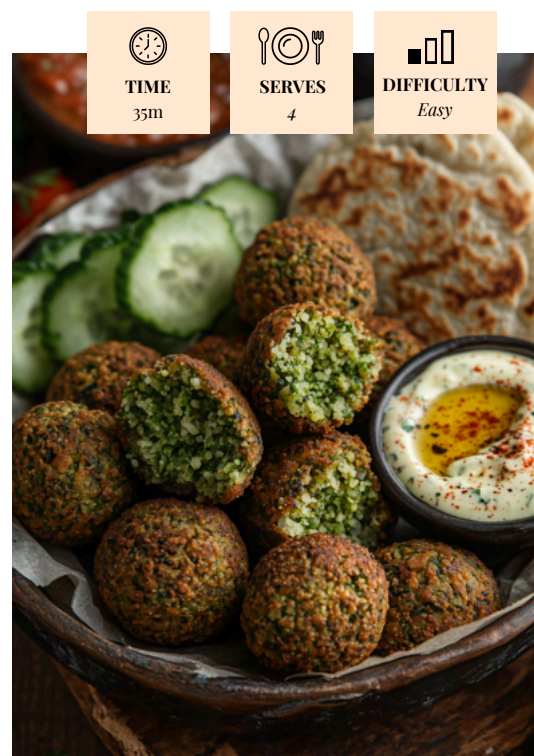
## INGREDIENTS

- 1 cup dried chickpeas (do not use canned, as they will be too soft)
- 1/4 cup chopped onion
- 2 cloves garlic, minced
- 1/4 cup chopped fresh parsley
- 2 tbsp chopped fresh cilantro
- 1 tsp salt
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper
- 1 tsp lemon juice
- 1/2 tsp baking soda
- 4 cups vegetable oil for frying

## DIRECTIONS

1. Soak the chickpeas overnight in plenty of water to cover them. The next day, drain and rinse them thoroughly.
2. In a food processor, combine the drained chickpeas, onion, garlic, parsley, cilantro, salt, cumin, coriander, black pepper, cayenne pepper, and lemon juice. Process until the mixture is finely ground.
3. Transfer to a bowl, stir in baking soda, and let the mixture rest for 15 minutes. Form the mixture into small balls or patties about the size of a golf ball.
4. Heat oil in a deep fryer or large skillet to 350°F. Fry the falafel in batches, turning occasionally, until deeply golden, about 4-5 minutes. Drain on paper towels.

**Nutritional Information:** 330 calories, 9g protein, 35g carbohydrates, 18g fat, 6g fiber, 0mg cholesterol, 590mg sodium, 410mg potassium.



# HALLOUMI FRIES

## INGREDIENTS

- 8 oz halloumi cheese, cut into 1/2-inch thick fries
- 1/2 cup flour
- 1 tsp paprika
- 1/4 tsp black pepper
- 2 eggs, beaten
- 1 cup breadcrumbs
- Vegetable oil for frying
- For the yogurt dip:
  - 1/2 cup plain Greek yogurt
  - 1 tbsp lemon juice
  - 1 tbsp chopped fresh mint
  - 1 clove garlic, minced
  - Salt and pepper to taste

## DIRECTIONS

1. Combine flour, paprika, and black pepper in a shallow dish. Place the beaten eggs in another shallow dish and the breadcrumbs in a third dish.
2. Dip each halloumi fry first in the flour mixture, then in the egg, and finally coat with breadcrumbs.
3. Heat oil in a frying pan over medium-high heat. Fry the halloumi fries in batches until golden and crispy, about 2-3 minutes per side. Drain on paper towels.
4. Mix all the ingredients for the yogurt dip in a small bowl and serve with the hot halloumi fries.

**Nutritional Information:** 420 calories, 21g protein, 30g carbohydrates, 25g fat, 2g fiber, 50mg cholesterol, 820mg sodium, 60mg potassium.



# ZUCCHINI FRITTERS

## INGREDIENTS

- 2 medium zucchinis, grated
- 1/2 tsp salt
- 1/4 cup crumbled feta cheese
- 2 tbsp chopped fresh dill
- 1/4 cup all-purpose flour
- 1/2 tsp baking powder
- 1 large egg, beaten
- 2 cloves garlic, minced
- Black pepper to taste
- Olive oil for frying



### TIME

35m



### SERVES

4



### DIFFICULTY

*Easy*

## DIRECTIONS

1. Place the grated zucchini in a colander, sprinkle with 1/2 tsp salt, and sit for 10 minutes to draw out moisture. Squeeze the excess water from the zucchini using a clean cloth or paper towel.
2. combine the dried zucchini, feta, dill, flour, baking powder, egg, garlic, and a pinch of black pepper in a bowl. Stir until well mixed.
3. Heat olive oil in a skillet over medium-high heat. Scoop tablespoons of the zucchini mixture into the skillet, flattening them slightly with the back of the spoon to form fritters. Fry until golden brown on each side, about 2-3 minutes per side.
4. Serve warm, optionally, with sour cream or yogurt.

**Nutritional Information:** 150 calories, 6g protein, 10g carbohydrates, 9g fat, 1g fiber, 55mg cholesterol, 340mg sodium, 290mg potassium.



# MEDITERRANEAN STUFFED BELL PEPPERS

## INGREDIENTS

- 4 large bell peppers, tops cut off and seeds removed
- 1 cup cooked quinoa
- 1 can (15 oz) chickpeas, drained and rinsed
- 1/2 cup sun-dried tomatoes, chopped
- 1/4 cup chopped fresh parsley
- 1/4 cup crumbled feta cheese
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 cup vegetable broth

## DIRECTIONS

1. Preheat oven to 375°F (190°C). Arrange the bell peppers in a baking dish.
2. Mix the cooked quinoa, chickpeas, sun-dried tomatoes, parsley, feta cheese, garlic, olive oil, salt, and pepper in a large bowl. Fill each bell pepper with the quinoa mixture.
3. Pour vegetable broth around the peppers into the bottom of the baking dish. Cover with aluminum foil and bake for 30 minutes, then uncover and bake for 10 minutes or until the peppers are tender.
4. Serve warm, drizzled with any juices from the baking dish.

**Nutritional Information:** 280 calories, 9g protein, 42g carbohydrates, 10g fat, 8g fiber, 8mg cholesterol, 600mg sodium, 500mg potassium.



# MUHAMMARA

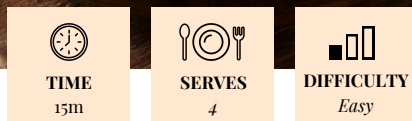
## INGREDIENTS

- 2 cups roasted red peppers, drained
- 1 cup walnuts, toasted
- 1/4 cup breadcrumbs
- 2 tbsp pomegranate molasses
- 1 clove garlic, minced
- 1 tsp ground cumin
- 1/2 tsp red pepper flakes (adjust to taste)
- 1/2 tsp salt
- 1/4 cup olive oil

## DIRECTIONS

1. combine roasted red peppers, walnuts, breadcrumbs, pomegranate molasses, garlic, cumin, red pepper flakes, and salt in a food processor. Process until the mixture is smooth.
2. While the processor runs, slowly drizzle in the olive oil until the mixture becomes creamy.
3. Taste and adjust seasoning if necessary. Transfer the muhammara to a serving bowl.
4. Chill in the refrigerator for at least 1 hour to allow flavors to meld. Serve chilled or at room temperature with bread or as a dip for vegetables.

**Nutritional Information:** 320 calories, 5g protein, 16g carbohydrates, 27g fat, 3g fiber, 0mg cholesterol, 630mg sodium, 200mg potassium.





## INGREDIENTS

- 2 tbsp olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 tsp ground cumin
  - 1 tsp paprika
  - 1/2 tsp salt
- 1/4 tsp black pepper
- 2 cans (15 oz each) chickpeas, drained and rinsed
- 1 can (14.5 oz) diced tomatoes
  - 4 cups fresh spinach
  - 2 cups vegetable broth

# MEDITERRANEAN CHICKPEA STEW

## DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Add onion and garlic, sauté until onion is translucent, about 5 minutes.
2. Stir in cumin, paprika, salt, and pepper. Cook for another 2 minutes to release the spices' flavors.
3. Add chickpeas, diced tomatoes, and vegetable broth. Bring to a boil, then reduce heat and simmer for 15 minutes.
4. Stir in spinach and cook until wilted, about 3 minutes. Adjust seasoning if needed.

**Nutritional Information:** 290 calories, 12g protein, 44g carbohydrates, 8g fat, 12g fiber, 0mg cholesterol, 850mg sodium, 650mg potassium.



**TIME**

35m



**SERVES**

4



**DIFFICULTY**

*Easy*

# MEDITERRANEAN VEGETABLE ORZO



TIME  
40m



SERVES  
4



DIFFICULTY  
Medium

## INGREDIENTS

- 1 cup orzo pasta
- 1 zucchini, diced
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 small red onion, chopped
  - 2 tbsp olive oil
  - Salt and pepper to taste
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh parsley
  - Zest and juice of 1 lemon
- 1/4 cup crumbled feta cheese  
(optional)

## DIRECTIONS

1. Preheat the oven to 425°F. Toss zucchini, bell peppers, and onion with 1 tbsp olive oil, salt, and pepper. Spread on a baking sheet and roast for 20 minutes, until vegetables are tender and lightly browned.
2. While the vegetables are roasting, cook the orzo according to package instructions until al dente, about 8-10 minutes; drain.
3. combine the cooked orzo, roasted vegetables, remaining olive oil, basil, parsley, lemon zest, and lemon juice in a large bowl. Toss to mix well.
4. Serve warm or at room temperature, sprinkled with feta cheese if using.

Nutritional Information: 320 calories, 9g protein, 49g carbohydrates, 10g fat, 4g fiber, 8mg cholesterol, 150mg sodium, 300mg potassium.

# ZA'ATAR ROASTED POTATOES

## INGREDIENTS

- 2 pounds small potatoes, halved
- 3 tablespoons olive oil
- 2 tablespoons za'atar seasoning
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- Optional: chopped fresh parsley or cilantro for garnish

## DIRECTIONS

1. Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a large bowl, toss the halved potatoes with olive oil, za'atar, salt, and black pepper until well coated.
3. Spread the potatoes in a single layer on the prepared baking sheet.
4. Roast in the preheated oven for about 35 minutes, or until the potatoes are golden brown and crisp, stirring halfway through the cooking time.
5. Serve hot, garnished with fresh parsley or cilantro if desired.

Nutritional Information: 250 calories, 4g protein, 38g carbohydrates, 10g fat, 5g fiber, 0mg cholesterol, 600mg sodium, 800mg potassium.



**TIME**  
45m



**SERVES**  
4



**DIFFICULTY**  
*Easy*



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CHAPTER 5



# MOROCCAN ORANGE AND CARROT SALAD



**TIME**

15m



**SERVES**

4



**DIFFICULTY**

*Easy*

## INGREDIENTS

- 4 large carrots, peeled and grated
- 3 oranges, peeled and sectioned
- 1/4 cup orange juice
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 2 teaspoons honey
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/4 cup chopped fresh mint
- 2 tablespoons sliced almonds, toasted

### Nutritional Information:

190 calories, 3g protein, 30g carbohydrates, 8g fat, 6g fiber, 0mg cholesterol, 170mg sodium, 490mg potassium.

## DIRECTIONS

1. In a large bowl, combine grated carrots and orange sections.
2. Whisk together orange juice, lemon juice, olive oil, honey, cinnamon, and salt in a small bowl.
3. Pour the dressing over the carrot and orange mixture and toss well to coat.
4. Chill the salad in the refrigerator for at least 30 minutes to allow flavors to meld.
5. Serve chilled, garnished with chopped mint and toasted almonds.



# ITALIAN SEMIFREDDO

## INGREDIENTS

- 3 large eggs, separated
- 1/2 cup granulated sugar
- 1 cup heavy cream
- 1 teaspoon vanilla extract
- Optional: 1/4 cup chopped mixed nuts, chocolate chips, or fruit for mixing or garnish



## DIRECTIONS

1. In a large bowl, beat the egg yolks with half of the sugar until pale and thick.
2. Whip the cream with the vanilla extract in a separate bowl until it forms soft peaks.
3. In another clean bowl, whip the egg whites with the remaining sugar until stiff peaks form.
4. Gently fold the whipped cream into the yolk mixture, then fold in the beaten egg whites until fully incorporated. At this stage, you can optionally add nuts, chocolate chips, or fruit.
5. Pour the mixture into a loaf pan lined with plastic wrap. Cover and freeze until firm, at least 6 hours or overnight.
6. To serve, unmold and slice, then garnish with additional nuts, fruit, or chocolate if desired.

**Nutritional Information:** 310 calories, 5g protein, 20g carbohydrates, 24g fat, 0g fiber, 185mg cholesterol, 50mg sodium, 100mg potassium.



65



**TIME**

20m



**SERVES**

6



**DIFFICULTY**

*Easy*



TIME  
50m



SERVES  
6



DIFFICULTY  
*Medium*

## TURKISH REVANI

### DIRECTIONS

1. Preheat oven to 350°F (175°C). Grease a 9-inch square baking dish.
2. Mix semolina, flour, and baking powder in a bowl. Set aside.
3. Whisk eggs and sugar until pale and fluffy in another bowl. Mix in yogurt and vanilla extract. Gradually add the dry ingredients, mixing until well combined.
4. Pour the batter into the prepared baking dish. Bake for 30 minutes or until golden and a toothpick inserted into the center comes out clean.
5. While the cake bakes, make the syrup by combining water, sugar, lemon juice, and lemon peel in a saucepan. Bring to a boil, then simmer for 10 minutes. Remove from heat and let cool.
6. Immediately after removing the hot cake from the oven, pour the cooled syrup over it. Allow the cake to absorb the syrup before cutting it into pieces and serving.

**Nutritional Information:** 490 calories, 7g protein, 102g carbohydrates, 7g fat, 1g fiber, 105mg cholesterol, 160mg sodium, 95mg potassium.

### INGREDIENTS

- 1 cup semolina
- 1/2 cup all-purpose flour
- 1 teaspoon baking powder
- 3 large eggs
- 1 cup granulated sugar
- 1 cup plain yogurt
- 1 teaspoon vanilla extract
- For the syrup:
  - 2 cups water
  - 1 1/2 cups sugar
  - 1 teaspoon lemon juice
  - 1 strip lemon peel





## *GREEK LOUKOUMADES*

### INGREDIENTS

- 1 cup water
- 1 teaspoon sugar
- 1 teaspoon active dry yeast
- 2 cups all-purpose flour
- 1/2 teaspoon salt
- Vegetable oil for frying
- For the syrup:
  - 1 cup honey
  - 1/2 cup water
  - 1 tablespoon cinnamon
- Optional: crushed walnuts for topping



**TIME**  
40m



**SERVES**  
4



**DIFFICULTY**  
Hard

### DIRECTIONS

1. Warm the water to about 110°F (43°C) and dissolve the sugar and yeast. Let it sit for 10 minutes until frothy.
2. In a large bowl, combine the flour and salt. Add the yeast mixture and mix to form a thick batter. Cover with a cloth and let rise in a warm place for about 1 hour until doubled in size.
3. Heat oil in a deep fryer or large saucepan to 350°F (175°C). Drop spoonfuls of the batter into the hot oil and fry until golden brown, turning once, about 3-4 minutes. Drain on paper towels.
4. Make the syrup by heating honey, water, and cinnamon in a saucepan over medium heat until well combined and slightly thickened, about 5 minutes.
5. Dip the warm loukoumades in the honey syrup, then sprinkle with crushed walnuts if using. Serve immediately.

*Nutritional Information:* 530 calories, 8g protein, 90g carbohydrates, 18g fat, 2g fiber, 0mg cholesterol, 300mg sodium, 100mg potassium.

# FRENCH SORBET

## INGREDIENTS

- 2 cups fresh fruit puree (such as raspberry, strawberry, or mango)
- 1 cup sugar
- 1 cup water
- Juice of 1 lemon

## DIRECTIONS

1. Combine sugar and water in a small saucepan. Heat over medium heat, stirring until the sugar is completely dissolved to create a simple syrup. Remove from heat and let cool.
2. Mix the fruit puree with the cooled simple syrup and lemon juice. Adjust the sweetness by adding more sugar or lemon juice if needed.
3. Pour the mixture into an ice cream maker and churn according to the manufacturer's instructions until it reaches the consistency of sorbet.
4. Transfer the sorbet to a container and freeze until firm, at least 4 hours.
5. Serve the sorbet scooped into bowls or cones.

Nutritional Information: 240 calories, 1g protein, 62g carbohydrates, 0g fat, 2g fiber, 0mg cholesterol, 5mg sodium, 130mg potassium.



# ARROZ DOCE (PORTUGUESE SWEET RICE)

## INGREDIENTS

- 1 cup short-grain white rice
- 1 1/2 cups water
- 1/4 teaspoon salt
- 4 cups whole milk
- 1 cup granulated sugar
- 2 cinnamon sticks
- 1 strip of lemon peel (about 3 inches long)
- Ground cinnamon for garnish

## DIRECTIONS

1. Combine the rice, water, and salt in a large saucepan. Bring to a boil, then reduce heat to low, cover, and simmer until the water is absorbed, about 10 minutes.
2. Add the milk, sugar, cinnamon sticks, and lemon peel to the rice. Increase the heat to medium-low and cook, stirring frequently, until the rice is tender and the mixture has thickened, about 25 minutes.
3. Remove from heat and discard the cinnamon sticks and lemon peel. Pour the rice pudding into a serving dish or individual dishes.
4. Allow to cool slightly, then sprinkle with ground cinnamon before serving. Serve warm or chilled.

Nutritional Information: 330 calories, 6g protein, 65g carbohydrates, 4g fat, 0g fiber, 20mg cholesterol, 150mg sodium, 250mg potassium.



# ITALIAN TIRAMISU

## DIRECTIONS

## INGREDIENTS



**TIME**

30m



**SERVES**

6



**DIFFICULTY**

*medium*

- 1 1/2 cups strong brewed coffee, cooled
- 3 tablespoons coffee liqueur (optional)
- 3 large egg yolks
- 1/2 cup granulated sugar
- 1 cup mascarpone cheese
- 1 1/2 cups heavy cream
- 1 teaspoon vanilla extract
- 24 ladyfingers (savoiardi biscuits)
- Unsweetened cocoa powder for dusting
- Dark chocolate shavings for garnish (optional)

1. Combine the coffee and coffee liqueur in a shallow dish. Set aside.
2. In a large bowl, whisk together the egg yolks and sugar until well blended and creamy. Add the mascarpone cheese and mix until smooth.
3. In a separate bowl, whip the heavy cream with the vanilla extract until it forms stiff peaks. Gently fold the whipped cream into the mascarpone mixture.
4. Quickly dip half of the ladyfingers into the coffee mixture, ensuring they are moist but not soggy, and lay them in a single layer in a rectangular serving dish. Spread half of the mascarpone mixture over the ladyfingers. Repeat with the remaining ladyfingers and mascarpone mixture.
5. Cover and chill in the refrigerator for at least 4 hours or overnight. Before serving, dust with cocoa powder and garnish with chocolate shavings.

*Nutritional Information:* 540 calories, 8g protein, 40g carbohydrates, 37g fat, 0g fiber, 245mg cholesterol, 125mg sodium, 120mg potassium.



# FRENCH TARTE TATIN

## INGREDIENTS

- 6 large apples (such as Granny Smith or Golden Delicious), peeled, cored, and halved
- 1/2 cup unsalted butter
- 3/4 cup granulated sugar
- 1 teaspoon vanilla extract
- 1 sheet of puff pastry, thawed

## DIRECTIONS

1. Preheat your oven to 375°F (190°C).
2. Melt the butter in a 10-inch ovenproof skillet over medium heat. Add the sugar and cook until the mixture caramelizes, stirring occasionally. Remove from heat and stir in the vanilla extract.
3. Arrange the apple halves rounded side down in the caramel.
4. Roll out the puff pastry slightly larger than the diameter of the skillet. Place the pastry over the apples, tucking the edges down around them.
5. Bake in the oven for 25 minutes until the pastry is golden and puffed. Remove from the oven and let cool for a few minutes. Carefully invert onto a large plate. Serve warm.

*Nutritional Information:* 410 calories, 2g protein, 58g carbohydrates, 20g fat, 4g fiber, 40mg cholesterol, 150mg sodium, 200mg potassium.



# MOROCCAN GHRIBA

## INGREDIENTS

- 2 cups almond flour
- 1/2 cup granulated sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 2 large egg whites
- 1 teaspoon vanilla extract
- Powdered sugar for dusting

## DIRECTIONS

1. Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. Combine almond flour, granulated sugar, cinnamon, and salt in a large bowl.
3. Mix the egg whites and vanilla extract with the dry ingredients until a sticky dough forms.
4. Form the dough into small balls, about 1 inch in diameter, and place them on the prepared baking sheet.
5. Bake for 12 minutes or until the edges are slightly golden. Remove from the oven and let cool on the baking sheet for a few minutes before transferring to a wire rack. Dust with powdered sugar while still warm.

*Nutritional Information:* 320 calories, 10g protein, 32g carbohydrates, 18g fat, 4g fiber, 0mg cholesterol, 150mg sodium, 50mg potassium.





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Spanish Tortilla	24	Seafood Fideuà	49	Moroccan Ghriba	70
Ricotta and Fig Toast	25	Greek Lemon Chicken	50		
Smoked Salmon and Cream Cheese Pita	25	Paella Valenciana	51		
Bulgur and Berry Parfait	26	Grilled Sea Bass with Olive Tapenade	52		
Turkish Lentil Balls (Mercimek Köftesi)	28	Italian Cioppino	52		
Vegetable Minestrone Soup	29	Seafood Risotto	53		
Spanish Chilled Almond Soup(Ajo Blanco)	30	Stuffed Greek Chicken	54		
Greek Spinach and Feta Pie (Spanakopita)	31	Mediterranean Hummus for Beginners	56		
Italian Tomato and Bread Soup (Pappa al Pomodoro)	32	Baba Ghanoush – Smoky Eggplant Dip	56		
Moroccan Harira Soup	33	Falafel	57		
Lebanese Stuffed Grape Leaves (Dolma)	34	Halloumi Fries	57		
Sicilian Eggplant Caponata	35	Zucchini Fritters	58		
Minty Pea Soup	36	Mediterranean Stuffed Bell Peppers	59		
Mediterranean Quinoa Salad	36	Muhammara	59		
Chickpea Salad	37	Mediterranean Chickpea Stew	60		
Caprese Salad	38	Mediterranean Vegetable Orzo	61		
Tabbouleh	39	Za'atar Roasted Potatoes	62		
Cucumber Yogurt Salad	40				