



One-Pan Mediterranean Diet Cookbook

200 SIMPLE & DELICIOUS
RECIPES FOR BEGINNERS



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200 SIMPLE & DELICIOUS RECIPES FOR BEGINNERS
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WELCOME TO THE MEDITERRANEAN



The Mediterranean isn't just a region—it's a rhythm, a way of life, and a philosophy that celebrates simplicity, flavor, and connection. From the sun-soaked coasts of Greece and Italy to the spice-laced kitchens of Morocco and Lebanon, this cuisine has captured the hearts (and stomachs) of people around the world—and for good reason.

At its core, Mediterranean cooking is about **fresh, seasonal ingredients, bold but balanced flavors, and minimal fuss**. It's the kind of food that doesn't require a culinary degree or fancy tools. Just a single pan, a splash of olive oil, and a handful of quality ingredients can transform into something extraordinary.

Why Mediterranean?

- 🌿 **Heart-Healthy:** Rich in healthy fats like olive oil, nuts, and fish, this way of eating is linked to lower rates of heart disease and chronic illness.
- 🍅 **Plant-Forward:** Meals often feature vegetables, legumes, and whole grains as stars, not just sidekicks.
- 🧄 **Full of Flavor, Not Fuss:** Think garlic, lemon, herbs, and spice blends that elevate without overwhelming.
- 🥗 **Naturally Balanced:** Proteins, carbs, and fats all show up in moderation—no calorie counting required.
- 🍷 **Built for Sharing:** Mezze, grain bowls, roasted mains—everything's made to bring people together.

Simple, One-Pan, and Beginner-Friendly:

This book brings Mediterranean flavor into the weeknight kitchen—without stress. Each recipe is designed to be made in one pan, with basic pantry ingredients, and in minimal time. Whether you're a total kitchen newbie or just tired of complex cookbooks, you'll find joy in how effortless Mediterranean cooking can be.

Welcome to a new way of eating. It's vibrant, unfussy, and incredibly satisfying.
And it starts with your next meal.

ZERO WASTE ESSENTIALS



Make every ingredient count in your Mediterranean kitchen with these simple, time-saving tips. Designed for our one-pan recipes, these strategies—paired with batch cooking and pantry planning—ensure zero waste while keeping meals quick and delicious for busy cooks.

- **Veggie Scrap Broth:** Simmer onion skins, carrot tops, celery ends, and zucchini trimmings for a rich broth to use in risottos or soups.
- **Herb Stem Magic:** Blend leftover parsley, cilantro, or basil stems into sauces, pestos, or dressings, or freeze in olive oil for instant flavor.
- **Stale Bread Revival:** Turn day-old pita or sourdough into croutons or breadcrumbs for salads like fattoush or toppings; bake at 350°F until crisp.
- **Citrus Rind Zest:** Grate lemon, orange, or lime rinds before juicing for dressings, marinades, or desserts.
- **Freeze Smart:** Freeze extra cooked grains (quinoa, couscous, rice) or proteins (chicken, shrimp) in portions for salads or wraps.
- **Chickpea Power:** Blend leftover chickpeas or their aquafaba into hummus, soups, or vegan dressings.
- **Jar Reuse:** Rinse empty olive, artichoke, or caper jars to store homemade spice blends, dressings, or pickled veggies.
- **Veggie End Versatility:** Roast or sauté vegetable ends (e.g., broccoli stems, pepper cores) at 400°F for dips, stir-fries, or side dishes.
- **Protein Scraps:** Save chicken bones or shrimp shells for flavorful stocks, or repurpose extra meat into patties. Simmer chicken bones or shrimp shells in water for 2–3 hours; strain for stocks to flavor soups or sauces.
- **Olive Brine Boost:** Use leftover olive or caper brine to flavor sauces, marinades, or salad dressings; see Pantry Planning Tips section.
- **Cheese Rind Flavor:** Simmer parmesan or feta rinds in soups or stews for added depth and richness; remove before serving.
- **Extra Sauce Repurpose:** Freeze leftover tomato sauce or yogurt dip in small portions for pizza bases or spreads.
- **Plan with Pantry:** Use batch cooking and pantry staples (olives, canned tomatoes) to minimize spoilage; see Pantry Planning Tips section.

Apply these tips to any recipe in this book to create Mediterranean meals with zero waste, ensuring every ingredient shines in your quick, one-pan dishes.

BATCH COOKING AND PANTRY PLANNING TIPS

Streamline your Mediterranean kitchen with these batch cooking and pantry planning tips, designed for our one-pan recipes. These strategies save time, reduce waste, and keep your meals quick, flavorful, and sustainable, perfect for busy cooks.



Batch Cooking Tips

- **Cook Grains in Bulk:** Prepare large batches of quinoa, couscous, or rice, then freeze in portions for quick salads or sides to avoid spoilage.
- **Roast Veggies Ahead:** Roast extra zucchini, peppers, or eggplant on one pan, then store for multiple dishes like wraps or dips; see *Zero-Waste Essentials* for scrap tips.
- **Batch Protein Prep:** Cook chicken, chickpeas, or shrimp in bulk, freezing extras in small portions for future one-pan meals to minimize waste.
- **Make Sauces Once:** Prepare big batches of tomato sauce or tzatziki, then freeze in small containers for quick flavor boosts in multiple recipes.
- **Pre-Chop Aromatics:** Dice onions, garlic, or peppers in advance, freezing extras in bags for instant recipe starters.
- **Bake Beans in Bulk:** Cook dried lentils or white beans, then portion and freeze for soups or salads to cut waste.
- **Marinate in Advance:** Marinate proteins like lamb or tofu in bulk, refrigerating portions for quick one-pan cooking later.
- **Prep Herb Mixes:** Blend extra herbs with olive oil, freeze in cubes, and use for instant Mediterranean flavor.

Pantry Planning Tips

- **Stock Versatile Staples:** Keep olives, canned tomatoes, artichokes, and capers on hand to create quick meals without excess purchases.
- **Organize for Efficiency:** Store pantry items like chickpeas and grains in clear, reusable jars to track quantities and reduce spoilage; see *Zero-Waste Essentials* for jar reuse.
- **Buy in Smart Quantities:** Purchase small amounts of perishable herbs or cheeses, or freeze extras to extend shelf life and avoid waste.
- **Rotate Stock Regularly:** Use older pantry items first and restock sparingly to ensure nothing expires unused.
- **Invest in Spices:** Keep Mediterranean staples like oregano, sumac, or za'atar to enhance dishes without fresh ingredient waste.
- **Store Nuts Wisely:** Freeze almonds or pine nuts in small batches to maintain freshness for pestos or toppings.
- **Use Shelf-Stable Dairy:** Stock powdered milk or shelf-stable feta for recipes when fresh dairy isn't needed.
- **Plan with Canned Fish:** Keep sardines or anchovies for quick protein additions, using their oil for dressings to minimize waste.

These tips, paired with our one-pan recipes, help you plan smart, cook efficiently, and waste nothing, making your Mediterranean meals effortless and sustainable.



Quick Bites & Mezze Magic





Baked Feta & Cherry Tomato Dip

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 8 oz block of feta cheese
- 2 cups cherry tomatoes
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- Freshly ground black pepper, to taste
- Fresh basil or parsley, chopped (for garnish)

DIRECTIONS

1. Preheat the oven to 375°F (190°C). In a small baking dish or ovenproof skillet, nestle the block of feta cheese in the center.
2. Scatter the cherry tomatoes and minced garlic around the feta. Drizzle everything with olive oil and sprinkle the oregano, salt, and a bit of black pepper evenly over the top.
3. Bake on the middle rack until the feta is soft and tomatoes are bursting, about 15-20 minutes.
4. Remove from the oven and, using a spoon or fork, mash the feta and tomatoes together into a chunky dip. Stir gently to combine.
5. Garnish with chopped basil or parsley. Serve warm with pita wedges or toasted bread for dipping.

Shakshuka

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 3 tablespoons olive oil
- 1 ½ cups chopped onion
- 1 cup thinly sliced bell peppers
- 2 cloves garlic, minced, or to taste
- 2 ½ cups chopped tomatoes
- 1 hot chili pepper, seeded and finely chopped, or to taste
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon salt
- 4 large eggs

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Sauté onion and bell pepper until soft and lightly browned, about 6-7 minutes.
2. Add garlic and cook for 1 minute, stirring often.
3. Stir in tomatoes, chili, cumin, paprika, and salt. Simmer uncovered for 10-12 minutes, until thickened. Adjust seasoning to taste.
4. Make 4 small wells in the sauce and crack an egg into each. Cover the skillet and cook on low heat for 5-7 minutes, or until eggs are just set.
5. Serve hot with bread. Optional: top with fresh herbs or feta.





Greek Lemon-Oregano Chicken & Potatoes

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1.5 lbs (about 700g) boneless, skinless chicken thighs or breasts, cut into large chunks
- 1 lb (450g) baby potatoes, halved (or quartered if large)
- 3 tablespoons olive oil, divided
- Juice and zest of 1 lemon
- 2 teaspoons dried oregano
- 2 cloves garlic, minced
- Salt and pepper, to taste
- Fresh oregano or parsley, chopped (for garnish)

DIRECTIONS

1. Preheat the oven to 400°F (200°C). In a large bowl, whisk together 2 tablespoons olive oil, lemon juice, lemon zest, minced garlic, oregano, salt, and pepper.
2. Add the chicken chunks and halved potatoes to the bowl, tossing to coat them completely in the marinade. Let sit for a few minutes to absorb the flavors.
3. Arrange the chicken and potatoes in a single layer on a sheet pan (or baking dish). Drizzle the remaining 1 tablespoon olive oil over the top.
4. Bake until the chicken is cooked through and the potatoes are tender and golden, about 20-25 minutes. (Stir halfway through if needed for even browning.)
5. Sprinkle with fresh oregano or parsley before serving. Enjoy warm as a hearty mezze bite.

Garlic Herb Shrimp (Skillet)

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 10 minutes

INGREDIENTS

- 1.5 lbs (about 700g) large shrimp, peeled and deveined
- 2 tablespoons olive oil
- 3 cloves garlic, thinly sliced
- Juice of 1 lemon
- 1 teaspoon dried oregano or a pinch of crushed red pepper flakes
- Salt and pepper, to taste
- Fresh parsley, chopped (for garnish)

DIRECTIONS

1. Heat olive oil in a skillet over medium-high heat. Add the sliced garlic and cook for 30 seconds until fragrant.
2. Add the shrimp to the skillet in a single layer. Sprinkle with oregano (or red pepper flakes), salt, and pepper.
3. Squeeze the lemon juice over the shrimp and cook for 2-3 minutes per side, or until the shrimp turn pink and opaque.
4. Remove from heat and transfer the shrimp to a serving plate.
5. Garnish with chopped parsley. Serve immediately, perhaps with warmed pita on the side.





Roasted Mediterranean Vegetables

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1 small eggplant, cut into 1-inch cubes
- 1 zucchini, sliced into rounds
- 1 red bell pepper, cut into strips
- 1 yellow bell pepper, cut into strips
- 1 small red onion, cut into wedges
- 1 cup cherry tomatoes (whole)
- 3 tablespoons olive oil
- 1 teaspoon dried rosemary or thyme
- 2 cloves garlic, minced
- Salt and pepper, to taste
- ½ cup Kalamata olives (optional)
- Fresh basil or parsley, chopped (for garnish)

DIRECTIONS

1. Preheat the oven to 425°F (220°C). On a large sheet pan, toss the eggplant, zucchini, bell peppers, red onion, and cherry tomatoes with olive oil, minced garlic, rosemary, salt, and pepper. Arrange in a single layer.
2. Roast the vegetables until tender and slightly charred, about 20-25 minutes, stirring once halfway through.
3. If using, scatter the Kalamata olives over the vegetables during the last 5 minutes of roasting.
4. Remove from the oven and transfer the veggies to a serving platter.
5. Garnish with fresh basil or parsley. Serve warm; these roasted Mediterranean veggies pair well with grilled bread or as a side to meat or fish mezze.

Sheet Pan Baked Falafel

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 2 (15 oz) cans chickpeas, drained and rinsed
- 1 small onion, roughly chopped
- 3 cloves garlic
- 1 cup fresh parsley and/or cilantro leaves
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon baking powder
- Salt and pepper, to taste
- 2-3 tablespoons olive oil (for brushing or spraying)

DIRECTIONS

1. Preheat the oven to 375°F (190°C). Line a sheet pan with parchment paper or lightly grease it.
2. In a food processor (or blender), combine the chickpeas, chopped onion, garlic, parsley, cumin, coriander, baking powder, salt, and pepper. Pulse until a coarse mixture forms (not too smooth). You may need to scrape down the sides a few times.
3. With damp hands, shape the mixture into small balls or patties (about 1 inch wide) and place them on the prepared sheet pan.
4. Brush or spray the tops lightly with olive oil. Bake for about 15-20 minutes, flipping once halfway through, until the falafel are golden and firm.
5. Serve warm with a dollop of tahini sauce or yogurt for dipping.



Spiced Cauliflower Bites

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 head cauliflower, cut into bite-size florets
- 3 tablespoons olive oil
- 1 teaspoon smoked paprika (or sweet paprika)
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- Salt and pepper, to taste
- Lemon wedges (for serving)

DIRECTIONS

1. Preheat the oven to 425°F (220°C). Toss the cauliflower florets in a bowl with olive oil, paprika, cumin, garlic powder, salt, and pepper until evenly coated.
2. Spread the cauliflower in a single layer on a sheet pan.
3. Roast in the preheated oven for about 15-20 minutes, stirring once, until the florets are tender and lightly browned around the edges.
4. Remove from the oven and transfer the cauliflower bites to a serving dish.
5. Serve with lemon wedges on the side for squeezing, which adds a bright, zesty touch to these spiced bites.



Baked Spinach & Feta Triangles (Spanakopita)

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 8 sheets phyllo dough (8.5 x 14 inches), thawed if frozen
- 10 oz (about 280g) frozen spinach, thawed and squeezed dry (or fresh spinach wilted and drained)
- 1 cup feta cheese, crumbled
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 tablespoon olive oil (plus extra for brushing)
- 1 teaspoon dried dill (or 1 tablespoon fresh dill, chopped)
- Salt and pepper, to taste

DIRECTIONS

1. Preheat the oven to 375°F (190°C). In a skillet, heat olive oil over medium heat. Sauté the onion until soft, then add garlic and cook for 30 seconds. Add the spinach and dill; cook for 1-2 minutes to combine. Season with salt and pepper, then remove from heat and let cool slightly.
2. In a bowl, mix the cooked spinach mixture with crumbled feta cheese.
3. Lightly brush a clean work surface or counter with olive oil. Lay one sheet of phyllo flat, and brush the top with olive oil. Fold the sheet in half lengthwise. Spoon about 2 tablespoons of the spinach-feta mixture at one end of the phyllo strip, forming a triangle. Fold the corner over the filling to form a triangle, and continue folding the triangle down the strip in a zigzag (triangular) shape until you reach the end. Repeat with remaining phyllo sheets and filling.
4. Place the triangles on a sheet pan lined with parchment paper. Brush the tops with a little more olive oil.
5. Bake for 20 minutes, or until the triangles are golden and crisp. Serve warm.



Stuffed Mushrooms with Herbed Cheese

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 12 large button mushrooms, stems removed (keep the caps)
- 4 oz cream cheese or goat cheese, softened
- ¼ cup grated Parmesan or feta, divided
- 2 tablespoons fresh parsley or dill, chopped (or 1 teaspoon dried)
- 1 clove garlic, minced
- Salt and pepper, to taste
- 1 tablespoon olive oil

DIRECTIONS

1. Preheat the oven to 375°F (190°C). Clean the mushroom caps and place them hollow-side up on a baking sheet.
2. In a small bowl, mix the softened cheese, half of the grated Parmesan (or feta), minced garlic, chopped herbs, salt, and pepper.
3. Spoon the cheese mixture into each mushroom cap, filling them generously. Sprinkle the remaining cheese over the tops.
4. Drizzle the stuffed mushrooms with olive oil.
5. Bake for about 12-15 minutes, or until the mushrooms are tender and the filling is heated through and golden. Serve immediately.

Prawn Saganaki

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 1 lb (450g) large shrimp (prawns), peeled and deveined
- 2 tablespoons olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 (14 oz) can diced tomatoes
- ½ teaspoon red pepper flakes (optional, for heat)
- Salt and pepper, to taste
- 2 oz feta cheese, crumbled
- 1 tablespoon fresh parsley or dill, chopped

DIRECTIONS

1. In a large skillet, heat olive oil over medium heat. Add the chopped onion and cook until softened, about 3 minutes. Add the garlic and red pepper flakes (if using) and cook for another 30 seconds.
2. Pour in the diced tomatoes (with their juice) and season with salt and pepper. Stir and simmer for 5 minutes to let the flavors meld.
3. Add the shrimp to the tomato sauce and cook, stirring gently, until the shrimp are pink and opaque (about 3-4 minutes).
4. Sprinkle the crumbled feta over the top of the shrimp and sauce. Cover the skillet and cook for 1-2 more minutes, just until the feta softens slightly.
5. Garnish with chopped parsley or dill. Serve warm with crusty bread to scoop up the saucy shrimp.





Baba Ganoush (Roasted Eggplant Dip)

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1 large eggplant (about 1-1.5 lbs)
- 2 tablespoons tahini (sesame paste)
- 1 lemon (juice)
- 2 cloves garlic, minced
- 2 tablespoons olive oil, plus extra for drizzling
- Salt and pepper, to taste
- 1 tablespoon fresh parsley, chopped (for garnish)

DIRECTIONS

1. Preheat the oven to 425°F (220°C). Prick the eggplant all over with a fork and place it on a baking sheet. Roast for 20-25 minutes, turning once, until the skin is charred and the inside is very soft.
2. Remove the eggplant from the oven and let it cool slightly. Cut it open and scoop out the flesh into a bowl (discard the skin).
3. Using a fork or potato masher, roughly mash the eggplant flesh. Stir in tahini, lemon juice, minced garlic, and olive oil. Mix until creamy but still slightly chunky.
4. Season with salt and pepper to taste. Drizzle a little more olive oil over the top.
5. Transfer to a serving bowl and garnish with chopped parsley. Serve with pita triangles or veggie sticks for dipping.

Crispy Spiced Chickpeas

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 2 (15 oz) cans chickpeas, drained, rinsed, and patted dry
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- ½ teaspoon garlic powder
- Salt and pepper, to taste

DIRECTIONS

1. Preheat the oven to 400°F (200°C). Spread the dry chickpeas on a kitchen towel and gently pat them completely dry (this helps them crisp up).
2. In a bowl, toss the chickpeas with olive oil, cumin, smoked paprika, garlic powder, salt, and pepper until evenly coated.
3. Spread the chickpeas on a sheet pan in a single layer (use two pans if needed so they're not crowded).
4. Roast in the oven for 25-30 minutes, stirring or shaking the pan once halfway through, until the chickpeas are golden and crispy.
5. Let cool slightly before serving, as they will crisp up more as they cool. These make a crunchy, nutritious snack or topping for salads.



Greek Pita Nachos

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 4 pita breads (or flatbreads), cut into triangles
- 2 tablespoons olive oil
- 1 cup cherry tomatoes, halved
- ¼ cup Kalamata olives, pitted and sliced
- ¼ red onion, thinly sliced
- ½ cup crumbled feta cheese
- 1 teaspoon dried oregano
- Fresh parsley, chopped (for garnish)

DIRECTIONS

1. Preheat the oven to 400°F (200°C). Toss the pita triangles with olive oil and spread them out on a sheet pan.
2. Toast the pita chips in the oven for 5-7 minutes, or until they just start to turn golden.
3. Remove the pan, then sprinkle the toasted pita with cherry tomatoes, olives, red onion, feta, and oregano. Return to the oven for another 5-7 minutes, or until the feta warms up slightly.
4. Remove from the oven and transfer to a serving platter.
5. Garnish with chopped parsley. Serve immediately, allowing everyone to pick their favorite chips topped with the Mediterranean mix.



Skillet Lamb Kofta

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 10 minutes

INGREDIENTS

- 1 lb (450g) ground lamb (or beef)
- 1 small onion, grated or finely chopped
- 2 cloves garlic, minced
- 2 tablespoons fresh parsley, chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon ground cinnamon (optional)
- Salt and pepper, to taste
- 2 tablespoons olive oil (for cooking)

DIRECTIONS

1. In a bowl, combine the ground lamb, onion, garlic, parsley, cumin, coriander, cinnamon, salt, and pepper. Mix gently until the spices are evenly distributed but without overworking the meat.
2. Divide the mixture into small portions and shape each into a fat ovoid or log (about 3 inches long).
3. Heat olive oil in a large skillet over medium-high heat. When the oil is hot, add the kofta logs (do not overcrowd the pan; cook in batches if needed).
4. Cook the kofta for about 3-4 minutes per side, turning until nicely browned and cooked through.
5. Remove the kofta from the skillet and let them rest for a minute before serving. These are great with a dollop of yogurt or tucked into pita bread with salad.



Foil Packet Lemon Garlic Fish

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 4 white fish fillets (cod or similar, about 4–6 oz each)
- 2 tablespoons olive oil
- 2 cloves garlic, thinly sliced
- 1 lemon, sliced into rounds (plus extra lemon for serving)
- 1 teaspoon dried oregano or dill
- Salt and pepper, to taste
- 1 small zucchini or summer squash, thinly sliced (optional)
- 1 small tomato, sliced (optional)

DIRECTIONS

1. Preheat the oven to 400°F (200°C). Tear off four large sheets of aluminum foil, one for each fish fillet, and place them on a baking sheet.
2. Place each fish fillet in the center of a foil sheet. Drizzle each with olive oil, then top with sliced garlic, lemon rounds, and a sprinkle of oregano. Season with salt and pepper. Add sliced zucchini or tomato around the fish if using.
3. Fold the foil over the fish to create a sealed packet. Place the packets on the baking sheet.
4. Bake for about 12–15 minutes, or until the fish is opaque and flakes easily with a fork (cooking time can vary by thickness).
5. Carefully open the packets (watch for steam) and transfer the fish and vegetables to plates. Serve with extra lemon wedges.

Stuffed Zucchini Boats

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 4 medium zucchini, halved lengthwise
- 1 tablespoon olive oil
- 1 small onion, chopped
- 1 bell pepper, diced
- 1 cup canned diced tomatoes, drained
- 1 cup cooked rice or cooked quinoa
- ¼ cup grated Parmesan or crumbled feta
- 1 teaspoon dried basil or oregano
- Salt and pepper, to taste
- ¼ cup breadcrumbs (optional topping)

DIRECTIONS

1. Preheat oven to 375°F (190°C). Scoop out the seeds from each zucchini half to create “boats” leaving about a ¼-inch wall of zucchini. Arrange the zucchini boats in a baking dish.
2. In a skillet, heat olive oil over medium heat. Sauté the chopped onion and bell pepper until soft, about 3–4 minutes. Add the diced tomatoes and cook for another minute.
3. Stir in the cooked rice (or quinoa), half of the cheese, dried basil, salt, and pepper. Mix well and remove from heat.
4. Spoon the filling mixture into each zucchini boat, packing it slightly. Sprinkle the tops with the remaining cheese and breadcrumbs if using.
5. Bake for 20 minutes, or until the zucchini is tender and the tops are golden. Serve warm.





Sheet Pan Sausage & Peppers

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1 lb (450g) Mediterranean-style sausages (chicken or pork sausages)
- 2 bell peppers (red, yellow, or green), sliced into strips
- 1 large red onion, cut into wedges
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- Salt and pepper, to taste

DIRECTIONS

1. Preheat the oven to 400°F (200°C). On a sheet pan, toss the sausage links, pepper strips, and onion wedges with olive oil, oregano, salt, and pepper. Arrange in a single layer.
2. Bake for 20–25 minutes, stirring once halfway through, until the sausages are cooked through and the vegetables are tender and slightly charred at the edges.
3. Remove from the oven and let rest for a couple of minutes.
4. Slice the sausages into bite-size pieces if desired.
5. Serve the sausage and peppers warm on a platter. They make a great hearty mezze or can be served in warm pita bread for a quick sandwich.

Mediterranean Bruschetta

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 10 minutes

INGREDIENTS

- 1 baguette or crusty Italian bread, sliced on the bias
- 2 tablespoons olive oil
- 2 cups cherry tomatoes, halved
- ¼ cup Kalamata olives, pitted and sliced
- 2 tablespoons capers (optional)
- 2 cloves garlic, minced
- 1 tablespoon fresh basil or parsley, chopped
- Salt and pepper, to taste
- 2 oz feta cheese, crumbled (optional topping)

DIRECTIONS

1. Preheat the oven to 375°F (190°C). Arrange the bread slices on a sheet pan. Brush both sides of each slice lightly with olive oil. Toast in the oven for 5–7 minutes, or until just golden.
2. In a bowl, toss the cherry tomatoes with olives, capers (if using), minced garlic, chopped basil, salt, and pepper. Let sit for a minute or two to marinate.
3. Spoon the tomato mixture onto each toasted bread slice.
4. Top with crumbled feta if desired. Return to the oven for 3–5 minutes to warm the toppings.
5. Serve these Mediterranean bruschetta warm or at room temperature as a bright, crunchy bite.



Quick Bites & Mezze Magic



Greek Keftedes

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 lb (450g) ground beef or lamb (or a mix)
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- ¼ cup breadcrumbs (or panko)
- 1 egg, beaten
- 2 tablespoons fresh parsley, chopped (or 1 teaspoon dried)
- 1 teaspoon dried oregano
- ½ teaspoon ground cinnamon (optional, for warmth)
- Salt and pepper, to taste
- 2 tablespoons olive oil (for baking or pan)

DIRECTIONS

1. Preheat the oven to 400°F (200°C). In a bowl, combine the ground meat, onion, garlic, breadcrumbs, egg, parsley, oregano, cinnamon (if using), salt, and pepper. Mix gently until all ingredients are combined.
2. Shape the mixture into small meatballs (about 1 inch in diameter) and place them on a lightly greased baking sheet.
3. Lightly brush or spray the tops of the meatballs with olive oil.
4. Bake for 15–20 minutes, turning once halfway through, until the keftedes are browned and cooked through. (Alternatively, you can pan-fry them in a skillet over medium heat in batches, about 3–4 minutes per side.)
5. Serve warm, garnished with extra parsley. These Greek meatballs are great with a squeeze of lemon or a side of tzatziki.

Pan-Fried Halloumi with Lemon & Herbs

Serves: 4 **Prep Time:** 2 minutes **Cook Time:** 8 minutes

INGREDIENTS

- 10 oz (about 300g) halloumi cheese, sliced into 1/3-inch thick pieces
- 2 tablespoons olive oil
- Juice of ½ a lemon
- Freshly ground black pepper
- Fresh mint or oregano, chopped (for garnish)

DIRECTIONS

1. Heat a non-stick skillet over medium heat and add the olive oil. Once hot, place the halloumi slices in the pan (you may need to do this in batches).
2. Cook the halloumi for about 3–4 minutes on each side, or until golden brown and slightly crisp. Flip carefully with a spatula.
3. Remove the halloumi from the skillet and arrange on a serving plate. Immediately squeeze the lemon juice over the hot cheese and sprinkle with a little pepper.
4. Garnish with chopped fresh mint or oregano.
5. Serve warm as a savory, chewy bite. This is delicious with extra lemon wedges on the side.





One-Pan Poultry Wonders



One-Pan Poultry Wonders

Moroccan Chickpea & Chicken Tagine (Skillet)

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 35 minutes

INGREDIENTS

- 1½ lbs chicken thighs (bone-in or boneless)
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 large onion, sliced
- 2 cloves garlic, minced
- 1 carrot, sliced
- 1 cup diced tomatoes (canned or fresh)
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp ground cinnamon (or 1 cinnamon stick)
- ¼ tsp ground ginger (or 1" fresh ginger, minced)
- 2 tbsp olive oil
- ¼ cup chopped dried apricots (optional)
- ¼ cup chopped cilantro (optional garnish)
- Salt and pepper

DIRECTIONS

1. Brown the chicken. Heat olive oil in a large skillet or heavy pan over medium-high heat. Season chicken with salt and pepper. Brown chicken pieces on all sides (about 5 minutes per side). Transfer to a plate.
2. Sauté aromatics. In the same skillet, add onion, garlic, and carrot. Cook 3-4 minutes until softened. Stir in cumin, coriander, cinnamon, and ginger; toast 30 seconds until fragrant.
3. Stew with chickpeas. Return chicken to pan. Add tomatoes, chickpeas, and apricots. Pour in ½ cup water (or stock) and stir to combine. Bring to a simmer.
4. Simmer. Cover the skillet, reduce heat to medium-low, and simmer 20-25 minutes until chicken is cooked through and sauce has thickened. If needed, uncover and cook a few minutes to reduce liquid.
5. Finish and serve. Taste and adjust seasoning. Sprinkle with cilantro before serving. Plate the chicken on rice, couscous, or with flatbread alongside the chickpeas and sauce.



Greek Lemon-Oregano Chicken with Potatoes & Olives (Sheet Pan)

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 40 minutes

INGREDIENTS

- 1½ lbs (about 6) boneless skinless chicken thighs
- 1 lb small potatoes (halved)
- 1 lemon (juice + zest)
- 3 cloves garlic, minced
- 2 tsp dried oregano
- 2 tbsp olive oil
- ½ cup pitted Kalamata olives
- ¼ tsp salt and ¼ tsp black pepper (or to taste)
- 1 small red onion, cut into wedges

DIRECTIONS

1. Preheat and season. Preheat oven to 425°F (220°C). In a bowl, whisk lemon juice, zest, garlic, oregano, olive oil, salt, and pepper.
2. Coat potatoes. Toss the halved potatoes and red onion wedges with half of the lemon-oregano mixture on a large sheet pan. Spread them in an even layer.
3. Add chicken. Place chicken thighs among the potatoes on the sheet pan. Pour remaining dressing over the chicken and potatoes, turning thighs to coat them. Tuck olives among the pieces.
4. Bake. Roast in the oven for about 35-40 minutes, or until potatoes are tender and chicken is cooked through (165°F internal). If desired, broil 2-3 minutes at the end for extra browning.
5. Serve. Let cool 5 minutes. Garnish with chopped parsley or additional lemon wedges, and serve everything straight from the pan for easy cleanup.

One-Pan Poultry Wonders



Italian Caprese Chicken Skillet

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 4 boneless skinless chicken breasts (or thighs)
- 1 pint cherry tomatoes, halved
- 6 oz fresh mozzarella, sliced or torn
- 2 tbsp olive oil
- 2 cloves garlic, thinly sliced
- 1 tsp dried Italian herbs (or mixed oregano, basil)
- Handful fresh basil leaves (torn or chiffonaded)
- Salt and pepper

DIRECTIONS

1. Season and sear. Pat chicken dry and season both sides with salt, pepper, and Italian herbs. Heat 1 tbsp olive oil in a large oven-safe skillet over medium-high heat. Add chicken and sear until golden, 3-4 minutes per side. Remove chicken to a plate.
2. Cook tomatoes and garlic. Reduce heat to medium. Add remaining 1 tbsp olive oil and sliced garlic to the pan; sauté 30 seconds. Add cherry tomatoes and a pinch of salt, stirring to coat. Cook 3-4 minutes until tomatoes start to soften.
3. Combine and bake. Return chicken to the skillet on top of the tomatoes. Lay mozzarella slices over each piece of chicken. Transfer skillet to a preheated 375°F oven. Bake 8-10 minutes until cheese is melted and chicken is cooked through (165°F internal).
4. Finish. Remove from oven. Sprinkle fresh basil and a little more black pepper on top. Drizzle any pan juices over the chicken.
5. Serve. Plate each chicken piece with tomatoes and melted mozzarella. Serve with extra bread or a side salad to soak up the sauce.

Spanish Chicken & Chorizo Paella (Skillet)

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 4 boneless skinless chicken thighs, cut into chunks
- 2 links Spanish chorizo, sliced (about 1 cup)
- 1 cup long-grain rice (e.g. bomba or jasmine)
- 1 yellow bell pepper, sliced
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 can (14 oz) diced tomatoes (with juice)
- 1½ cups chicken broth
- ½ tsp smoked paprika
- Pinch of saffron threads (or ¼ tsp turmeric)
- 2 tbsp olive oil
- Salt and pepper

DIRECTIONS

1. Sauté chicken and chorizo. In a large, deep skillet or paella pan, heat olive oil over medium-high heat. Season chicken with salt and pepper and add to pan. Cook until browned, about 4 minutes. Remove chicken. Add chorizo slices and cook 1 minute until fragrant.
2. Cook vegetables. Reduce heat to medium. Add onion, bell pepper, and garlic to the skillet. Sauté until soft, about 3 minutes. Stir in smoked paprika and saffron (or turmeric).
3. Add rice and liquids. Return chicken to pan. Stir in rice and coat grains in oil and spices. Add diced tomatoes (with juice) and chicken broth. Bring to a boil, then reduce heat to low.
4. Simmer uncovered. Let mixture simmer gently without a lid for 20 minutes, stirring occasionally, until rice is tender and most liquid is absorbed. If rice isn't fully cooked, add a bit more broth or water and cook a few minutes longer.
5. Rest and serve.



One-Pan Poultry Wonders



Moroccan Harissa Chicken & Vegetables (Sheet Pan)

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 40 minutes

INGREDIENTS

- 6 bone-in chicken thighs (or drumsticks)
- 1 red bell pepper, sliced
- 1 zucchini, sliced
- 1 red onion, cut into wedges
- 3 tbsp harissa paste (mild or spicy)
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp ground cumin
- ½ tsp salt and ¼ tsp pepper

DIRECTIONS

1. Make the harissa sauce. In a small bowl, mix harissa paste, olive oil, minced garlic, cumin, salt, and pepper.
2. Coat chicken and veggies. Place chicken, bell pepper, zucchini, and onion on a large sheet pan. Pour the harissa mixture over everything. Use tongs to turn and toss so chicken and vegetables are evenly coated.
3. Arrange on pan. Spread the chicken and vegetables in a single layer on the sheet. Tuck any garlic bits from the sauce around pieces.
4. Bake. Roast at 400°F (200°C) for 35-40 minutes until vegetables are tender and chicken reaches 165°F internal. Stir or turn vegetables halfway for even cooking.
5. Serve. Let cool slightly. Garnish with fresh cilantro or parsley if liked. Serve hot with lemon wedges on the side to brighten the flavors.

Lebanese Garlic-Yogurt Chicken with Eggplant (Sheet Pan)

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 35 minutes

INGREDIENTS

- 4 bone-in chicken thighs (or legs)
- 1 large eggplant, cut into 1" cubes
- ½ cup plain Greek yogurt
- 3 cloves garlic, minced
- 1 lemon (juice and zest)
- 1 tsp ground turmeric (or curry powder)
- 2 tbsp olive oil
- ½ tsp salt and ¼ tsp pepper
- 1 small red onion, thickly sliced

DIRECTIONS

1. Make the marinade. In a bowl, combine yogurt, garlic, lemon juice, turmeric, olive oil, salt, and pepper. Stir well.
2. Marinate chicken. Pat chicken dry. Coat each thigh in the yogurt mixture. You can marinate for 10 minutes (or up to 30 min in fridge) while prepping vegetables.
3. Prepare vegetables. In a bowl, toss eggplant cubes and onion slices with a drizzle of olive oil, salt, and pepper. Spread vegetables in a single layer on a sheet pan.
4. Arrange chicken. Place the yogurt-coated chicken thighs on top of the eggplant and onions. Drizzle any remaining yogurt marinade from the bowl over the chicken.
5. Bake. Roast at 400°F (200°C) for 30-35 minutes, until eggplant is tender and chicken is golden and cooked (165°F internal). Let rest 5 minutes before serving. Spoon pan juices over chicken and vegetables on the plate.



One-Pan Poultry Wonders

Spanish Chicken with Peppers & Olives

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 35 minutes

INGREDIENTS

- 4 bone-in chicken thighs
- 1 large red bell pepper, sliced
- 1 large yellow bell pepper, sliced
- 1 small red onion, sliced
- ½ cup pitted green olives
- 3 cloves garlic, sliced
- 1 tsp smoked paprika
- 2 tbsp olive oil
- Salt and pepper

DIRECTIONS

1. Season everything. In a large bowl, combine chicken, bell peppers, onion, and olives. Drizzle with olive oil. Add sliced garlic, smoked paprika, salt, and pepper. Toss to coat all pieces evenly.
2. Arrange on pan. Spread the chicken and vegetables on a sheet pan in a single layer.
3. Bake. Roast in a preheated oven at 425°F (220°C) for about 30–35 minutes, until chicken is golden and cooked through and peppers are softened. Stir the vegetables once halfway through cooking for even roasting.
4. Crisp finish (optional). For extra color, you can broil on high for 2–3 minutes at the end, watching carefully to avoid burning.
5. Serve. Transfer to plates. Spoon the roasted pepper and olive mixture alongside the chicken. Garnish with chopped parsley or a squeeze of lemon if desired.



Greek Chicken Souvlaki Foil Packets

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1½ lbs chicken breast or thighs, cut into 1" cubes
- 1 green bell pepper, cut into 1" pieces
- 1 small red onion, cut into wedges
- 3 cloves garlic, minced
- 2 tbsp olive oil
- 1 tbsp dried oregano
- 1 lemon (juice and zest)
- Salt and pepper

DIRECTIONS

1. Marinate chicken. In a bowl, mix olive oil, minced garlic, oregano, lemon juice, lemon zest, salt, and pepper. Add the chicken cubes and toss to coat. Let marinate 5–10 minutes at room temperature.
2. Preheat and prepare foil. Preheat oven to 400°F (200°C). Tear four large pieces of foil (about 12" square each). Lightly oil each foil piece.
3. Assemble packets. Divide chicken, bell pepper, and onion among the foil pieces. Fold each foil around the ingredients to create sealed packets (leave a bit of space so steam can circulate).
4. Bake. Place foil packets on a baking sheet. Bake 20–25 minutes, until chicken is cooked through. Carefully open one packet to check doneness (165°F).
5. Serve. Open packets and transfer contents to plates, or serve right in packets. Serve with tzatziki sauce and pita or rice to complete the Greek meal.

One-Pan Poultry Wonders

Italian Chicken Parmesan Bake

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 4 boneless skinless chicken cutlets (or thin breasts)
- 2 cups marinara sauce (jarred or homemade)
- 1 cup shredded mozzarella cheese
- ½ cup grated Parmesan cheese
- 2 cloves garlic, minced
- 1 tsp dried oregano or Italian seasoning
- 2 tbsp olive oil
- Salt and pepper

DIRECTIONS

1. Prep chicken. Season the chicken cutlets with salt, pepper, and oregano. Lightly coat each cutlet in a bit of flour (optional, for crust), shaking off excess.
2. Brown chicken. Heat olive oil in a large oven-safe skillet over medium-high heat. Add chicken and sear until golden, 3-4 minutes per side (they will not be fully cooked). Remove to a plate.
3. Add sauce and cheese. Lower heat to medium. Add minced garlic to skillet and cook 30 seconds. Pour marinara sauce into pan. Return chicken to the pan in one layer. Spoon a little sauce over each piece. Sprinkle mozzarella and Parmesan evenly on top.
4. Bake. Transfer skillet to a 375°F oven. Bake 15-20 minutes, until chicken is cooked through and cheese is melted and bubbly.
5. Serve. Let cool 5 minutes. Garnish with fresh basil if available. Serve cutlets topped with sauce and cheese, alongside pasta or a green salad.



Spanish Lemon-Garlic Chicken with Chickpeas

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 6 bone-in chicken thighs (or 4 breasts)
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 lemon (zest + juice)
- 4 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp dried thyme or rosemary
- ¼ tsp salt and pepper

DIRECTIONS

1. Brown chicken. In a large skillet over medium-high heat, heat olive oil. Season chicken with salt, pepper, and smoked paprika. Brown chicken, skin side down first, about 4 minutes per side. Remove and set aside.
2. Sauté garlic. Lower heat to medium. Add minced garlic to the pan; cook 30 seconds until fragrant.
3. Add chickpeas and lemon. Stir in chickpeas, lemon zest, thyme, and a pinch of salt. Squeeze lemon juice over the mixture. Mix well.
4. Simmer. Return chicken to skillet on top of chickpeas. Cover and reduce heat to medium-low. Simmer 10-12 minutes until chicken is fully cooked (165°F).
5. Serve. Uncover and let any excess sauce thicken slightly (1-2 minutes). Serve chicken on a bed of chickpeas, spooning pan juices over top. Garnish with chopped parsley or lemon slices.

One-Pan Poultry Wonders

Lebanese Za'atar Chicken & Vegetables

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 35 minutes

INGREDIENTS

- 6 bone-in chicken thighs (or drumsticks)
- 2 tbsp za'atar spice blend
- 3 tbsp olive oil
- 1 lemon (juice and slices)
- 2 cloves garlic, minced
- 1 zucchini, chopped
- 1 red bell pepper, chopped
- ½ tsp salt and ¼ tsp pepper

DIRECTIONS

1. Season chicken. In a bowl, mix za'atar, minced garlic, olive oil, lemon juice, salt, and pepper. Rub this mixture all over the chicken pieces.
2. Prep vegetables. Toss zucchini and bell pepper with a little olive oil and salt.
3. Arrange on pan. Place vegetables in an even layer on a sheet pan. Nestle the chicken thighs on top. Tuck lemon slices around the pan.
4. Bake. Roast at 400°F (200°C) for 30-35 minutes until chicken is cooked (165°F) and vegetables are tender. Baste chicken with pan juices once or twice during cooking for extra flavor.
5. Serve. Allow to rest 5 minutes. Serve chicken and vegetables together, drizzling any remaining pan juices. A side of labneh or plain yogurt complements this well.



Italian Lemon-Herb Chicken with Orzo

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 4 boneless chicken breasts or thighs, sliced in half lengthwise if thick
- 1 cup orzo pasta
- 1 zucchini, chopped
- 2 cups chicken broth
- 1 lemon (juice + zest)
- 1 tsp dried oregano (or basil)
- 2 cloves garlic, minced
- 2 tbsp olive oil
- ½ tsp salt and ¼ tsp pepper

DIRECTIONS

1. Season and sauté chicken. Heat olive oil in a large skillet over medium-high heat. Season chicken with salt, pepper, and oregano. Add to skillet and brown on both sides (2-3 minutes each). Remove chicken and set aside.
2. Toast orzo and garlic. In the same pan, lower heat to medium. Add garlic and orzo; stir briefly to toast the orzo (about 1 minute).
3. Add liquids and zucchini. Pour in chicken broth, lemon juice, and lemon zest. Stir in zucchini. Return chicken to the pan, nestling it into the liquid.
4. Cook orzo. Bring to a simmer, then reduce heat to low. Cover and cook 12-15 minutes, until orzo is tender and most liquid is absorbed. If needed, uncover and cook a few extra minutes to reduce the sauce.
5. Finish. Remove lid. Check seasoning and adjust salt/pepper. The chicken and orzo mixture should be creamy. Serve with extra lemon wedges and chopped parsley if desired.

One-Pan Poultry Wonders

Moroccan Orange-Honey Chicken

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 4 bone-in chicken thighs (or breasts)
- 1 orange (juice and zest)
- 2 tbsp honey
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- 2 cloves garlic, minced
- 1 cup water or chicken broth
- 2 tbsp olive oil
- Salt and pepper
- ¼ cup sliced green olives (optional)

DIRECTIONS

1. Season and brown. Pat chicken dry and season with salt and pepper. In a skillet over medium-high heat, warm olive oil. Brown chicken 3-4 minutes per side until golden. Remove from pan.
2. Deglaze and simmer. Lower heat to medium. Add garlic and cook 30 seconds. Stir in cinnamon and ginger. Pour in orange juice, water (or broth), and honey; stir to combine. Bring to a simmer.
3. Add chicken and zest. Return chicken to the skillet. Sprinkle orange zest on top. Cover and simmer 20 minutes, or until chicken is cooked through.
4. Finish sauce. Remove chicken once done. Increase heat and cook sauce uncovered for 2-3 minutes until slightly thickened. Stir in olives if using.
5. Serve. Plate chicken and spoon the orange-honey sauce over it. Garnish with a sprig of cilantro or parsley. Serve with rice or couscous to soak up the glaze.



Greek Spinach & Feta Chicken Bake

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 4 chicken thighs (bone-in or boneless)
- 3 cups fresh baby spinach (or 10 oz frozen spinach, thawed and drained)
- 4 oz feta cheese (crumbled)
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper

DIRECTIONS

1. Brown chicken. Season chicken with salt, pepper, and oregano. Heat olive oil in an oven-safe skillet over medium-high heat. Sear chicken about 4 minutes per side, until golden. Remove and set aside.
2. Sauté spinach. In the same skillet, lower heat to medium. Add garlic and cook 30 seconds. Add spinach and cook until wilted (if using fresh) or heated through (if using thawed frozen). Season lightly. Spread spinach evenly on bottom of skillet.
3. Return chicken. Nestle the seared chicken thighs on top of the spinach. Pour any accumulated juices from the chicken over it.
4. Add feta. Sprinkle crumbled feta over the chicken and spinach. Drizzle a bit more olive oil if desired.
5. Bake. Transfer skillet to a 375°F oven. Bake 15-20 minutes until chicken is cooked through. Serve directly from the skillet, spooning the garlicky spinach and melted feta over each plate.

One-Pan Poultry Wonders

Spanish Cilantro-Garlic Chicken with Potatoes

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 40 minutes

INGREDIENTS

- 4 bone-in chicken legs or thighs
- 1 lb baby potatoes, halved
- 1 bunch cilantro (about 1 cup leaves)
- 3 cloves garlic
- 1 jalapeño (optional) or ¼ tsp chili flakes for mild heat
- 2 tbsp olive oil
- Juice of 1 lime (or lemon)
- Salt and pepper

DIRECTIONS

1. Make cilantro sauce. In a food processor or blender, combine cilantro leaves (stems removed), garlic, lime juice, olive oil, chili (if using), salt, and pepper. Blend into a coarse salsa verde.
2. Toss potatoes and chicken. On a sheet pan, toss potato halves with half of the cilantro-garlic sauce. Place chicken pieces on top of potatoes. Drizzle remaining sauce over chicken and potatoes, rubbing it onto each piece.
3. Arrange on pan. Spread chicken and potatoes evenly. If any sauce is left, spoon it on top.
4. Bake. Roast at 425°F (220°C) for 35–40 minutes, until potatoes are tender and chicken is fully cooked. Turn chicken or baste with pan juices once during baking.
5. Serve. Garnish with extra chopped cilantro or lime wedges. Serve right from the pan; the potatoes will have absorbed the flavorful sauce.



Italian Pesto Chicken with Tomatoes

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 4 boneless skinless chicken breasts (or thighs)
- ½ cup pesto sauce (basil pesto)
- 2 cups cherry tomatoes
- 2 tbsp olive oil
- 2 cloves garlic, minced
- Salt and pepper
- 2 tbsp grated Parmesan (optional)

DIRECTIONS

1. Season and sear chicken. Season chicken with salt and pepper. Heat olive oil in a large ovenproof skillet over medium-high heat. Sear chicken 3–4 minutes per side until lightly browned (not cooked through). Remove and set aside.
2. Sauté garlic. Lower heat to medium. Add minced garlic to pan, sauté 30 seconds until fragrant.
3. Add tomatoes and pesto. Stir in cherry tomatoes and pesto sauce, coating the tomatoes. Cook 2–3 minutes until tomatoes start to blister.
4. Combine and bake. Return chicken to the skillet, nestling it among the tomatoes. Sprinkle Parmesan over everything if using. Transfer skillet to a preheated 400°F oven. Bake 10–12 minutes until chicken is cooked through.
5. Serve. The chicken will be bathed in a basil-tomato sauce. Spoon some sauce and tomatoes over each piece when plating, and sprinkle extra fresh basil if available.

One-Pan Poultry Wonders

Lebanese Chicken & Rice Pilaf

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 45 minutes

INGREDIENTS

- 4 bone-in chicken thighs (or 2 cups shredded chicken)
- 1 cup basmati rice, rinsed
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 cinnamon stick (or ½ tsp ground cinnamon)
- 2 cups chicken broth
- 1 tbsp olive oil
- Salt and pepper

DIRECTIONS

1. Sauté aromatics. In a deep ovenproof skillet or Dutch oven, heat olive oil over medium heat. Add onion and garlic; sauté until translucent, 3–4 minutes. Stir in cinnamon.
2. Add rice. Add rice to the pan and stir well to coat with oil and onion. Let it toast slightly for 1 minute.
3. Add liquids and chicken. Pour chicken broth into the pan. Season with salt and pepper. Place the chicken thighs on top of the rice in a single layer.
4. Bake covered. Cover the pan tightly with lid or foil. Bake in a preheated 375°F (190°C) oven for 30–35 minutes, until rice is tender and liquid is absorbed. If rice is not quite done, cook a few minutes longer on the stove with lid on.
5. Finish and serve. Remove lid and let stand 5 minutes. Fluff rice around the chicken. Sprinkle chopped parsley if desired. Serve by scooping rice and chicken onto plates; the rice will have absorbed the chicken's flavor.



Spanish Saffron Chicken Stew

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 4 bone-in chicken thighs (or drumsticks)
- 1 small onion, chopped
- 1 green bell pepper, chopped
- 2 tomatoes, diced (or 1 can diced tomatoes)
- Pinch of saffron threads (or ¼ tsp turmeric)
- 2 cloves garlic, minced
- 1 cup chicken broth
- 2 tbsp olive oil
- ½ tsp smoked paprika
- Salt and pepper

DIRECTIONS

1. Brown chicken. Season chicken with salt, pepper, and smoked paprika. In a skillet over medium-high heat, warm olive oil. Brown chicken on both sides (3–4 minutes each). Remove and set aside.
2. Sauté vegetables. Reduce heat to medium. Add onion and bell pepper to the skillet; cook 3–4 minutes until softened. Stir in garlic and saffron; cook 30 seconds more.
3. Add tomatoes and broth. Pour in diced tomatoes and chicken broth. Stir, scraping any browned bits off the bottom. Return chicken to the pan, nestling it into the liquid.
4. Simmer. Cover and reduce heat. Simmer gently 15–20 minutes until chicken is cooked and flavors meld. Uncover and cook 2–3 minutes more to thicken sauce slightly if needed.
5. Serve. The stew should be fragrant and saucy. Serve chicken pieces with the tomato-saffron sauce spooned over them, accompanied by crusty bread or rice.

One-Pan Poultry Wonders



Turkish Pepper-Tomato Chicken

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 4 boneless chicken thighs or breasts, sliced into strips
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 onion, sliced
- 1 can (14 oz) diced tomatoes (undrained)
- 1 tsp paprika
- 2 cloves garlic, minced
- 2 tbsp olive oil
- Salt and pepper
- Chopped parsley for garnish (optional)

DIRECTIONS

1. Brown chicken. Heat olive oil in a large skillet over medium-high. Season chicken strips with salt, pepper, and paprika. Add to pan and cook until lightly browned, 3-4 minutes. Remove chicken to plate.
2. Sauté vegetables. In the same skillet, add onions and peppers. Cook 4-5 minutes until they start to soften. Add garlic and sauté 30 seconds.
3. Combine and simmer. Return chicken to pan. Pour in diced tomatoes with their juice. Stir to mix. Bring to a simmer, then reduce heat. Cover and cook 10-12 minutes until chicken is done (165°F) and flavors blend.
4. Finish. Uncover and simmer 1-2 minutes more if sauce is too thin. The vegetables should be tender-crisp.
5. Serve. Transfer chicken and vegetables to serving plates. Sprinkle with parsley and serve over rice or bulgur for a Turkish-inspired meal.

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Italian Artichoke-Olive Chicken Bake

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 6 chicken thighs (bone-in)
- 1 cup jarred artichoke hearts (quartered)
- ½ cup pitted Kalamata or Castelvetrano olives
- 1 cup cherry tomatoes, halved
- 3 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper

DIRECTIONS

1. Season and sear chicken. Season chicken thighs with salt, pepper, and oregano. Heat olive oil in an ovenproof skillet over medium-high heat. Brown chicken 4 minutes per side. Remove to a plate.
2. Cook garlic. Lower heat to medium. Add minced garlic to pan and sauté 30 seconds.
3. Add vegetables. Stir in artichoke hearts, olives, and cherry tomatoes. Spread them around the pan. Return chicken on top of the mixture.
4. Bake. Transfer skillet to a 375°F oven. Bake 20-25 minutes until chicken is fully cooked and tomatoes soften.
5. Serve. Spoon the tangy artichoke and olive mixture over chicken when serving. Pair with polenta, pasta, or roasted potatoes.



One-Pan Poultry Wonders



Moroccan Apricot-Almond Chicken

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 4 chicken thighs (or breasts)
- 1 small onion, chopped
- 1 cup dried apricots, halved (or ½ cup apricot jam)
- 1 cup chicken broth
- 1 tsp ground ginger
- ½ tsp ground cinnamon
- ¼ cup sliced almonds (toasted)
- 2 tbsp olive oil
- Salt and pepper

DIRECTIONS

1. Brown chicken. Season chicken with salt, pepper, ginger, and cinnamon. Heat olive oil in a skillet over medium-high heat. Sear chicken until golden, 3–4 minutes per side. Remove to plate.
2. Cook onion. Add chopped onion to the skillet and sauté 3–4 minutes until translucent.
3. Simmer with apricots. Stir in apricots (or jam) and chicken broth. Bring to a simmer. Return chicken to pan.
4. Cover and cook. Cover skillet, reduce heat to low, and simmer 15–20 minutes until chicken is cooked through and sauce thickens. If using jam, it will melt into the sauce; if using dried fruit, ensure it's plump.
5. Finish. Remove chicken and stir sauce until slightly thick. Return chicken to sauce and sprinkle with toasted almonds. Serve garnished with parsley or cilantro if desired, alongside couscous or rice.

Italian Chicken Cacciatore

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 35 minutes

INGREDIENTS

- 4 bone-in chicken thighs (or 2 breasts cut into pieces)
- 1 small onion, sliced
- 1 red bell pepper, sliced
- 8 oz mushrooms, sliced
- 1 can (14 oz) diced tomatoes
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 2 tbsp olive oil
- Salt and pepper

DIRECTIONS

1. Brown chicken. Season chicken with salt, pepper, and oregano. In a large skillet, heat olive oil over medium-high. Brown chicken on both sides (3–4 minutes each). Remove from pan.
2. Sauté vegetables. Lower heat to medium. Add onion, bell pepper, and mushrooms to the skillet. Cook 5 minutes until softened. Add garlic and sauté 30 seconds.
3. Combine ingredients. Return chicken to pan. Stir in diced tomatoes (with juice). Mix well. Bring to a simmer.
4. Cook. Cover and reduce heat to medium-low. Simmer 25 minutes until chicken is tender and sauce is thickened. Stir occasionally.
5. Serve. Taste and adjust seasoning. Serve chicken topped with the vegetable-tomato sauce. A side of pasta, polenta, or crusty bread makes a perfect accompaniment.



One-Pan Poultry Wonders



Moroccan-Spiced Turkey Cutlets with Carrots

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1½ lbs turkey tenderloin or thick cutlets, sliced into 1" pieces
- 2 carrots, sliced on the diagonal
- 1 small onion, chopped
- 1 tsp ground cumin
- ½ tsp ground coriander
- ¼ tsp ground cinnamon
- 2 cloves garlic, minced
- 2 tbsp olive oil
- ½ cup water or broth
- Salt and pepper

DIRECTIONS

1. Season turkey. In a bowl, toss turkey pieces with salt, pepper, cumin, coriander, and cinnamon.
2. Brown turkey. Heat olive oil in a skillet over medium-high heat. Add turkey in a single layer. Cook 3-4 minutes until browned. Flip and cook 2 more minutes. Remove turkey and set aside.
3. Cook vegetables. In the same skillet, add onion and carrots. Sauté 4-5 minutes until vegetables start to soften. Add garlic and cook 30 seconds.
4. Combine and simmer. Return turkey to the skillet. Pour in water or broth and bring to a simmer. Cover and reduce heat to medium-low. Simmer 10 minutes until turkey is cooked and carrots are tender.
5. Serve. Remove lid and simmer 1-2 minutes more if sauce is thin. Transfer turkey and carrots to plates, spooning pan juices over top. Garnish with fresh herbs like cilantro or parsley.

Greek Chicken Meatballs in Tomato Sauce

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 1 lb ground chicken (or turkey)
- ¼ cup breadcrumbs (optional)
- 1 egg, beaten
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 2 tbsp olive oil
- 1 can (14 oz) crushed tomatoes
- ¼ cup crumbled feta (optional garnish)
- 1 tbsp olive oil (for sauce)
- Salt and pepper

DIRECTIONS

1. Make meatballs. In a bowl, combine ground chicken, breadcrumbs (if using), beaten egg, garlic, oregano, salt, and pepper. Mix gently. Form into small meatballs (about 12-15).
2. Brown meatballs. Heat 2 tbsp olive oil in a large skillet over medium. Add meatballs and cook in batches, turning occasionally, until browned on all sides. Remove and set aside.
3. Make tomato sauce. In the same skillet, add a bit more oil if needed. Pour in crushed tomatoes. Season with a pinch of salt and pepper. Bring to a simmer.
4. Simmer with meatballs. Return all meatballs to the skillet, nestling them into the sauce. Cover and reduce heat. Simmer 15 minutes, or until meatballs are cooked through.
5. Finish. Sprinkle with crumbled feta and chopped parsley if desired. Serve over rice or orzo, or with pita bread.



One-Pan Poultry Wonders

Greek Turkey Keftedes

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 lb ground turkey (or chicken)
- 1 small onion, finely grated
- 2 cloves garlic, minced
- 2 tbsp chopped parsley
- 1 tsp dried oregano
- ¼ cup breadcrumbs (or oat flour)
- 1 egg, beaten
- 1 tbsp olive oil (for pan)
- Salt and pepper

DIRECTIONS

1. Mix meatballs. In a bowl, combine ground turkey, grated onion, garlic, parsley, oregano, breadcrumbs, egg, salt, and pepper. Mix until combined. Shape into 12-14 small patties or meatballs.
2. Heat skillet. Heat olive oil in a nonstick skillet over medium heat.
3. Cook keftedes. Add turkey keftedes in batches, without crowding. Cook about 3-4 minutes per side until golden brown and cooked through. Transfer to a plate as done.
4. Finish. Keep keftedes warm. They can be served straight from the pan or placed briefly under a broiler to re-crisp just before serving.
5. Serve. Serve with lemon wedges and tzatziki or yogurt sauce. They pair well with a simple Greek salad or with rice.



Italian Turkey Meatballs with Zucchini

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1 lb ground turkey
- 1 egg, beaten
- ¼ cup grated Parmesan cheese
- 2 cloves garlic, minced
- 1 tsp dried Italian seasoning
- 2 zucchini, sliced into rounds
- 1 can (14 oz) diced tomatoes (with juice)
- 2 tbsp olive oil
- Salt and pepper

DIRECTIONS

1. Make meatballs. In a bowl, mix ground turkey, beaten egg, Parmesan, garlic, Italian seasoning, salt, and pepper. Form into 12 meatballs.
2. Brown meatballs. Heat 1 tbsp olive oil in a large skillet over medium heat. Add meatballs and cook 3-4 minutes per side until browned. Remove and set aside.
3. Sauté zucchini. In the same pan, add remaining oil. Add zucchini rounds and cook 3-4 minutes until lightly browned.
4. Add tomatoes and meatballs. Pour diced tomatoes (with juices) into skillet. Stir and add the meatballs back in. Bring to a simmer.
5. Simmer. Cover and reduce heat to medium-low. Simmer 10-12 minutes until meatballs are cooked and zucchini is tender. Serve hot, garnished with fresh basil or parsley.

One-Pan Poultry Wonders

Lebanese Chicken Shawarma

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 1½ lbs boneless chicken thighs or breasts, cut into strips
- 1 red onion, sliced
- 1 yellow bell pepper, sliced
- 2 tbsp shawarma seasoning (store-bought or homemade mix of cumin, paprika, turmeric, etc.)
- 3 tbsp olive oil
- Salt and pepper
- Pita bread or rice, for serving

DIRECTIONS

1. Season chicken. In a bowl, toss chicken strips with shawarma seasoning, olive oil, and a pinch of salt.
2. Arrange on pan. Spread chicken, onion, and bell pepper in an even layer on a sheet pan.
3. Bake. Roast at 425°F (220°C) for 25-30 minutes until chicken is fully cooked and edges are crispy. Toss once halfway through cooking.
4. Rest. Let the pan rest 5 minutes after baking so flavors settle.
5. Serve. Serve shawarma chicken and veggies with warm pita or rice. Add lemon wedges, garlic sauce, or tzatziki on the side if available.



Spanish Paprika Chicken & Vegetables

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 6 chicken drumsticks or thighs
- 1 tsp sweet smoked paprika (pimentón)
- 1 tsp dried thyme or rosemary
- 2 potatoes, cut into wedges
- 1 red bell pepper, cut into strips
- 1 onion, cut into wedges
- 3 cloves garlic, sliced
- 2 tbsp olive oil
- Salt and pepper

DIRECTIONS

1. Season all ingredients. In a large bowl, combine chicken, potatoes, bell pepper, onion, garlic, olive oil, paprika, thyme, salt, and pepper. Toss to coat everything evenly.
2. Arrange in skillet. Transfer the mixture to a large ovenproof skillet or roasting pan. Distribute in a single layer.
3. Bake. Roast in a preheated 400°F (200°C) oven for 30 minutes. Stir or turn everything halfway through cooking for even roasting.
4. Crisp finish. If you like, broil 2-3 minutes at the end to crisp up the chicken skin and edges of the potatoes.
5. Serve. Remove from oven. Let sit a few minutes, then serve hot, spooning pan juices over the chicken and veggies. A sprinkle of chopped parsley brightens the flavors.

One-Pan Poultry Wonders



Moroccan-Spiced Turkey & Sweet Potato

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1 lb turkey tenderloin or breast, cut into strips
- 2 medium sweet potatoes, peeled and diced
- 1 small onion, chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp turmeric
- 2 cloves garlic, minced
- 2 tbsp olive oil
- ½ cup chicken broth or water
- Salt and pepper
- Fresh parsley or cilantro for garnish (optional)

DIRECTIONS

1. Season turkey. In a bowl, toss turkey strips with cumin, coriander, turmeric, salt, and pepper.
2. Brown turkey. Heat 1 tbsp olive oil in a skillet over medium-high heat. Add turkey and cook until browned on all sides, about 3–4 minutes. Remove and set aside.
3. Cook sweet potatoes. In the same skillet, add remaining oil. Add onion and sweet potatoes. Cook 4–5 minutes until onions are translucent and potatoes begin to soften. Stir in garlic and cook 30 seconds.
4. Combine and simmer. Return turkey to skillet. Pour in chicken broth (or water). Bring to a simmer, cover, and reduce heat to medium-low. Cook 8–10 minutes until sweet potatoes are tender and turkey is cooked through.
5. Serve. Remove lid and simmer 1 minute if sauce is too thin. Garnish with chopped parsley or cilantro. Serve hot, with the spiced potatoes as a flavorful base.

Italian Lemon-Caper Chicken Piccata

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 4 boneless chicken breasts or cutlets
- 2 tbsp all-purpose flour (for dredging)
- 2 tbsp olive oil
- 2 tbsp butter (optional, for sauce)
- 2 cloves garlic, minced
- 1 lemon (juice and 1/2" slices)
- 2 tbsp capers
- ½ cup chicken broth
- Salt and pepper

DIRECTIONS

1. Prep chicken. Season chicken with salt and pepper. Dredge lightly in flour, shaking off excess.
2. Brown chicken. In a skillet over medium heat, heat olive oil (and 1 tbsp butter if using). Add chicken and cook 3–4 minutes per side until golden. Remove and keep warm on a plate.
3. Make sauce. In the same skillet, add garlic and sauté 30 seconds. Add chicken broth, lemon juice, and capers. Scrape up any brown bits from the pan. Bring to a simmer.
4. Finish sauce. Let sauce simmer 2–3 minutes. Remove from heat and stir in remaining butter (if using) to finish the sauce. Return chicken to skillet, spooning sauce over it to coat.
5. Serve. Place chicken on serving plates and pour extra sauce and lemon slices over top. Pair with pasta, roasted potatoes, or a green salad.





Savory Seafood Simplicity



Mediterranean Lemon Herb Salmon

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 4 salmon fillets (6 oz each)
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 6 cups baby spinach
- 1 lemon, sliced
- 1 tsp dried oregano (or thyme)
- Salt and pepper, to taste

DIRECTIONS

1. Pat salmon dry and season both sides with salt, pepper, and oregano. Set aside.
2. Heat olive oil in a large skillet over medium heat. Add minced garlic and cook until fragrant, about 1 minute. Add baby spinach and cook, stirring, until just wilted.
3. Push the spinach to the sides of the skillet. Place salmon fillets in the center, skin-side down if applicable, and top each with a lemon slice.
4. Cover skillet, reduce heat to medium-low, and cook salmon 4-5 minutes. Uncover, flip each fillet, and cook 3-4 more minutes until salmon is opaque and flakes easily.
5. Serve the salmon fillets on a bed of garlic-infused spinach, with the lemon slices for garnish.



Greek Sheet Pan Salmon with Potatoes & Olives

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 4 salmon fillets (6 oz each)
- 1½ lb baby potatoes, halved
- 1 red onion, quartered
- 1 cup cherry tomatoes
- ¼ cup pitted Kalamata olives
- 2 tbsp olive oil
- 1 tbsp dried oregano
- 1 lemon, sliced
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 400°F (200°C). In a large bowl, toss potatoes, onion, 1 tbsp olive oil, half of the lemon slices, oregano, salt, and pepper. Spread on a baking sheet.
2. Roast potatoes and onion for 15 minutes.
3. Remove the pan from oven. Push the vegetables to the edges and place salmon fillets in the center. Scatter cherry tomatoes and olives over everything. Drizzle the remaining 1 tbsp olive oil over the salmon and veggies, and arrange the remaining lemon slices on top of the fish.
4. Return to oven and bake 10-12 minutes more, until salmon is cooked through (it should flake easily with a fork) and potatoes are tender.
5. Serve warm, spooning roasted tomatoes and olives over the salmon.

Savory Seafood Simplicity



Garlic Butter Salmon Foil Packets with Green Beans

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 18-20 minutes

INGREDIENTS

- 4 salmon fillets (6 oz each)
- 12 oz green beans, trimmed
- 2 tbsp butter, cut into small pats
- 4 cloves garlic, minced
- 1 lemon, sliced
- 1 tbsp olive oil
- Salt and pepper, to taste
- Fresh parsley, chopped (optional garnish)

DIRECTIONS

1. Preheat oven to 400°F (200°C). Tear 4 large sheets of foil (about 12"x12" each) and place one salmon fillet in the center of each.
2. Divide green beans among the foil sheets. Top each salmon fillet with butter pats, minced garlic, and a few lemon slices. Drizzle olive oil over the beans and fish. Season everything with salt and pepper.
3. Fold the foil over the salmon and green beans to seal packets. Place packets on a baking sheet.
4. Bake 18-20 minutes, or until salmon is cooked through and flakes easily.
5. Carefully open packets (watch out for steam) and serve directly from the foil or transfer to plates. Garnish with parsley if desired.

Baked Salmon with Tomatoes, Zucchini & Feta

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 4 salmon fillets (6 oz each)
- 1 pint cherry tomatoes (halved)
- 1 zucchini, sliced into rounds
- ½ cup crumbled feta cheese
- 3 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp dried oregano
- Juice of 1 lemon
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 425°F (220°C). Brush a baking dish with a little olive oil.
2. In a bowl, combine cherry tomatoes, zucchini, garlic, 2 tbsp olive oil, oregano, salt, and pepper. Toss well and spread evenly in the baking dish.
3. Nestle salmon fillets into the vegetables. Squeeze lemon juice over the fish. Sprinkle crumbled feta evenly on top of the salmon and veggies.
4. Bake for 15 minutes, or until salmon is opaque and flakes with a fork.
5. Remove from oven and serve immediately, spooning the roasted tomatoes and feta over the fish.



Savory Seafood Simplicity

One-Pan Spiced Salmon with Chickpeas & Spinach

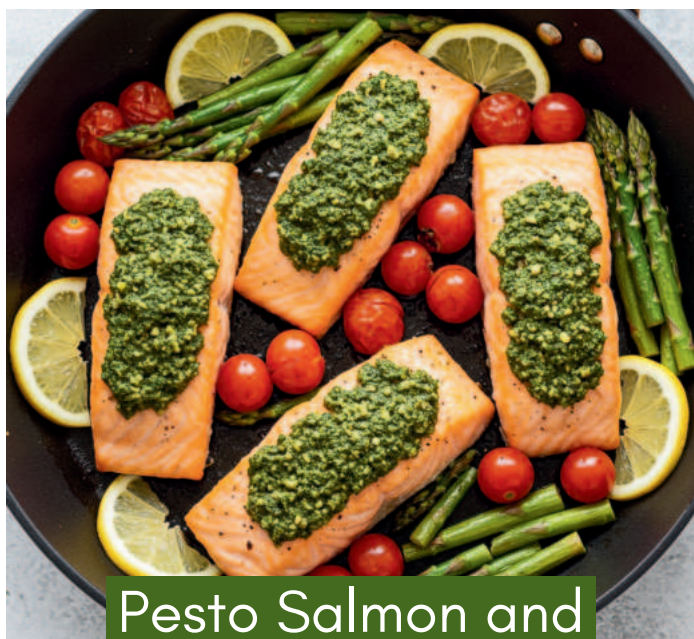
Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 4 salmon fillets (6 oz each)
- 1 can (15 oz) chickpeas, drained and rinsed
- 2 cups baby spinach
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 1 tsp smoked paprika
- ½ tsp ground cumin
- Juice of 1 lemon
- Salt and pepper, to taste

DIRECTIONS

1. Season each salmon fillet with salt, pepper, paprika, and cumin on both sides.
2. Heat olive oil in a large skillet over medium heat. Add minced garlic and cook about 1 minute until fragrant. Stir in chickpeas and cook 2-3 minutes, tossing occasionally.
3. Push chickpeas to one side of the skillet. Place salmon fillets, skin-side down, in the skillet. Cover and cook 4-5 minutes.
4. Carefully flip salmon fillets and cook another 3-4 minutes, until fish is cooked through.
5. Stir in baby spinach and lemon juice; cook until spinach wilts (about 1 minute). Season with more salt and pepper as needed. Serve the salmon over the chickpea-spinach mixture.



Pesto Salmon and Vegetables

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 4 salmon fillets (6 oz each)
- 8 oz asparagus, trimmed and cut in half (or green beans)
- 1 cup cherry tomatoes
- ¼ cup prepared basil pesto (store-bought or homemade)
- 2 tbsp olive oil
- Salt and pepper, to taste
- Lemon wedges (for serving)

DIRECTIONS

1. Spread about 1 tbsp of pesto on top of each salmon fillet and season with salt and pepper.
2. Heat olive oil in a large skillet over medium heat. Add asparagus and cherry tomatoes; season lightly with salt and pepper. Cook, stirring occasionally, for 2-3 minutes.
3. Push vegetables to the side of the skillet. Place salmon fillets, pesto-side up, in the center of the pan. Cover and cook 4-5 minutes.
4. Carefully flip the salmon and cook 3-4 more minutes, until fish is opaque and flakes. The pesto will create a light coating on the salmon and pan juices.
5. Serve each salmon fillet with the roasted asparagus and tomatoes, and garnish with lemon wedges.

Savory Seafood Simplicity



One-Pan Herbed Halibut with Summer Vegetables

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 4 halibut fillets (6 oz each)
- 1 zucchini, sliced into rounds
- 1 red bell pepper, sliced
- ½ red onion, sliced
- 1 cup cherry tomatoes
- 2 cloves garlic, thinly sliced
- 2 tbsp olive oil
- 1 tsp dried rosemary (or thyme)
- Salt and pepper, to taste
- 1 lemon, sliced (for garnish)

DIRECTIONS

1. Preheat oven to 425°F (220°C). Lightly coat a sheet pan with olive oil.
2. In a bowl, toss zucchini, bell pepper, onion, cherry tomatoes, garlic, 1 tbsp olive oil, rosemary, salt, and pepper. Spread mixture in an even layer on the prepared sheet pan.
3. Roast vegetables for 10-12 minutes, until just beginning to soften.
4. Remove pan from oven and nestle halibut fillets among the vegetables. Drizzle the remaining 1 tbsp olive oil over the fish and veggies.
5. Roast 8-10 minutes more, or until the halibut is cooked through (it will flake easily). Serve garnished with lemon slices.

Mediterranean Baked Cod with Tomatoes, Olives & Capers

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 4 cod fillets (6 oz each)
- 1 pint cherry tomatoes, halved
- ¼ cup pitted Kalamata olives, halved
- 2 tbsp capers
- 3 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp dried oregano (or thyme)
- 1 lemon, sliced
- Salt and pepper, to taste
- Fresh parsley, chopped (optional garnish)

DIRECTIONS

1. Preheat oven to 425°F (220°C). Brush a baking dish with 1 tbsp olive oil.
2. In a bowl, mix cherry tomatoes, olives, capers, garlic, remaining 1 tbsp olive oil, oregano, salt, and pepper. Toss to combine and pour into the baking dish.
3. Place cod fillets on top of the tomato mixture. Spoon some of the tomatoes and olives over each fillet. Lay lemon slices over the fish.
4. Bake 15-18 minutes, or until the cod is opaque and flakes easily with a fork. The vegetables will be saucy and infused with Mediterranean flavor.
5. Garnish with chopped parsley before serving, if desired.



Savory Seafood Simplicity

Sheet Pan Baked Haddock with Lemon & Capers

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 4 haddock fillets (6 oz each)
- 1½ lb baby potatoes, halved
- 3 cloves garlic, minced
- 2 tbsp olive oil
- 2 tbsp capers
- 1 lemon, sliced
- Salt and pepper, to taste
- Chopped parsley (for garnish)

DIRECTIONS

1. Preheat oven to 425°F (220°C). Brush a large baking sheet with 1 tbsp olive oil.
2. In a bowl, toss halved potatoes with garlic, 1 tbsp olive oil, salt, and pepper. Spread potatoes in a single layer on the baking sheet. Roast for 15 minutes.
3. Remove sheet pan from oven. Push potatoes to the sides and place haddock fillets in the center. Scatter capers over the fish and lay lemon slices on top. Drizzle remaining 1 tbsp olive oil over everything.
4. Bake another 10 minutes, until haddock is opaque and flakes with a fork and potatoes are tender.
5. Garnish with chopped parsley before serving.



Foil Packet Mustard Dill Pollock with Tomatoes

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 4 pollock fillets (or cod), about 6 oz each
- 2 tbsp Dijon mustard
- 1 tsp dried dill (or 1 tbsp fresh)
- 1 cup cherry tomatoes, halved
- 1 tbsp olive oil
- 2 cloves garlic, minced
- Salt and pepper, to taste
- 1 lemon, sliced (for serving)

DIRECTIONS

1. Preheat oven to 375°F (190°C). Tear four large sheets of foil. Place a fish fillet in the center of each.
2. Spread ½ tbsp Dijon mustard on top of each fillet. Sprinkle each with dill, garlic, salt, and pepper. Add the halved tomatoes around each fillet and drizzle with a little olive oil.
3. Fold foil over the fish and crimp edges to seal into packets. Place packets on a baking sheet.
4. Bake for 15 minutes, until the fish is opaque and flakes easily. Carefully open packets and serve, with lemon slices squeezed over the fish.

Savory Seafood Simplicity

Lemon Garlic Tilapia with Bell Peppers & Olives

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 12 minutes

INGREDIENTS

- 4 tilapia fillets (or other mild white fish)
- 1 red bell pepper, sliced
- ¼ cup pitted Kalamata olives, sliced
- 3 cloves garlic, minced
- 2 tbsp olive oil
- Juice of 1 lemon
- 1 tsp dried oregano
- Salt and pepper, to taste
- Chopped parsley (for garnish)

directions

1. Pat tilapia dry and season both sides with salt, pepper, and oregano.
2. Heat olive oil in a large skillet over medium heat. Add minced garlic and bell pepper; sauté 2-3 minutes until softened.
3. Push peppers to one side and place tilapia fillets in the skillet. Cook 3-4 minutes until the underside is opaque. Flip fillets and scatter olives around them.
4. Squeeze lemon juice over the fish and vegetables. Cook an additional 3-4 minutes until fish is fully cooked and flakes easily.
5. Sprinkle with chopped parsley and serve hot.



Provençal Baked Cod with Fennel & Tomatoes

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 4 cod fillets (6 oz each)
- 1 fennel bulb, thinly sliced
- 1 onion, thinly sliced
- 1 cup cherry tomatoes, halved
- 2 tbsp olive oil
- 1 tsp Herbes de Provence (or dried thyme and rosemary mix)
- Salt and pepper, to taste
- 1 lemon, sliced
- Chopped parsley (for garnish)

DIRECTIONS

1. Preheat oven to 400°F (200°C). Lightly oil a baking dish.
2. In the dish, toss fennel, onion, cherry tomatoes, olive oil, Herbes de Provence, salt, and pepper. Spread in an even layer.
3. Place cod fillets on top of the vegetables. Arrange lemon slices around the fish.
4. Bake for 18-20 minutes, until cod is opaque and flakes easily.
5. Garnish with chopped parsley and serve, spooning the roasted fennel and tomatoes over the fish.

Savory Seafood Simplicity



Sheet Pan Shrimp with Peppers, Feta & Oregano

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 12 minutes

INGREDIENTS

- 1 lb large shrimp, peeled and deveined
- 1 red bell pepper, sliced
- 1 small red onion, sliced
- 1 cup cherry tomatoes
- ¼ cup pitted Kalamata olives (optional)
- 2 tbsp olive oil
- 1 tbsp dried oregano
- ½ cup crumbled feta cheese
- Salt and pepper, to taste
- Lemon wedges (for serving)

DIRECTIONS

1. Preheat oven to 425°F (220°C). Line a sheet pan with foil or parchment.
2. In a bowl, toss bell pepper, onion, cherry tomatoes, shrimp, olive oil, oregano, salt, and pepper until everything is lightly coated. Spread in a single layer on the sheet pan.
3. Roast for 8-10 minutes, until shrimp are pink and cooked through and vegetables are tender.
4. Remove pan from oven and immediately sprinkle crumbled feta over the hot shrimp and veggies; let it warm in the residual heat for 2 minutes.
5. Serve garnished with lemon wedges for squeezing over the dish.

Skillet Lemon Garlic Shrimp with Orzo & Spinach

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 cup orzo pasta
- 1 lb shrimp, peeled and deveined
- 1 onion, chopped
- 4 cups low-sodium vegetable or chicken broth
- 3 cloves garlic, minced
- 2 cups baby spinach
- Juice of 1 lemon
- 2 tbsp olive oil
- Salt and pepper, to taste
- Chopped parsley (for garnish)

DIRECTIONS

1. Heat 1 tbsp olive oil in a large skillet over medium heat. Add chopped onion and garlic; sauté until softened, about 2-3 minutes.
2. Add orzo and toast briefly for 1 minute. Pour in broth and bring to a simmer. Cover and cook, stirring occasionally, until orzo is nearly tender (about 8-10 minutes).
3. Stir in the shrimp and lemon juice. Cover again and cook until the shrimp turn pink (about 4-5 minutes).
4. Stir in baby spinach and cook until wilted, about 1 minute. Season with salt and pepper.
5. Sprinkle with chopped parsley and serve directly from the skillet.



Savory Seafood Simplicity

Greek Shrimp Saganaki (Tomato & Feta)

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 lb shrimp, peeled and deveined
- 1 can (14 oz) diced tomatoes (or crushed tomatoes)
- ½ cup crumbled feta cheese
- 3 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp dried oregano
- Pinch of red pepper flakes (optional)
- Salt and pepper, to taste
- Chopped parsley or dill (for garnish)

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Add minced garlic (and red pepper flakes if using) and sauté for about 30 seconds until fragrant.
2. Stir in the diced tomatoes and oregano. Season with salt and pepper. Bring to a simmer and cook for 3-4 minutes to meld flavors.
3. Add the shrimp to the tomato sauce. Cover and cook 3-4 minutes, until shrimp are pink and opaque.
4. Sprinkle crumbled feta over the top of the shrimp. Cover again for 1 minute so the feta warms and softens.
5. Garnish with parsley or dill and serve, spooning the savory tomato sauce and feta over the shrimp.



Spanish Garlic Shrimp (Gambas al Ajillo)

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 10 minutes

INGREDIENTS

- 1 lb large shrimp, peeled and deveined
- 4 cloves garlic, thinly sliced
- 2 tbsp olive oil (or butter)
- 1 tsp smoked paprika (optional)
- Pinch of red pepper flakes (optional)
- Salt and pepper, to taste
- Juice of ½ lemon
- Chopped parsley (for garnish)

DIRECTIONS

1. Heat olive oil in a large skillet over medium-high heat. Add sliced garlic (and red pepper flakes if using) and sauté until the garlic is golden, about 30 seconds. Do not let it burn.
2. Add the shrimp, paprika, salt, and pepper. Cook shrimp 2-3 minutes on one side.
3. Flip the shrimp and cook 2-3 minutes more until they turn pink and are cooked through.
4. Squeeze lemon juice over the shrimp and stir to coat. Taste and adjust salt/pepper as needed.
5. Sprinkle with chopped parsley and serve immediately, often with crusty bread to soak up the garlic-infused oil.

Savory Seafood Simplicity

Shrimp with Tomatoes, Olives & Capers

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 1 lb shrimp, peeled and deveined
- 1 can (14 oz) diced tomatoes (or 1½ cups cherry tomatoes, halved)
- ¼ cup Kalamata olives, sliced
- 2 tbsp capers
- 3 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper, to taste
- Chopped parsley (for garnish)

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add minced garlic and sauté about 1 minute.
2. Add diced tomatoes (with juices), olives, capers, oregano, salt, and pepper. Bring to a simmer and cook 3-4 minutes.
3. Stir in the shrimp, making sure they are coated in the sauce. Cover and cook 4-5 minutes, until shrimp are cooked through.
4. Remove the pan from heat and sprinkle chopped parsley over the top.
5. Serve the shrimp with spoonfuls of the tomato-olive-caper sauce.



One-Pan Spicy Shrimp and Chickpeas

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 1 lb shrimp, peeled and deveined
- 1 can (15 oz) chickpeas, drained and rinsed
- 2 cups baby spinach
- 2 cloves garlic, minced
- 1 tsp ground cumin
- ½ tsp smoked paprika (or sweet paprika)
- ¼ tsp cayenne pepper (optional, for heat)
- 2 tbsp olive oil
- Juice of ½ lemon
- Salt and pepper, to taste
- Chopped cilantro or parsley (for garnish)

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add minced garlic and spices (cumin, paprika, cayenne) and cook 30 seconds until fragrant.
2. Add chickpeas to the skillet and cook 2-3 minutes, stirring to coat them in the spices.
3. Add the shrimp and cook 3-4 minutes on one side. Flip shrimp and cook 2-3 minutes on the other side, until pink and cooked through.
4. Stir in the baby spinach and lemon juice; cook 1 more minute until the spinach wilts. Season with salt and pepper.
5. Garnish with chopped cilantro or parsley. Serve hot.

Savory Seafood Simplicity



Clams in White Wine Garlic Sauce

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 10 minutes

INGREDIENTS

- 2 lbs fresh clams, scrubbed and rinsed
- 1 cup dry white wine (or low-sodium broth)
- 4 cloves garlic, minced
- 2 tbsp butter
- Salt and pepper, to taste
- Chopped parsley (for garnish)
- Lemon wedges (for serving)

DIRECTIONS

1. Melt butter in a large pot over medium heat. Add minced garlic and sauté until fragrant, about 1 minute.
2. Add the clams and pour in the white wine (or broth). Increase heat to high, cover the pot, and let steam 5-7 minutes. Shake the pot occasionally. Clams are done when they open; discard any that remain closed.
3. Season with salt and pepper.
4. Stir in chopped parsley and remove from heat.
5. Serve the clams in bowls with the cooking liquid, offering lemon wedges on the side.

Mussels in Spicy Tomato Sauce

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 2 lbs mussels, cleaned and debearded
- 1 can (14 oz) crushed tomatoes (or diced)
- 3 cloves garlic, minced
- ¼ cup Kalamata olives, sliced (optional)
- 2 tbsp capers (optional)
- ½ tsp red pepper flakes (adjust to taste)
- 2 tbsp olive oil
- Salt and black pepper, to taste
- Chopped parsley or basil (for garnish)

DIRECTIONS

1. In a large pot or deep skillet, heat olive oil over medium heat. Add minced garlic and red pepper flakes; sauté about 30 seconds.
2. Stir in the crushed tomatoes, olives, capers, salt, and pepper. Simmer 5 minutes to blend flavors.
3. Add mussels, cover the pot, and cook 5-7 minutes until mussels have opened. Discard any mussels that do not open.
4. Remove from heat and sprinkle with chopped parsley or basil.
5. Serve the mussels in bowls, spooning the spicy tomato sauce over them. This dish pairs well with toasted bread for dipping.



Savory Seafood Simplicity



Pan-Seared Scallops with Lemon Caper Butter & Spinach

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 10 minutes

INGREDIENTS

- 1 lb sea scallops, patted dry
- 2 tbsp butter (or olive oil)
- 3 cloves garlic, minced
- 1 tbsp capers
- Juice of 1 lemon
- 2 cups baby spinach
- Salt and pepper, to taste
- Lemon wedges (for serving)

DIRECTIONS

1. Season scallops with salt and pepper. Heat 1 tbsp butter in a large skillet over medium-high heat. Add scallops and sear 2-3 minutes on each side until golden brown and cooked through. Remove scallops and set aside.
2. In the same skillet, add remaining butter. Stir in minced garlic and capers; sauté about 30 seconds.
3. Add lemon juice and baby spinach. Cook, stirring, until spinach wilts, about 1 minute.
4. Return scallops to the skillet and gently toss to coat in the lemon-caper butter sauce.
5. Serve immediately with extra lemon wedges.

Mixed Mussels & Clams with Tomatoes & Herbs

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 12 minutes

INGREDIENTS

- 1 lb mussels, cleaned
- 1 lb clams, cleaned
- 1 can (14 oz) diced tomatoes (with juices)
- 4 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp dried thyme
- Salt and pepper, to taste
- Chopped parsley (for garnish)

DIRECTIONS

1. In a large pot or skillet, heat olive oil over medium heat. Add garlic and sauté 30 seconds until fragrant.
2. Add diced tomatoes (with juices), oregano, thyme, salt, and pepper. Stir and bring to a simmer for 2 minutes.
3. Add mussels and clams, cover, and cook about 5-7 minutes until shells open. Discard any that do not open.
4. Gently stir to combine the seafood with the tomato broth. Taste and adjust seasoning if needed.
5. Garnish with chopped parsley and serve warm with crusty bread.



Savory Seafood Simplicity



Scallops & Shrimp with Lemon Garlic Sauce

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 12 minutes

INGREDIENTS

- ½ lb sea scallops
- ½ lb shrimp, peeled and deveined
- 3 cloves garlic, minced
- 2 tbsp butter
- Juice of 1 lemon
- 2 tbsp chopped parsley
- Salt and pepper, to taste

DIRECTIONS

1. In a large skillet, melt butter over medium heat. Add garlic and sauté until fragrant, about 30 seconds.
2. Add scallops and shrimp. Cook 3-4 minutes on each side until the seafood is pink and opaque. Work in batches if necessary to avoid crowding.
3. Squeeze lemon juice over the scallops and shrimp, and stir in parsley. Season with salt and pepper.
4. Cook 1 minute more to warm everything through.
5. Remove from heat and serve immediately.

Baked Scallops with Cherry Tomatoes & Basil

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 12 minutes

INGREDIENTS

- 1 lb sea scallops, patted dry
- 1 cup cherry tomatoes, halved
- 3 cloves garlic, minced
- 2 tbsp olive oil
- 2 tbsp grated Parmesan cheese (optional)
- ¼ cup fresh basil leaves, torn
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 400°F (200°C). In a baking dish, toss scallops, cherry tomatoes, garlic, olive oil, salt, and pepper until everything is coated.
2. Arrange scallops and tomatoes in a single layer.
3. Bake 8-10 minutes, until scallops are opaque and cherry tomatoes are blistered.
4. Sprinkle with Parmesan and basil leaves, and bake 1 minute more to wilt the basil slightly.
5. Serve hot, spooning the tomatoes over the scallops.



Savory Seafood Simplicity

Easy Mediterranean Seafood Paella

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 red bell pepper, chopped
- 1 cup arborio or short-grain rice (such as paella rice)
- ½ tsp smoked paprika (or regular)
- Pinch of saffron threads (optional)
- 2 cups chicken or seafood broth (hot)
- 1 can (14 oz) diced tomatoes, drained
- ½ lb shrimp, peeled and deveined
- ½ lb mussels, cleaned
- ½ cup frozen peas
- Salt and pepper, to taste
- Lemon wedges (for serving)

DIRECTIONS

1. Heat olive oil in a wide skillet or paella pan over medium heat. Add onion, garlic, and bell pepper; sauté until softened, about 5 minutes.
2. Stir in the rice, paprika, and saffron (if using), coating the grains with oil. Cook 1 minute.
3. Add broth and drained diced tomatoes; bring to a simmer. Cook uncovered for about 10 minutes, stirring occasionally.
4. Nestle shrimp and mussels into the rice mixture. Cover and cook 8-10 minutes, until rice is tender and mussels have opened (discard any unopened mussels).
5. Stir in frozen peas, cook 1 more minute, and season with salt and pepper. Serve with lemon wedges.



Mediterranean Seafood Cioppino (Fish Stew)

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 2 tbsp olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 carrot, sliced (optional)
- 1 can (14 oz) diced tomatoes
- ½ cup dry white wine (optional)
- 2 cups fish stock or vegetable broth
- 6 oz cod, cut into chunks
- 6 oz salmon, cut into chunks
- ½ lb shrimp, peeled and deveined
- ½ lb clams (or mussels), cleaned
- 1 tsp dried oregano
- Salt and pepper, to taste
- Chopped parsley (for garnish)
- Crusty bread (for serving)

DIRECTIONS

1. In a large pot, heat olive oil over medium heat. Add onion, garlic, (and carrot if using). Sauté until softened, about 5 minutes.
2. Stir in diced tomatoes, wine (if using), broth, oregano, salt, and pepper. Bring to a simmer and cook 5 minutes.
3. Add chunks of cod and salmon. Simmer 5 minutes.
4. Add shrimp and clams (or mussels). Cover and cook 5-7 minutes until shrimp are cooked and clams have opened (discard any unopened shells).
5. Garnish with parsley and serve the cioppino hot with crusty bread for dipping.

Savory Seafood Simplicity

One-Pan Seafood Orzo

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup orzo pasta
- 1 can (14 oz) diced tomatoes (with juices)
- 2 cups seafood broth or water (hot)
- ½ tsp dried oregano
- ½ lb shrimp, peeled and deveined
- ½ lb scallops
- ½ lb mussels, cleaned
- Salt and pepper, to taste
- Chopped parsley (for garnish)

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Add onion and garlic; sauté until softened, about 2-3 minutes.
2. Stir in orzo, diced tomatoes (with juices), broth, oregano, salt, and pepper. Bring to a simmer.
3. Cook uncovered for about 8 minutes, stirring occasionally, until orzo is almost tender.
4. Add shrimp, scallops, and mussels to the skillet. Cover and cook 5-7 minutes until shrimp and scallops are cooked through and mussels have opened (discard any unopened shells).
5. Remove from heat, fluff with a fork, and garnish with parsley before serving.



Lemon Herb Mixed Seafood Skillet

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 10 minutes

INGREDIENTS

- ½ lb shrimp, peeled and deveined
- ½ lb scallops
- 1 cod or halibut fillet (cut into large chunks) – about 6 oz
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 1 tsp dried thyme or Italian seasoning
- Salt and pepper, to taste
- Juice of 1 lemon
- Lemon zest (for garnish)
- Chopped parsley (for garnish)

DIRECTIONS

1. Heat olive oil in a large skillet over medium-high heat. Add garlic and cook 30 seconds.
2. Add all seafood, sprinkle with thyme, salt, and pepper. Sear without stirring for 3 minutes, then turn the pieces.
3. Cook another 2-3 minutes until all seafood is opaque and cooked through.
4. Pour lemon juice over the seafood and stir once. Remove from heat.
5. Garnish with lemon zest and parsley, and serve immediately.

Mediterranean Sheet Pan Seafood Medley

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 2 salmon fillets, cut into large cubes
- 8 large shrimp, peeled and deveined
- 8 mussels, cleaned
- 1 zucchini, sliced
- 1 cup cherry tomatoes
- ¼ cup olives (optional)
- 2 tbsp olive oil
- 1 tsp dried oregano
- ½ tsp garlic powder (or 2 cloves garlic, minced)
- Salt and pepper, to taste
- Lemon slices (for garnish)

DIRECTIONS

1. Preheat oven to 425°F (220°C). Line a baking sheet with foil or parchment.
2. In a bowl, toss zucchini and cherry tomatoes with 1 tbsp olive oil, oregano, garlic powder, salt, and pepper. Spread vegetables on the sheet pan.
3. Arrange salmon cubes, shrimp, and mussels among the vegetables. Drizzle with remaining 1 tbsp olive oil and season everything with a bit more salt and pepper.
4. Bake for 12-15 minutes, until salmon is opaque and flakes easily, shrimp are pink, and mussels have opened. Discard any unopened mussels.
5. Serve the seafood and roasted vegetables together, garnished with fresh lemon slices.



One-Pan Roasted Sea Bass with Lemon & Herbs

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 4 sea bass fillets (or other firm white fish)
- 1 lemon, sliced
- 3 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp dried thyme (or mixed herbs)
- Salt and pepper, to taste
- Chopped parsley (for garnish)

DIRECTIONS

1. Preheat oven to 400°F (200°C). Place sea bass fillets on a baking sheet lined with parchment.
2. In a small bowl, mix olive oil, minced garlic, thyme, salt, and pepper. Brush or drizzle this herb mixture evenly over the fish.
3. Arrange lemon slices around and on top of the fillets.
4. Roast in the oven for 15-20 minutes, until the sea bass is opaque and flakes easily.
5. Garnish with chopped parsley and serve hot.



Meaty Mediterranean Mains



Meaty Mediterranean Mains

Greek Beef & Zucchini

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1 tablespoon olive oil
- 1 pound lean ground beef (or ground sirloin)
- 2 cloves garlic, minced
- ½ medium onion, diced
- 1 teaspoon dried oregano
- ½ teaspoon salt (to taste)
- ¼ teaspoon ground black pepper
- 2 medium zucchini, sliced into ½-inch rounds
- ⅓ cup sun-dried tomatoes (packed in oil), drained and chopped
- 2 cups baby spinach leaves
- 1 tablespoon fresh lemon juice
- 2 tablespoons crumbled feta cheese (optional garnish)
- 10 Kalamata olives, pitted and halved (optional garnish)

DIRECTIONS

1. Heat the olive oil in a large skillet over medium heat. Add the garlic and onion and sauté until fragrant and translucent (about 2 minutes).
2. Add the ground beef, breaking it up with a spoon. Cook until browned and no longer pink (5-7 minutes). Drain excess fat if needed. Sprinkle in oregano, salt and pepper, and stir to combine.
3. Stir in the zucchini slices and sun-dried tomatoes. Cook, stirring occasionally, until the zucchini is just tender (about 5 minutes).
4. Add the spinach and lemon juice. Cook until the spinach wilts. Remove from heat. Stir in most of the feta (reserving a little for garnish).
5. Divide among plates and top with remaining feta and Kalamata olives if using. Serve warm.



Spanish Beef & Pepper Skillet

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1 tablespoon olive oil
- 1 pound ground beef
- 2 cloves garlic, minced
- ½ medium onion, sliced
- 1 red bell pepper, sliced into strips
- 1 yellow bell pepper, sliced into strips
- 1 teaspoon smoked paprika (pimentón)
- ½ teaspoon dried oregano
- ½ teaspoon salt (or to taste)
- ¼ teaspoon ground black pepper
- 1 (14-ounce) can diced tomatoes (with juices)
- 10 green olives (e.g. Manzanilla or Castelvetrano), sliced (optional)
- Fresh parsley or cilantro for garnish (optional)

DIRECTIONS

1. In a large skillet over medium-high heat, add olive oil. Sauté the garlic and onion until translucent (2-3 minutes).
2. Add ground beef and cook, breaking up with a spoon, until browned (about 5-6 minutes). Drain excess fat if any. Season with smoked paprika, oregano, salt and pepper.
3. Stir in the sliced bell peppers. Cook until slightly tender (about 3-4 minutes).
4. Pour in the diced tomatoes (with their juices) and stir well. Bring to a simmer and cook for 5-6 minutes, until the mixture thickens slightly. Stir in olives if using.
5. Taste and adjust seasoning. Garnish with chopped parsley or cilantro if desired. Serve hot, with crusty bread or over rice.

Meaty Mediterranean Mains



Moroccan Beef & Chickpea

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 1 tablespoon olive oil
- 1 pound ground beef or diced beef sirloin
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon ground cinnamon
- ½ teaspoon smoked paprika (optional)
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 (14-ounce) can diced tomatoes (with juices)
- 1 (15-ounce) can chickpeas, drained and rinsed
- ¼ cup raisins or chopped dried apricots (optional for sweetness)
- Fresh chopped cilantro for garnish (optional)

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Sauté the onion and garlic until softened (about 3 minutes).
2. Add the ground beef (or diced beef) and spices (cumin, coriander, cinnamon, paprika, salt, pepper). Cook until the beef is browned (5-7 minutes), breaking it up as it cooks.
3. Stir in the diced tomatoes with their juice. Mix well and bring to a simmer. Add chickpeas and raisins or apricots if using.
4. Reduce heat to medium-low and simmer uncovered for 8-10 minutes, until the sauce thickens slightly and flavors meld.
5. Taste and adjust seasoning. Garnish with chopped cilantro before serving. Serve over couscous or rice if desired.

Italian Beef & Tomato

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1 tablespoon olive oil
- 1 pound ground beef
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 teaspoon dried Italian seasoning (basil, oregano, rosemary blend)
- ½ teaspoon dried thyme
- ½ teaspoon salt (to taste)
- ¼ teaspoon ground black pepper
- 1 (28-ounce) can crushed tomatoes
- ¼ cup tomato paste (optional, for extra richness)
- 1 cup shredded mozzarella or grated Parmesan cheese (optional)
- Fresh basil leaves for garnish (optional)

DIRECTIONS

1. Heat olive oil in a large skillet over medium-high heat. Add the onion and garlic; sauté until softened (about 2 minutes).
2. Add the ground beef and season with Italian seasoning, thyme, salt and pepper. Cook, stirring and breaking up meat, until browned (about 6-8 minutes). Drain any excess fat.
3. Stir in crushed tomatoes (and tomato paste, if using). Bring to a simmer. Reduce heat and let simmer for 10 minutes, stirring occasionally, until sauce thickens.
4. If desired, top the mixture with mozzarella or Parmesan cheese. Cover and cook for 1-2 more minutes until cheese melts.
5. Remove from heat, garnish with fresh basil, and serve. This goes well with garlic bread or tossed with pasta.



Meaty Mediterranean Mains



Steak and Vegetable Sheet Pan

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 pound flank steak or sirloin steak (about 1-inch thick)
- 1 tablespoon olive oil
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon dried thyme (or rosemary)
- 1 cup zucchini, sliced into ½-inch pieces
- 1 cup red bell pepper, sliced into strips
- 1 cup yellow bell pepper, sliced into strips
- ½ cup red onion wedges
- Lemon wedges for serving

DIRECTIONS

1. Preheat oven to 425°F (220°C). Rub the steak with ½ tablespoon olive oil, salt, pepper and dried thyme. Place on one half of a baking sheet.
2. In a bowl, toss zucchini, bell peppers and onion with the remaining olive oil and a pinch of salt. Spread the vegetables on the other half of the baking sheet.
3. Roast for 8-10 minutes. Remove sheet from oven and flip vegetables. Flip the steak. Return to oven for another 8-10 minutes or until steak is cooked to your liking and vegetables are tender.
4. Transfer steak to a cutting board and let rest for 5 minutes.
5. Slice the steak against the grain. Serve with roasted veggies and lemon wedges on the side.

Sheet Pan Beef & Olives Dinner

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1½ pounds sirloin steak, cut into 1-inch cubes (or use cubed stew beef)
- 1 tablespoon olive oil
- 1 teaspoon dried rosemary
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 red onion, cut into wedges
- 1 cup cherry tomatoes
- 1 cup baby potatoes, halved (or fingerling potatoes)
- ¼ cup green or Kalamata olives (pitted)
- Lemon wedges for garnish (optional)

DIRECTIONS

1. Preheat the oven to 425°F (220°C). In a large bowl, toss the beef cubes with olive oil, rosemary, oregano, salt and pepper.
2. On a rimmed sheet pan, spread out the seasoned beef, onion wedges, cherry tomatoes and potatoes in a single layer. Add olives.
3. Roast in the oven for 20-25 minutes, stirring halfway through, until the beef is cooked to desired doneness and vegetables are tender. (Cooking times will vary by oven.)
4. Remove from oven. Squeeze lemon juice over the top if desired.
5. Divide onto plates and serve immediately (potatoes can also be mashed on the side for a heartier meal).



Meaty Mediterranean Mains

Greek Beef Meatballs in Tomato Sauce

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 1 pound ground beef
- 1 small onion, finely chopped
- 2 cloves garlic, minced (divided)
- ¼ cup breadcrumbs
- 1 egg
- 2 tablespoons chopped fresh parsley (or 1 tsp dried parsley)
- ½ teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons olive oil (for skillet)
- 1 (28-ounce) can crushed tomatoes
- 1 teaspoon sugar (optional, to balance acidity)
- Fresh basil or parsley for garnish (optional)

DIRECTIONS

1. In a bowl, combine ground beef, chopped onion, 1 clove garlic, breadcrumbs, egg, parsley, oregano, salt and pepper. Mix well. Form into 12–16 meatballs.
2. Heat olive oil in a large skillet over medium heat. Add the meatballs and brown on all sides (3–4 minutes total), turning them so they color evenly. Remove meatballs from skillet and set aside.
3. In the same skillet, add the remaining garlic and cook 30 seconds. Pour in the crushed tomatoes and stir in sugar. Simmer for 5 minutes.
4. Return the meatballs to the skillet, spooning some sauce over them. Cover and simmer on low heat for 10–15 minutes, until meatballs are cooked through and sauce is slightly thickened.
5. Garnish with fresh basil or parsley. Serve with rice, orzo or crusty bread.



Greek Beef-Stuffed Peppers

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 35 minutes

INGREDIENTS

- 4 bell peppers (red, yellow or green), tops cut off and seeds removed
- 1 tablespoon olive oil
- 1 small onion, diced
- 1 clove garlic, minced
- 1 pound ground beef
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 cup cooked rice (or ½ cup uncooked rice, rinsed)
- 1 (14-ounce) can diced tomatoes (drained)
- ½ cup crumbled feta cheese (optional)
- Fresh parsley for garnish (optional)

DIRECTIONS

1. Preheat oven to 400°F (200°C). Place the hollowed bell peppers upright in a baking dish. If needed, trim the bottoms so they stand flat.
2. In a skillet, heat olive oil over medium heat. Sauté onion and garlic until translucent (2 minutes). Add ground beef, oregano, basil, salt and pepper; cook until beef is browned (5–6 minutes). Drain fat.
3. Stir in rice (if uncooked, use 1/2 cup rice + 1 cup water/stock and simmer briefly) and diced tomatoes. Cook for 2–3 minutes until heated through.
4. Spoon the beef mixture into each bell pepper, packing it gently. Sprinkle feta on top if using.
5. Cover the dish tightly with foil and bake for 25 minutes. Uncover and bake 5 minutes more. Garnish with parsley. Serve warm.

Meaty Mediterranean Mains



Mediterranean Beef Foil Packets

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 pound thin-cut beef steak (flank or sirloin), sliced into strips
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- 1 lemon, juiced and zested
- 2 cloves garlic, minced
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 red bell pepper, sliced
- 1 zucchini, sliced into rounds
- ¼ cup Kalamata olives (pitted)
- Fresh parsley or mint for garnish (optional)

DIRECTIONS

1. Preheat oven to 400°F (200°C). In a large bowl, combine olive oil, oregano, lemon zest and juice, garlic, salt and pepper. Toss beef strips to coat.
2. Cut 4 large sheets of aluminum foil. Divide the seasoned beef, bell pepper and zucchini evenly among foil sheets. Sprinkle olives on top.
3. Fold the foil around the ingredients to create sealed packets. Place packets on a baking sheet.
4. Bake for 15–20 minutes, until beef is cooked through and vegetables are tender. Carefully open packets (steam will escape).
5. Garnish with fresh parsley or mint. Serve each packet on a plate. (Optional: serve with warm pita bread or rice.)

Beef & Eggplant Skillet Casserole

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 1 tablespoon olive oil
- 1 pound ground beef
- 1 small eggplant (about 1 lb), cut into 1-inch cubes
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- ½ teaspoon dried basil
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 (14-ounce) can diced tomatoes (with juices)
- ½ cup grated Parmesan or crumbled feta (optional topping)
- Fresh basil for garnish (optional)

DIRECTIONS

1. Preheat oven to 375°F (190°C). In an ovenproof skillet, heat olive oil over medium heat. Add onion and garlic; sauté until fragrant (1–2 minutes).
2. Add ground beef, oregano, basil, salt and pepper. Cook until beef is browned, breaking up lumps. Drain excess fat if necessary.
3. Stir in eggplant cubes and diced tomatoes. Mix well and bring to a simmer. Cook 5 minutes to let flavors combine.
4. Sprinkle Parmesan or feta over the top if desired. Transfer the skillet (if safe for oven) or pour mixture into a baking dish. Bake for 15–20 minutes, until eggplant is tender.
5. Garnish with fresh basil and serve directly from the skillet or dish.



Meaty Mediterranean Mains



Foil Packet Lemon-Garlic Lamb & Potatoes

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 35 minutes

INGREDIENTS

- 1 pound lamb shoulder or leg, cut into 1-inch pieces
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Juice and zest of 1 lemon
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 medium potatoes, peeled and cut into 1-inch cubes
- 1 small onion, sliced
- 4 sprigs fresh rosemary (optional)

DIRECTIONS

1. Preheat oven to 400°F (200°C). In a bowl, combine olive oil, garlic, lemon juice and zest, oregano, salt and pepper. Toss the lamb pieces to coat evenly.
2. Cut 4 large pieces of heavy-duty foil. Divide the lamb mixture, potatoes and onion slices among the foil sheets. Top each with a rosemary sprig if using.
3. Seal the foil packets tightly and place on a baking sheet.
4. Bake for 30-35 minutes, until lamb is tender and potatoes are cooked. Carefully open packets (beware of steam).
5. Serve each packet on a plate, pouring any juices on top.

Sheet Pan Mediterranean Lamb & Chickpeas

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1 pound boneless lamb loin or leg steak, cut into 1-inch cubes
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- 1 teaspoon ground paprika (smoked or sweet)
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 cup cherry tomatoes
- ½ red onion, cut into wedges
- 1 tablespoon fresh lemon juice
- 1 tablespoon chopped fresh parsley (for garnish)

DIRECTIONS

1. Preheat oven to 425°F (220°C). In a bowl, toss lamb cubes with olive oil, cumin, paprika, cinnamon, salt and pepper.
2. Spread lamb on a rimmed sheet pan. Roast for 10 minutes.
3. Remove pan and stir. Add chickpeas, cherry tomatoes and onion wedges to the pan, mixing gently. Return to oven and roast 10-12 more minutes, until lamb is cooked to desired doneness and vegetables are tender.
4. Drizzle lemon juice over the top and sprinkle with fresh parsley.
5. Serve hot. (This simple sheet-pan meal is “loaded with flavor” and, at about 20-25 minutes cook time, requires only one pan to clean up)



Meaty Mediterranean Mains

Skillet Lamb & Peppers with Herbs

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 tablespoon olive oil
- 1 pound boneless lamb steaks or stew meat, cut into bite-sized pieces
- 1 teaspoon dried rosemary (or 1 sprig fresh, chopped)
- 1 teaspoon dried thyme (or 1 sprig fresh, chopped)
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 clove garlic, minced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- ½ green bell pepper, sliced (optional)
- Fresh parsley for garnish (optional)

DIRECTIONS

1. Heat olive oil in a large skillet over medium-high heat. Add lamb pieces, rosemary, thyme, salt and pepper. Cook, stirring occasionally, until the lamb is browned on all sides (4-5 minutes).
2. Add garlic and cook 30 seconds. Add the sliced bell peppers. Cook, stirring, until peppers are tender-crisp (about 4-5 minutes).
3. If the skillet is dry, splash in a little water or stock and scrape up any browned bits.
4. Taste and adjust seasoning.
5. Garnish with parsley. Serve with lemon wedges on the side if desired.



Lamb Kofta Skillet with Tomatoes

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 pound ground lamb
- 1 small onion, finely chopped
- 2 cloves garlic, minced (divided)
- 2 tablespoons chopped parsley (or cilantro)
- 1 teaspoon ground cumin
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon olive oil (for cooking)
- 1 (14-ounce) can crushed tomatoes
- ½ teaspoon dried oregano

DIRECTIONS

1. In a bowl, mix ground lamb with chopped onion, 1 clove garlic, parsley, cumin, cinnamon, salt and pepper. Form into 12-16 small oval kofta (meatballs).
2. Heat olive oil in a skillet over medium heat. Add kofta and brown on all sides (4-5 minutes). Remove and set aside.
3. In the same skillet, sauté remaining garlic 30 seconds. Pour in crushed tomatoes and oregano, stirring well. Bring to a simmer.
4. Return kofta to the skillet, spooning sauce over them. Cover and simmer for 10 minutes, until kofta are cooked through and sauce thickens slightly.
5. Serve the kofta with sauce spooned over. Garnish with extra parsley if desired.

Meaty Mediterranean Mains



Skillet Lamb & Eggplant Stir-Fry

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 tablespoon olive oil
- 1 pound boneless lamb shoulder or leg, thinly sliced
- 1 small eggplant, cut into bite-sized pieces
- 1 small onion, sliced
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- ½ teaspoon dried rosemary
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 (14-ounce) can diced tomatoes (drained)
- Fresh basil or parsley for garnish (optional)

DIRECTIONS

1. Heat olive oil in a large skillet over medium-high heat. Add lamb slices, oregano, rosemary, salt and pepper. Cook, stirring, until lamb is browned (5 minutes). Remove lamb and set aside.
2. In the same skillet, add onion and garlic; sauté until softened (2 minutes). Add eggplant pieces and cook, stirring, until they begin to soften (about 5 minutes).
3. Return lamb to the skillet. Add the drained diced tomatoes. Stir well.
4. Cover and cook for another 5-7 minutes, until the eggplant is tender and flavors meld.
5. Garnish with fresh basil or parsley if liked. Serve warm.

Baked Greek Lamb Meatballs

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1 pound ground lamb
- ½ cup breadcrumbs
- 1 egg
- 2 cloves garlic, minced
- 2 tablespoons chopped fresh mint or parsley
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons olive oil (for greasing pan)
- 1 (15-ounce) can crushed tomatoes
- ½ teaspoon dried oregano (for sauce)
- Feta cheese for serving (optional)

DIRECTIONS

1. Preheat oven to 375°F (190°C). In a bowl, combine lamb, breadcrumbs, egg, garlic, mint, oregano, salt and pepper. Mix until just combined. Form into 12 meatballs.
2. Lightly brush a baking dish with olive oil. Arrange meatballs in the dish. Pour crushed tomatoes (mixed with ½ tsp oregano) over the meatballs.
3. Bake for 20-25 minutes, until meatballs are cooked through and sauce is bubbling.
4. Remove from oven and sprinkle with feta cheese if desired.
5. Serve with rice or crusty bread, spooning tomato sauce over the meatballs.



Meaty Mediterranean Mains



Sheet Pan Lamb Chops with Vegetables

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1½ pounds lamb rib or loin chops (4-6 chops)
- 2 tablespoons olive oil
- 1 teaspoon dried rosemary, crushed
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup cherry tomatoes
- 1 cup Brussels sprouts, halved (or green beans)
- 1 small red onion, cut into wedges
- 1 lemon, sliced (optional)

DIRECTIONS

1. Preheat oven to 425°F (220°C). Rub lamb chops with 1 tablespoon olive oil, rosemary, salt and pepper.
2. On a sheet pan, arrange lamb chops on one side and vegetables on the other. Drizzle remaining olive oil over vegetables and toss to coat.
3. Roast for 12-15 minutes (or until lamb reaches desired doneness). If using lemon slices, add them for the last 5 minutes of roasting to lightly caramelize.
4. Remove from oven. Let lamb rest a few minutes.
5. Serve chops with roasted vegetables. (Any pan juices are flavorful and can be drizzled on top.)

One-Pan Lamb Pilaf

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 35 minutes

INGREDIENTS

- 1 tablespoon olive oil
- 1 pound lamb stewing meat or shoulder, cut into 1-inch cubes
- 1 small onion, chopped
- 1 carrot, grated or chopped fine
- 1 clove garlic, minced
- ½ teaspoon ground cinnamon
- ½ teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup long-grain rice, rinsed
- 2 cups low-sodium chicken or beef broth
- ¼ cup raisins or chopped dried apricots (optional)
- Fresh cilantro or parsley for garnish (optional)

DIRECTIONS

1. Heat olive oil in a large ovenproof pot or deep skillet over medium-high heat. Add lamb and brown on all sides (5-7 minutes). Remove lamb and set aside.
2. Add onion, carrot and garlic to the pot; sauté until softened (2-3 minutes). Stir in cinnamon, cumin, salt and pepper.
3. Return lamb to the pot. Add rinsed rice and raisins/apricots if using. Stir well. Pour in the broth. Bring to a simmer.
4. Cover the pot and transfer to a 350°F (175°C) oven. Bake for 20-25 minutes, until rice is tender and liquid is absorbed. (Alternatively, simmer covered on the stovetop for about 25 minutes.)
5. Fluff with a fork, garnish with fresh herbs, and serve.



Meaty Mediterranean Mains



Skillet Greek Lemon-Mint Lamb

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 tablespoon olive oil
- 1 pound lamb leg or shoulder, cut into cubes
- 2 cloves garlic, minced
- Zest of 1 lemon
- Juice of 1 lemon (½ for cooking, ½ for garnish)
- 1 teaspoon dried mint (or 2 tbsp fresh mint, chopped)
- ½ teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 small onion, sliced
- Fresh mint or parsley for garnish (optional)

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add lamb cubes, garlic, lemon zest, mint, oregano, salt and pepper. Cook, stirring, until lamb is browned (5-7 minutes).
2. Add sliced onion and cook until softened (3 minutes).
3. Pour in ½ lemon juice and reduce heat to medium-low. Cover and simmer 5-8 minutes, until lamb is tender.
4. Taste and adjust seasoning.
5. Drizzle the remaining lemon juice on top and garnish with fresh herbs. Serve hot.

Foil Packet Lamb & Couscous

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 1 pound lamb cutlets or sirloin, cut into strips
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- ½ teaspoon ground turmeric (optional)
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 cup couscous (instant or quick-cook)
- 1 cup water or broth (for couscous)
- 1 lemon, cut into wedges
- 2 cups baby spinach or arugula (for plating)
- Fresh mint leaves for garnish (optional)

DIRECTIONS

1. Preheat oven to 400°F (200°C). In a bowl, toss lamb strips with olive oil, cumin, turmeric, salt and pepper.
2. Prepare 4 sheets of aluminum foil. On each, place ¼ of the lamb mixture. Add ¼ cup couscous and ¼ cup water/broth to each foil piece (pour water around lamb).
3. Fold foil to enclose the ingredients tightly. Place packets on a baking sheet.
4. Bake for 12-15 minutes, until lamb is cooked and couscous has absorbed the water. (Be careful opening hot packets.)
5. To serve, place a handful of greens on each plate. Top with contents of each foil packet (squeeze lemon juice over lamb). Garnish with mint.



Meaty Mediterranean Mains

Pan-Seared Lemon Bay Pork Chops

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 4 bone-in pork chops (about 1-inch thick)
- Salt and pepper, to taste
- 2 tablespoons olive oil
- 2 cloves garlic, sliced
- 2-3 fresh bay leaves (or 1-2 dried bay leaves)
- 1 lemon, thinly sliced
- ¼ cup dry white wine or chicken broth (optional)

DIRECTIONS

1. Pat pork chops dry and season both sides with salt and pepper.
2. Heat olive oil in a heavy skillet (cast iron preferred) over medium heat. Add the garlic slices and bay leaves, cooking until fragrant (about 30 seconds). Transfer the garlic and bay leaves to a plate (to prevent burning).
3. Increase heat to medium-high. Add the pork chops and sear for 2-3 minutes on each side, until golden brown.
4. Add the lemon slices to the skillet and cook 1 minute per side.
5. If using wine or broth, pour it into the pan now and cook for 1-2 minutes to heat through. Remove chops to a plate (the pan sauce with lemon/bay can be spooned over them). Serve immediately. (This simple skillet pork dinner can be ready in about 20 minutes)



Sheet Pan Greek Pork Tenderloin Dinner

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1 (1 to 1¼-lb) pork tenderloin, trimmed
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- ½ teaspoon dried thyme
- ½ teaspoon dried rosemary
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 cups small potatoes (halved)
- 1 cup cherry tomatoes
- ½ red onion, sliced
- Lemon wedges and crumbled feta for serving (optional)

DIRECTIONS

1. Preheat oven to 425°F (220°C). In a small bowl, mix 1 tablespoon olive oil with oregano, thyme, rosemary, salt and pepper. Rub the herb mixture over the pork tenderloin.
2. On a sheet pan, toss potatoes, cherry tomatoes and onion with remaining olive oil and a pinch of salt. Arrange vegetables on the pan, leaving space in the center for the pork. Place the tenderloin in the center.
3. Roast for 20-25 minutes, or until the pork reaches an internal temperature of 145°F (about 6-7 minutes per side) and the potatoes are tender. (Check at 15 minutes and turn pork if needed.)
4. Remove from oven; let pork rest 5 minutes before slicing.
5. Serve the sliced pork with the roasted vegetables. Optionally garnish with lemon wedges and a sprinkle of feta.

Meaty Mediterranean Mains



Mediterranean Pork & Pepper Skillet

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1 tablespoon olive oil
- 1 pound pork loin or pork chops, cut into 1-inch chunks
- 1 teaspoon dried oregano
- 1 teaspoon paprika (sweet or smoked)
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 red bell pepper, sliced
- 1 orange or yellow bell pepper, sliced
- 1 small onion, sliced
- 1 (14-ounce) can diced tomatoes (with juices)
- Fresh parsley for garnish (optional)

DIRECTIONS

1. Heat olive oil in a large skillet over medium-high heat. Season pork chunks with oregano, paprika, salt and pepper. Add pork to the skillet and brown on all sides (5–6 minutes). Remove and set aside.
2. In the same skillet, add sliced onion and bell peppers; sauté until just softened (3–4 minutes).
3. Return pork to the skillet. Pour in diced tomatoes with their juice. Stir well. Bring to a simmer.
4. Reduce heat and cook, uncovered, for 6–8 minutes, until the sauce thickens and pork is cooked through.
5. Garnish with parsley and serve over rice or with warm pita.

One-Pot Tuscan Pork with Tomatoes and Spinach

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 1 tablespoon olive oil
- 1 pound pork tenderloin or loin, cut into thin slices or bite-sized pieces
- 1 small onion, chopped
- 2 cloves garlic, minced
- ½ teaspoon dried rosemary
- ½ teaspoon dried sage (optional)
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 (14-ounce) can diced tomatoes (with juices)
- 1 (8-ounce) package fresh baby spinach
- ¼ cup grated Parmesan cheese (optional)

DIRECTIONS

1. Heat olive oil in a large skillet or sauté pan over medium-high heat. Add the pork, rosemary, sage, salt and pepper. Cook, stirring, until pork is browned (3–4 minutes). Remove pork and set aside.
2. In the same pan, add onion and garlic; sauté until fragrant (1–2 minutes).
3. Return pork to the pan. Add diced tomatoes with their juices. Stir and bring to a simmer.
4. Add the spinach, cover and cook 3–5 minutes, until the spinach wilts and the flavors meld.
5. Stir in Parmesan if using. Taste and adjust seasoning. Serve hot (pairs well with crusty bread or polenta).



Meaty Mediterranean Mains



Foil Packet Honey Garlic Pork & Veggies

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 pound pork tenderloin or chops, cut into strips or bite-sized pieces
- 2 tablespoons olive oil
- 2 tablespoons honey
- 2 cloves garlic, minced
- 1 tablespoon soy sauce (optional)
- ½ teaspoon dried thyme or rosemary
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 small zucchini, sliced
- 1 cup broccoli florets
- Juice of ½ lemon (optional)

DIRECTIONS

1. Preheat oven to 400°F (200°C). In a bowl, whisk olive oil, honey, garlic, soy sauce (if using), thyme, salt and pepper. Toss pork and vegetables with this mixture until coated.
2. Tear 4 large sheets of aluminum foil. Divide the pork, zucchini and broccoli among the sheets. Seal the packets tightly.
3. Place packets on a baking sheet and bake for 15–20 minutes, until pork is cooked and vegetables are tender.
4. Carefully open each packet (steam will be hot). Squeeze lemon juice over contents if using.
5. Serve each packet whole (eat right out of the foil) or empty onto plates.

Pork & Artichoke Skillet

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1 tablespoon olive oil
- 1 pound pork tenderloin, cut into medallions or bite-sized pieces
- Salt and pepper, to taste
- 2 cloves garlic, minced
- 1 (14-ounce) jar marinated artichoke hearts, drained and quartered
- ½ cup dry white wine or chicken broth
- Juice of ½ lemon
- Fresh thyme or parsley for garnish (optional)

DIRECTIONS

1. Season pork pieces with salt and pepper. Heat olive oil in a skillet over medium-high heat. Sear the pork pieces until golden (2–3 minutes per side). Remove and set aside.
2. In the same skillet, add garlic and sauté 30 seconds. Add artichoke hearts and cook for 2 minutes.
3. Pour in wine or broth, scraping up any browned bits. Simmer for 1–2 minutes. Return pork to the pan.
4. Squeeze lemon juice over everything. Simmer 2–3 more minutes to heat through.
5. Garnish with fresh thyme or parsley. Serve immediately (good with couscous or mashed potatoes).



Meaty Mediterranean Mains

Sheet Pan Pork Chops with Peppers & Olives

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 4 bone-in pork chops (about 1-inch thick)
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- ½ red onion, sliced
- ¼ cup Kalamata olives (halved)
- Lemon wedges (for serving)

DIRECTIONS

1. Preheat oven to 425°F (220°C). Rub pork chops with olive oil and season with oregano, salt and pepper.
2. On a sheet pan, arrange the pork chops, sliced peppers and onion. Sprinkle olives over the vegetables.
3. Roast for 15-18 minutes, or until pork chops reach 145°F (about 15 minutes) and vegetables are tender. (You may choose to broil for 1-2 minutes at the end to brown the chops.)
4. Remove from oven. Let pork rest 3 minutes.
5. Serve each chop with the roasted peppers and olives. Squeeze fresh lemon juice on top if desired.



Skillet Italian-Style Pork & Beans

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 20 minutes

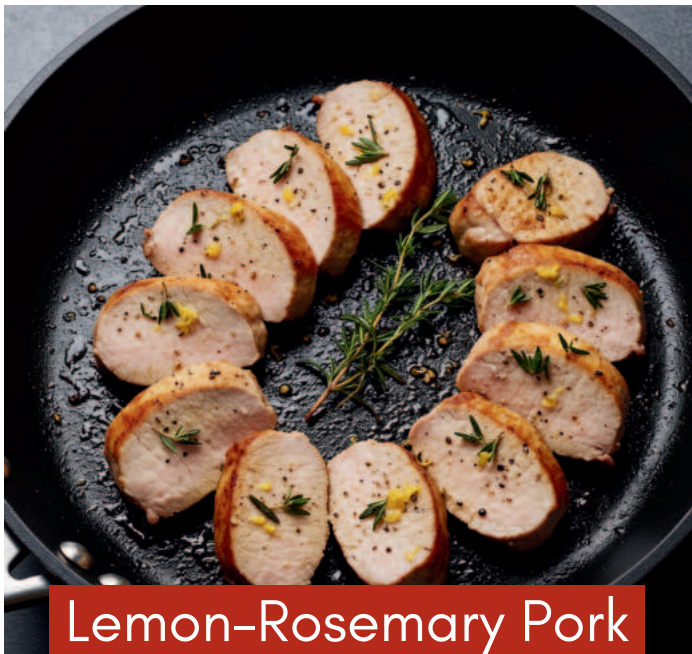
INGREDIENTS

- 1 tablespoon olive oil
- 1 pound Italian pork sausage links, casings removed (or 1 lb ground pork)
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 (15-ounce) can white beans (cannellini or Great Northern), drained and rinsed
- 1 (14-ounce) can diced tomatoes (with juices)
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- Salt and pepper, to taste
- Fresh parsley for garnish (optional)

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add sausage or ground pork; cook, breaking it up, until browned (5-6 minutes).
2. Add onion and garlic; sauté until softened (2 minutes).
3. Stir in beans, tomatoes, oregano and basil. Bring to a simmer.
4. Reduce heat to low and simmer for 5-7 minutes, until flavors meld. Season with salt and pepper.
5. Garnish with parsley and serve. (This hearty skillet meal is like a rustic "pasta e fagioli" without the pasta, great with crusty bread.)

Meaty Mediterranean Mains



Lemon-Rosemary Pork Medallions

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 1 pound pork tenderloin, cut into ½-inch medallions
- Salt and pepper, to taste
- 1 tablespoon olive oil
- 1 teaspoon chopped fresh rosemary (or ½ tsp dried)
- Zest of ½ lemon
- Juice of ½ lemon
- 1 clove garlic, minced
- Fresh thyme sprigs for garnish (optional)

DIRECTIONS

1. Season pork medallions with salt, pepper, rosemary, and lemon zest on both sides.
2. Heat olive oil in a skillet over medium-high heat. Add medallions and sear 2-3 minutes per side, until browned. Remove to a plate and keep warm.
3. Lower heat to medium. Add garlic to the skillet and sauté 30 seconds. Add lemon juice and scrape up any brown bits from the pan.
4. Return pork medallions to the skillet and cook 1-2 minutes until just cooked through.
5. Serve immediately, garnishing with fresh thyme sprigs. (This quick skillet dish takes only about 15-18 minutes total.)

Baked Pork Meatballs with Lentils

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 35 minutes

INGREDIENTS

- 1 pound ground pork
- ½ cup breadcrumbs
- 1 egg
- 2 cloves garlic, minced
- 1 teaspoon dried parsley (or 2 tbsp fresh, chopped)
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup dried green or brown lentils, rinsed
- 3 cups low-sodium broth or water (for lentils)
- 1 (14-ounce) can diced tomatoes (with juices)
- 1 teaspoon paprika
- Fresh parsley for garnish (optional)

DIRECTIONS

1. Preheat oven to 375°F (190°C). In a bowl, mix pork with breadcrumbs, egg, garlic, parsley, salt and pepper. Form into 12-16 meatballs.
2. Place meatballs in a deep baking dish. Pour diced tomatoes (with juices) around the meatballs. Sprinkle paprika on top.
3. In a saucepan, combine lentils and broth. Bring to a boil, then reduce heat and simmer 20 minutes, until lentils are tender. Drain any excess liquid.
4. Once lentils are done, spread them around the meatballs in the baking dish. (Or bake meatballs for 10 minutes first, then add lentils on top and bake 20 more minutes.)
5. Bake everything together for about 10-15 more minutes, until meatballs are cooked through and flavors meld. Garnish with parsley. Serve warm.





Vibrant Vegetarian One-Pans



Vibrant Vegetarian One-Pans



Skillet Mediterranean Lentil Stew

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 1 cup dried brown or green lentils, rinsed
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 carrot, diced
- 1 zucchini, diced
- 1 (15-ounce) can diced tomatoes
- 4 cups vegetable broth
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- Salt and black pepper, to taste
- 2 cups fresh spinach or kale
- Juice of 1/2 lemon (optional)

DIRECTIONS

1. In a large deep skillet or saucepan, heat the olive oil over medium heat. Add the chopped onion and garlic and sauté until translucent, about 3 minutes.
2. Stir in the diced carrot and zucchini, cumin, oregano, salt, and pepper. Cook for 2 minutes more until the vegetables begin to soften.
3. Add the lentils, diced tomatoes (with juices), and vegetable broth. Stir to combine. Increase heat to bring to a boil, then reduce heat to low, cover, and simmer for about 25 minutes, or until the lentils are tender.
4. Uncover and stir in the fresh spinach or kale. Cook for another 2-3 minutes until the greens are wilted and everything is heated through.
5. Remove from heat. Stir in lemon juice if using, then ladle into bowls and serve warm.

Sheet Pan Chickpea & Sweet Potato Bake

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 40 minutes

INGREDIENTS

- 2 large sweet potatoes, peeled and cubed (about 4 cups)
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 red bell pepper, chopped
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- Salt and black pepper, to taste
- 2 tablespoons chopped fresh parsley (optional garnish)
- Lemon wedges (optional, for serving)

DIRECTIONS

1. Preheat the oven to 400°F (200°C). In a large bowl, combine the sweet potatoes, chickpeas, bell pepper, onion, and garlic. Drizzle with olive oil and season with cumin, smoked paprika, salt, and black pepper. Toss until everything is evenly coated.
2. Spread the mixture in a single layer on a rimmed baking sheet.
3. Roast in the preheated oven for about 35-40 minutes, stirring or flipping the vegetables and chickpeas halfway through, until the sweet potatoes are tender and lightly golden.
4. Remove the sheet pan from the oven. Sprinkle chopped parsley over the top. Serve warm with lemon wedges on the side for squeezing over the dish.



Vibrant Vegetarian One-Pans

Oven-Baked Greek Eggplant Gratin

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 2 medium eggplants, cut into 1-inch cubes
- 1 red bell pepper, chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 (15-ounce) can crushed tomatoes
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- Salt and black pepper, to taste
- 1/2 cup crumbled feta cheese
- 2 tablespoons chopped fresh parsley (optional)

DIRECTIONS

1. Preheat the oven to 375°F (190°C). In a large bowl, combine the eggplant, bell pepper, onion, garlic, crushed tomatoes, olive oil, oregano, salt, and pepper. Toss well to coat.
2. Transfer the mixture to a baking dish or ovenproof pan and spread it into an even layer.
3. Bake in the preheated oven for about 25 minutes, stirring halfway through, until the vegetables are soft and bubbly.
4. Remove the dish from the oven. Sprinkle the crumbled feta cheese evenly over the top, and return to the oven for another 5 minutes to melt slightly.
5. Garnish with chopped parsley if desired. Serve hot as a hearty vegetarian main dish.



Sheet Pan Halloumi & Vegetable Roast

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 8 ounces halloumi cheese, cut into 1-inch cubes
- 2 zucchini, sliced into rounds
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 red onion, quartered
- 1 cup cherry tomatoes
- 2 tablespoons olive oil
- 1 teaspoon dried thyme or oregano
- Salt and black pepper, to taste
- Lemon wedges, for serving (optional)

DIRECTIONS

1. Preheat the oven to 425°F (220°C). In a large bowl, combine the halloumi cubes, zucchini, bell peppers, onion, and cherry tomatoes. Drizzle with olive oil and sprinkle with thyme, salt, and pepper. Toss to coat evenly.
2. Spread the mixture on a rimmed baking sheet in a single layer.
3. Roast in the preheated oven for 20-25 minutes, turning once halfway through, until the vegetables are tender and the halloumi is lightly golden.
4. Remove from the oven and squeeze lemon wedges over the top for extra flavor, if using. Serve warm.

Vibrant Vegetarian One-Pans



Baked Mediterranean Quinoa Casserole

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1 cup quinoa, rinsed
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 zucchini, chopped
- 1 red bell pepper, chopped
- 1 cup cherry tomatoes, halved
- 2 cups vegetable broth
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- Salt and black pepper, to taste
- 1/2 cup crumbled feta cheese (optional, omit for vegan)
- 2 tablespoons chopped fresh parsley (optional garnish)

DIRECTIONS

1. Preheat the oven to 375°F (190°C). In a large mixing bowl, combine the quinoa, onion, garlic, zucchini, bell pepper, cherry tomatoes, olive oil, oregano, salt, and pepper. Stir in the vegetable broth.
2. Pour the mixture into a baking dish and spread it evenly. Cover the dish tightly with foil.
3. Bake for 20 minutes. Then carefully remove the foil (watch for steam) and stir. Sprinkle the feta cheese on top if using.
4. Return the dish to the oven and bake uncovered for an additional 5-10 minutes, until the quinoa is tender and has absorbed the liquid.
5. Remove from the oven, garnish with parsley, and serve warm.

One-Pan Spanish Chickpea Stew

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 onion, chopped
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon ground cumin
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 (14-ounce) can diced tomatoes
- 1 cup vegetable broth
- 2 cups fresh spinach
- Salt and black pepper, to taste
- 2 tablespoons chopped fresh cilantro or parsley (optional)

DIRECTIONS

1. Heat the olive oil in a large skillet or deep pan over medium heat. Add the onion and garlic and sauté until softened, about 3 minutes.
2. Stir in the diced red bell pepper, smoked paprika, and cumin. Cook for another 2 minutes to toast the spices.
3. Add the chickpeas, diced tomatoes (with their juices), and vegetable broth. Bring the mixture to a simmer, then reduce heat and cook for 10 minutes.
4. Stir in the fresh spinach and cook for 2-3 minutes until wilted. Season the stew with salt and pepper to taste.
5. Remove from heat and garnish with chopped cilantro or parsley if desired. Serve hot with crusty bread or rice on the side.



Vibrant Vegetarian One-Pans

Sheet Pan Moroccan Cauliflower & Chickpeas

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 1 large head cauliflower, cut into florets
- 1 (15-ounce) can chickpeas, drained and rinsed
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon turmeric
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground cinnamon
- 2 cloves garlic, minced
- Salt and black pepper, to taste
- 2 tablespoons chopped fresh parsley (for garnish)

DIRECTIONS

1. Preheat the oven to 425°F (220°C). In a large bowl, toss the cauliflower florets and chickpeas with olive oil, cumin, turmeric, smoked paprika, cinnamon, minced garlic, salt, and pepper. Mix well to coat evenly.
2. Spread the seasoned cauliflower and chickpeas in a single layer on a rimmed baking sheet.
3. Roast in the preheated oven for 25-30 minutes, stirring once halfway through, until the cauliflower is golden and tender.
4. Remove from the oven and transfer to a serving dish. Sprinkle with chopped parsley and serve warm as a hearty vegan main dish or side.



Mediterranean Chickpea & Spinach Skillet

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 2 tablespoons olive oil
- 1 small red onion, thinly sliced
- 2 cloves garlic, minced
- 1 red bell pepper, sliced
- 1 (15 oz) can chickpeas, drained and rinsed
- 4 cups fresh spinach (or 1 cup frozen spinach, thawed and drained)
- 1/2 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- Salt and pepper, to taste
- Juice of 1/2 lemon
- 2 tablespoons crumbled feta (optional)
- Chopped fresh parsley, for garnish

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Add red onion and bell pepper and sauté for 5-6 minutes until softened.
2. Stir in garlic, cumin, and smoked paprika. Cook 1 minute more until fragrant.
3. Add chickpeas and spinach. Stir well and cook 4-5 minutes until spinach is wilted and chickpeas are heated through.
4. Season with salt, pepper, and lemon juice.
5. Sprinkle with feta (if using) and chopped parsley.
6. Serve warm with crusty bread, couscous, or as a wrap filling.

Vibrant Vegetarian One-Pans



Skillet Greek Rice & Beans

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup long-grain rice (such as basmati)
- 1 teaspoon dried oregano
- Salt and black pepper, to taste
- 2 cups vegetable broth
- 1 (15-ounce) can cannellini or black beans, drained and rinsed
- 2 cups baby spinach or chopped kale
- Juice of 1 lemon
- 2 tablespoons chopped fresh dill or parsley (optional garnish)

DIRECTIONS

1. In a large skillet, heat the olive oil over medium heat. Add the onion and garlic and sauté until soft, about 3 minutes. Stir in the rice, oregano, salt, and pepper, and cook for 1 minute to toast the rice lightly.
2. Pour in the vegetable broth and bring to a boil. Reduce heat to low, cover, and simmer for about 15 minutes, until the rice is nearly tender.
3. Stir in the beans and greens (spinach or kale). Cover and cook for another 5 minutes, until the rice is fully cooked and the greens are wilted.
4. Remove from heat. Squeeze lemon juice over the rice and fluff gently. Garnish with chopped dill or parsley if desired, and serve warm.

Oven-Baked Stuffed Bell Peppers

Serves: 4 **Prep Time:** 20 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 4 large bell peppers (any color), tops cut off and seeds removed
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (14-ounce) can diced tomatoes, drained
- 1 cup cooked rice or quinoa
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- Salt and black pepper, to taste
- 1/2 cup shredded mozzarella or cheddar cheese
- 2 tablespoons chopped fresh cilantro (for garnish)

DIRECTIONS

1. Preheat the oven to 375°F (190°C). Heat olive oil in a skillet over medium heat. Add the chopped onion and garlic and cook until softened, about 3 minutes.
2. Stir in the black beans, diced tomatoes, cooked rice (or quinoa), cumin, oregano, salt, and pepper. Cook for 2-3 minutes until heated through.
3. Spoon the filling into each bell pepper cavity, packing it down slightly. Place the stuffed peppers upright in a baking dish.
4. Cover the dish with foil and bake for 20 minutes. Remove the foil, sprinkle the tops of the peppers with shredded cheese, and return to the oven for another 5-10 minutes, until the cheese is melted and the peppers are tender.
5. Garnish with chopped cilantro and serve hot.



Vibrant Vegetarian One-Pans



Skillet Orzo with Olives & Tomatoes

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup orzo pasta
- 1 cup cherry tomatoes, halved
- 1/2 cup Kalamata olives, halved or sliced
- 1 teaspoon dried oregano
- Salt and black pepper, to taste
- 2 cups vegetable broth (or water)
- 1/3 cup crumbled feta cheese
- 2 tablespoons chopped fresh parsley (for garnish)

DIRECTIONS

1. Heat the olive oil in a large skillet over medium heat. Add the chopped onion and garlic and sauté for 2-3 minutes until softened.
2. Stir in the orzo and oregano, and cook for 1 minute, allowing the pasta to toast slightly.
3. Add the cherry tomatoes, olives, and vegetable broth. Bring to a boil, then reduce heat and simmer covered for about 10 minutes, or until the orzo is tender and most of the liquid is absorbed.
4. Remove from heat and stir in the crumbled feta cheese. Cover and let stand for 2 minutes to melt the feta slightly.
5. Fluff the orzo with a fork, garnish with parsley, and serve warm.

Sheet Pan Ratatouille

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 1 eggplant, cut into 1-inch cubes
- 1 zucchini, sliced into rounds
- 1 yellow summer squash, sliced into rounds
- 1 red bell pepper, chopped
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 tablespoons olive oil
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- Salt and black pepper, to taste
- 2 tablespoons chopped fresh basil or parsley (optional garnish)

DIRECTIONS

1. Preheat the oven to 400°F (200°C). In a large bowl, combine the eggplant, zucchini, yellow squash, red bell pepper, onion, and garlic. Drizzle with olive oil and season with thyme, basil, salt, and pepper. Toss well to coat all the vegetables.
2. Spread the vegetable mixture in a single layer on a rimmed baking sheet.
3. Roast in the preheated oven for 25-30 minutes, stirring once or twice, until the vegetables are tender and lightly browned.
4. Remove from the oven. Garnish with chopped fresh basil or parsley, if desired, before serving warm.



Vibrant Vegetarian One-Pans

Sheet Pan Shawarma-Spiced Tofu

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 14 ounces firm tofu, pressed and cut into cubes
- 1 sweet potato, peeled and cut into 1-inch cubes
- 1 red onion, sliced
- 1 red bell pepper, chopped
- 3 tablespoons olive oil
- 1 tablespoon shawarma seasoning (or a mix of ground cumin, paprika, coriander, and turmeric)
- 1/2 teaspoon garlic powder
- Salt and black pepper, to taste
- Lemon wedges and chopped fresh parsley, for garnish (optional)

DIRECTIONS

1. Preheat the oven to 425°F (220°C). In a large bowl, toss the tofu cubes, sweet potato, red onion, and bell pepper with olive oil, shawarma seasoning, garlic powder, salt, and pepper until evenly coated.
2. Spread the seasoned tofu and vegetables on a rimmed baking sheet in a single layer.
3. Roast for 20-25 minutes, turning once halfway through, until the sweet potato is tender and the tofu edges are golden.
4. Remove from oven. Transfer to a serving platter and garnish with lemon wedges and chopped parsley if desired.
5. Serve warm, with additional lemon juice squeezed over the top if you like a tangy finish.



One-Pan Pesto Gnocchi with Vegetables

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 (16-ounce) package potato gnocchi
- 1 tablespoon olive oil
- 1 small zucchini, chopped
- 1 cup cherry tomatoes, halved
- 2 cups fresh spinach
- Salt and black pepper, to taste
- 1/3 cup basil pesto
- 1/4 cup grated Parmesan cheese (optional, omit for vegan)
- 2 tablespoons pine nuts or chopped walnuts (optional, for garnish)

DIRECTIONS

1. Preheat the oven to 400°F (200°C). On a large rimmed baking sheet, toss the gnocchi, chopped zucchini, and cherry tomatoes with olive oil, salt, and pepper. Spread into an even layer.
2. Roast in the preheated oven for 15 minutes, stirring once, until the gnocchi is lightly golden and the vegetables are tender.
3. Remove the pan from the oven. Add the fresh spinach, dollops of pesto, and Parmesan cheese (if using) to the pan. Gently toss everything together to coat.
4. Return the pan to the oven and bake for an additional 5 minutes, or until the spinach has wilted and the pesto is warmed through.
5. Remove from oven and sprinkle with pine nuts or walnuts if desired. Serve hot.

Vibrant Vegetarian One-Pans



Oven-Baked White Bean & Tomato Casserole

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 (15-ounce) cans white beans (such as cannellini), drained and rinsed
- 1 (14-ounce) can diced tomatoes, undrained
- 1 teaspoon dried thyme (or Italian seasoning)
- Salt and black pepper, to taste
- 2 cups chopped kale or spinach
- 2 tablespoons chopped fresh basil or parsley (for garnish)

DIRECTIONS

1. Preheat the oven to 375°F (190°C). In a skillet over medium heat, warm the olive oil. Add the onion and garlic and cook until softened, about 3 minutes.
2. Stir in the white beans, diced tomatoes (with juices), thyme, salt, and pepper. Cook for 2 minutes to heat through.
3. Transfer the mixture to a baking dish and spread it evenly. Cover with foil and bake for 20 minutes.
4. Carefully remove the foil. Stir in the chopped kale or spinach, re-cover, and bake for an additional 5-10 minutes, until the greens are wilted and tender.
5. Remove from the oven and garnish with fresh basil or parsley. Serve warm as a comforting main dish.

Skillet Spanakopita Frittata

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 cups fresh spinach leaves (packed)
- 6 large eggs
- 1/2 cup crumbled feta cheese
- 1 tablespoon chopped fresh dill (or 1 teaspoon dried dill)
- Salt and black pepper, to taste
- Lemon wedges, for serving (optional)

DIRECTIONS

1. Preheat the oven to 375°F (190°C). In a large oven-safe skillet, heat olive oil over medium heat. Add the onion and garlic and sauté until soft, about 3 minutes.
2. Add the spinach to the skillet and cook until wilted, stirring occasionally, about 2 minutes. Spread the spinach mixture evenly across the skillet. Remove from heat.
3. In a mixing bowl, whisk the eggs with the feta cheese, dill, salt, and pepper.
4. Pour the egg mixture into the skillet over the spinach. Gently shake the skillet to evenly distribute the eggs.
5. Transfer the skillet to the preheated oven and bake for 12-15 minutes, or until the frittata is set in the center and lightly golden on top. Slice and serve hot with lemon wedges if desired.



Vibrant Vegetarian One-Pans



Sheet Pan Mediterranean Veggie Flatbread

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 1 large store-bought flatbread or pizza dough
- 1 tablespoon olive oil
- 1 tomato, sliced
- 1/2 red onion, thinly sliced
- 1/2 red or yellow bell pepper, thinly sliced
- 1/4 cup Kalamata olives, sliced
- 1/4 cup crumbled feta cheese
- 1/2 teaspoon dried oregano
- Salt and black pepper, to taste
- 2 tablespoons chopped fresh parsley or basil (for garnish)

DIRECTIONS

1. Preheat the oven to 425°F (220°C). Place the flatbread on a baking sheet. Brush the surface lightly with olive oil.
2. Arrange the tomato slices, onion, bell pepper, and olives over the flatbread. Sprinkle with oregano, salt, and pepper.
3. Bake in the preheated oven for 12-15 minutes, or until the flatbread is crisp and golden and the vegetables are roasted.
4. Remove from the oven and sprinkle the crumbled feta cheese evenly over the top.
5. Garnish with chopped parsley or basil, cut into slices, and serve warm.

One-Pan Polenta with Mediterranean Vegetables

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 (12-ounce) tube precooked polenta, sliced into 1/2-inch rounds
- 1 tablespoon olive oil
- 1 zucchini, sliced into rounds
- 1 tomato, sliced
- 1/2 red onion, thinly sliced
- 2 cloves garlic, minced
- 1 teaspoon dried rosemary or thyme
- Salt and black pepper, to taste
- 1/2 cup shredded mozzarella or goat cheese
- 2 tablespoons chopped fresh basil or parsley (for garnish)

DIRECTIONS

1. Preheat the oven to 400°F (200°C). Lightly oil a large ovenproof skillet or baking dish. Arrange the polenta slices in a single layer across the bottom of the pan.
2. In a bowl, toss the zucchini, tomato, red onion, and garlic with olive oil, rosemary, salt, and pepper. Spread the vegetable mixture over the polenta in the pan.
3. Sprinkle the shredded mozzarella or goat cheese evenly on top.
4. Bake in the preheated oven for 18-20 minutes, until the vegetables are tender and the cheese is melted and golden.
5. Remove from the oven, garnish with fresh basil or parsley, and serve hot.



Vibrant Vegetarian One-Pans



Skillet Provençal Vegetable Tian

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 35 minutes

INGREDIENTS

- 1 small eggplant, thinly sliced into rounds
- 1 small zucchini, thinly sliced into rounds
- 2 tomatoes, sliced into rounds
- 1 onion, thinly sliced
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 teaspoon Herbes de Provence (or dried thyme and rosemary)
- Salt and black pepper, to taste
- 2 tablespoons chopped fresh basil (for garnish)

DIRECTIONS

1. Preheat the oven to 375°F (190°C). Grease a large ovenproof skillet or baking dish with a bit of olive oil.
2. Arrange the sliced eggplant, zucchini, tomatoes, and onion in alternating layers (or vertically in a single layer) in the skillet. Push them tightly together in a circular pattern.
3. Drizzle the minced garlic and olive oil over the top of the vegetables. Sprinkle with Herbes de Provence, salt, and pepper.
4. Bake in the preheated oven for about 30–35 minutes, until the vegetables are tender and lightly golden on top.
5. Remove from the oven and garnish with fresh basil before serving.

Skillet Tuscan White Bean Stew

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 carrots, sliced
- 2 celery stalks, sliced
- 3 cloves garlic, minced
- 1 (14-ounce) can diced tomatoes (with juices)
- 2 (15-ounce) cans cannellini beans, drained and rinsed
- 2 cups vegetable broth
- 1 teaspoon dried rosemary or Italian seasoning
- Salt and black pepper, to taste
- 3 cups chopped kale or Swiss chard
- 2 tablespoons chopped fresh parsley (for garnish)

DIRECTIONS

1. Heat the olive oil in a deep skillet or Dutch oven over medium heat. Add the onion, carrots, and celery and cook until they start to soften, about 5 minutes. Stir in the garlic and cook for another minute.
2. Add the diced tomatoes (with their juices), white beans, vegetable broth, rosemary or Italian seasoning, salt, and pepper. Stir to combine.
3. Bring the mixture to a simmer, then reduce heat to low and cook for about 10 minutes to let the flavors meld.
4. Stir in the chopped kale or Swiss chard and cook for 3–5 minutes, until the greens are wilted and tender.
5. Remove from heat. Garnish with fresh parsley and serve hot with crusty bread or over polenta.



Vibrant Vegetarian One-Pans



One-Pan Greek Stuffed Eggplant

Serves: 4 **Prep Time:** 20 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 2 medium eggplants, halved lengthwise
- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 (14-ounce) can diced tomatoes, drained
- 1 cup cooked rice or quinoa
- 1 teaspoon dried oregano
- Salt and black pepper, to taste
- 1/2 cup crumbled feta cheese
- 2 tablespoons chopped fresh parsley (for garnish)

DIRECTIONS

1. Preheat the oven to 375°F (190°C). Use a spoon to scoop out most of the flesh from each eggplant half, leaving about a 1/4-inch border to form a shell. Chop the reserved eggplant flesh and set it aside.
2. Heat the olive oil in a large ovenproof skillet over medium heat. Add the chopped onion and garlic and sauté until softened, about 3 minutes. Stir in the chopped eggplant flesh and cook for another 5 minutes.
3. Add the chickpeas, diced tomatoes, cooked rice or quinoa, oregano, salt, and pepper to the skillet. Stir well to combine and cook for 2-3 minutes until heated through.
4. Spoon the filling mixture into the hollowed-out eggplant shells. Sprinkle the crumbled feta cheese over the top of each stuffed eggplant.
5. Transfer the skillet to the oven and bake for 20-25 minutes, until the eggplants are tender and the filling is set. Garnish with fresh parsley and serve hot.

Sheet Pan Baked Feta with Tomatoes & Olives

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 8 ounces block of feta cheese
- 1 cup cherry tomatoes
- 1/2 cup pitted Kalamata or green olives
- 2 tablespoons olive oil
- 2 cloves garlic, thinly sliced
- 1 teaspoon dried oregano
- Freshly ground black pepper, to taste
- 2 tablespoons chopped fresh parsley (for garnish)

DIRECTIONS

1. Preheat the oven to 400°F (200°C). Place the block of feta cheese in the center of a small baking dish or a rimmed sheet pan.
2. Surround the feta with the cherry tomatoes, olives, and garlic slices. Drizzle everything with olive oil and sprinkle with oregano and a little black pepper.
3. Bake in the preheated oven for 15-20 minutes, until the tomatoes are soft and the feta is warmed through. The feta will soften but retain its shape.
4. Remove from the oven. Use a fork to mash together the feta, tomatoes, and olives into a chunky spread, mixing the juices and oil.
5. Garnish with chopped parsley. Serve the mixture directly from the pan, with warm pita bread or crusty baguette slices for dipping.



Vibrant Vegetarian One-Pans



One-Pan Lemon Herb Pasta with Vegetables

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 8 ounces penne or fusilli pasta (about 2 cups)
- 2 cups water or vegetable broth
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 zucchini, diced
- 1 cup broccoli florets
- 1 cup cherry tomatoes, halved
- 1 teaspoon dried oregano
- Juice and zest of 1 lemon
- Salt and black pepper, to taste
- 1/4 cup grated Parmesan cheese (optional)
- 2 tablespoons chopped fresh parsley (for garnish)

DIRECTIONS

1. Preheat the oven to 375°F (190°C). In a large ovenproof baking dish, combine the pasta, water or broth, olive oil, and garlic. Stir in the zucchini, broccoli, oregano, lemon zest, and half of the lemon juice. Season with salt and pepper.
2. Cover the dish with foil and bake for 15 minutes. Remove the foil and stir the pasta. Spread the mixture into an even layer.
3. Scatter the cherry tomatoes over the top. Drizzle with the remaining lemon juice. Cover again and bake for an additional 5 minutes, or until the pasta is tender and most of the liquid is absorbed.
4. Remove the dish from the oven. If using Parmesan, sprinkle it over the pasta while still hot.
5. Garnish with fresh parsley before serving. Serve warm with extra lemon wedges if desired.

Skillet Mediterranean Quinoa Pilaf

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 carrot, diced
- 1 red bell pepper, diced
- 1 zucchini, diced
- 1 cup quinoa, rinsed
- 2 cups vegetable broth
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1/4 cup Kalamata or green olives, sliced (optional)
- 1 teaspoon ground cumin
- Salt and black pepper, to taste
- Juice of 1/2 lemon (optional)
- 2 tablespoons chopped fresh parsley (for garnish)

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Add the onion and garlic and sauté for 2-3 minutes until translucent.
2. Stir in the carrot, bell pepper, and zucchini and cook for 3-4 minutes until they begin to soften.
3. Add the quinoa, vegetable broth, cumin, salt, and pepper. Bring to a boil. Then reduce heat to low, cover, and simmer for about 15 minutes, or until the quinoa has absorbed the liquid.
4. Stir in the chickpeas and olives, cover again, and cook for another 3-5 minutes until the chickpeas are heated through. Remove from heat.
5. Stir in lemon juice if using, then garnish with chopped parsley. Serve warm.



Vibrant Vegetarian One-Pans



Skillet Mediterranean Tempeh & Vegetables

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 8 ounces tempeh, cut into cubes
- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 red bell pepper, sliced
- 1 cup broccoli florets
- 1 teaspoon dried oregano
- Salt and black pepper, to taste
- 1/4 cup vegetable broth or water (for steaming vegetables)
- Juice of 1/2 lemon
- 2 tablespoons chopped fresh parsley (for garnish)

DIRECTIONS

1. In a large skillet, heat 1 tablespoon of olive oil over medium heat. Add the chopped onion and garlic and sauté for 2-3 minutes until softened.
2. Add the cubed tempeh to the skillet and cook until lightly browned on all sides, about 5 minutes. Push the tempeh to the sides of the pan.
3. Drizzle the remaining olive oil over the vegetables. Add the red bell pepper and broccoli to the skillet and sprinkle with oregano, salt, and pepper. Stir to combine.
4. Pour the vegetable broth or water into the pan. Cover and cook for 5-7 minutes, until the broccoli is bright green and tender-crisp.
5. Remove the lid, stir in lemon juice, and adjust seasoning as needed. Garnish with chopped parsley and serve.

Sheet Pan Mediterranean Veggie Skewers

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 zucchini, cut into 1-inch rounds
- 1 red bell pepper, cut into 1-inch pieces
- 1 red onion, cut into wedges
- 8 ounces button or cremini mushrooms
- 1 cup cherry tomatoes
- 2 tablespoons olive oil
- 1 teaspoon dried rosemary or Italian seasoning
- Salt and black pepper, to taste
- 2 tablespoons chopped fresh parsley (for garnish)
- Bamboo skewers (soaked in water for 15 minutes)

DIRECTIONS

1. Preheat the oven to 425°F (220°C). Thread the zucchini, bell pepper, onion, mushrooms, and cherry tomatoes onto the soaked skewers, alternating vegetables as desired.
2. Place the assembled skewers on a rimmed baking sheet. In a small bowl, mix the olive oil, dried rosemary, salt, and pepper. Brush this mixture over the vegetables on each skewer.
3. Roast the skewers in the preheated oven for 15-20 minutes, turning once, until the vegetables are tender and slightly charred.
4. Remove from the oven and sprinkle with chopped parsley. Serve the skewers hot, with lemon wedges on the side if desired.



Vibrant Vegetarian One-Pans

One-Pan Smoky Black Bean & Quinoa Bake

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 1 cup quinoa, rinsed
- 1 (15-ounce) can black beans, drained and rinsed
- 1 cup frozen or canned corn kernels, drained
- 1 (14-ounce) can diced tomatoes (fire-roasted if available)
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 cups vegetable broth
- 1 tablespoon olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon ground cumin
- Salt and black pepper, to taste
- 1/2 cup shredded cheddar or Monterey Jack cheese (optional)
- 2 tablespoons chopped fresh cilantro (for garnish)

DIRECTIONS

1. Preheat the oven to 375°F (190°C). In a large bowl, combine the quinoa, black beans, corn, diced tomatoes, chopped onion, garlic, olive oil, smoked paprika, cumin, salt, and pepper. Stir to mix well.
2. Pour the mixture into a baking dish and spread it into an even layer. Pour the vegetable broth over the top. Cover the dish tightly with foil.
3. Bake for 25 minutes. Remove the foil, stir the casserole, and sprinkle the cheese over the top if using.
4. Return the dish to the oven (uncovered) and bake for an additional 5 minutes, until the cheese is melted and the quinoa is fluffy.
5. Remove from the oven and garnish with chopped cilantro. Serve warm.



Sheet Pan Za'atar Roasted Vegetables & Chickpeas

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1 head cauliflower, cut into florets
- 2 carrots, sliced
- 1 red bell pepper, chopped
- 1 (15-ounce) can chickpeas, drained and rinsed
- 2 tablespoons olive oil
- 1 tablespoon za'atar spice blend
- 1 teaspoon smoked paprika
- Salt and black pepper, to taste
- 2 tablespoons chopped fresh parsley (for garnish)

DIRECTIONS

1. Preheat the oven to 425°F (220°C). In a large bowl, combine the cauliflower, carrots, bell pepper, and chickpeas. Drizzle with olive oil and sprinkle with za'atar, smoked paprika, salt, and pepper. Toss well to coat all pieces.
2. Spread the seasoned vegetables and chickpeas in a single layer on a rimmed baking sheet.
3. Roast in the preheated oven for 20–25 minutes, stirring once halfway through, until the vegetables are tender and golden.
4. Remove from the oven. Transfer to a serving bowl and garnish with chopped parsley. Serve warm.

Vibrant Vegetarian One-Pans



Sheet Pan Lemon-Garlic Potatoes & Chickpeas

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 35 minutes

INGREDIENTS

- 1.5 pounds baby potatoes or fingerling potatoes, halved
- 1 (15-ounce) can chickpeas, drained and rinsed
- 3 tablespoons olive oil
- 3 cloves garlic, minced
- Zest of 1 lemon
- 1 teaspoon dried rosemary or thyme
- Salt and black pepper, to taste
- Juice of 1/2 lemon (optional, for finishing)
- 2 tablespoons chopped fresh parsley (for garnish)

DIRECTIONS

1. Preheat the oven to 400°F (200°C). In a bowl, toss the halved potatoes and chickpeas with olive oil, minced garlic, lemon zest, rosemary, salt, and pepper until well coated.
2. Spread the potatoes and chickpeas on a rimmed baking sheet in a single layer.
3. Roast for 30–35 minutes, stirring once halfway through, until the potatoes are golden brown and tender.
4. Remove from the oven and immediately drizzle with lemon juice if using, then toss to coat.
5. Garnish with chopped parsley and serve hot.

Skillet Harissa-Spiced Sweet Potato & Chickpeas

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon harissa paste (adjust to taste)
- 2 medium sweet potatoes, peeled and cut into 1-inch cubes
- 1 teaspoon ground cumin
- Salt and black pepper, to taste
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 cup vegetable broth

2 tablespoons chopped fresh cilantro or parsley

DIRECTIONS

1. Heat the olive oil in a large skillet over medium heat. Add the onion and garlic and sauté until softened, about 3 minutes.
2. Stir in the harissa paste, sweet potato cubes, cumin, salt, and pepper. Cook for 2–3 minutes, stirring, until the sweet potatoes are well coated with the spices.
3. Pour in the vegetable broth and bring to a simmer. Cover and cook for about 15 minutes, or until the sweet potatoes are nearly tender.
4. Add the chickpeas to the skillet and stir. Continue cooking for another 5 minutes, uncovered, until the sweet potatoes are fully tender and the liquid has thickened slightly.
5. Remove from heat and garnish with chopped cilantro or parsley. Serve hot.





Gorgeous Grain Bowls & Pasta Plates



Gorgeous Grain Bowls & Pasta Plates

Lemon Herb Chicken & Couscous Skillet

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 lb chicken breast, cut into 1-inch cubes
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 1 small zucchini, diced
- 1 cup couscous
- 1¼ cups chicken broth
- Zest and juice of 1 lemon
- 1 tsp dried oregano
- Salt and pepper to taste

DIRECTIONS

1. Heat oil in a large skillet over medium heat. Add chicken, salt, pepper, and oregano; cook until browned on all sides, about 5 minutes.
2. Add onion, garlic, bell pepper, and zucchini. Sauté until vegetables soften, about 4 minutes.
3. Stir in couscous, lemon zest, and broth. Bring to a simmer, cover, and remove from heat. Let stand 5 minutes until couscous is tender and liquid is absorbed.
4. Fluff couscous with a fork, stir in lemon juice. Taste and adjust seasoning. Serve garnished with chopped parsley if desired.



Moroccan Vegetable Couscous Bowl

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 carrots, diced
- 1 red bell pepper, chopped
- 1 tsp ground cumin
- ½ tsp ground cinnamon
- ½ tsp paprika
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cup couscous
- 1¼ cups vegetable broth
- ¼ cup chopped dried apricots (optional)
- Salt and pepper to taste
- Chopped cilantro for garnish

DIRECTIONS

1. In a large skillet, heat oil over medium heat. Sauté onion and garlic until fragrant, about 1 minute. Add carrots and bell pepper. Cook 4-5 minutes until vegetables start to soften.
2. Stir in cumin, cinnamon, and paprika. Cook 1 minute until spices are fragrant.
3. Add chickpeas, broth, and bring to a simmer. Stir in couscous, cover, and remove from heat. Let sit 5 minutes.
4. Fluff the couscous with a fork. Stir in chopped apricots (if using) and season with salt and pepper. Sprinkle with cilantro before serving.

Gorgeous Grain Bowls & Pasta Plates



Spiced Lamb Couscous Skillet

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 lb ground lamb
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp ground cinnamon
- 1 large tomato, chopped
- 1 cup couscous
- 1¼ cups chicken or beef broth
- 2 tbsp chopped fresh mint or parsley
- Salt and pepper to taste

DIRECTIONS

1. Heat oil in a skillet over medium heat. Add lamb, onion, garlic, cumin, coriander, and cinnamon. Cook, breaking up the meat, until lamb is browned and fragrant, about 5 minutes. Drain excess fat if needed.
2. Stir in the chopped tomato. Cook 2 minutes until tomato starts to break down.
3. Pour in broth and bring to a simmer. Stir in couscous, cover, and remove from heat. Let stand 5 minutes.
4. Fluff couscous with a fork. Stir in chopped mint (or parsley). Season with salt and pepper to taste. Serve hot.

Shrimp & Feta Couscous Skillet

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 lb shrimp, peeled and deveined
- 2 cloves garlic, minced
- 1 cup cherry tomatoes, halved
- 2 cups baby spinach
- 1 cup couscous
- 1¼ cups chicken or vegetable broth
- Zest and juice of 1 lemon
- ¼ cup crumbled feta cheese
- 2 tbsp chopped fresh parsley
- Salt and pepper to taste

DIRECTIONS

1. Heat oil in a large skillet over medium heat. Add shrimp, salt, and pepper; cook 2-3 minutes per side until pink and cooked through. Remove shrimp from pan and set aside.
2. In the same skillet, add garlic and cook 1 minute until fragrant. Add cherry tomatoes and broth; bring to a simmer. Stir in couscous, cover, and remove from heat. Let stand 5 minutes.
3. Fluff the couscous with a fork. Stir in spinach, cover, and let wilt in the residual heat for 1-2 minutes.
4. Return shrimp to the skillet. Stir in lemon zest and juice. Season with salt and pepper. Sprinkle feta and parsley over the top and serve.



Gorgeous Grain Bowls & Pasta Plates



Greek Turkey & Couscous Skillet

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 lb ground turkey
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tsp dried oregano
- ½ tsp dried thyme
- 1 cup couscous
- 1¼ cups chicken broth
- Zest and juice of 1 lemon
- 1 cup diced tomatoes
- ¼ cup chopped Kalamata olives
- 2 tbsp chopped fresh parsley
- Salt and pepper to taste

DIRECTIONS

1. Heat oil in a skillet over medium heat. Sauté onion and garlic until translucent. Add turkey, oregano, thyme, salt, and pepper; cook until turkey is browned.
2. Stir in diced tomatoes and broth; bring to a simmer. Add couscous, cover, and remove from heat. Let stand 5 minutes.
3. Fluff couscous with a fork. Stir in lemon zest, lemon juice, and olives. Taste and adjust seasoning.
4. Sprinkle with parsley and serve immediately.

Chickpea & Tomato Couscous Stew

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 carrot, diced
- 1 tsp ground cumin
- 1 tsp paprika
- Pinch of red pepper flakes (optional)
- 1 can (14 oz) diced tomatoes
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cup vegetable broth
- 1 cup couscous
- 2 cups baby spinach
- Salt and pepper to taste

DIRECTIONS

1. In a skillet, heat oil over medium heat. Sauté onion, garlic, and carrot until softened, about 4 minutes. Stir in cumin, paprika, and red pepper flakes; cook 1 minute.
2. Add diced tomatoes, chickpeas, and broth; bring to a simmer.
3. Stir in couscous, cover, and remove from heat. Let sit 5 minutes until couscous absorbs liquid.
4. Stir in spinach (it will wilt with the residual heat). Season with salt and pepper. Serve warm.



Gorgeous Grain Bowls & Pasta Plates



Greek Bulgur Salad with Veggies

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 1 cup bulgur wheat
- 2 cups vegetable broth
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- ¼ cup Kalamata olives, sliced
- 2 tbsp lemon juice
- 1 tbsp olive oil
- 2 tbsp chopped fresh parsley
- Salt and pepper to taste

DIRECTIONS

1. In a skillet, heat 1 tablespoon olive oil over medium heat. Sauté onion, garlic, and red bell pepper until soft, about 4 minutes.
2. Stir in bulgur and vegetable broth. Bring to a boil, then reduce heat to low. Cover and simmer 10 minutes.
3. Remove from heat and let sit 5 minutes, then fluff bulgur with a fork. Stir in cherry tomatoes.
4. Transfer bulgur to a large bowl. Add cucumber, olives, lemon juice, the extra tablespoon of olive oil, parsley, salt, and pepper. Toss well and serve at room temperature.

Chicken & Bulgur Pilaf

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 lb boneless chicken thighs, cut into bite-size pieces
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 carrot, chopped
- 1 tsp ground cumin
- 1 tsp paprika
- 1 cup bulgur wheat
- 2 cups chicken broth
- ½ cup frozen peas
- Salt and pepper to taste
- Chopped parsley for garnish

DIRECTIONS

1. Heat oil in a skillet over medium heat. Add chicken pieces and season with salt, pepper, cumin, and paprika. Cook until browned, about 5 minutes. Remove chicken and set aside.
2. In the same skillet, add onion, garlic, and carrot. Cook 3-4 minutes until softened.
3. Return chicken to the pan. Pour in chicken broth and bring to a simmer. Stir in bulgur, cover, and reduce heat to low. Cook 12 minutes.
4. Stir in frozen peas, cover, and cook 3-4 more minutes until bulgur is tender and liquid is absorbed. Fluff with a fork.
5. Season to taste and garnish with parsley before serving.



Gorgeous Grain Bowls & Pasta Plates

Spicy Beef Kofta with Bulgur

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 lb ground beef
- ½ onion, finely minced
- 2 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp ground coriander
- ¼ tsp cayenne pepper (optional, for heat)
- 1 cup bulgur wheat
- 2 cups beef broth
- Salt and pepper to taste
- Chopped fresh mint for garnish

DIRECTIONS

1. Heat oil in a skillet over medium heat. Add ground beef, onion, garlic, cumin, coriander, cayenne, salt, and pepper. Break up the meat with a spoon and cook until browned, about 6 minutes. Drain excess fat if needed.
2. Stir in beef broth and bring to a simmer. Add bulgur, cover, and reduce heat to low. Simmer 12 minutes until bulgur has absorbed the liquid.
3. Fluff with a fork. Taste and adjust seasoning as needed.
4. Garnish with chopped mint and serve hot.



Lemon Herb Shrimp & Bulgur Skillet

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 lb shrimp, peeled and deveined
- 2 cloves garlic, minced
- Zest and juice of 1 lemon
- 1 tsp dried oregano
- 1 cup bulgur wheat
- 2 cups vegetable broth
- Salt and pepper to taste
- Chopped parsley for garnish

DIRECTIONS

1. Heat oil in a skillet over medium heat. Add shrimp with minced garlic, oregano, salt, and pepper. Cook 2-3 minutes per side until shrimp turn pink. Remove shrimp and set aside.
2. Add vegetable broth and lemon zest to the skillet; bring to a simmer. Stir in bulgur, cover, and reduce heat to low. Simmer for 10 minutes.
3. Remove from heat, fluff bulgur with a fork, and stir in lemon juice.
4. Return shrimp to the pan and stir to combine. Season to taste. Garnish with parsley and serve hot.

Gorgeous Grain Bowls & Pasta Plates



Stuffed Bell Peppers with Bulgur

Serves: 4 **Prep Time:** 15 minutes **Cook Time:** 40 minutes

INGREDIENTS

- 4 large bell peppers, halved lengthwise and seeded
- 1 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- ½ lb ground turkey or beef
- 1 tsp ground cumin
- ½ tsp ground cinnamon
- 1 cup bulgur wheat
- 1¼ cups chicken broth
- Salt and pepper to taste
- Chopped parsley for garnish

DIRECTIONS

1. Preheat oven to 375°F (190°C). Arrange bell pepper halves cut-side up in a baking dish.
2. Heat oil in a skillet over medium heat. Sauté onion and garlic until softened, about 3 minutes. Add ground meat, cumin, cinnamon, salt, and pepper. Cook until meat is browned.
3. Stir in bulgur and chicken broth; bring to a simmer. Cover and cook 5 minutes.
4. Spoon the meat-bulgur mixture into each pepper half. Cover the baking dish with foil and bake for 25-30 minutes, until peppers are tender and bulgur is cooked.
5. Garnish with parsley and serve warm.

Mediterranean Bulgur & Chickpea Bake

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 35 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 can (15 oz) chickpeas, drained and rinsed
- 2 cups mixed chopped vegetables (zucchini, bell pepper, onion)
- 1 tsp dried oregano
- 1 cup bulgur wheat
- 2 cups vegetable broth
- Juice of 1 lemon
- Salt and pepper to taste
- ¼ cup crumbled feta cheese (optional)

DIRECTIONS

1. Preheat oven to 375°F (190°C). Toss chickpeas and mixed vegetables with olive oil, oregano, salt, and pepper in a baking dish. Roast for 20 minutes until vegetables are tender.
2. Remove from oven. Sprinkle bulgur evenly over the vegetables. Pour vegetable broth and lemon juice over the bulgur. Stir gently, then cover the dish tightly with foil.
3. Return to oven and bake 15-20 minutes more, until bulgur has absorbed most of the liquid.
4. Remove foil, fluff gently with a fork. Sprinkle with feta if using. Season to taste and serve.



Gorgeous Grain Bowls & Pasta Plates



Orzo with Vegetables & Feta

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 zucchini, sliced
- 1 red bell pepper, chopped
- 1 cup orzo pasta
- 1 cup cherry tomatoes, halved
- 1½ cups vegetable broth
- ¼ cup crumbled feta cheese
- Salt and pepper to taste
- Chopped basil for garnish

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Sauté garlic 30 seconds, then add zucchini and bell pepper. Cook until veggies begin to soften, about 4 minutes.
2. Stir in orzo, cherry tomatoes, and vegetable broth. Bring to a boil.
3. Cover, reduce heat, and simmer 10 minutes, stirring occasionally, until orzo is tender.
4. Stir in feta cheese until melted. Season with salt and pepper. Garnish with basil and serve.

Mediterranean Chicken Orzo (One-Pot)

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 lb chicken breast, diced
- 2 cloves garlic, minced
- 1 cup orzo pasta
- 1 cup diced tomatoes (canned or fresh)
- ½ cup chicken broth
- ¼ cup sliced black olives
- 1 tbsp chopped fresh basil (or 1 tsp dried)
- Salt and pepper to taste
- Grated Parmesan cheese (optional)

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Add chicken and season with salt and pepper. Cook 5 minutes until lightly browned. Add garlic and cook 1 minute more.
2. Stir in orzo, diced tomatoes, and chicken broth. Bring to a simmer.
3. Cover, reduce heat to low, and cook 10-12 minutes, stirring occasionally, until orzo is tender and most liquid is absorbed.
4. Stir in olives and basil. Season to taste. Sprinkle with Parmesan if desired and serve.



Gorgeous Grain Bowls & Pasta Plates



Pork Sausage & Vegetable Orzo Bake

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 1 tbsp olive oil
- 4 chicken or turkey sausages, sliced into rounds
- 1 onion, sliced
- 1 red bell pepper, sliced
- 1 cup orzo pasta
- 2 cups chicken broth
- 1 tsp chopped fresh rosemary (or ½ tsp dried)
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 375°F (190°C). In a baking dish, toss sausage slices, onion, and bell pepper with olive oil, rosemary, salt, and pepper. Bake 15 minutes until peppers soften.
2. Remove dish from oven. Stir in orzo and chicken broth. Cover the dish with foil.
3. Return to oven and bake 15-20 minutes more, or until orzo is tender and liquid is absorbed.
4. Fluff orzo with a fork, season with salt and pepper, and serve.

Shrimp & Spinach Orzo Skillet

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 lb shrimp, peeled and deveined
- 2 cloves garlic, minced
- 1 cup orzo pasta
- 2 cups baby spinach
- 1 cup chicken broth
- Zest of 1 lemon
- Salt and pepper to taste
- Chopped parsley for garnish

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add shrimp and garlic; cook 2-3 minutes per side until shrimp turn pink. Remove shrimp and set aside.
2. Stir in orzo and chicken broth. Bring to a simmer.
3. Cover and cook 8-10 minutes, stirring occasionally, until orzo is tender.
4. Stir in spinach and lemon zest. Cover and let sit 2 minutes to wilt the spinach.
5. Return shrimp to the skillet, stir gently, and season to taste with salt and pepper. Garnish with parsley and serve.



Gorgeous Grain Bowls & Pasta Plates



Greek Lemon & Olive Orzo

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 cup orzo pasta
- ½ cup chopped spinach or kale
- 1 cup vegetable broth
- Juice of 1 lemon
- 2 tbsp chopped fresh dill or parsley
- ¼ cup sliced green olives
- Salt and pepper to taste

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add garlic and cook 30 seconds until fragrant.
2. Stir in orzo and vegetable broth. Bring to a simmer.
3. Cover, reduce heat to low, and cook 8 minutes until orzo is almost tender.
4. Stir in spinach and lemon juice. Cover and let stand 2 minutes to wilt spinach.
5. Mix in olives and fresh dill (or parsley). Season with salt and pepper and serve.

Eggplant & Tomato Orzo Casserole

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 35 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 eggplant, cut into 1-inch cubes
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup orzo pasta
- 1 cup diced tomatoes
- 1½ cups vegetable broth
- 1 tsp dried oregano
- Salt and pepper to taste
- Grated Parmesan cheese (optional)

DIRECTIONS

1. Preheat oven to 375°F (190°C). In a skillet, heat olive oil over medium heat. Sauté eggplant and onion until softened, about 5 minutes. Add garlic and oregano; cook 1 minute.
2. Stir in orzo and diced tomatoes. Transfer mixture to a baking dish. Pour vegetable broth over the orzo. Cover dish tightly with foil.
3. Bake 20 minutes. Remove foil; stir gently. Continue baking, uncovered, 10 more minutes until orzo is cooked and liquid is absorbed.
4. If desired, sprinkle Parmesan cheese on top and bake 2 minutes to melt. Serve warm.



Gorgeous Grain Bowls & Pasta Plates



Mediterranean Shrimp & Rice Skillet

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 lb shrimp, peeled and deveined
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup long-grain rice
- 1 cup diced tomatoes
- 1½ cups vegetable broth
- ¼ cup chopped Kalamata olives
- 1 tsp dried basil or oregano
- Salt and pepper to taste
- Chopped parsley for garnish

DIRECTIONS

1. Heat oil in a skillet over medium heat. Sauté onion and garlic until translucent.
2. Add rice, diced tomatoes, broth, basil (or oregano); stir and bring to a simmer.
3. Cover, reduce heat to low, and cook 12 minutes.
4. Arrange shrimp on top, cover, and cook 5-7 minutes until shrimp are pink and rice is tender.
5. Stir in olives, season with salt and pepper, garnish with parsley, and serve.

Lemon Garlic Chicken & Rice Skillet

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 lb chicken breast, diced
- 2 cloves garlic, minced
- Zest and juice of 1 lemon
- 1 tsp dried oregano
- 1 cup long-grain rice
- 2 cups chicken broth
- 1 cup frozen peas
- Salt and pepper to taste
- Chopped parsley for garnish

DIRECTIONS

1. Heat olive oil in a skillet over medium-high heat. Add chicken, garlic, oregano, salt, and pepper. Cook until chicken is browned.
2. Stir in rice and lemon zest. Cook 1 minute.
3. Pour in chicken broth; bring to a boil. Cover, reduce heat to low, and simmer 15 minutes.
4. Stir in frozen peas and lemon juice; cover and cook 5 more minutes.
5. Fluff rice with a fork, season to taste, and garnish with parsley.



Gorgeous Grain Bowls & Pasta Plates



Spinach & Chickpea Rice Skillet

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup long-grain rice
- 1 can (15 oz) chickpeas, drained and rinsed
- 2 cups vegetable broth
- 4 cups baby spinach
- Salt and pepper to taste

DIRECTIONS

1. In a skillet, heat olive oil over medium heat. Sauté onion and garlic until softened.
2. Stir in rice, chickpeas, and broth. Bring to a boil.
3. Cover, reduce heat to low, and simmer 12 minutes.
4. Stir in spinach, cover, and cook until wilted, 2-3 minutes.
5. Season with salt and pepper and serve.

Moroccan Lamb & Rice Pilaf

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 lb ground lamb
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tsp ground cumin
- ½ tsp ground cinnamon
- 1 cup long-grain rice
- 2 cups chicken broth
- ½ cup chopped dried apricots
- Salt and pepper to taste
- Chopped cilantro for garnish

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add lamb, onion, garlic, cumin, cinnamon, salt, and pepper. Cook until lamb is browned, breaking it up as it cooks.
2. Stir in rice, coating it with the spices.
3. Add chicken broth and apricots; bring to a boil.
4. Cover, reduce heat to low, and simmer 15 minutes until rice is tender.
5. Fluff with a fork, garnish with cilantro, and serve.



Gorgeous Grain Bowls & Pasta Plates

Tomato Basil Rice Bake

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup long-grain rice
- 1 cup diced tomatoes
- 2 cups vegetable broth
- ½ cup shredded mozzarella cheese
- Salt and pepper to taste
- 2 tbsp chopped fresh basil

DIRECTIONS

1. Preheat oven to 375°F (190°C). In an oven-safe skillet or casserole, heat olive oil over medium heat. Sauté onion and garlic until softened.
2. Stir in rice and diced tomatoes. Pour in vegetable broth and mix well. Cover.
3. Bake for 20-25 minutes until rice is tender and liquid is absorbed.
4. Remove from oven, stir, and top with mozzarella and basil. Let sit a few minutes to melt cheese before serving.



Greek Lemon Rice and Vegetables

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 cup long-grain rice
- 1 cup diced tomatoes
- 2 cups chicken broth
- Zest and juice of 1 lemon
- ½ cup diced bell pepper
- ½ cup diced zucchini
- 1 tsp dried oregano
- Salt and pepper to taste
- Chopped parsley for garnish

DIRECTIONS

1. Heat oil in a skillet over medium heat. Sauté bell pepper and zucchini until just tender.
2. Stir in rice, tomatoes, lemon zest, and oregano. Cook 1 minute.
3. Add chicken broth and bring to a boil.
4. Cover, reduce heat to low, and simmer 15 minutes until rice is cooked.
5. Stir in lemon juice. Season with salt and pepper, garnish with parsley, and serve.

Gorgeous Grain Bowls & Pasta Plates



Lemon Garlic Shrimp Spaghetti

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 lb shrimp, peeled and deveined
- 3 cloves garlic, minced
- Zest and juice of 1 lemon
- ½ tsp red pepper flakes (optional)
- 8 oz whole-wheat spaghetti (break into pieces)
- 2 cups chicken broth
- ¼ cup grated Parmesan cheese
- Salt and pepper to taste
- Chopped parsley for garnish

DIRECTIONS

1. In a large skillet, heat 1 tablespoon oil over medium heat. Add shrimp, garlic, red pepper flakes (if using), salt, and pepper. Cook 2-3 minutes per side until shrimp are pink. Remove shrimp from the skillet and set aside.
2. Pour chicken broth into the skillet and add lemon zest. Bring to a simmer.
3. Add spaghetti to the liquid, stirring gently. Cover and cook 8-10 minutes, stirring occasionally, until pasta is al dente and liquid is mostly absorbed.
4. Return shrimp to the skillet. Stir in lemon juice and Parmesan cheese. Season with salt and pepper.
5. Garnish with parsley and serve immediately.

One-Pot Olive, Tomato & Feta Pasta

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 can (14 oz) diced tomatoes
- 1 cup water or vegetable broth
- 8 oz whole-wheat penne or fusilli
- ¼ cup sliced black olives
- ¼ cup crumbled feta cheese
- Salt and pepper to taste
- Chopped fresh basil for garnish

DIRECTIONS

1. Heat oil in a large skillet over medium heat. Sauté garlic until fragrant, about 30 seconds.
2. Add diced tomatoes (with juice), water, and pasta. Stir to combine.
3. Bring to a simmer. Cover, reduce heat to low, and cook 10-12 minutes, stirring occasionally, until pasta is al dente and most liquid is absorbed.
4. Stir in olives and feta cheese. Season with salt and pepper. Let sit covered 1-2 minutes so the feta softens.
5. Garnish with basil and serve warm.



Gorgeous Grain Bowls & Pasta Plates



Greek Meatball Pasta Bake

Serves: 4 **Prep Time:** 20 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 1 lb ground beef
- ½ small onion, grated or finely chopped
- 1 egg
- ¼ cup breadcrumbs
- 2 cloves garlic, minced
- 1 tbsp dried oregano
- 8 oz whole-wheat penne
- 1½ cups marinara sauce
- ½ cup shredded mozzarella cheese
- Salt and pepper to taste
- Chopped parsley for garnish

DIRECTIONS

1. Preheat oven to 375°F (190°C). In a bowl, combine ground beef, onion, egg, breadcrumbs, garlic, oregano, salt, and pepper. Form into 1-inch meatballs.
2. In a skillet, brown the meatballs over medium heat, turning so all sides get color.
3. Pour marinara sauce over the meatballs, add ½ cup water, and bring to a simmer.
4. Stir in pasta, cover, and simmer 5 minutes. Transfer everything to a baking dish. Sprinkle mozzarella on top.
5. Bake 15 minutes until cheese is melted. Garnish with parsley and serve.

Chicken Pesto Pasta Skillet

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 lb chicken breast, diced
- 8 oz whole-wheat penne or rotini
- ½ cup prepared basil pesto
- 1 cup cherry tomatoes, halved
- 1½ cups chicken broth
- Salt and pepper to taste
- Grated Parmesan cheese (optional)

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add chicken, salt, and pepper. Cook until browned, about 5 minutes. Remove chicken and set aside.
2. Stir pasta and chicken broth into the skillet. Bring to a simmer.
3. Cover, reduce heat to low, and cook 10 minutes, stirring occasionally, until pasta is tender.
4. Stir in pesto, cherry tomatoes, and chicken. Cook 2-3 more minutes until heated through.
5. Season to taste. Top with Parmesan if desired and serve.



Gorgeous Grain Bowls & Pasta Plates



Sun-Dried Tomato & Spinach Pasta

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 tbsp olive oil
- 2 cloves garlic, minced
- ¼ cup chopped sun-dried tomatoes (in oil, drained)
- 8 oz whole-wheat pasta (penne or spaghetti)
- 1½ cups vegetable broth
- 2 cups baby spinach
- Salt and pepper to taste
- Chopped fresh basil for garnish

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Sauté garlic until fragrant, about 30 seconds.
2. Add sun-dried tomatoes, pasta, and vegetable broth. Bring to a simmer.
3. Cover and cook 10-12 minutes, stirring occasionally, until pasta is al dente.
4. Stir in spinach and cover. Let sit 2 minutes until spinach wilts.
5. Season with salt and pepper, garnish with basil, and serve.

Vegetable Primavera Whole Wheat Pasta

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 clove garlic, minced
- 1 carrot, sliced thin
- 1 zucchini, sliced thin
- ½ cup broccoli florets
- 8 oz whole-wheat spaghetti or penne
- 1½ cups vegetable broth
- ¼ cup grated Parmesan cheese
- Salt and pepper to taste
- Chopped fresh basil for garnish

DIRECTIONS

1. In a skillet, heat olive oil over medium heat. Sauté garlic 30 seconds, then add carrot and broccoli. Cook 3 minutes.
2. Add pasta and vegetable broth. Bring to a simmer.
3. Cover, reduce heat, and cook 10 minutes. Stir in zucchini, cover, and cook 3 more minutes.
4. Sprinkle in Parmesan cheese. Season with salt and pepper.
5. Garnish with basil and serve warm.

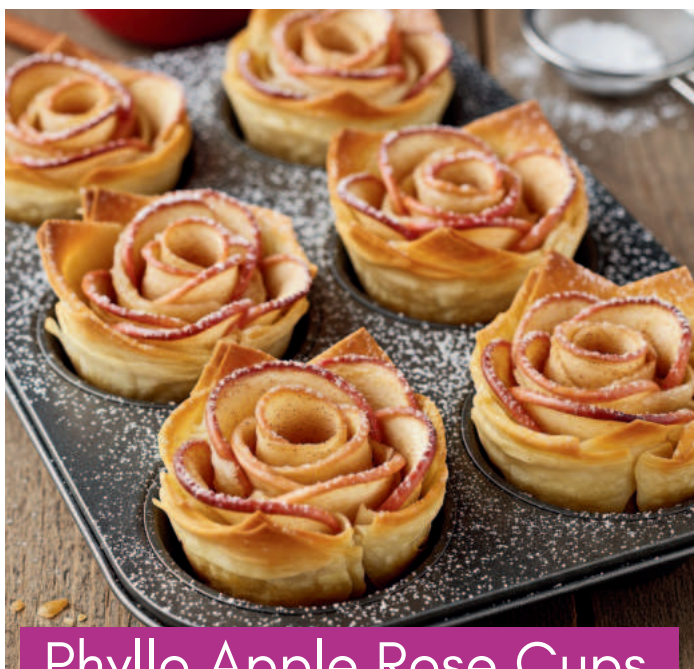




**Sweet
Mediterranean
Treats**



Sweet Mediterranean Treats



Phyllo Apple Rose Cups

Serves: 6 **Prep Time:** 15 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 6 phyllo sheets, cut into 2" strips
- 1 large apple, thinly sliced
- 2 tablespoons melted butter
- 2 tablespoons honey
- ½ teaspoon cinnamon
- Powdered sugar (for dusting)

DIRECTIONS

1. Preheat oven to 375°F (190°C). Lightly brush six muffin cups with butter.
2. Toss apple slices with honey and cinnamon.
3. Brush phyllo strips with butter. Line each muffin cup with two strips, crisscrossing.
4. Arrange apple slices upright inside each cup, forming a rose.
5. Bake 20 minutes until phyllo is golden. Dust with powdered sugar and serve warm.

Honey & Berry Yogurt Bowl

Serves: 2 **Prep Time:** 5 minutes **Cook Time:** 0 minutes

INGREDIENTS

- 1 cup Greek yogurt
- 1 tablespoon honey
- ½ cup mixed berries (strawberries, blueberries, raspberries)
- 1 tablespoon chopped pistachios
- 1 teaspoon lemon zest

DIRECTIONS

1. Divide yogurt between two bowls.
2. Drizzle each with ½ tablespoon honey.
3. Top with mixed berries and pistachios.
4. Sprinkle lemon zest over the bowls.
5. Serve immediately.



Sweet Mediterranean Treats



Rosewater & Pistachio Phyllo Cups

Serves: 6 **Prep Time:** 10 minutes **Cook Time:** 12 minutes

INGREDIENTS

- 6 phyllo sheets, cut into 2" squares
- 3 tablespoons melted butter
- ¼ cup ground pistachios
- 2 tablespoons honey
- 1 teaspoon rosewater

DIRECTIONS

1. Preheat oven to 350°F (175°C). Brush mini muffin tins with butter.
2. Layer three phyllo squares in each tin, brushing between layers.
3. Mix pistachios, honey, and rosewater; spoon into cups.
4. Bake 12 minutes until cups are golden.
5. Let cool 5 minutes, then gently remove and serve.

Citrus Quinoa Parfait

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 0 minutes

INGREDIENTS

- 1 cup cooked quinoa, cooled
- 1 cup Greek yogurt
- Zest and segments of 1 orange
- 1 tablespoon honey
- 1 tablespoon chopped almonds

DIRECTIONS

1. In glasses, layer 2 tablespoons yogurt, 2 tablespoons quinoa, and a few orange segments.
2. Repeat layers until glasses are filled.
3. Drizzle honey on top.
4. Sprinkle with orange zest and almonds.
5. Serve chilled.





Yogurt & Fig Bark

Serves: 6 **Prep Time:** 10 minutes **Cook Time:** 12 minutes

INGREDIENTS

- 1 cup Greek yogurt
- 4 dried figs, chopped
- 2 tablespoons honey
- 1 tablespoon chia seeds

DIRECTIONS

1. Line a baking sheet with parchment paper.
2. Spread yogurt into a 6x6" square on the paper.
3. Drizzle honey and sprinkle figs and chia seeds on top.
4. Freeze 2 hours until firm.
5. Break into pieces and serve.

Date & Walnut Energy Ball

Serves: 12 **Prep Time:** 10 minutes **Cook Time:** 0 minutes

INGREDIENTS

- 1 cup pitted dates
- ½ cup walnuts
- 1 tablespoon tahini
- 1 teaspoon cocoa powder
- Pinch of sea salt

DIRECTIONS

1. In a food processor, pulse dates and walnuts until finely chopped.
2. Add tahini, cocoa powder, and salt; process until dough forms.
3. Roll into 12 balls.
4. Chill 10 minutes before serving.



Sweet Mediterranean Treats



Honeyed Ricotta & Berries

Serves: 2 **Prep Time:** 5 minutes **Cook Time:** 0 minutes

INGREDIENTS

- 1 cup ricotta cheese
- 2 tablespoons honey
- ½ teaspoon vanilla extract
- ½ cup mixed berries
- 1 tablespoon toasted pine nuts

DIRECTIONS

1. Stir ricotta, honey, and vanilla until smooth.
2. Divide between two bowls.
3. Top with berries and pine nuts.
4. Serve immediately.

Orange & Olive Oil Cake Cups

Serves: 6 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- ½ cup whole wheat flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- Pinch salt
- ¼ cup Greek yogurt
- 2 tablespoons olive oil
- Zest of 1 orange
- 2 tablespoons orange juice

DIRECTIONS

1. Preheat oven to 350°F (175°C). Grease six muffin cups.
2. Whisk flour, sugar, baking powder, and salt.
3. Stir in yogurt, oil, zest, and juice until just combined.
4. Divide batter among cups. Bake 20 minutes until a toothpick comes out clean.
5. Cool 5 minutes, then remove and serve.



Sweet Mediterranean Treats



Phyllo Strawberry Tarts

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 4 phyllo squares
- 2 tablespoons melted butter
- 1 cup sliced strawberries
- 2 tablespoons honey
- 1 teaspoon lemon zest

DIRECTIONS

1. Preheat oven to 375°F (190°C). Brush four tart tins with butter.
2. Layer two phyllo squares in each, brushing between layers.
3. Toss strawberries with honey and zest; spoon into shells.
4. Bake 15 minutes until phyllo is golden. Serve warm.

Coconut & Almond Chia Pudding

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 0 minutes

INGREDIENTS

- 1 cup coconut milk
- ½ cup almond milk
- ¼ cup chia seeds
- 1 tablespoon honey
- 2 tablespoons slivered almonds

DIRECTIONS

1. Whisk together milks, chia seeds, and honey.
2. Refrigerate at least 2 hours (or overnight) until thick.
3. Stir pudding, divide into bowls.
4. Top with almonds and serve.



Sweet Mediterranean Treats



Almond Butter Banana Phyllo Rolls

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 2 phyllo sheets, cut in half lengthwise
- 2 bananas, sliced lengthwise
- 4 teaspoons almond butter
- 2 tablespoons honey
- 2 tablespoons melted butter

DIRECTIONS

1. Preheat oven to 375°F (190°C). Lay out phyllo and brush with butter.
2. Place one banana slice and 1 tsp almond butter on each strip. Roll up like a cigar.
3. Brush outside with butter and place on a baking sheet.
4. Bake 15 minutes until golden. Drizzle with honey and serve warm.

Yogurt & Cucumber Granita

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 0 minutes

INGREDIENTS

- 1 cup plain yogurt
- 1 cup peeled cucumber, pureed
- 2 tablespoons honey
- Juice of ½ lemon

DIRECTIONS

1. Stir yogurt, cucumber puree, honey, and lemon juice.
2. Pour into a shallow dish; freeze 2 hours.
3. Scrape with a fork to form flakes.
4. Spoon into bowls and serve immediately.



Sweet Mediterranean Treats

Olive Oil & Lemon Granola Cups

Serves: 6 **Prep Time:** 10 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 2 cups rolled oats
- ¼ cup chopped almonds
- 2 tablespoons olive oil
- 2 tablespoons honey
- Zest of 1 lemon
- Pinch salt

DIRECTIONS

1. Preheat oven to 350°F (175°C). In a bowl, mix oats, almonds, oil, honey, zest, and salt.
2. Press 2-3 tablespoons of granola into each well of a mini muffin tin.
3. Bake 15 minutes until golden.
4. Let cool completely before gently removing cups. Fill with yogurt or fruit and serve.



Baked Figs with Honey & Thyme

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 12 minutes

INGREDIENTS

- 8 fresh figs, halved
- 2 tablespoons honey
- 1 teaspoon fresh thyme leaves
- 1 tablespoon chopped pistachios

DIRECTIONS

1. Preheat oven to 375°F (190°C). Arrange fig halves cut-side up on a baking sheet.
2. Drizzle with honey and sprinkle thyme leaves.
3. Bake 12 minutes until figs are soft.
4. Sprinkle with pistachios and serve warm.

Bonus Chapter!



From Leftovers to Legends



Leftover Roast Chicken & Rice Soup

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 2 cups shredded leftover roast chicken
- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 4 cups low-sodium chicken broth
- 1 cup cooked rice (white, brown, or wild)
- 1 carrot, sliced
- 1 stalk celery, sliced
- ½ teaspoon dried thyme
- Salt & pepper, to taste
- Chopped parsley (for garnish)

DIRECTIONS

1. Heat oil in a pot over medium heat. Sauté onion, garlic, carrot, and celery until softened, 3-4 minutes.
2. Pour in chicken broth and bring to a simmer. Stir in thyme.
3. Add shredded chicken and cooked rice; simmer 5-7 minutes until heated through.
4. Taste and season with salt and pepper.
5. Ladle into bowls, garnish with parsley, and serve warm.



Grilled Veggie & Hummus Quesadillas

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 5 minutes

INGREDIENTS

- 1 cup leftover grilled vegetables (eggplant, zucchini, peppers), sliced
- 4 large flour or whole-wheat tortillas
- ½ cup hummus
- ¼ cup crumbled feta cheese
- 1 tablespoon olive oil

DIRECTIONS

1. Spread hummus evenly over two tortillas. Top with grilled vegetables and sprinkle with feta.
2. Cover each with a second tortilla.
3. Heat oil in a skillet over medium heat. Cook one quesadilla at a time, 2-3 minutes per side, until golden and crisp.
4. Remove and cut into wedges. Serve immediately.

From Leftovers to Legends



Chickpea & Veggie Leftover Grain Bowl

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 0 minutes

INGREDIENTS

- 2 cups cooked grains (couscous, bulgur, or rice)
- 1 can (15 oz) chickpeas, drained & rinsed
- 1½ cups leftover roasted vegetables, chopped
- 2 tablespoons olive oil
- Juice of 1 lemon
- 1 teaspoon za'atar or dried oregano
- Salt & pepper, to taste
- Fresh mint or parsley, chopped

DIRECTIONS

1. In a large bowl, combine grains, chickpeas, and roasted vegetables.
2. Whisk together oil, lemon juice, and za'atar. Pour over the bowl.
3. Toss well to coat. Season with salt and pepper.
4. Garnish with mint or parsley.
5. Serve chilled or at room temperature.

Pasta Frittata with Leftover Marinara

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 2 cups leftover cooked pasta (penne, fusilli, or spaghetti)
- 4 large eggs, beaten
- ½ cup leftover marinara sauce
- 2 tablespoons olive oil
- 2 tablespoons grated Parmesan
- Salt & pepper, to taste

DIRECTIONS

1. Preheat oven broiler on high. In an ovenproof skillet, heat oil over medium.
2. Stir pasta into beaten eggs; season with salt and pepper. Pour into skillet, pressing gently.
3. Drizzle marinara over the top. Sprinkle Parmesan.
4. Cook 6–8 minutes until edges set. Transfer to broiler and broil 2–3 minutes until golden.
5. Slice into wedges and serve hot or at room temperature.



Savory Bread Pudding from Leftover Pita

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 4 leftover pita breads, torn into pieces
- 4 eggs
- 1½ cups milk (or plant-based milk)
- 1 cup chopped leftover spinach or greens
- ½ cup crumbled feta cheese
- 2 tablespoons olive oil
- Salt & pepper, to taste

DIRECTIONS

1. Preheat oven to 350°F (175°C). Lightly grease a baking dish with oil.
2. In a bowl, whisk eggs, milk, salt, and pepper. Stir in pita pieces, greens, and feta.
3. Let mixture sit 5 minutes for pita to soak.
4. Pour into dish, drizzle with remaining oil.
5. Bake 25–30 minutes until puffed and golden. Slice and serve.



Leftover Meatball Shakshuka

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 8-10 leftover meatballs
- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 (14 oz) can diced tomatoes
- 4 eggs
- 1 teaspoon paprika
- Salt & pepper, to taste
- Chopped parsley, for garnish

DIRECTIONS

1. Heat oil in skillet over medium. Sauté onion and garlic 2 minutes.
2. Stir in tomatoes, paprika, salt, and pepper; simmer 5 minutes.
3. Nestle meatballs in sauce; cook 5 minutes.
4. Make four wells, crack an egg into each. Cover and cook 6–8 minutes until eggs set.
5. Garnish with parsley and serve with crusty bread.



Leftover Ratatouille Quesadilla

Serves: 2 **Prep Time:** 5 minutes **Cook Time:** 5 minutes

INGREDIENTS

- 1½ cups leftover ratatouille
- 4 flour tortillas
- ½ cup shredded mozzarella or cheddar
- 1 tablespoon olive oil

DIRECTIONS

1. Spread ratatouille evenly over two tortillas; sprinkle cheese on top.
2. Top with remaining tortillas.
3. Heat oil in skillet over medium. Cook each quesadilla 2-3 minutes per side until golden and cheese melts.
4. Transfer to a cutting board and slice into wedges.
5. Serve warm.

Spanakopita-Stuffed Mushrooms

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 12 large mushroom caps, stems removed
- 1 cup leftover spinach-feta filling (from spanakopita)
- 2 tablespoons olive oil

DIRECTIONS

1. Preheat oven to 375°F (190°C). Brush mushrooms with oil and place on a baking sheet.
2. Spoon spinach-feta mixture into each cap.
3. Bake 12-15 minutes until mushrooms are tender and filling is warm.
4. Drizzle any pan juices over the tops.
5. Serve as an appetizer or light main course.



Fried Rice from Leftover Grain & Veggies

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 10 minutes

INGREDIENTS

- 3 cups leftover cooked rice
- 2 tablespoons sesame or olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 cup mixed leftover vegetables, chopped
- 2 eggs, beaten
- 2 tablespoons soy sauce or tamari
- 1 teaspoon grated ginger (optional)
- Chopped scallions, for garnish

DIRECTIONS

1. Heat oil in a wok or skillet over medium-high. Sauté onion, garlic, and ginger 2 minutes.
2. Add vegetables; stir-fry 2-3 minutes. Push veggies aside.
3. Pour eggs into empty side; scramble until just set.
4. Stir in rice and soy sauce; cook 3-4 minutes until heated and slightly crisp.
5. Garnish with scallions and serve.



Leftover Lamb Shepherd's Pie Skillet

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

INGREDIENTS

- 2 cups shredded leftover roast lamb
- 1 tablespoon olive oil
- 1 onion, diced
- 2 carrots, diced
- 1 cup frozen peas
- 1 teaspoon chopped fresh rosemary
- Salt & pepper, to taste
- 2 cups mashed potatoes (leftover or freshly made)

DIRECTIONS

1. Preheat oven broiler. Heat oil in ovenproof skillet over medium. Sauté onion and carrots until soft, 4 minutes.
2. Stir in lamb, peas, rosemary, salt, and pepper; cook 2 minutes.
3. Spoon mashed potatoes over the top, spreading evenly.
4. Broil 3-5 minutes until potato surface is golden.
5. Let cool 2 minutes, then serve straight from skillet.



Leftover Pizza Paninis

Serves: 2 **Prep Time:** 5 minutes **Cook Time:** 5 minutes

INGREDIENTS

- 4 slices leftover pizza
- 2 tablespoons butter, softened
- Marinara sauce (for dipping)

DIRECTIONS

1. Butter the top of two pizza slices and place them butter-side down on a hot skillet. Top each with another slice, butter-side up.
2. Cook over medium heat, gently pressing, 2-3 minutes per side until golden and cheese melts.
3. Remove and slice in half.
4. Serve with warmed marinara sauce for dipping.

Tomato & Bean Tostadas

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 10 minutes

INGREDIENTS

- 4 corn tortillas
- 1 tablespoon oil
- 1 cup leftover bean or chili mix
- 1 cup leftover tomato-pepper sauté
- ½ cup shredded lettuce or cabbage
- ¼ cup crumbled queso fresco or feta
- Hot sauce (optional)

DIRECTIONS

1. Preheat oven to 400°F (200°C). Brush tortillas with oil, place on a baking sheet, and bake 5 minutes until crisp.
2. Warm beans and tomato-pepper sauté in a skillet.
3. Top each tostada with beans, vegetables, lettuce, and cheese.
4. Drizzle with hot sauce if desired.
5. Serve immediately as crunchy snacks or light meals.



Greek Salad Stuffed Pitas

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 0 minutes

INGREDIENTS

- 4 pita pockets
- 2 cups leftover Greek salad (tomato, cucumber, olives, feta)
- ½ cup leftover chicken or chickpeas (optional)

DIRECTIONS

1. Warm pitas in a toaster or oven for 1-2 minutes.
2. Gently open each and fill with salad and protein if using.
3. Drizzle any leftover dressing inside.
4. Serve immediately.



Spanakopita-Stuffed Sweet Potatoes

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 10 minutes

INGREDIENTS

- 4 medium leftover baked potatoes or sweet potatoes
- 1½ cups leftover spanakopita filling (spinach, feta)
- 1 tablespoon olive oil
- Salt & pepper, to taste

DIRECTIONS

1. Preheat oven to 375°F (190°C). Halve potatoes and scoop out a bit of flesh to make room.
2. Drizzle olive oil inside and sprinkle with salt and pepper. Return to oven skin-side up for 5 minutes to warm.
3. Spoon spanakopita filling into cavities.
4. Bake 5 more minutes until filling is warm.
5. Serve with tzatziki or yogurt on the side.





Minestrone Leftover Pasta Soup

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 cups leftover minestrone soup base or broth with veggies
- 1 cup leftover cooked pasta
- ½ cup frozen peas
- Salt & pepper, to taste
- Grated Parmesan (for garnish)

DIRECTIONS

1. Heat oil in pot. Sauté onion and garlic 2 minutes.
2. Add soup base and bring to simmer.
3. Stir in pasta and peas; cook 3–4 minutes until heated.
4. Season with salt and pepper.
5. Ladle into bowls, sprinkle Parmesan, and serve.

Stir-Fry Rice Paper Rolls

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 0 minutes

INGREDIENTS

- 8 rice paper wrappers
- 2 cups leftover stir-fry vegetables
- 1 cup leftover cooked chicken, shrimp, or tofu, sliced
- Fresh mint or basil leaves
- Dipping sauce (peanut or sweet chili)

DIRECTIONS

1. Dip one rice paper wrapper in warm water 5 seconds; lay flat on a damp towel.
2. Arrange ⅓ cup vegetables, 2–3 slices protein, and a few herb leaves near the bottom.
3. Fold bottom over filling, then fold sides in, rolling up tightly.
4. Repeat with remaining ingredients.
5. Serve rolls with dipping sauce.





Savory Leftover Grain Muffins

Serves: 8 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

INGREDIENTS

- 1½ cups leftover cooked grains (rice, quinoa, or bulgur)
- 2 eggs, beaten
- ½ cup grated cheese (cheddar, feta, or Parmesan)
- ½ cup chopped leftover veggies or meat
- 2 tablespoons flour
- Salt & pepper, to taste

DIRECTIONS

1. Preheat oven to 350°F (175°C). Grease a muffin tin.
2. In a bowl, combine all ingredients until well mixed.
3. Spoon mixture into 8 muffin cups, pressing down gently.
4. Bake 18–20 minutes until set and golden.
5. Let cool 2 minutes, then pop out and serve warm.

Leftover Ratatouille Polenta Cakes

Serves: 4 **Prep Time:** 5 minutes **Cook Time:** 15 minutes

INGREDIENTS

- 2 cups leftover ratatouille
- 2 cups leftover cooked polenta, sliced into 8 rounds
- 2 tablespoons olive oil

DIRECTIONS

1. Heat oil in skillet over medium.
2. Fry polenta rounds 3–4 minutes per side until golden.
3. Warm ratatouille in pan or microwave.
4. Top each polenta cake with a spoonful of ratatouille.
5. Serve immediately as an appetizer or side.





Sweet & Savory Leftover Grain Pancakes

Serves: 8 **Prep Time:** 10 minutes **Cook Time:** 10 minutes

INGREDIENTS

- 1 cup leftover sweet grain (couscous or rice)
- 2 eggs, beaten
- ¼ cup milk (or plant-based milk)
- ¼ cup flour
- 1 tablespoon honey or maple syrup (omit for savory)
- Pinch of cinnamon (for sweet) or ½ tsp dried thyme (for savory)
- 2 tablespoons olive oil or butter

DIRECTIONS

1. In a bowl, mix grains, eggs, milk, flour, honey or thyme, and cinnamon or salt & pepper until combined. Batter will be thick.
2. Heat oil or butter in a skillet over medium heat.
3. Drop ¼-cup portions of batter; flatten slightly.
4. Cook 2-3 minutes per side until golden brown.
5. Serve sweet with yogurt and fruit, or savory with a dollop of tzatziki or salsa.

Leftover Pizza Crust Panzanella

Serves: 4 **Prep Time:** 10 minutes **Cook Time:** 0 minutes

INGREDIENTS

- 4 cups torn leftover pizza crust or bread
- 1 cup leftover tomato-olive salad or chopped fresh tomatoes

& olives

- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- Salt & pepper, to taste
- Fresh basil leaves

DIRECTIONS

1. In a large bowl, whisk oil, vinegar, salt, and pepper.
2. Add crust pieces and toss to coat. Let sit 5 minutes to absorb flavors.
3. Gently fold in tomato-olive mixture.
4. Tear basil over the top.
5. Serve immediately as a bold salad or side.





**For being part of this flavorful journey through the Mediterranean
One pan, One recipe, one beautiful moment at a time.**

I hope this book helps bring simplicity, nourishment, and joy into your home.

By embracing these 200 one-pan recipes, the zero-waste tips, the clever batch cooking ideas, and pantry strategies, you're not just creating delicious dishes, you're also championing a way of cooking that saves time, reduces waste, and celebrates every ingredient. I love that you're turning scraps into broths and leftovers into new favorites!

I hope you are reminded that delicious food doesn't have to be complicated, and that the best meals are often the ones shared with others.

This book was created for anyone who wants to cook real food without the overwhelm. For beginners finding their rhythm in the kitchen, for busy parents and professionals, for anyone who wants to eat well without spending hours over the stove, this is your invitation to slow down, savor, and simplify.

If you enjoyed the recipes, I would be truly grateful if you'd take a moment to leave a review on Amazon (KDP). Your feedback not only supports independent authors like me, it also helps others discover the joy of one-pan Mediterranean cooking.

Thank you again for inviting me into your kitchen. Here's to more flavorful meals, less cleanup, and many more Mediterranean moments ahead.

Happy Cooking!

*Angelica Rossi
xxx*