

Simple & Easy
Mediterranean Diet Cookbook
for Beginners

Budget-Friendly, Quick, and Delicious Recipes.
Tasty Food for a Happy Family and a Healthy Lifestyle



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Introduction

The Mediterranean diet is not a fad diet, it's a plan for life.

This book will show you the Mediterranean diet and its many benefits for health, well-being, and longevity.

It contains the most delicious, simple, and budget-friendly recipes, and the mouth-watering color photos will give you a taste of each dish. You will want to cook everything from this book.

The eternal question is, "What to cook today?",

"How can you please your family or guests with an exquisite dish without spending the whole day at the stove?"

The book «Simple & Easy Mediterranean Diet Cookbook for Beginners» offers a ready-made solution.

With this book, you can easily turn an ordinary dinner into a feast, even if you have little time or experience.

The Mediterranean diet recipes collected in this book are a combination of traditional and modern solutions.

Don't worry, they are simple to execute but delightful in flavor and presentation. You will succeed in making them for yourself and your family. And the results will surprise you!

Also, in the pages of this book, you will find secret ingredients that make dishes unforgettable, and learn how to make familiar dishes unusually tasty.

Enjoy every meal.

Benefits of the Mediterranean Diet

The Mediterranean diet is not only delicious but also has a positive effect on health.

- Regular consumption of fish and foods rich in omega-3 reduces the risk of cardiovascular disease; it also prevents stroke and reduces the level of bad cholesterol and blood pressure.
- Eating foods with a low glycemic index (whole grains, vegetables, legumes) helps stabilize blood sugar levels and reduce the risk of diabetes.
- The Mediterranean diet offers a balanced approach to nutrition that helps maintain a healthy weight, improve sleep quality, and improve overall well-being. It can also reduce stress and depression.
- Balanced nutrient intake improves cognitive function, memory, and mood.
- This diet teaches children from an early age to eat a varied and balanced diet. The habit of eating more vegetables, fish, and whole foods will be useful in the future.
- The nutrients found in the Mediterranean diet, such as calcium, vitamins D, K, and magnesium (green leafy vegetables, fish, and nuts), help maintain bone health and reduce the risk of osteoporosis.

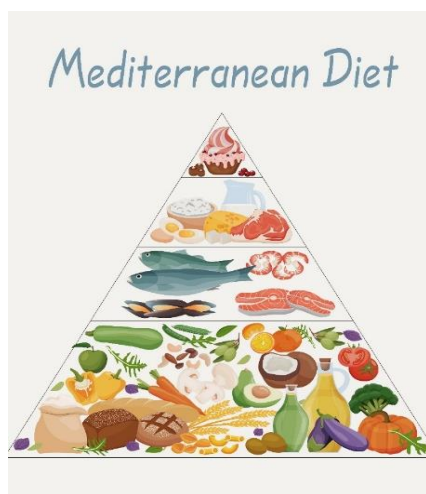
Overall, the Mediterranean diet is a balanced approach to nutrition. It is a harmonious combination of delicious food and a healthy lifestyle, making it an ideal choice for people seeking quality and healthy nutrition.

These benefits are most likely realized when the Mediterranean diet is part of a healthy lifestyle that includes regular activity and avoiding harmful habits.

What is the Mediterranean Diet?

The Mediterranean diet is more than just a set of foods, it is a way of eating based on traditional dishes and culinary practices of Mediterranean countries such as Greece, Italy, Spain, and Southern France.

The Mediterranean diet is considered one of the healthiest and most suitable for the whole family.



The Mediterranean Diet Food Pyramid.

The classic Mediterranean diet resembles a pyramid. This is a useful tool for understanding the basic principles of this nutrition model.

It's based on bread and pasta made from durum wheat, cereals, and legumes.

Vegetables, fruits, and herbs are also abundant.

Above are fish and seafood.

Then, dairy products, eggs, cheese, poultry, and to a lesser extent, red meat.

At the top of the pyramid are baked goods made from white flour and desserts. You don't have to exclude them, but it would help if you ate them in moderation.

The main key characteristics of the Mediterranean diet

Vegetables and fruits: Fresh vegetables and fruits are the basis of the diet, providing the body with vitamins, minerals, antioxidants, and fiber.

Whole grains: whole grain products, such as bread, pasta, and rice, are also staple foods containing complex carbohydrates and important nutrients.

Olive (olive oil): They are a source of healthy fats that contain monounsaturated fatty acids and heart-healthy antioxidants. It is advisable to consume them daily.

Fish and seafood: are excellent sources of omega-3 fatty acids.

Legumes and nuts: Beans and chickpeas, various nuts, and seeds are rich in fiber, protein, and healthy fats. Legumes also include folic acid, iron, potassium, and magnesium.

Spices and Herbs: Various herbs and spices such as basil, oregano, garlic, rosemary, mint, pepper, and cinnamon, are used to add flavor. This helps to reduce the use of salt.

Poultry, eggs, and dairy products (yogurt and cheese): are consumed in moderate amounts. They are good sources of protein, vitamin D, vitamin B12, phosphorus, and potassium.

Red meat: Provides important nutrients: iron, vitamin B12, protein, and is consumed as a main course once a week.

Sugar: It contains few nutrients, except for energy. Where possible, swap sugar for natural sweeteners like honey.

Wine: Red wine is consumed in moderation, usually with meals. You need to drink a lot of water.

Fast food, carbonated drinks, and coffee: it is advisable to eliminate the least healthy products from the diet.

Social aspects of nutrition: The Mediterranean diet involves eating together with family and friends, which helps improve the psycho-emotional state.

Sports: In addition, the Mediterranean diet encourages a physically active lifestyle. This enhances the health benefits of the diet.

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Breakfast



Bread Toast with Avocado and Tomatoes



Cook Time: 3 min



Serves: 4



Ingredients

- 4 slices whole wheat bread
- 2 ripe avocados
- 1 cup cherry tomatoes, halved
- olive oil, lemon juice
- sea salt, black pepper, chili flakes, fresh basil leaves

Directions

Toast the whole wheat bread slices in a toaster. Mash the avocados with a fork until smooth. Add lemon juice, salt, and pepper. Spread the mashed avocado on each toasted bread slice. Top with halved cherry tomatoes. Drizzle olive oil over each slice. Sprinkle chili flakes and garnish with fresh basil leaves.

Nutritional Information (per serving)

280 calories, 6g protein, 27g carbohydrates, 17g fat, 8g fiber, 200mg sodium, 450mg potassium

Chia Pudding with Maple Syrup, Berries



Cook Time: night



Serves: 2



Ingredients

- 4 tablespoons chia seeds
- 1 cup milk (you can use almond milk or oat milk)
- maple syrup or honey
- fruit, berries, nuts, cinnamon, mint

Directions

Mix the chia seeds, milk, and syrup in a bowl and let stand for 10 minutes. Then mix again.

Cover the bowl with cling film and let the pudding thicken for at least a few hours or overnight in the refrigerator.

When serving, put the pudding into serving glasses and garnish with your favorite berries, nuts, and mint.

Nutritional Information (per serving)

200 calories, 6g protein, 18g carbohydrates, 11g fat

Frittata with Vegetables and Feta



Prep Time: 10 min



Cook Time: 15 min



Serves: 4

Ingredients

- 5 eggs
- 1/4 cup milk (optional, for a creamier texture)
- 1 tablespoon olive oil
- 1 small onion, diced
- 1 red bell pepper, diced
- 1 small zucchini, diced
- 1 cup spinach leaves
- 1/3 cup crumbled feta cheese
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon dried oregano
- fresh parsley or basil (optional)
- some cherry tomatoes (optional)

Notes

You will need oven-safe skillet



Directions

Preheat your oven to 375°F (190°C).

In a medium bowl whisk together eggs, milk (if using), salt, pepper, and oregano.

Heat olive oil in an oven-safe skillet over medium heat. Add the onion and red bell pepper, cooking for 3-4 minutes until softened.

Add zucchini to the skillet and cook for another 3 minutes, stirring occasionally.

Stir in the spinach and cook until wilted about 1 minute.

Pour the egg mixture evenly over the vegetables. Tilt the skillet slightly to spread the eggs evenly.

Sprinkle the crumbled feta cheese over the top.

Put the skillet in the preheated oven and bake for 10-12 minutes or until the frittata is set and golden.

Remove from the oven, let cool slightly, and garnish with cherry tomatoes, fresh parsley, or basil before serving.

Nutritional Information (per serving)

200 calories, 12g protein, 7g carbohydrates, 14g fat, 2g fiber, 220mg cholesterol, 320mg sodium, 350mg potassium

Granola with Honey and Nuts



Prep Time: 10 min



Cook Time: 20 min



Serves: 4

Directions

Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.

In a large bowl, combine the rolled oats, chopped nuts, sunflower seeds, cinnamon, and salt.

In a small saucepan over low heat, warm the honey and olive oil until melted. Remove from heat and stir in the vanilla extract.

Pour the honey mixture over the oat mixture and stir.

Spread the granola mixture onto the prepared baking sheet in an even layer. Bake in the preheated oven for 15-20 minutes, stirring halfway through, until golden brown.

Remove the granola from the oven and immediately mix in the chopped dried fruit (optional). Allow the granola to cool completely on the baking sheet. It will crisp up as it cools.

Tips

Store in an airtight container for up to two weeks.

This Mediterranean breakfast granola pairs wonderfully with Greek yogurt, milk, and fresh fruit.

You can also use it as a topping for smoothie bowls, or chia pudding or enjoy it as a snack on its own.

Enjoy your delicious Granola as a wholesome start to your day!

Nutritional Information (per serving)

250 calories, 6g protein, 35g carbohydrates, 10g fat, 4g fiber, 0mg cholesterol, 50mg sodium, 200mg potassium

Ingredients

- 2 cups rolled oats
- 1 cup mixed nuts (almonds, walnuts, pistachios), chopped
- 1/2 cup sunflower seeds
- 1/2 cup honey
- 1/4 cup olive oil
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon sea salt
- 1/2 cup dried fruit (apricots, figs, or raisins), chopped (optional)

Oatmeal-Banana Pancakes



Prep Time: 5 min



Cook Time: 10 min



Serves: 4

Ingredients

- 2 cup rolled oats
- 1 ripe banana
- 1/2 cup milk (you can use almond milk or oat milk)
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- coconut oil (for frying)



Directions

Put in a blender: oats, banana, milk, baking powder, cinnamon, vanilla extract, and salt. Blend until the mixture is smooth and well combined.

Let the batter sit for about 1 minute to thicken.

In a non-stick skillet, melt the coconut oil over medium heat. Put the pancake batter into the skillet with a tablespoon. Fry the pancakes for 1-2 minutes on each side over, until golden brown.

Tips

Serve warm with your choice of toppings such as fresh fruit and honey or with Greek yogurt and berries.

Nutritional Information (per serving)

190 calories, 5g protein, 33g carbohydrates, 4g fat, 5g fiber, 243mg sodium, 225mg potassium

Shakshuka with tomatoes and eggs



Prep Time: 10 min



Cook Time: 20 min



Serves: 4

Directions

Heat olive oil in a large skillet over medium heat. Add onion and cook until softened about 5 minutes. Add garlic and bell pepper, and cook for another 3-4 minutes until pepper is slightly softened. Stir in diced tomatoes, paprika, cumin, red pepper flakes, salt and pepper. Simmer for 10 minutes until the sauce has thickened slightly.

Make 5 small wells in the sauce and crack an egg into each well. Cover the skillet and cook for 5-7 minutes or until the egg whites are set but the yolks are still runny.

Sprinkle feta cheese and chopped herbs over the top.

Tips

Serve hot with crusty bread or pita on the side.

Ingredients

- 2 tablespoons olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 1 can (14.5 oz) diced tomatoes
- 2 teaspoons smoked paprika
- 1 teaspoon cumin
- 1/4 teaspoon red pepper flakes
- salt and black pepper, to taste
- 5 large eggs
- 1/4 cup crumbled feta cheese
- chopped fresh parsley or cilantro, for garnish
- crusty bread or pita for serving

Nutritional Information (per serving)

200 calories, 13g protein, 12g carbohydrates, 15g fat, 3g fiber, 200mg cholesterol, 450mg sodium, 450mg potassium

Toast with Poached Egg, Salmon, Avocado



Prep Time: 10 min



Cook Time: 15 min



Serves: 4

Ingredients

- 4 slices whole grain bread
- 8 oz smoked salmon, thinly sliced
- 2 ripe avocados
- 4 eggs
- 1 tablespoon white vinegar
- 2 tablespoons fresh dill
- 1/2 lemon
- salt and pepper to taste
- 2 tablespoons extra virgin olive oil



Directions

Toast the bread slices until golden brown. Put them on plates.

Cut avocados in half, remove the pit, and scoop out the flesh. Mash in a bowl with a fork, adding salt and pepper to taste. Splash avocado with lemon juice.

Fill a large saucepan with about 3 inches of water. Add vinegar and bring to a simmer. Crack each egg into a small bowl. Gently slide each egg into the simmering water. Cook for 3-4 minutes until the whites are set but yolks are still runny.

While eggs are poaching, spread mashed avocado on each toast slice. Put smoked salmon on top.

Remove poached eggs with a slotted spoon, allowing excess water to drain. Place one egg on top of each toast.

Drizzle with olive oil, sprinkle with chopped dill, and add salt and pepper to taste.

Serve immediately.

Nutritional Information (per serving)

420 calories, 25g protein, 28g carbohydrates, 26g fat, 8g fiber, 210mg cholesterol, 680mg sodium, 720mg potassium

Couscous with Dried Fruits and Nuts



Prep Time: 10 min



Cook Time: 15 min



Serves: 2-3

Directions

Place couscous in a large bowl. Pour hot water over it (you can use the kettle) and stir once. Cover and let stand for 5-10 minutes.

While couscous is absorbing the water, mix chopped dried apricots, cranberries, almonds, and pistachios in a separate bowl.

In a small bowl, whisk together honey, olive oil, cinnamon, and cardamom.

Once the couscous is ready, fluff it up with a fork. Add the dried fruit and nut mixture. Pour the honey and spice mixture over the couscous and gently toss to combine.

Stir in the orange zest and mint leaves.

Ingredients

- 1 cup whole wheat couscous
- 1 1/4 cups hot water
- 1/4 cup dried apricots, chopped
- 1/4 cup dried cranberries
- 1/4 cup sliced almonds
- 1/4 cup chopped pistachios
- 2 tablespoons honey
- 2 tablespoons extra virgin olive oil
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cardamom
- zest of 1 orange
- 1/4 cup fresh mint leaves
- Greek yogurt for serving (optional)

Tips

Serve warm or at room temperature, with a dollop of Greek yogurt if desired, and any fruit.

Nutritional Information (per serving)

320 calories, 8g protein, 48g carbohydrates, 13g fat, 6g fiber, 0mg cholesterol, 15mg sodium, 280mg potassium

Oatmeal with Figs and Almonds



Prep Time: 5 min



Cook Time: 10 min



Serves: 2-3

Ingredients

- 1 cup rolled oats
- 2 cups water or milk
- 1/4 teaspoon cinnamon (optional)
- 4 fresh figs, sliced (or any other fruit)
- 1/4 cup almonds
- 1 tablespoon honey or maple syrup (optional)
- pinch of sea salt



Directions

In a small pot, bring the water or milk and salt to a boil over medium-high heat.

Stir in the oats then reduce the heat to medium-low. Let it simmer for about 5-7 minutes until the oats are tender and the mixture thickens while stirring occasionally.

Stir in the cinnamon, if using, for added flavor.

Divide the cooked oatmeal into four bowls.

Top each bowl with sliced figs or any other fruit/berries, chopped almonds, and a drizzle of honey or maple syrup, if desired.

Serve warm and enjoy your Mediterranean-inspired breakfast!

Nutritional Information (per serving)

220 calories, 6g protein, 32g carbohydrates, 8g fat, 5g fiber, 0mg cholesterol, 50mg sodium, 300mg potassium

Curd Cheesecakes with Raisins



Prep Time: 10 min



Cook Time: 15 min



Serves: 2

Directions

In a medium bowl, mash the cottage cheese with a fork. Add the egg, flour, honey (if using), vanilla extract, and a pinch of salt. Mix until combined. Fold in the raisins.

Heat a non-stick skillet over medium heat and add a small amount of coconut oil.

With damp hands, shape the batter into small round patties (about 2 tbsp each). Lightly flatten each patty. Sprinkle both sides with flour if necessary.

Place the patties on the skillet and cook for 2-3 minutes on each side or until golden brown. Repeat with the remaining batter.

Tips

Serve with Greek yogurt or honey, fresh mint, and berries.

Ingredients

- 250 g (8.8 oz) low-fat dry cottage cheese or farmer's cheese
- 1 small egg
- 3-5 tbsp whole wheat flour (or almond flour)
- 2 tbsp raisins
- 1 tbsp honey (optional, for sweetness)
- ½ tsp vanilla extract
- pinch of salt
- coconut oil for frying
- Greek yogurt (optional)
- honey or maple syrup
- fresh mint leaves
- berries

Nutritional Information (per serving)

160 calories, 8 g protein, 18 g carbohydrates, 5 g fat, 1 g fiber, 35 mg cholesterol, 120 mg sodium, 180 mg potassium

2

Salads & Soups



Traditional Greek Salad



Prep Time: 15 min



Cook Time: 0 min



Serves: 2-3

Directions

In a large mixing bowl, combine the diced tomatoes, cucumber, bell pepper, red onion, and olives.

Add the feta cheese on top of the vegetable mixture.

Drizzle the olive oil and red wine vinegar over the salad. Sprinkle with dried oregano and season with salt and pepper to taste.

Gently toss the salad to combine all ingredients without breaking the feta cheese.

Garnish with fresh parsley or basil if desired. Serve immediately.

Enjoy this Mediterranean specialty.

Ingredients

- 2 large ripe tomatoes, sliced
- 1 cucumber, chopped
- 1 bell pepper (red or green), diced
- 1/2 red onion, thinly sliced
- 1 cup olives, pitted
- 1 cup feta cheese, cubed or crumbled
- 2 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar (optional)
- 1 teaspoon dried oregano
- salt and pepper to taste
- fresh parsley or basil (optional)

Nutritional Information (per serving)

220 calories, 7g protein, 10g carbohydrates, 18g fat, 2g fiber, 30mg cholesterol, 400mg sodium, 300mg potassium

Tabbouleh



Prep Time: 20 min



Cook Time: 0 min



Serves: 2-3

Ingredients

- 1 cup bulgur wheat
- 1 1/2 cups boiling water
- 1 cup fresh parsley, chopped
- 1/2 cup fresh mint, chopped
- 2 large tomatoes, diced
- 1 small cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup extra virgin olive oil
- 1/4 cup fresh lemon juice
- salt and pepper to taste



Directions

Place the bulgur wheat in a bowl and pour boiling water over it. Cover and let it sit for about 15 minutes or until the water is absorbed and the bulgur is tender. Fluff the bulgur with a fork and let it cool to room temperature.

In a large mixing bowl, combine the chopped parsley, mint, tomatoes, cucumber, and red onion.

Add the cooled bulgur to the vegetable mixture.

In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper. Pour the dressing over the tabbouleh and toss gently.

Adjust seasoning if necessary and serve chilled or at room temperature.

Nutritional Information (per serving)

180 calories, 5g protein, 28g carbohydrates, 7g fat, 4g fiber, 0mg cholesterol, 150mg sodium, 250mg potassium

Mediterranean Potato Salad



Prep Time: 15 min



Cook Time: 20 min



Serves: 2-3

Directions

Place the potatoes in a pot of salted water and bring to a boil. Cook for about 15-20 minutes, or until tender. Drain and let cool slightly.

In a large mixing bowl, combine the cherry tomatoes, cucumber, red onion, olives, and feta cheese.

In a small bowl, whisk together the olive oil, red wine vinegar, lemon juice, dried oregano, salt, and pepper.

Once the potatoes are cool enough to handle, cut them into bite-sized pieces and add them to the vegetable mixture.

Pour the dressing over the salad and toss gently to combine all ingredients.

Adjust seasoning if necessary and garnish with fresh parsley if desired.

Serve immediately.

Nutritional Information (per serving)

230 calories, 5g protein, 30g carbohydrates, 10g fat, 4g fiber, 5mg cholesterol, 300mg sodium, 450mg potassium

Ingredients

- 1.5 pounds baby potatoes
- 1/2 cup cherry tomatoes, halved
- 1/2 cup cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/3 cup olives, pitted and sliced
- 1/4 cup feta cheese, crumbled
- 1/4 cup extra virgin olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon fresh lemon juice
- 1 teaspoon dried oregano
- salt and pepper to taste
- fresh parsley (optional)

Salad with Beet, Pear, and Feta



Prep Time: 30 min



Cook Time: 10 min



Serves: 4

Ingredients

- 2 medium beets
- 4 cups fresh arugula
- 2 ripe pears, thinly sliced
- 1/2 cup crumbled feta cheese
- 1/4 cup walnuts
- 3 tbsp olive oil
- 2 tbsp fresh lemon juice
- 1 tbsp honey
- 1 tsp Dijon mustard
- 1/4 tsp salt
- 1/8 tsp black pepper



Directions

If not pre-cooked, boil the beets until tender (about 30 minutes). Allow to cool, peel, and slice the beets into thin slices. The pear is sliced thinly in the same manner.

In a small bowl, whisk together olive oil, lemon juice, honey, Dijon mustard, salt, and black pepper until well combined.

On a large serving platter, layer the arugula, sliced beets, and pear. Sprinkle the crumbled feta cheese and nuts (if using) over the top.

Drizzle the dressing over the salad and, ensure all ingredients are evenly coated.

This incredibly sophisticated and delicious salad will surprise your guests!

Nutritional Information (per serving)

200 calories, 6g protein, 18g carbohydrates, 12g fat, 4g fiber, 15mg cholesterol, 300mg sodium, 400mg potassium

Pasta Salad with Tuna and Feta



Prep Time: 10 min



Cook Time: 10 min



Serves: 4

Directions

Bring a large pot of salted water to a boil. Cook the pasta according to the package instructions until al dente (about 8-10 minutes).

In a large mixing bowl, combine the cooked pasta, cherry tomatoes, olives, and tuna.

In a small bowl, whisk together olive oil, lemon juice, oregano, salt, and black pepper until well combined.

Pour the dressing over the pasta mixture. Toss gently to coat all the ingredients evenly.

Sprinkle the crumbled feta cheese over the salad and toss lightly. Garnish with fresh basil leaves.

Ingredients

- 8 oz (230g) rotini or penne pasta
- 1 cup cherry tomatoes, halved
- 1/2 cup Kalamata olives, sliced
- 1 can (5 oz) tuna in olive oil, drained
- 1/4 cup crumbled feta cheese
- 2 tbsp olive oil
- 2 tbsp fresh lemon juice
- 1 tsp dried oregano
- 1/4 tsp salt
- 1/8 tsp black pepper
- fresh basil leaves for garnish

Tips

Serve immediately or refrigerate for up to 2 hours for enhanced flavor.

Nutritional Information (per serving)

340 calories, 15g protein, 32g carbohydrates, 15g fat, 3g fiber, 25mg cholesterol, 450mg sodium, 300mg potassium

Mediterranean Panzanella Salad



Prep Time: 5 min



Cook Time: 10 min



Serves: 4

Ingredients

- 4 cups day-old bread, cut into
- 1-inch cubes
- 2 tbsp olive oil (for toasting)
- 3-4 tomatoes, sliced
- 1 cucumber, sliced
- 1 small red onion, thinly sliced
- 1/2 cup olives, pitted
- 1/4 cup fresh basil leaves
- 1/4 cup crumbled feta cheese (optional)
- 3 tbsp extra virgin olive oil
- 1 tsp honey
- 1 tsp Dijon mustard
- 1/2 tsp dried oregano
- salt and pepper, to taste



Directions

Heat 2 tbsp of olive oil in a large skillet over medium heat. Add the bread cubes and toast until golden brown and crisp, about 5 minutes.

In a large bowl, combine the toasted bread cubes, tomatoes, cucumber, red onion, olives, and basil leaves.

In a small bowl, whisk together the oil, red wine vinegar, honey, Dijon mustard, oregano, salt, and pepper until emulsified.

Drizzle the dressing over the salad and toss gently to combine, ensuring the bread absorbs the dressing.

Tips

Sprinkle with feta cheese if desired and serve immediately, or leave for 15 minutes for the flavors to meld.

Nutritional Information (per serving)

310 calories, 7g protein, 32g carbohydrates, 17g fat, 4g fiber, 5mg cholesterol, 520mg sodium, 400mg potassium

Fried Eggplant Salad with Quinoa and Spinach



Prep Time: 15 min



Cook Time: 25 min



Serves: 4

Directions

Rinse the quinoa under cold water.

Add the quinoa and 2 cups of water to a medium saucepan. Bring to a boil, then reduce heat, cover, and simmer for 15 minutes or until all the water is absorbed. Fluff the quinoa with a fork.

Heat 1 tbsp of olive oil in a grill skillet over medium heat. Add the eggplant and fry until golden brown and tender, about 2 minutes on each side. Remove the eggplant and set it aside on a paper towel-lined plate to drain excess oil.

In the same skillet, add another tablespoon of olive oil. Add the sliced mushrooms and cook until softened and slightly caramelized, about 5-7 minutes.

In a large bowl, combine the cooked quinoa, spinach, and red onion. Top with roasted eggplant and mushrooms. Sprinkle the crumbled feta cheese.

In a small bowl, whisk together the olive oil, lemon juice, balsamic vinegar, oregano, salt, and pepper.

Pour the dressing over the salad.

Garnish with fresh basil.

Tips

Salad can be served warm or cold.

Nutritional Information (per serving)

315 calories, 8g protein, 42g carbohydrates, 14g fat, 6g fiber, 0mg cholesterol, 320mg sodium, 670mg potassium

Ingredients

- 1 eggplant, sliced
- 1 cup quinoa
- 1 cup mushrooms, sliced
- 2 tbsp olive oil (for frying)
- 2 cups fresh spinach
- 1/2 small red onion, finely chopped
- 1/4 cup crumbled feta cheese
- 4 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tbsp fresh lemon juice
- 1 tbsp dried oregano
- salt and pepper, to taste
- fresh basil

Greek soup Avgolemono



Prep Time: 10 min



Cook Time: 30 min



Serves: 6

Ingredients

- 1 tbsp olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 boiled chicken fillets (or thighs), chopped
- 6 cups chicken broth
- 1 cup uncooked rice
- 2 large eggs
- 1/4 cup fresh lemon juice
- salt and pepper to taste
- fresh dill (for garnish)



Directions

In a large pot, heat the olive oil over medium heat.

Add the chopped onion and garlic, and sauté for about 3 minutes until softened.

Pour the chicken broth into a pot and bring to a boil.

Add the rice and reduce the heat. Cook for about 15-20 minutes, until the rice is tender.

Add the sliced chicken.

In a bowl, whisk together the eggs and lemon juice until well combined. Gradually ladle some hot broth from the soup into the egg-lemon mixture, whisking continuously.

Slowly pour the tempered egg mixture back into the soup while stirring gently. Heat, without boiling, about 2-3 minutes, until the soup is slightly thickened.

Season with salt and pepper to taste. Serve hot, garnished with dill.

Nutritional Information (per serving)

320 calories, 25g protein, 30g carbohydrates, 10g fat. 1g fiber, 150mg cholesterol, 600mg sodium, 500mg potassium

Mediterranean Tomato Basil Soup



Prep Time: 10 min



Cook Time: 30 min



Serves: 4-5

Directions

In a large pot, heat the olive oil over medium heat. Add the chopped onion and sauté for about 5 minutes until softened. Add the minced garlic and cook for another minute until fragrant.

Stir in the diced tomatoes (with juice), vegetable broth, sugar, oregano, salt, and pepper. Bring to a boil.

Reduce heat and simmer for about 20 minutes, allowing the flavors to meld.

Remove from heat and use an immersion blender to puree the soup until smooth.

If using, stir in the heavy cream and chopped basil.

Heat through for another 2-3 minutes.

Tips

Serve, garnished with fresh basil leaves.

Ingredients

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 cans (14.5 oz each) of diced tomatoes, with juice
- 3 cups vegetable broth
- 1 teaspoon sugar (to balance acidity)
- 1 teaspoon dried oregano
- salt and pepper to taste
- 1 cup fresh basil leaves, chopped
- 1/4 cup heavy cream (optional, for creaminess)
- fresh basil leaves (for garnish)

Nutritional Information (per serving)

210 calories, 4g protein, 28g carbohydrates, 10g fat, 2g fiber, 30mg cholesterol, 390mg sodium, 450mg potassium

French Onion Soup



Prep Time: 5 min



Cook Time: 45 min



Serves: 4-5

Ingredients

- 4 large yellow onions, thinly sliced
- 2 tbsp olive oil
- 2 tbsp butter
- 4 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 bay leaf
- 1/2 cup dry white wine
- 6 cups vegetable or chicken stock
- salt and black pepper, to taste
- 4-6 slices crusty baguette, toasted
- 1 cup grated Parmesan cheese
- fresh greenery, for garnish



Directions

In a large pot, heat olive oil and butter over medium heat. Add the sliced onions and cook for 20-25 minutes, stirring often, until deeply caramelized.

Add minced garlic and cook for 1 minute until fragrant. Add white wine and cook for 5 minutes. Then add oregano, thyme, bay leaf, and stock. Bring to a boil, then reduce the heat to low and let simmer for 20 minutes.

Preheat the oven. Ladle the soup into oven-safe bowls. Top each with a slice of baguette and a sprinkle of cheese. Bake in the oven until a delicious crust forms.

Decorate with any greenery and serve hot.

Nutritional Information (per serving)

280 calories, 7g protein, 28g carbohydrates, 14g fat, 4g fiber, 10mg cholesterol, 750mg sodium, 400mg potassium

Pumpkin Puree Soup



Prep Time: 10 min



Cook Time: 30 min



Serves: 6

Directions

Peel and dice the pumpkin, potatoes, and carrots. Heat olive oil in a large pot over medium heat. Sauté the onion and garlic for 3-4 minutes until softened and fragrant.

Add the pumpkin, carrots, and potatoes to the pot. Stir in cumin, coriander, salt, and black pepper. Cook for 5 minutes, stirring occasionally.

Pour in the vegetable stock (or water) and bring to a boil, then reduce the heat to low. Cover and simmer for 20-25 minutes.

Use an immersion blender to puree the soup until smooth.

Stir in the coconut milk or cream.

This delicious soup will please your family, and your children will love it!

Ingredients

- 1 small pumpkin, diced
- 2 medium potatoes, diced
- 2 medium carrots, sliced
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 4 cups vegetable stock or water
- 1/2 cup coconut milk or cream
- 2 tbsp olive oil
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- Salt and black pepper to taste
- pumpkin seeds
- fresh parsley, (optional)

Tips

Serve, garnish with pumpkin seeds and fresh parsley, if desired.

Nutritional Information (per serving)

180 calories, 3g protein, 28g carbohydrates, 7g fat, 5g fiber, 0mg cholesterol, 400mg sodium, 550mg potassium

Mediterranean Chickpea and Chicken Soup



Prep Time: 5 min



Cook Time: 30 min



Serves: 4

Ingredients

- 1 tbsp olive oil
- 1 medium onion, diced
- 2 garlic cloves, minced
- 2 medium carrots, sliced
- 2 celery stalks, sliced
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/2 tsp dried oregano
- 1/4 tsp ground turmeric
- 1 lb (450g) chicken breast, diced
- 4 cups chicken stock or water
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cup diced tomatoes (canned or fresh)
- 1/2 cup chopped spinach
- juice of 1/2 lemon
- salt and freshly ground black pepper, to taste
- fresh parsley, for garnish



Directions

Heat olive oil in a large pot over medium heat.

Add the onion, garlic, carrots, and celery. Cook for 5 minutes until softened.

Add the diced chicken and cook for 5 minutes until lightly browned, then cumin, smoked paprika, oregano, and turmeric.

Pour in chicken stock or water and stir in chickpeas and tomatoes. Bring to a boil, then reduce the heat. Cook for 15–20 minutes, until the chicken is cooked through.

Stir in spinach and cook for 2 minutes.

Add lemon juice and season with salt and pepper to taste.

Ladle the soup into bowls, garnish with parsley, and serve hot.

Nutritional Information (per serving)

260 calories, 27g protein, 22g carbohydrates, 7g fat, 5g fiber, 65mg cholesterol, 580mg sodium, 550mg potassium

Cold Spanish Gazpacho



Prep Time: 15 min



Cook Time: 0 min



Serves: 4

Directions

Chop the vegetables.

Place the tomatoes, cucumber, bell pepper, onion, garlic, olive oil, vinegar, bread (if using), salt, and black pepper into a blender. Blend until smooth.

Add cold water, a little at a time, to achieve your desired thickness. Blend to combine.

Transfer the gazpacho to a pitcher, cover, and refrigerate for one hour (minimum) to allow the flavors to meld.

Stir before serving, then pour into bowls.

Garnish with fresh basil or parsley, a drizzle of olive oil, or finely diced vegetables, if desired.

Notes

The soup needs to be cooled for about 1 hour before serving.

Nutritional Information (per serving)

120 calories, 2g protein, 10g carbohydrates, 9g fat, 2g fiber, 0mg cholesterol, 250mg sodium, 350mg potassium

Ingredients

- 4 large ripe tomatoes, chopped
- 1 cucumber, peeled and chopped
- 2 red bell pepper, deseeded and chopped
- 1 small red onion, chopped
- 2 garlic cloves, minced
- 3 tbsp olive oil
- 2 tbsp red wine vinegar
- 1 cup cold water
- 1 slice stale bread (optional, to thicken the soup)
- salt and black pepper to taste
- fresh basil or parsley (for garnish)

3

Snack & Sauces



Baked Feta Cheese with Olives and Tomatoes



Prep Time: 5 min



Cook Time: 20 min



Serves: 4-6

Directions

Preheat the oven to 375°F (190°C).

Place the feta block in a small oven-safe baking dish.

Mix olives, sun-dried tomatoes, and cherry tomatoes in a bowl. Add olive oil, oregano, red chili flakes (if using), minced garlic, salt and black pepper.

Mix well. Cover the feta with the prepared sauce.

Place the dish in the oven and bake for 20-25 minutes until the feta is slightly golden on the edges.

Remove from the oven and let it cool slightly.

Tips

Serve warm with crusty bread or crackers.

Garnish with fresh basil if desired.

Ingredients

- 1 block (200g) feta cheese
- 1/3 cup pitted olives
- 1/4 cup sun-dried tomatoes, chopped
- 1/4 cup cherry tomatoes, halved
- 4 tbsp extra virgin olive oil
- 1 tsp dried oregano
- 1/2 tsp red chili flakes (optional)
- 1 small clove garlic, finely minced
- salt to taste
- freshly ground black pepper to taste
- fresh basil (optional)
- crusty bread or crackers for serving

Nutritional Information (per serving)

150 calories, 5g protein, 3g carbohydrates, 12g fat, 1g fiber, 25mg cholesterol, 400mg sodium, 80mg potassium

Baked zucchini chips with parmesan



Prep Time: 5 min



Cook Time: 25 min



Serves: 4

Ingredients

- 2 medium zucchinis
- 1/2 cup grated Parmesan cheese
- 1 teaspoon garlic powder
- 1 teaspoon sweet paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons olive oil
- 1/4 cup breadcrumbs (optional)



Directions

Preheat the oven to 425°F (220°C) and line a baking tray with parchment paper.

Wash zucchini and slice into thin slices. Drizzle with olive oil.

In a large bowl, mix together the Parmesan cheese, garlic powder, paprika, salt and pepper. Add the zucchini slices to the bowl. Mix well so that all the slices are coated with the cheese mixture. If desired, sprinkle the zucchini slices with breadcrumbs for extra crunchiness.

Arrange the zucchini slices on the baking tray in a single layer. Bake for 20-25 minutes or until golden and crispy, turning over halfway through cooking

Nutritional Information (per serving)

165 calories, 7g protein, 10g carbohydrates, 11g fat, 1.5g fiber, 11mg cholesterol, 540mg sodium, 252mg potassium

Caprese Salad



Cook Time: 10 min



Serves: 4



Ingredients

- 3 large ripe tomatoes, sliced
- 250g (8 oz) fresh mozzarella, sliced
- 1/4 cup fresh basil leaves
- 2 tbsp extra virgin olive oil
- 1 tbsp balsamic glaze or vinegar
- 1/2 tsp sea salt and 1/4 tsp freshly ground black pepper

Directions

Arrange alternating slices of tomato and mozzarella on a serving plate. Pour olive oil and balsamic vinegar evenly over the salad. Sprinkle with salt and black pepper. Garnish with fresh basil. If desired, the salad can be garnished with pesto sauce the recipe for this sauce is a little further in the book).

Nutritional Information (per serving)

200 calories, 8g protein, 5g carbohydrates, 16g fat, 1g fiber, 25mg cholesterol, 240mg sodium, 190mg potassium

Guacamole



Cook Time: 10 min



Serves: 4



Ingredients

- 2 ripe avocados
- 1/4 cup sun-dried tomatoes, finely chopped
- 1 tbsp olive oil, 2 tbsp lemon juice
- 1 clove garlic, minced
- 1 tbsp fresh parsley, finely chopped
- salt and pepper to taste

Directions

In a medium bowl, mash the avocado pulp with a fork until smooth but slightly chunky. Add the sun-dried tomatoes, olive oil, garlic, lemon juice, parsley, salt, and pepper to the mashed avocados. Taste and adjust seasoning (salt, pepper, lemon juice).

Serve immediately as a dip with pita chips, and vegetables, or as a sauce for grilled dishes.

Nutritional Information (per serving)

190 calories, 2.5g protein, 8g carbohydrates, 17g fat, 5g fiber, 0mg cholesterol, 120mg sodium, 450mg potassium

Asparagus with Bacon in Puff Pastry



Prep Time: 10 min



Cook Time: 25 min



Serves: 6

Ingredients

- 1 sheet puff pastry, thawed
- 18 spears fresh asparagus, trimmed
- 6 slices bacon
- 1/4 cup crumbled feta cheese
- 1 tbsp olive oil
- 1/2 tsp dried oregano
- 1/2 tsp garlic powder
- 1 egg, beaten
- salt and pepper to taste



Directions

Preheat the oven to 400°F (200°C).

Roll out the puff pastry sheet on a floured surface and cut into 6 equal rectangles.

In a bowl, mix olive oil, oregano, garlic powder, salt, and pepper. Toss the asparagus spears with this sauce.

Wrap one bacon around the three asparagus stalks. Place three bacon-wrapped asparagus spears on each puff pastry rectangle. Sprinkle with feta cheese, then fold the pastry edges over the asparagus and press lightly.

Brush the tops of the puff pastry with the beaten egg for a beautiful color.

Arrange the pastry on a parchment-lined baking sheet. Bake for 20–25 minutes or until the pastry is puffed and golden.

Allow to cool slightly before serving.

Nutritional Information (per serving)

300 calories, 8g protein, 18g carbohydrates, 22g fat, 2g fiber, 25mg cholesterol, 450mg sodium, 220mg potassium

Pesto Sauce



Cook Time: 10 min



Serves: 4



Ingredients

- 1 cup fresh basil leaves
- 1/4 cup fresh parsley
- 1/4 cup pine nuts or walnuts, toasted
- 2 cloves garlic, 1/3 cup olive oil
- 1/4 cup grated Parmesan cheese
- 1 tbsp lemon juice, salt, pepper

Directions

In a food processor or with a blender, combine basil, parsley, toasted nuts, garlic, Parmesan cheese, lemon juice, salt, and pepper. Pulse until finely chopped. Add olive oil while blending until the pesto sauce is smooth and creamy. Taste and adjust the seasoning.

Store leftovers in the fridge for up to 3 days.

Nutritional Information (per serving)

215 calories, 3g protein, 3g carbohydrates, 21g fat, 1g fiber, 4mg cholesterol, 120mg sodium, 130mg potassium

Tzatziki Sauce



Cook Time: 10



Serves: 4



Ingredients

- 1 cup Greek yogurt
- 1 cucumber grated and dried with a paper towel
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1 tbsp fresh dill, chopped
- 1 tbsp lemon juice
- salt and pepper to taste

Directions

In a bowl, combine Greek yogurt, grated cucumber, garlic, olive oil, fresh dill, lemon juice, salt, and pepper. Stir until well blended. Chill in the refrigerator for at least 20 minutes to allow flavors to meld.

Serve chilled as a dip with pita bread, vegetables, or grilled meats.

Nutritional Information (per serving)

90 calories, 5g protein, 5g carbohydrates, 5g fat, 0g fiber, 5mg cholesterol, 50mg sodium, 150mg potassium

Hummus



Prep Time: 10 min



Cook Time: 0 min



Serves: 4

Ingredients

- 1 can (15 oz) chickpeas, drained and rinsed
- 1/4 cup tahini (sesame seed sauce or paste)
- 5 tbsp olive oil
- 2 tbsp lemon juice
- 1 garlic clove, minced
- 1/2 tsp ground cumin
- 1/2 tsp paprika
- salt to taste
- water as needed
- chopped parsley (optional)

For the Green Hummus:

- 1/2 cup fresh basil
- 1/2 cup fresh spinach



Directions

In a food processor or blender, combine chickpeas (conserve fluid), tahini, olive oil, lemon juice, garlic, paprika, cumin, and salt. Blend until smooth, adding water (or use the liquid from the chickpeas), a tablespoon at a time until you reach your desired consistency.

Transfer hummus to a serving bowl, drizzle with olive oil, and sprinkle with paprika and parsley if desired.

Serve with pita bread, fresh vegetables, or as a spread.

Tips

If you add spinach and basil to the blender and don't add paprika, the color of the hummus will be green.

Nutritional Information (per serving)

150 calories, 5g protein, 18g carbohydrates, 7g fat, 5g fiber, 0mg cholesterol, 200mg sodium, 250mg potassium

Baba Ghanoush Sauce



Prep Time: 5 min



Cook Time: 35 min



Serves: 4-6

Directions

Preheat the oven to 400°F (200°C).

Prick the eggplant several times with a fork and place it on a baking sheet, greased with olive oil.

Roast in the oven for about 30 minutes, or until the skin is charred and the flesh is soft.

Remove the eggplant from the oven and let it cool slightly. Then cut the eggplants in half and scrape the flesh with a tablespoon. Put the pulp in a bowl, discarding the skin.

Add tahini, olive oil, lemon juice, minced garlic, salt, and pepper to the bowl.

Blend until smooth using a fork or food processor.

Tips

When serving, drizzle with olive oil, and garnish with fresh parsley and walnuts if desired.

Serve with pita bread, crackers, or fresh vegetables.

Ingredients

- 2 medium eggplants
- 1/4 cup tahini (sesame seed sauce or paste)
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 garlic clove, minced
- salt and pepper to taste
- fresh parsley for garnish (optional)
- walnuts (optional)

Nutritional Information (per serving)

100 calories, 3g protein, 10g carbohydrates, 6g fat, 3g fiber, 0mg cholesterol, 200mg sodium, 250mg potassium

4

Fish & Seafood



Baked Salmon with Lemon and Herbs



Cook Time: 30 min



Serves: 2



Ingredients

- 2 salmon fillets (about 6 oz each)
- 1 onion, cut in half rings, 1 tsp dried thyme
- 2 tbsp olive oil, 1 cloves garlic, minced
- 1/2 cup white wine (optional)
- 1 lemon (1/2 sliced, 1/2 juiced)
- 1 tsp dried oregano, salt and pepper to taste

Directions

Mix the olive oil, lemon juice, wine, garlic, oregano, thyme, salt, and pepper in a small bowl. Place the onions, in a baking dish pre-greased with olive oil. Place the salmon fillets on top. Drizzle the herb mixture over the salmon. Arrange lemon slices on top. Bake in a preheated oven 400°F (200°C) for 15-20 minutes.

Nutritional Information (per serving)

320 calories, 34g protein, 0g carbohydrates, 18g fat, 1g fiber, 70mg cholesterol, 150mg sodium, 600mg potassium

Baked shrimp in garlic-lemon sauce



Cook Time: 20



Serves: 4



Ingredients

- 1 lb (500g) large shrimp, peeled
- 3 cloves garlic, minced
- 3 tbsp olive oil, fresh parsley
- zest and juice of 1 lemon
- 1 tsp dried oregano
- salt and pepper to taste

Directions

Mix zest and juice of 1 lemon, olive oil, parsley, garlic, oregano, salt, and pepper in a bowl. Grease a baking dish with olive oil and lay out the shrimp. Pour the lemon-garlic sauce over the shrimp and stir. Bake in the oven 400°F (200°C) for 10-15 minutes.

Serve immediately with lemon wedges.

Nutritional Information (per serving)

222 calories, 30g protein, 2g carbohydrates, 10g fat, 236mg cholesterol, 140mg sodium, 379mg potassium

Baked Cod with Cherry Tomatoes and Potatoes

Ingredients

- 4 cod fillets (6 oz each)
- 2 cups cherry tomatoes, halved or whole
- 1 lb (500g) baby potatoes, halved
- 3 tbsp olive oil
- 3 garlic cloves, minced
- 1 tsp dried oregano
- 1 tsp smoked paprika
- 1/2 tsp red pepper flakes
- salt to taste
- black pepper to taste
- 2 tbsp fresh basil, chopped



Prep Time: 15 min



Cook Time: 30 min



Serves: 4-5



Directions

Preheat your oven to 400°F (200°C).

In a large bowl, toss the potatoes with 2 tablespoons of olive oil, oregano, paprika, salt, and pepper. Spread evenly on a baking sheet. Roast for 15 minutes.

While the potatoes are in the oven, season the cod fillets with salt, pepper, and red pepper flakes.

Remove the baking sheet from the oven and add the seasoned cod fillets, cherry tomatoes, and garlic. Drizzle with the remaining tablespoon of olive oil.

Return the baking sheet to the oven and bake for 15 minutes, until the cod flakes easily with a fork and the potatoes are golden and tender.

Garnish with fresh basil before serving.

Nutritional Information (per serving)

320 calories, 32g protein, 22g carbohydrates, 11g fat, 3g fiber, 75mg cholesterol, 360mg sodium, 850mg potassium

Mackerel Fish Cutlets with Peas



Prep Time: 15 min



Cook Time: 20 min



Serves: 4-6

Directions

In a pot of boiling salted water, cook peas for 2-3 minutes until tender. Drain and set aside.

In a food processor, combine the mackerel, onion, garlic, parsley, egg, salt, and pepper. Pulse until well mixed. Add the green peas to the mince and stir in with a tablespoon.

Form the mixture into cutlets and coat each in breadcrumbs. Heat olive oil in a skillet over medium heat. Fry the cutlets for 4-5 minutes on each side.

Tips

Serve the cutlets with arugula, spinach, and watercress, garnished with lemon wedges.

A Tzatziki Sauce would go great with these cutlets. The recipe is in this book, in the “Sauces” section.

Ingredients

- 1 lb mackerel fillets (500g), skinless and boneless
- 1 cup fresh or frozen peas
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1/4 cup fresh parsley, chopped
- 1 egg
- 1/2 cup breadcrumbs
- olive oil (for frying)
- Salt and pepper to taste
- 4 cups arugula, spinach, and watercress, for serving
- lemon wedges, for garnish
- Tzatziki Sauce (optional)

Nutritional Information (per serving)

320 calories, 25g protein, 18g carbohydrates, 18g fat, 4g fiber, 80mg cholesterol, 350mg sodium, 450mg potassium

Fried Scallops with Creamy Polenta



Prep Time: 5 min



Cook Time: 30 min



Serves: 4

Ingredients

For the scallops:

- 1 pound (450g) large sea scallops
- 1/2 cup flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon paprika
- 2 tablespoons olive oil
- 2 tablespoons butter
- 2 cloves garlic, minced
- 1 tablespoon fresh lemon juice
- fresh parsley or basil, chopped (for garnish)

For the creamy polenta:

- 1 cup polenta (coarse cornmeal)
- 4 cups water or chicken broth
- 1/2 teaspoon salt
- 1/2 cup grated Parmesan cheese
- 2 tablespoons butter
- black pepper (to taste)



Directions

In a medium saucepan, bring water or broth to a boil. Add salt. Gradually pour in the polenta. Reduce heat to low and cook, stirring frequently, until thickened (about 20-25 minutes). Stir in Parmesan cheese, butter, and black pepper. Set aside and keep warm.

Pat the scallops dry with paper towels. In a shallow dish, mix flour, salt, pepper, and paprika. Dredge each scallop in the flour mixture, shaking off excess.

In a large skillet, heat olive oil and butter over medium-high heat. Add the scallops in a single layer. Sear for about 2-3 minutes on each side until golden brown. Add minced garlic during the last minute of cooking. Drizzle with lemon juice and remove from heat.

Spoon the creamy polenta onto plates and top with fried scallops. Garnish with chopped parsley or basil. Serve immediately.

Nutritional Information (per serving)

350 calories, 22g protein, 40g carbohydrates, 12g fat, 2g fiber, 60mg cholesterol, 350mg sodium, 300mg potassium

Salmon, Broccoli, and Spinach Pie



Prep Time: 15 min



Cook Time: 35 min



Serves: 6

Directions

Preheat the oven to 375°F (190°C).

Roll out the puff pastry and put it into a 9-inch (22 cm) pie dish, trimming the edges if necessary. Prick the bottom with a fork.

Place the broccoli florets, spinach, and diced salmon in the pie dish.

In a mixing bowl, whisk together the eggs, milk, oregano, garlic powder, salt, and black pepper. Pour the egg mixture over the broccoli and salmon.

Sprinkle the grated mozzarella cheese evenly on top.

Place the pie in the oven and bake for 30-35 minutes, until the filling is set and the top is golden brown.

Tips

Allow the pie to cool for 5-10 minutes before slicing. Serve warm.

Nutritional Information (per serving)

410 calories, 24g protein, 20g carbohydrates, 27g fat, 2g fiber, 120mg cholesterol, 410mg sodium, 500mg potassium

Ingredients

- 1 sheet puff pastry (thawed)
- 8 oz (250g) fresh salmon fillet, skin removed, diced
- 2 cup broccoli florets, finely chopped
- 2 cups fresh spinach
- 1/2 cup grated mozzarella cheese
- 3 large eggs
- 1 cup milk or cream
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1/2 tsp garlic powder
- salt and black pepper to taste

Salmon in Honey Mustard Sauce



Prep Time: 10 min



Cook Time: 20 min



Serves: 4

Ingredients

- 4 salmon fillets (about 6 ounces each)
- 1 cup fresh pineapple, diced
- 2 tablespoons olive oil
- 2 tablespoons honey
- 2 tablespoons Dijon mustard
- 1 tablespoon lemon juice
- 1 teaspoon garlic powder
- salt and pepper, to taste
- fresh green onion, chopped (for garnish)



Directions

Preheat your oven to 400°F (200°C).

In a small bowl, whisk together honey, Dijon mustard, lemon juice, garlic powder, salt, and pepper until well combined.

Place the salmon fillets in a baking dish. Brush the honey mustard sauce generously over each fillet. Scatter the diced pineapple over the salmon fillets, ensuring even distribution.

Drizzle the olive oil over the salmon and pineapple.

Bake in the preheated oven for 15-20 minutes, or until the salmon flakes easily with a fork and is cooked through.

Remove from the oven and garnish with chopped fresh green onion. Serve immediately with your choice of side dishes.

Nutritional Information (per serving)

320 calories, 30g protein, 25g carbohydrates, 12g fat, 1g fiber, 70mg cholesterol, 200mg sodium, 400mg potassium

Mussels in Tomato Sauce



Prep Time: 10 min



Cook Time: 15 min



Serves: 4

Directions

Rinse and debeard the mussels, discarding any that are open and do not close when tapped.

Heat olive oil in a large pot over medium heat. fry the onion for 3-4 minutes until softened, then add garlic and cook for 1 minute until fragrant.

Add the crushed tomatoes, white wine, oregano, red pepper flakes, salt, and black pepper. Stir well and simmer for 5-7 minutes.

Add the mussels to the pot, cover with a lid, and cook for 5-7 minutes, shaking the pot occasionally, until all mussels have opened.

Discard any that remain closed.

Tips

Sprinkle with fresh basil or parsley and serve hot with grilled bread or over pasta.

Nutritional Information (per serving)

210 calories, 18g protein, 12g carbohydrates, 9g fat, 2g fiber, 45mg cholesterol, 480mg sodium, 750mg potassium

Ingredients

- 2 lbs (900g) fresh mussels, cleaned
- 2 tbsp olive oil
- 3 garlic cloves, minced
- 1 small onion, finely chopped
- 1 can (14 oz) crushed tomatoes
- 1/2 cup dry white wine
- 1 tsp dried oregano
- 1/2 tsp red pepper flakes (optional)
- salt and black pepper to taste
- 2 tbsp fresh parsley or fresh basil

Paella de Mariscos



Prep Time: 20 min



Cook Time: 30 min



Serves: 4-6

Directions

In a large skillet, heat olive oil over medium heat. Add onion and garlic, sautéing until soft (about 5 minutes). Stir in the red bell pepper and cook for another 3 minutes.

Stir in the rice, smoked paprika, curry (optional) and salt. Cook for 1-2 minutes, allowing the rice to absorb the flavors.

Pour in the fish stock and diced tomatoes. Bring to a simmer and reduce heat to low. Do not stir the rice (after this point) to allow a crust to form at the bottom.

After 10 minutes of cooking, arrange the mixed seafood on the rice. Sprinkle the peas over the seafood. Cover the pan with a lid or aluminum foil, and cook for 10-15 minutes, until the seafood is cooked and the rice has absorbed the liquid.

Ingredients

- 1 tablespoon olive oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 1 cup Arborio rice
- 1 teaspoon smoked paprika
- 1 teaspoon curry (optional)
- 1/2 teaspoon salt
- 4 cups fish stock
- 1 cup diced tomatoes (canned or fresh)
- 1 pound (450g) mixed seafood (shrimp, mussels, calamari)
- 1 cup frozen peas
- lemon wedges (for serving)

Tips

Remove from heat and let the paella rest for 5 minutes. Garnish with fresh parsley and serve with lemon wedges.

Nutritional Information (per serving)

450 calories, 25g protein, 55g carbohydrates, 15g fat, 4g fiber, 100mg cholesterol, 750mg sodium, 450mg potassium

Stuffed Calamari in Tomato Sauce



Prep Time: 25 min



Cook Time: 30 min



Serves: 4

Directions

Heat 2 tbsp olive oil in a skillet over medium heat. Fry the onion, and carrot until soft, about 5 minutes. Remove from heat and let cool slightly. Mix in cooked rice, black olives chopped, oregano, salt, and pepper.

Clean the squid, remove the transparent bone, and rinse. Carefully fill each squid tube with the rice and vegetable mixture, leaving a little room at the top to prevent splitting. Secure the open ends with toothpicks if necessary.

Heat 2 tbsp olive oil in a saucepan over medium heat. Fry onion and garlic until fragrant, for about 3 minutes. Add crushed tomatoes, sugar, salt, and pepper. Simmer for 10 minutes.

Place the stuffed squid in the sauce, cover, and simmer over low heat for 25–30 minutes, turning occasionally, until the squid is tender.

Ingredients

- 8 medium squid tubes, cleaned
- 1 cup cooked rice
- 1 small onion, finely chopped
- 1 small carrot, finely diced
- 1/4 cup black olives, chopped
- 2 tbsp olive oil
- 1 tsp dried oregano
- salt and pepper, to taste

For the sauce:

- 2 cups canned crushed tomatoes
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 tsp sugar, salt and pepper, to taste

Tips

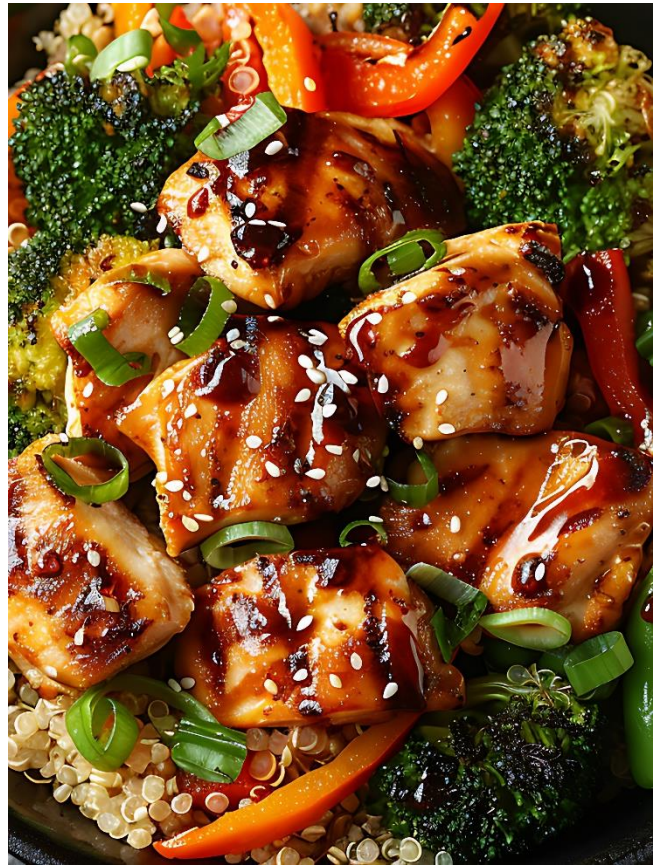
Remove toothpicks before serving. Spoon tomato sauce over the squid and garnish with parsley if desired.

Nutritional Information (per serving)

300 calories, 18g protein, 32g carbohydrates, 10g fat, 3g fiber, 80mg cholesterol, 550mg sodium, 600mg potassium

5

Poultry & Meat



Chicken Cacciatore



Prep Time: 10 min



Cook Time: 45 min



Serves: 4

Directions

Season chicken thighs with salt and pepper. Heat olive oil in a large skillet over medium-high heat. Sear chicken until golden brown on both sides, about 5 minutes per side. Remove from skillet and set aside.

In the same skillet, sauté onion and garlic until fragrant, about 3 minutes. Add red and yellow bell peppers and cook until softened about 5 minutes.

Add diced tomatoes, chicken broth, wine, olives, capers, oregano, thyme, and bay leaf to the skillet.

Return the chicken to the skillet, nestling it into the sauce. Reduce heat to low, cover, and simmer for 30 minutes. Garnish with fresh parsley.

Tips

Serve hot with crusty bread, rice, or pasta.

Nutritional Information (per serving)

350 calories, 28g protein, 12g carbohydrates, 20g fat, 3g fiber, 90mg cholesterol, 700mg sodium, 450mg potassium

Ingredients

- 4 bone-in, skin-on chicken thighs
- 2 tbsp olive oil
- 1 medium onion, sliced
- 2 cloves garlic, minced
- 1/2 red and yellow bell pepper, sliced
- 1 cup canned diced tomatoes
- 1/2 cup chicken broth
- 1/2 cup dry white wine
- 1/2 cup olives, pitted
- 1 tbsp capers
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- 1 bay leaf
- salt and pepper, to taste
- fresh parsley, chopped (for garnish)

Chicken Breasts Stuffed with Spinach & Feta



Prep Time: 10 min



Cook Time: 20 min



Serves: 4

Ingredients

- 4 boneless, skinless chicken breasts
- 1 cup fresh spinach
- 1/2 cup crumbled feta cheese
- 1 tbsp olive oil
- 1 tsp dried oregano
- salt and pepper, to taste
- 1 tbsp olive oil (for cooking)
- 1/4 cup chicken broth



Directions

Preheat oven to 375°F (190°C).

Using a sharp knife, cut a pocket into the side of each chicken breast without slicing all the way through. Season the chicken with salt and pepper.

In a bowl, mix spinach, feta cheese, olive oil, oregano, salt, and pepper. Fill each chicken breast pocket with the spinach-feta mixture. Secure the edges with toothpicks to prevent the stuffing from spilling out.

Heat 1 tbsp olive oil in an oven-safe skillet over medium heat. Sear the stuffed chicken breasts for 3 minutes per side, until golden.

Pour chicken broth into the skillet and pop it into the preheated oven. Bake for 20-25 minutes.

Tips

Remove toothpicks before serving.

Spoon pan juices over the chicken and serve with your choice of sides.

Nutritional Information (per serving)

320 calories, 38g protein, 5g carbohydrates, 14g fat, 1g fiber, 90mg cholesterol, 450mg sodium, 400mg potassium

Chicken Fillet in Cream Sauce with Asparagus



Prep Time: 10 min



Cook Time: 25 min



Serves: 4

Directions

Dice the chicken fillet into cubes. Season with salt, pepper, and paprika. Heat olive oil in a large skillet over medium-high heat. Sear for 3-4 minutes until golden. Remove and set aside.

In the same skillet, add asparagus and fry for 3–4 minutes until tender-crisp. Remove and set aside.

Lower heat to medium and add garlic to the skillet. Fry for 1 minute until fragrant. Pour in chicken broth, scraping up browned bits from the bottom of the pan. Stir in heavy cream, Parmesan cheese, and dried basil. Simmer for 2–3 minutes until slightly thickened.

Return the chicken fillet to the skillet and stir. Simmer for 5–7 minutes. Add asparagus back to the skillet to warm.

Ingredients

- 4 boneless, skinless chicken fillets
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 bunch asparagus, trimmed
- 1 cup heavy cream
- 1/2 cup chicken broth
- 1/4 cup grated Parmesan cheese
- 1 tsp dried basil
- 1/2 tsp paprika
- salt and pepper, to taste
- green onions

Tips

Serve the dish with spaghetti, for example, spooning cream sauce over the top. Garnish with green onions.

Nutritional Information (per serving)

350 calories, 30g protein, 7g carbohydrates, 22g fat, 2g fiber, 90mg cholesterol, 400mg sodium, 450mg potassium

Chicken Stew with Vegetables



Prep Time: 10 min



Cook Time: 40 min



Serves: 6

Ingredients

- 4 boneless, skinless chicken thighs, cut into chunks
- 2 tbsp olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 1 zucchini, sliced
- 3 potatoes, diced
- 1 eggplant, sliced
- 1 can (14 oz) diced tomatoes
- 1/2 cup chicken broth
- 1 tsp dried oregano
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- salt and pepper, to taste
- fresh parsley (for garnish)



Directions

Heat olive oil in a large pot over medium heat. Sear chicken chunks for 3–4 minutes, until golden. Remove and set aside.

In the same pot, fry onion and garlic until softened, about 3 minutes. Add potatoes, bell pepper, zucchini, and eggplant, and cook for another 5 minutes.

Stir in diced tomatoes, chicken broth, oregano, smoked paprika, cumin, salt, and pepper. Return the chicken to the pot and stir. Reduce heat to low, cover, and simmer for 25–30 minutes, stirring occasionally.

Ladle the stew into bowls and garnish with fresh parsley.

Nutritional Information (per serving)

280 calories, 22g protein, 18g carbohydrates, 12g fat, 5g fiber, 70mg cholesterol, 480mg sodium, 550mg potassium

Turkey Meatballs with Tzatziki Sauce



Prep Time: 20 min



Cook Time: 25 min



Serves: 4

Directions

In a large bowl, combine ground turkey, breadcrumbs, egg, parsley, garlic, onion, oregano, cumin, paprika, salt, and pepper. Mix well until evenly combined.

Form the mixture into small meatballs (about 1 inch in diameter).

Heat olive oil in a large skillet over medium heat. Add meatballs in batches and cook for 10–12 minutes, turning occasionally, until browned on all sides.

Tips

Serve the meatballs with any light salad and Tzatziki Sauce. The recipe is in the book, in the “Sauces” section.

Nutritional Information (per serving)

260 calories, 28g protein, 6g carbohydrates, 12g fat, 1g fiber, 80mg cholesterol, 320mg sodium, 350mg potassium

Ingredients

- 1 lb (450g) ground turkey
- 1/4 cup breadcrumbs
- 1 egg, beaten
- 1/4 cup fresh parsley, chopped
- 1 clove garlic, minced
- 1 small onion, finely grated or finely chopped
- 1 tsp dried oregano
- 1/2 tsp ground cumin
- 1/2 tsp paprika
- salt and pepper, to taste
- 2 tbsp olive oil (for frying)

Chicken in Sauce with Quinoa & Broccoli



Prep Time: 15 min



Cook Time: 25 min



Serves: 4

Ingredients

- 1 lb (450g) chicken breast, cut into chunks
- 2 cups small broccoli florets
- 1 bell pepper, sliced
- 1 cup quinoa, rinsed
- 2 cups water
- 2 tablespoons olive oil
- fresh parsley or green onion (optional)

For the sauce:

- 4 tablespoons olive oil
- 1/4 cup soy sauce
- 2 tablespoons honey
- 2 tablespoons lemon juice
- 1 clove garlic, minced
- 1 teaspoon dried oregano
- salt and pepper to taste



Directions

Bring water to a boil, lightly salt, and add quinoa. Immediately reduce the heat to low, cover, and simmer for 15-20 minutes until all the liquid is absorbed. Remove from heat.

In a bowl, mix soy sauce, honey, 2 tbsp olive oil, lemon juice, garlic, oregano, salt, and pepper. Add the chicken chunks and let them marinate for 10 minutes.

In a large skillet, heat olive oil over medium heat. Add broccoli and bell peppers, sautéing for about 5-7 minutes. Remove the vegetables from the skillet and set aside.

In the same skillet, add the marinated chicken with the marinade. Cook over medium-high heat for about 10-12 minutes, stirring occasionally, until the chicken is cooked.

Then return the vegetables to the skillet. Stir everything together and cook for an additional 2-3 minutes.

Fluff the quinoa with a fork and divide it among plates. Top with the chicken and vegetable mixture.

Garnish with fresh parsley or green onion if desired.

Nutritional Information (per serving)

320 calories, 28g protein, 34g carbohydrates, 8g fat, 5g fiber, 70mg cholesterol, 720mg sodium, 450mg potassium

Greek Moussaka



Prep Time: 30 min



Cook Time: 35 min



Serves: 6

Directions

Preheat the oven to 400°F (200°C).

Arrange the eggplants on a baking sheet, brush with 2 tablespoons of olive oil, and sprinkle with salt. Roast for about 10-15 minutes.

In a large skillet, heat 2 tablespoons of olive oil over medium heat. Add the chopped onion and garlic. Add the ground meat, cooking until browned.

Stir in crushed tomatoes, tomato paste, oregano, cinnamon, salt, and pepper. Let simmer for about 15 minutes.

In a baking dish, layer half the roasted eggplant on the bottom. Spread the meat sauce over the eggplant. Put another layer of eggplant slices. Pour the Béchamel sauce, spreading it evenly. Sprinkle with grated Parmesan cheese.

Reduce the oven temperature to 350°F (175°C) and bake for 30-35 minutes, until the top is golden and bubbly.

Remove from the oven and let it cool for about 10-15 minutes before slicing. Garnish with fresh parsley.

Ingredients

- 3 large eggplants, peeled and cut into circles
- 1 lb (450g) ground beef (or pork + beef)
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 can (14 oz) crushed tomatoes
- 1 tablespoon tomato paste
- 1 teaspoon dried oregano
- 1/2 teaspoon cinnamon
- Salt and pepper to taste
- 4 tablespoons olive oil
- 1 cup Béchamel sauce (store-bought)
- 1/2 cup grated Parmesan cheese
- fresh parsley for garnish (optional)

Nutritional Information (per serving)

380 calories, 24g protein, 30g carbohydrates, 22g fat, 4g fiber, 60mg cholesterol, 600mg sodium, 500mg potassium

Pork Tenderloin in Honey-Mustard Glaze



Prep Time: 10 min



Cook Time: 50 min



Serves: 4-6

Ingredients

- 1.5 pounds (700g) pork tenderloin
- 3 tablespoons honey
- 3 tablespoons Dijon mustard
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- salt and pepper to taste
- fresh parsley, chopped (for garnish)



Directions

Preheat your oven to 400°F (200°C).

In a small bowl, whisk together honey, Dijon mustard, olive oil, minced garlic, oregano, thyme, salt, and pepper until well combined.

Rub the pork tenderloin with salt and pepper, then place it in a baking dish, lined with foil. Pour the honey-mustard glaze over the pork. Wrap the meat tightly in foil on top and place in the oven. Bake in the preheated oven for 30 minutes.

Then open the foil on top and bake for another 15-20 minutes, until browned. Baste with the glaze halfway through cooking. Remove from the oven and let the tenderloin rest for about 5 minutes before slicing.

Garnish with fresh parsley and serve, with rice, bulgur, or fresh vegetables.

Nutritional Information (per serving)

290 calories, 30g protein, 10g carbohydrates, 14g fat, 0g fiber, 70mg cholesterol, 400mg sodium, 450mg potassium

Chicken Breast with Cranberries and Brie



Prep Time: 15 min



Cook Time: 20 min



Serves: 4

Directions

Preheat your oven to 375°F (190°C).

Using a sharp knife, cut a pocket into the side of each chicken breast without slicing through completely.

Stuff each pocket with slices of Brie cheese and dried cranberries. Secure with toothpicks if needed.

Drizzle the stuffed chicken breasts with olive oil and season with thyme, salt, and pepper.

Heat an oven-safe skillet over medium heat and sear the chicken for 3 minutes on each side until golden brown.

Drizzle honey over the chicken and pour in chicken broth. Put the skillet in the preheated oven.

Bake for 18-20 minutes. Remove the chicken from the skillet and let rest for 5 minutes.

Ingredients

- 4 boneless, skinless chicken breasts
- 4 oz (120 g) Brie cheese, sliced
- 1/2 cup dried cranberries
- 2 tbsp honey
- 2 tbsp olive oil
- 1 tsp dried thyme
- salt and pepper to taste
- 1/3 cup chicken broth (optional)
- basil

Tips

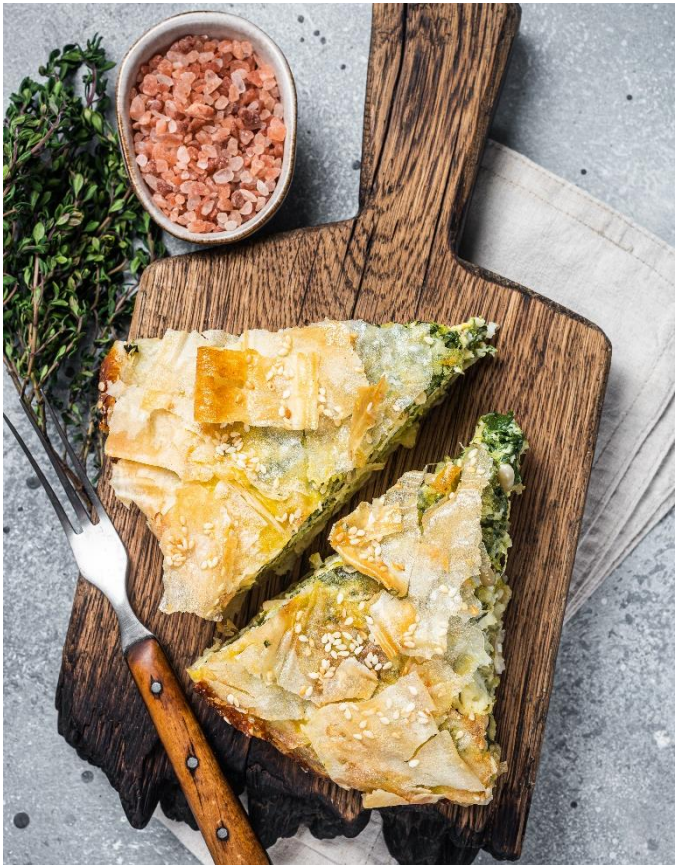
Garnish with basil, if desired. Serve with fresh vegetables.

Nutritional Information (per serving)

315 calories, 29g protein, 11g carbohydrates, 16g fat, 1g fiber, 88mg cholesterol, 310mg sodium, 210mg potassium

6

Pasta & Rice



Pasta with Shrimp, Champignons, and Pesto



Prep Time: 10 min



Cook Time: 20 min



Serves: 4-5

Directions

Bring a large pot of salted water to a boil. Cook the pasta according to package instructions until al dente. Reserve 1/4 cup of pasta water, then drain the rest.

Heat 1 tbsp olive oil in a large skillet over medium-high heat. Add shrimp, season with salt, pepper, and red pepper flakes, and fry for 3 minutes per side until pink. Remove from skillet and set aside.

In the same skillet, add the remaining olive oil and fry the mushrooms for 5 minutes until browned. Add garlic and cook for 1 more minute.

Lower the heat to medium. Add the cooked pasta, shrimp, pesto, and reserved pasta water. Mix well. Cook for a couple of minutes and remove from heat.

Sprinkle in the Parmesan cheese and toss until melted.

Ingredients

- 12 oz (340 g) pasta (spaghetti, linguine, or penne)
- 1 lb (450 g) large shrimp, peeled and deveined
- 8 oz (225 g) champignons, sliced
- 1/3 cup pesto
- 1/4 cup grated Parmesan cheese (plus extra for garnish)
- 2 tbsp olive oil
- 2 garlic cloves, minced
- 1/2 tsp red pepper flakes (optional)
- salt and pepper to taste
- fresh basil

Tips

Plate the pasta and garnish with extra Parmesan cheese and fresh basil.

Nutritional Information (per serving)

485 calories, 30g protein, 45g carbohydrates, 18g fat, 2g fiber, 150mg cholesterol, 420mg sodium, 320mg potassium

Couscous with Raisins, Walnuts & Chicken



Prep Time: 15 min



Cook Time: 20 min



Serves: 4

Ingredients

For the couscous:

- 1 cup couscous
- 1 1/2 cups chicken broth
- 1/4 cup golden raisins
- 1/4 cup walnuts, chopped
- 2 tbsp olive oil
- 1 tsp ground cinnamon
- 1/2 tsp ground cumin
- salt and pepper to taste

For the chicken:

- 2 medium chicken breasts, chopped
- 1 tbsp olive oil
- 1 tbsp honey
- 1 tbsp soy sauce
- 1/2 tsp smoked paprika
- 1/2 tsp ground coriander
- 1/2 tsp salt
- 1/2 tsp black pepper

fresh herbs (for garnish)



Directions

Heat 1 tbsp olive oil in a skillet over medium heat.

Season chicken breasts with smoked paprika, coriander, honey, soy sauce, salt, and pepper. Add chicken to the skillet and cook for 6–8 minutes until fully cooked and golden brown. Remove and set aside.

In a medium saucepan, bring chicken broth to a boil. Stir in cinnamon, cumin, salt, and pepper. Add couscous and golden raisins. Cover, remove from heat, and allow the dish to infuse for 5-7 minutes. Fluff the couscous with a fork, drizzle with 2 tbsp olive oil, and stir in walnuts.

Transfer couscous to a serving bowl.

Top with cooked chicken.

Garnish with herbs.

Nutritional Information (per serving)

410 calories, 30g protein, 34g carbohydrates, 17g fat, 3g fiber, 65mg cholesterol, 270mg sodium, 410mg potassium

Spinach Shrimp Risotto



Prep Time: 10 min



Cook Time: 30 min



Serves: 4

Directions

In a saucepan, heat the vegetable or seafood broth over low heat to keep it warm.

In a large skillet, heat olive oil over medium heat. Add chopped onion and garlic, cook 3-4 minutes. Add the rice to the skillet and stir for 1-2 minutes.

Pour in the white wine and stir for a couple of minutes.

Add the warm broth, one ladle at a time, stirring frequently. Wait until the liquid is absorbed before adding more. Continue this process for about 18-20 minutes, or until the rice is creamy.

In the last 5 minutes of cooking, stir in the dried tomatoes and shrimp. Cook until the shrimp are pink and cooked through.

Once the risotto is creamy and the shrimp are cooked, stir in the spinach, and season with salt and pepper. Mix in the grated Parmesan cheese for extra creaminess.

Divide the risotto among bowls and garnish with basil if desired. Enjoy!

Nutritional Information (per serving)

400 calories, 25g protein, 50g carbohydrates, 10g fat, 3g fiber, 200mg cholesterol, 600mg sodium, 450mg potassium

Ingredients

- 1 cup Arborio rice
- 4 cups vegetable or seafood broth
- 1 cup dried tomatoes, chopped
- 1 pound (450g) shrimp, peeled and deveined
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup dry white wine
- 2 tablespoons olive oil
- 1/4 cup fresh spinach
- salt and pepper to taste
- 1/2 cup grated Parmesan cheese

Pasta with Feta and Cherry Tomatoes



Prep Time: 10 min



Cook Time: 25 min



Serves: 4

Ingredients

- 12 oz (350g) penne or fusilli pasta
- 2 cups cherry tomatoes
- 1 block (8 oz) feta cheese
- 3 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1/2 tsp red pepper flakes (optional)
- 1/4 cup grated Parmesan cheese
- salt and pepper to taste
- 2 tbsp fresh basil (for garnish)



Directions

Preheat the oven to 400°F (200°C).

In a large ovenproof dish, add cherry tomatoes, garlic, olive oil, oregano, red pepper flakes, salt, and pepper.

Place the feta cheese in the center of the dish and drizzle with a little olive oil.

Bake for 20 minutes until the feta is slightly golden.

While the feta and tomatoes bake, cook pasta in a large pot according to package instructions.

Remove the baking dish from the oven.

Use a fork to mash the feta and tomatoes, creating a creamy sauce.

Add the cooked pasta and mix well.

Divide the pasta into bowls and garnish with fresh basil, if desired.

Nutritional Information (per serving)

470 calories, 15g protein, 55g carbohydrates, 20g fat, 3g fiber, 35mg cholesterol, 470mg sodium, 320mg potassium

Greek Spanakopita Cake



Prep Time: 20 min



Cook Time: 35 min



Serves: 6

Directions

Preheat the oven to 375°F (190°C).

Heat olive oil in a skillet over medium heat. Fry onions and garlic about 3–4 minutes.

In a large bowl, combine spinach, feta, ricotta, eggs, nutmeg, sautéed onions, garlic, salt, and pepper. Mix until well blended.

Brush an ovenproof mold with melted butter. Layer 4 sheets of filo pastry, brushing each with butter and letting the edges overhang.

Spread the spinach filling evenly over the filo pastry.

Fold the overhanging edges over the filling.

Top with the remaining 4 sheets of filo pastry, buttering each layer. Tuck the edges into the pan.

Bake for 35 minutes or until the filo pastry is golden and crisp.

Let the spanakopita cool for 5 minutes before slicing.

Serve warm.

Ingredients

- 16 oz (450g) spinach
- 1 cup crumbled feta cheese
- 1/2 cup ricotta cheese
- 2 large eggs, lightly beaten
- 2 cloves garlic, minced
- 1 small onion, finely chopped
- 2 tbsp olive oil
- 1/2 tsp ground nutmeg
- salt and pepper to taste
- 8 sheets of filo pastry, thawed
- 1/2 cup butter, melted

Nutritional Information (per serving)

310 calories, 9g protein, 22g carbohydrates, 22g fat, 3g fiber, 70mg cholesterol, 440mg sodium, 310mg potassium

Stuffed Peppers with Turkey, Rice & Feta



Prep Time: 20 min



Cook Time: 40 min



Serves: 4

Ingredients

- 4 large bell peppers
- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 pound (450g) ground turkey
- 1 teaspoon dried oregano
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon crushed red pepper flakes (optional)
- 1 cup cooked rice (white or brown)
- 1/2 cup crumbled feta cheese
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh dill
- salt and black pepper (to taste)
- 1 cup canned tomato sauce



Directions

Preheat oven to 375°F (190°C).

Cut off the tops of the bell peppers and remove seeds, and membranes (keep the tops). Set aside.

Heat olive oil in a large skillet over medium heat.

Add onion and garlic, fry for 3–4 minutes.

Add ground turkey and cook for about 5–6 minutes.

Stir in oregano, smoked paprika, and red pepper flakes.

Mix in cooked rice, feta cheese, parsley, dill, 1/2 cup tomato sauce, salt, and black pepper. Stir to combine and remove from heat.

Fill each bell pepper with the turkey and rice mixture. Arrange them in a baking dish.

Pour the remaining 1/2 cup of tomato sauce over the peppers.

Cover the peppers with the tops, and then the dish with foil.

Bake in the preheated oven for 30 minutes. Remove foil and bake for 10 minutes, until the peppers are tender and slightly browned.

Garnish with additional parsley or feta if desired, and serve warm.

Nutritional Information (per serving)

290 calories, 23g protein, 22g carbohydrates, 10g fat, 3g fiber
65mg cholesterol, 520mg sodium, 450mg potassium

Mushroom Risotto



Prep Time: 10 min



Cook Time: 35 min



Serves: 4

Directions

Heat olive oil and butter in a large skillet over medium heat. Add onion and fry for 3–4 minutes. Stir in garlic and cook for 1 minute.

Add rice and stir for 2–3 minutes to toast the grains.

Pour in the white wine, stirring constantly until mostly absorbed.

Add 1/2 cup of warm stock to the rice, stirring frequently. Once absorbed, add 1/2 cup of stock at a time, stirring often, until the rice is creamy, for about 20–25 minutes.

In a separate skillet, heat a small amount of olive oil over medium heat. Add mushrooms and thyme and cook until mushrooms are golden, 5–6 minutes. Add a pinch of salt and pepper.

Stir the cooked mushrooms into the risotto. Add feta cheese, Parmesan, and parsley. Mix well.

Divide into bowls, garnish with Parmesan cheese, and serve immediately.

Nutritional Information (per serving)

320 calories, 9g protein, 40g carbohydrates, 10g fat, 2g fiber, 15mg cholesterol, 480mg sodium, 250mg potassium

Ingredients

- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 1/2 cups Arborio rice
- 1/2 cup dry white wine
- 4 cups vegetable or chicken stock (warm)
- 8 ounces (250g) button mushrooms, sliced
- 1/2 teaspoon dried thyme
- 1/2 cup crumbled feta cheese
- 1/4 cup grated Parmesan cheese
- salt and black pepper to taste

7

Desserts



Blueberry cookies



Prep Time: 10 min



Cook Time: 10 min



Serves: 4-6

Directions

Preheat your oven to 360°F (180°C).
Line a baking tray with parchment paper.

In a large bowl, combine almond flour, coconut flour, baking powder, baking soda, and salt. Stir to combine.

In another bowl, combine the melted coconut oil, honey, egg, and vanilla extract. Whisk until smooth.

Combine wet ingredients with dry ingredients and mix until dough is smooth.

Gently add the blueberries to the batter.

Place portions of dough on a prepared baking tray.
Bake for 10-12 minutes in the oven.

Tips

Allow to cool before enjoying the delicious cookies.
If desired, the berries can be replaced with raisins.

Nutritional Information (per batch)

1130 calories, 23g protein, 132g carbohydrates, 78g fat,
16g fiber, 186mg cholesterol, 1.5mg sodium, 263 mg potassium

Ingredients

- 1 cup almond flour
- 1/4 cup coconut flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup melted coconut oil
- 1/4 cup honey
- 1 egg
- 1 teaspoon vanilla extract
- 1 cup blueberries

Banana-Nut Muffins



Cook Time: 30 min



Serves: 6



Ingredients

- 2 ripe bananas, mashed, 1/2 cup Greek yogurt, 1 egg
- 1/4 cup honey, 1 tsp vanilla extract
- 1/4 cup vegetable oil, 1/2 cup rolled oats
- 1 cup flour (oatmeal, wheat), 1/2 cup walnuts, chopped
- 1 teaspoon baking powder, 1/4 tsp salt
- 1/2 tsp baking soda, 1/2 tsp cinnamon

Directions

Preheat your oven to 350°F (175°C) and line a muffin tin with paper liners. In a bowl, beat a mix of egg, mashed bananas, Greek yogurt, honey, vegetable oil, and vanilla extract. Add flour, rolled oats, baking powder, baking soda, salt, cinnamon, and walnuts. Divide the batter among the cups, filling each about 2/3 full.

Bake for 18-20 min.

Nutritional Information (per serving)

180 calories, 5g protein, 25g carbohydrates, 7g fat, 2g fiber, 25mg cholesterol, 80mg sodium, 200mg potassium

Baked Pears with Cheese, Walnuts & Honey



Cook Time: 35



Serves: 4



Ingredients

- 2 large ripe pears
- 1/3 cup crumbled blue cheese
- 1/4 cup chopped walnuts
- 2 tablespoons honey
- 1 teaspoon fresh thyme leaves (optional)

Directions

Halve the pears lengthwise and scoop out the cores using a small spoon to create a small cavity. Arrange the pear halves, cut side up, in a baking dish. Put the blue cheese and walnuts evenly among the pear cavities. Drizzle honey over the pears and sprinkle with thyme leaves if desired. Bake for 20-25 minutes 375°F (190°C).

Nutritional Information (per serving)

190 calories, 4g protein, 23 carbohydrates, 9g fat, 3g fiber, 8mg cholesterol, 120 mg sodium, 180 mg potassium

Panna Cotta with Berry Sauce



Prep Time: 10 min



Cook Time: 5 min



Serves: 4

Ingredients

For the Panna Cotta:

- 1 cup heavy cream
- 1 cup plain Greek yogurt
- 1/4 cup honey
- 1 teaspoon vanilla extract
- 1 teaspoon powdered gelatin
- 2 tablespoons water

For the Berry Sauce:

- 1 cup mixed berries (strawberries, raspberries, blueberries)
- 2 tablespoons honey
- 1 teaspoon lemon juice

Notes

You'll need time to cool down for at least 4 hours.



Directions

In a small bowl, combine gelatin and water. Let it sit for 5 minutes.

In a saucepan, heat the heavy cream over medium heat until it begins to steam (do not boil). Stir in the honey and gelatin until fully dissolved. Remove from heat.

Add the Greek yogurt and vanilla extract and stir until smooth.

Pour the mixture into serving glasses. Refrigerate for at least 4 hours, until set.

In a small saucepan, combine mixed berries, honey, and lemon juice. Cook over medium heat for 5-7 minutes, until the berries break into a sauce. Let cool.

Once the panna cotta is set, spoon the berry sauce over the top and garnish with mint. Serve chilled.

Tips

You can serve panna cotta with granola.

The recipe is in the book, in the "Breakfast" section.

Nutritional Information (per serving)

220 calories, 5g protein, 20g carbohydrates, 14g fat, 1g fiber, 50mg cholesterol, 30mg sodium, 110mg potassium

Tiramisu



Prep Time: 15 min



Cook Time: 0 min



Serves: 4

Directions

In a bowl, whisk together Greek yogurt, mascarpone cheese, honey, and vanilla extract until smooth.

In a shallow dish, mix the cooled espresso with coffee liqueur (if using).

Quickly dip each ladyfinger into the espresso mixture, ensuring they are moistened but not soggy.

Arrange half of the dipped ladyfingers in a single layer at the bottom of individual cups.

Spread half of the yogurt-mascarpone mixture over the ladyfingers.

Repeat with another layer of dipped ladyfingers and the remaining yogurt-mascarpone mixture.

Sprinkle cocoa powder or grated dark chocolate on top and garnish with mint.

Ingredients

- 1 cup Greek yogurt
- 1/4 cup mascarpone cheese
- 4 tablespoons honey
- 1/2 teaspoon vanilla extract
- 1/4 cup strong brewed espresso (cooled)
- 1 tablespoon coffee liqueur (optional)
- 8 ladyfinger cookies
- 1 tablespoon cocoa powder
- 1/4 cup grated dark chocolate
- mint (for decoration)

Notes

Cover with clingfilm and refrigerate for at least 4 hours (or overnight).

Serve chilled and enjoy!

Nutritional Information (per serving)

220 calories, 7g protein, 26g carbohydrates, 10g fat, 2g fiber, 20mg cholesterol, 75mg sodium, 120 mg potassium

Pastry Puffs with Pear & Camembert



Prep Time: 10 min



Cook Time: 20 min



Serves: 4

Ingredients

- 1 sheet puff pastry, thawed
- 1 ripe pear, cored and sliced
- 4 ounces Camembert cheese, sliced
- 1/4 cup walnuts, chopped
- 2 tablespoons honey
- 1 egg, beaten
- 1/2 teaspoon cinnamon



Directions

Preheat your oven to 360°F (180°C) and line a baking sheet with parchment paper.

Roll out the puff pastry on a lightly floured surface and cut it into 4 squares. Place a few slices of pear in the center of each pastry square, and leave the edges unstuffed. Add slices of Camembert, a sprinkle of chopped walnuts, and a drizzle of honey. Sprinkle with cinnamon.

Brush the edges with beaten egg to give a golden color.

Place the pastry puffs on the prepared baking sheet and bake for 15-20 minutes or until golden brown.

Remove from the oven and let cool slightly before serving warm.

Nutritional Information (per serving)

290 calories, 7g protein, 28g carbohydrates, 18g fat, 1g fiber, 30mg cholesterol, 150mg sodium, 200mg potassium

Baklava



Prep Time: 30 min



Cook Time: 30 min



Serves: 6

Directions

Preheat the oven to 350°F (175°C). Melt butter and grease a 9x13-inch (23x33 cm) baking dish.

Combine the walnuts, pistachios, sugar, cinnamon, and cloves in a bowl.

Place one sheet of phyllo dough in the baking dish and brush with melted butter. Repeat with 8 sheets, brushing butter between each.

Sprinkle 1/2 of the nut mixture evenly. Add another 8 layers of phyllo, buttering each, then another 1/2 of the filling. Do the same thing again, there should be dough at the end.

Using a sharp knife, cut the assembled baklava into diamonds or squares. Place a walnut half on each square.

Bake for 25–30 minutes or until golden brown and crisp.

Prepare the syrup: In a saucepan, combine honey, water, and lemon juice. Bring to a boil, then reduce heat and simmer for 10 minutes.

Remove the baklava from the oven and immediately pour the hot syrup evenly over the top. Let it cool completely before serving.

Nutritional Information (per serving)

450 calories, 6g protein, 45g carbohydrates, 28g fat, 2g fiber, 30mg cholesterol, 125mg sodium, 130mg potassium

Ingredients

- 1 package (16 oz) phyllo dough, thawed
- 1 1/2 cups walnuts, finely chopped
- 1 1/2 cups pistachios, finely chopped
- 1/2 cup sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1 cup butter, melted
- walnuts (for decoration)

For the syrup:

- 1 cup honey
- 1/2 cup water
- 1/4 cup fresh lemon juice

Baked Apples with Walnuts & Raisins



Prep Time: 10 min



Cook Time: 30 min



Serves: 4

Ingredients

- 4 medium apples
- 1/2 cup walnuts, finely chopped
- 1/4 cup raisins
- 2 tablespoons honey
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup water



Directions

Preheat the oven to 375°F (190°C).
Grease a baking dish with butter or oil.

Carefully remove the cores of the apples, don't touch the bottom.
In a bowl, mix the chopped walnuts, raisins, honey, cinnamon, and nutmeg.

Divide the filling evenly among the apples, pressing it gently into each center.

Place the apples in the baking dish and pour water into the dish around them. Cover with foil and bake for 20 minutes. Remove the foil and bake for 10-15 minutes or until the apples are golden.

Let the apples cool slightly before serving.
Drizzle with honey if desired.

Nutritional Information (per serving)

200 calories, 2g protein, 33g carbohydrates, 8g fat, 4g fiber,
0mg cholesterol, 10mg sodium, 180mg potassium



Conclusion

Thank you for choosing "Simple & Easy Mediterranean Diet Cookbook for Beginners"
as your guide to a healthier lifestyle.

By exploring the vibrant and flavorful world of Mediterranean cuisine,
not only are you improving your cooking skills, but you're also investing in your well-being.
You've taken an important step toward embracing a lifestyle that celebrates delicious food and vibrant health.

I hope this book becomes a trusted companion in your kitchen.

Happy cooking!

Savor the flavors, the health benefits, and the joy of cooking!

Now that you have the knowledge you need, put it into practice.

If you enjoyed this book, please leave a review on Amazon.

Experiment, be inspired, and enjoy!

This book is written with love, especially for you.

Warm regards,
Eva Dimay