

# mediterranean recipes

GOOD-FOR-YOU  
**BABA GHANOUSH**  
FLATBREAD  
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100 Ways to Eat  
**FRESH & HEALTHY!**

So Many Reasons to Love  
**OLIVE OIL**  
P. 9

Homemade  
**SOUVLAKIA & FALAFEL**

**PASTAS**  
That Won't Weigh You Down  
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Homes  
and Gardens**



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This seal assures you that every recipe in this issue of *Mediterranean Recipes*™ magazine has been tested in the Better Homes and Gardens® Test Kitchen. This means each recipe is practical and reliable, and meets our high standards of taste appeal.





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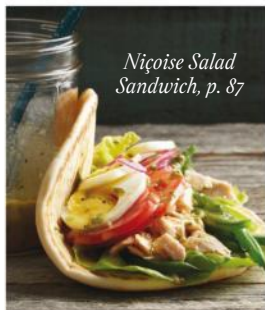
# FROM THE EDITOR

**MEDITERRANEAN EATING** is a way of life. There's no doubt it's a healthful way of life—what with all that olive oil, omega-3-loaded fish, balanced carbs, and plentiful veggies. But it's also all about *enjoying* life through food—making the time to prep your meals from scratch and break bread with those you love most (maybe even with a glass of wine!). In the regions surrounding the Mediterranean Sea, food isn't about speed and convenience. No—here food is life. And the people love it.

So with that thought in mind, we'll show you how to fall in love with food that makes your body happy and healthy (although this is not a publication about diet and weight loss, so portion sizes are key if you're looking to trim down). The bottom line is this: Fresh, whole foods are the best fuel for your body. And when you prepare them like they do in the Mediterranean, you'll get the best of both worlds—healthful and delicious.



JESSICA CHRISTENSEN, EDITOR



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## I ♥ THESE

*Truth be told, I love all the recipes in this magazine. But here are the ones I keep making at home.*



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# THE POWER OF *PURPLE*

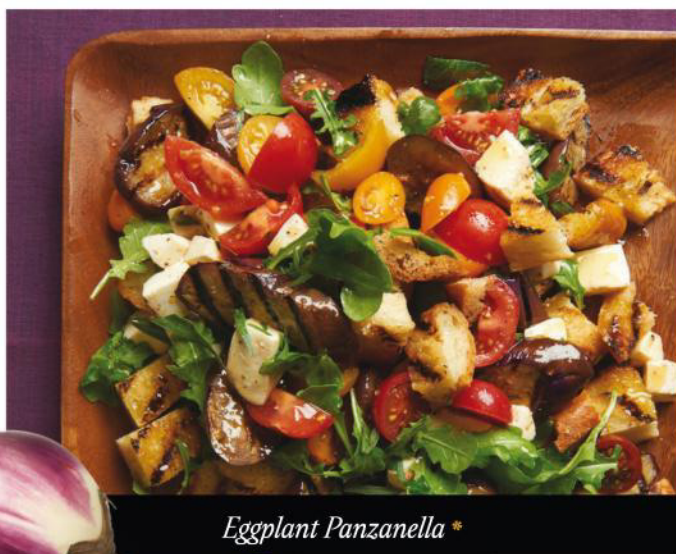
BIG, BEAUTIFUL EGGPLANTS GET A SPOTLIGHT PAGE JUST FOR THEMSELVES BECAUSE OF THE LEADING ROLE THEY PLAY IN MEDITERRANEAN CUISINE.



*Roasted Eggplant and Red Pepper Spread \**



*Thai Eggplant with Basil and Tomatoes \**



*Eggplant Panzanella \**



*Mediterranean Eggplant Dip \**



## HELLO, EGGPLANT

**FUN FACTS** An eggplant is actually the berry (yes, it's technically a fruit!) of a mother plant. It comes in a variety of sizes, shapes, and colors, though the glossy, dark purple, pear-shape fruit is the most common. The long, skinny Japanese eggplant is becoming more available, and there are fun varieties at farmers and specialty markets. Or grow your own from seed or starters in the garden. Just remember: Eggplants are very perishable and get bitter with age. When buying, look for firm flesh and smooth skin.

\*Get the bonus 5-star recipes, above, at [BHG.com/MedEggplantStars](http://BHG.com/MedEggplantStars)

\*Learn everything about cooking with eggplant at [BHG.com/MedEggplant](http://BHG.com/MedEggplant)



(l to r)  
Sarah Brekke,  
Sammy Mila,  
Kelsey Bulat



# COME IN! THIS IS OUR TEST KITCHEN

## THE BONES

# 8

NUMBER OF  
GALLEY  
KITCHENS  
IN OUR TEST  
KITCHEN

Each is about the size of many NYC apartment kitchens. You won't find fancy gadgets or restaurant-style ovens; we test with appliances and tools the average home cook might use. We do, however, have one awesome chandelier that hangs above our sharing table (aka the trough).

**Q:** Do you go home and cook supper every night?  
(THE #1 QUESTION ASKED OF OUR CULINARY PROFESSIONALS)

**A:** Yes, absolutely. Our culinary specialists are home cooks at heart—like you. So at the end of their day they often step right back into their kitchens at home!

# 84

YEARS OF  
ON-STAFF  
COOKING  
EXPERIENCE

*We fail in our  
kitchen so you have  
success in yours!*



Lynn Blanchard,  
Test Kitchen  
Director

Food Science  
+  
Culinary Arts  
+  
Consumer  
Science  
+  
Dietetics  
=

VARIETY OF  
COLLEGE  
DEGREES  
OUR TEST  
KITCHEN  
STAFF HOLDS



5  
a Day

AVERAGE NUMBER  
OF RECIPES EACH  
CULINARY  
PROFESSIONAL  
TESTS DAILY

Sarah Brekke



Carla Christian



## THE SUPPORT SQUAD

### KITCHEN HELPERS

The Test Kitchen wouldn't function as efficiently without our kitchen helpers. They move through the galley kitchens wrangling dirty dishes, loading dishwashers, and working to keep things as orderly as possible as the testers are cooking away.

### A SHOPPER

The only way we can test so many recipes each day is with the help of a very key person: the shopper! She makes one enormous shopping list daily for the next day's testing, then heads out to shop major grocery stores and specialty markets.



**THE SEAL:** The Test Kitchen seal assures you that every recipe tested in the Better Homes and Gardens® Test Kitchen is practical and reliable, and meets our high standards of taste appeal.

NO ONE PERSON IS THE BOSS OF A RECIPE!  
WE GATHER EDITORS  
AND TEST KITCHEN FOLKS  
AROUND A TABLE OR STAND  
AT A KITCHEN SINK TO CHEW  
ON THINGS, LITERALLY.  
FLAVOR, DIFFICULTY,  
INGREDIENTS: THEY'RE ALL  
UP FOR DISCUSSION!

## BY THE NUMBERS

4,500

NUMBER OF RECIPES TESTED  
IN THE KITCHEN EACH YEAR

1,000

CUPS OF FLOUR

480

CUPS OF SUGAR

288

DOZEN EGGS

240

CUPS OF MILK

480

POUNDS OF BUTTER

144

POUNDS OF ONIONS

50

WOODEN SPOONS

12

JARS OF CINNAMON

## RECIPE TESTING BASICS

### MEASURING FLOUR

*The way you measure flour can really make a difference!*  
So we're all on the same page: Stir the flour in the container to lighten, then spoon it into a measuring cup, and then level the measure.

**EGGS:** We test with large eggs  
1 large egg = 3¼ Tbsp.

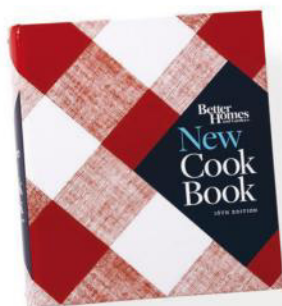
**MILK:** We test with 2-percent milk unless otherwise written.

**VEGETABLE OIL:** If the recipe calls for vegetable oil, we test with neutral oils, such as canola oil or corn oil, unless otherwise written.

**BUTTER:** We use and love butter! If you need to use margarine, that's OK for cooking but butter bakes best!

two

Number of registered dietitians on staff



## THE RED PLAID COOKBOOK

Part of our cooking legacy at Better Homes and Gardens is the famed Red Plaid *New Cook Book* (currently in its 16th edition). This book is at the heart of everything we do in the Test Kitchen. Every new kitchen discovery we make is added to this book. Every new flavor and twist on the classics land in these pages.

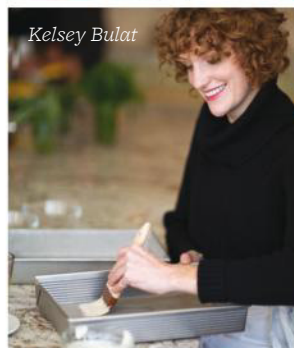
Colleen Weeden



Juli Hale



Kelsey Bulat



# FROM THE MARKET

HEADED TO THE STORE? BEFORE YOU STOCK UP, LEARN ABOUT THE OPTIONS AVAILABLE IN TWO OF OUR FAVORITE MEDITERRANEAN INGREDIENT CATEGORIES.



**1. PARMIGIANO-REGGIANO** This supreme Parmesan cheese is aged for 2 months. Grate the wedge of hard cheese over any dish for an indulgent flavor boost.

**2. HALLOUMI** The unique texture and consistency of this cheese (some say it's rubbery) keeps it from melting when grilled, baked, or seared.

**3. RICOTTA SALATA** While ricotta cheese is soft in texture, ricotta salata is firm and crumbly. It's made from salted, pressed ricotta that is aged for months to get the right texture.

**4. RICOTTA** Soft, slightly grainy Italian ricotta is a fresh milk cheese made from reheated leftover whey that is then strained.

**5. GOAT'S MILK** Also called chèvre (French for goat), this pleasingly tangy cheese is made from goat milk. Some are 100 percent goat milk, while others are a mixture of goat and cow milk. The texture of this cheese can vary from semifirm to soft and spreadable.

**6. FETA** As the quintessential Greek cheese of choice, cured and brined feta is one of the oldest known varieties of cheese still made today. True traditional Greek feta is made from sheep and sometimes goat milk, but similarly styled cheeses made in other countries often use cow milk. Because of the way it is processed and stored, it's called a pickled cheese and has a bright, tangy flavor.

**7. PECORINO** This sheep milk cheese comes in many varieties and textures. It can be used in place of Parmesan cheese in many cases, offering a more pronounced flavor.

## CHEESES

No doubt about it: Cheese is a good thing. Stock up on a few of these Mediterranean types—representing countries from Southern Europe to the Middle Eastern Levant—to grate or crumble over flatbreads, pasta dishes, salads, and veggies.

# OLIVE OIL

*The romance of olive oil is legendary—the color is beautiful, the flavor is rich, and it’s full of healthful monounsaturated fats. Before you grab the first bottle you find at the market, learn the lingo so you can choose the best product for your use.*

## EXTRA VIRGIN OLIVE OIL

Extracted through a cold-press method (without heat or chemicals), extra virgin olive oil is the highest quality olive oil available. It contains the least amount of oleic acid (no more than 1 percent), has a golden to deep greenish color, and offers a rich flavor that often finishes with a slight tingly sensation described as a “burn.” Since the smoke point is lower than other oils, avoid overheating or extended cooking times with extra virgin olive oil. Use it instead for drizzling over finished dishes, breads, or salads.

**OLIVE OIL** Oils that are simply labeled “olive oil” are often a combination of unrefined virgin olive oils and refined olive oils that have had heat or chemicals applied during processing. The oils used for blending may come from different olive-growing countries, including Spain, Italy, Tunisia, and more. This oil tends to have a mild flavor, light color, and higher percentage of oleic acid.

**LIGHT OLIVE OIL** This neutral-flavor, light-color olive oil is made from both refined olive oils and virgin olive oils. While it doesn’t have the flavor of extra virgin olive oil, it is still high in monounsaturated fats. Because of its higher level of processing, it has a higher smoke point, making it a better choice for cooking and baking than extra virgin olive oil.



## STORAGE

Heat, light, and oxygen are the enemies of olive oil. Some olive oils come in tins or dark-color bottles, which protect them from sunlight. Keep your oil tightly sealed in a cool, dark cupboard as far away from the heat of appliances as possible. If it takes you awhile to use up your olive oil, purchase it in smaller bottles or containers. If your oil starts to taste bitter or has an off flavor, it’s time to start fresh.



## LOOK FOR THE REAL DEAL

*Not sure what to pick? Here are some tips on what to look for before you open your wallet.*

### 1. COUNTRY OF ORIGIN

The FDA mandates that olive oil labeling declare the countries in which the olives were grown and where the oil was produced and bottled (1). The label may also note that an oil was packed in a different location than where it originated. Some countries—such as Italy—bottle oils imported from different countries.

**2. DATES** Although not required, many bottles of oil will have harvest dates or “best by” dates to ensure the highest quality (2). For best flavor, the date of harvest/bottling should be within 2 years of the “best by” date.

### 3. SEALS OF CERTIFICATION

Certain seals—such as the Protected Geographical Indication pictured (3)—provide some degree of agricultural and processing integrity on the bottles they adorn.



# CHICKPEA NATION

CHICKPEAS (KNOWN AS *CECI* IN ITALY) ARE HAVING A MOMENT WORLDWIDE, BUT THEY'VE ALWAYS BEEN A STAPLE IN CUPBOARDS AROUND THE MEDITERRANEAN AND MIDDLE EAST (HUMMUS, ANYONE?). WITH A FIRM TEXTURE AND MILD FLAVOR, THEY DELIVER A ONE-TWO PUNCH OF FIBER AND PROTEIN IN SALADS, SOUPS, SIDES, AND SNACKS!



*Chickpea Salad  
(Balilah)*

PAGE 12





*Rosemary Roasted Chickpeas*

## ROSEMARY ROASTED CHICKPEAS

PREP 10 MINUTES

ROAST 40 MINUTES AT 425°F

- 2 15- to 16-oz. cans chickpeas (garbanzo beans), rinsed and well drained
- 3 Tbsp. olive oil
- 1 Tbsp. finely snipped fresh rosemary
- 1 Tbsp. honey
- ½ tsp. kosher salt
- ¼ tsp. cayenne pepper

1. Preheat oven to 425°F. In a 15×10-inch baking pan combine chickpeas and 1 Tbsp. of the oil. Roast 40 minutes or until browned and crisp, stirring every 10 minutes (beans may burst and pop during roasting).

2. Meanwhile, in a small bowl combine the remaining 2 Tbsp. oil and the remaining ingredients. Drizzle over warm beans; toss to coat. Let cool. **Makes 2½ cups.**

**TO STORE** Store roasted chickpeas in an airtight container in the refrigerator up to 3 days or freeze up to 3 months. To serve, preheat oven to 350°F. Roast 10 minutes or until crisp; cool.

PER ¼ CUP 117 cal., 6 g fat (1 g sat. fat), 0 mg chol., 170 mg sodium, 14 g carb., 3 g fiber, 4 g pro.

## CHICKPEA SALAD (BALILAH)

*Pictured on page 11.*

PREP 20 MINUTES STAND 15 MINUTES

- ¼ cup lemon juice
- ¼ cup olive oil
- 2 cloves garlic, minced
- ½ tsp. kosher salt
- ½ tsp. ground cumin
- ¼ tsp. freshly ground black pepper
- 2 15- to 16-oz. cans chickpeas (garbanzo beans), rinsed and drained
- 4 green onions, bias-sliced into 1-inch pieces
- ½ cup chopped fresh Italian parsley
- ½ cup crumbled feta cheese

1. In a large bowl whisk together the first six ingredients (through pepper). Add chickpeas, green onions, and parsley; stir to combine. Let stand at room temperature 15 minutes before serving. Top with cheese. **Makes 6 servings.**

**MAKE AHEAD** Cover and chill the salad up to 4 hours before serving.

PER SERVING 227 cal., 14 g fat (3 g sat. fat), 11 mg chol., 374 mg sodium, 20 g carb., 5 g fiber, 8 g pro.

## ★ MAKE CHICKPEA ★ MERINGUE

*Don't pitch the leftover liquid from your canned chickpeas! Save it to make vegan meringue frosting.*

★ ★ ★ ★ ★



### STEP ONE

Drain one 15- to 16-oz. can chickpeas to separate the liquid from the beans. Measure ¼ cup of the liquid. Discard the remaining liquid or save for another use. (Use the chickpeas for any of these recipes.)



### STEP TWO

Beat the ¼ cup liquid with a mixer on high until soft, white peaks form (tips curl). The consistency of the chickpea liquid is similar to egg whites, but since it is egg-free, it is safe to eat without baking.



### STEP THREE

While beating on high, gradually add ½ cup sugar, 1 Tbsp. at a time, until stiff, glossy peaks form. Beat in 1 tsp. vanilla. Spread onto cake, cupcakes, or cookies.



## CHICKPEA CAULIFLOWER "COUSCOUS"

START TO FINISH 35 MINUTES

- ½ cup snipped dried apricots
- 1 large head cauliflower (about 3 lb.), cut into florets (8 cups)
- 2 Tbsp. butter
- 2 Tbsp. olive oil
- 1 medium onion, halved and thinly sliced
- 2 cloves garlic, minced
- ½ of a 5-oz. pkg. fresh baby spinach, chopped (2½ cups)
- 1 15- to 16-oz. can chickpeas (garbanzo beans), rinsed and drained
- ½ cup roasted pistachios or toasted walnuts, chopped
- ½ tsp. salt
- ½ cup sliced green onions

1. Place the apricots in a small bowl. Cover with boiling water and let stand 10 minutes or until plump; drain well.

2. Meanwhile, place cauliflower in batches in a food processor. Cover and pulse each batch until crumbly and pieces resemble the texture of couscous.

3. In an extra-large skillet heat 1 Tbsp. of the butter and 1 Tbsp. of the olive oil over medium-high heat. Add onion; cook and stir about 3 minutes or until tender and just starting to brown. Add garlic; cook and stir 30 seconds more. Add cauliflower, spreading in an even layer. Cook about 8 minutes or until cauliflower is golden brown, stirring occasionally. Spread in an even layer after stirring.

4. Stir in drained apricots, spinach, chickpeas, pistachios, and salt. Cook and stir until combined. Stir in the remaining 1 Tbsp. butter and the green onions. Toss until butter melts. Transfer to a serving bowl. Drizzle with the remaining 1 Tbsp. olive oil. **Makes 6 servings.**

PER SERVING 259 cal., 15 g fat (4 g sat. fat), 10 mg chol., 403 mg sodium, 28 g carb., 8 g fiber, 9 g pro.



## SOCCA

PREP 25 MINUTES  
STAND 15 MINUTES  
BROIL 8 MINUTES

- 1 cup chickpea (garbanzo bean) flour
- 1 clove garlic, minced
- $\frac{1}{2}$  tsp. kosher salt
- $\frac{1}{2}$  tsp. smoked paprika
- 1 cup water
- 2 Tbsp. plus 2 tsp. olive oil
- $\frac{1}{4}$  cup olive oil
- 1 Tbsp. shredded Parmesan
- 1 Tbsp. Homemade Harissa Paste (p. 45) or purchased harissa paste or  $\frac{1}{2}$  tsp. crushed red pepper
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. fresh cracked black pepper

1. In a medium bowl whisk together the first four ingredients (through paprika). Add the water and 2 Tbsp. of the oil. Whisk until smooth. Let batter stand 15 minutes.
2. Meanwhile, preheat broiler. Add 1 tsp. of the oil to a 10-inch cast-iron or heavy oven-going skillet. Place the skillet in the upper one-third of oven to preheat 5 minutes (bottom of pan should be 5 inches from heat). Holding handle of skillet with hot pads, pour half of the batter (about  $\frac{3}{4}$  cup) into skillet, carefully spreading batter evenly using an offset spatula.
3. Return skillet to oven and broil about 4 minutes or until golden brown and slightly dark brown in some areas. Loosen from skillet with wide spatula and transfer to paper towels. Repeat to make another socca, preheating skillet with another 1 tsp. oil for 1 minute before adding the remaining batter. Serve at room temperature or place socca on a baking sheet and reheat in a 350°F oven 5 minutes. Cut rounds in half or tear into pieces to serve.
4. For dipping sauce, in a small bowl stir together the remaining ingredients. Serve with socca.

**Makes 4 servings.**

PER SERVING 295 cal., 24 g fat (3 g sat. fat), 1 mg chol., 324 mg sodium, 14 g carb., 3 g fiber, 6 g pro.

### A WORD ON SOCCA

Socca—also known as farinata—is an unleavened pancakelike bread made with chickpea flour. It originated in Italy, but has branched out with versions extending as far as France. Look for chickpea flour in the natural food section of grocery stores.



## Chickpea, Leek, and Spinach Soup



### CHICKPEA, LEEK, AND SPINACH SOUP

START TO FINISH 25 MINUTES

- 2 Tbsp. extra virgin olive oil
- 2 medium leeks, white and light green parts only, thinly sliced, washed, and drained
- 2 15- to 16-oz. cans chickpeas (garbanzo beans), rinsed and drained
- 2 cloves garlic, thinly sliced
- 4 cups reduced-sodium vegetable broth or chicken broth
- 1 cup water
- 3 Tbsp. fresh lemon juice
- 2 5-oz. pkg. fresh baby spinach
- 1 Tbsp. fresh thyme, chopped
- Kosher salt
- Freshly ground black pepper

1. In a 4-qt. pot heat oil over medium heat. Add leeks. Cook 5 to 7 minutes or until tender but not browned, stirring occasionally (reduce heat if leeks begin to brown). Stir in chickpeas and garlic. Cook about 2 minutes more, stirring occasionally.

2. Add broth and the water. Bring to boiling; reduce heat. Add lemon juice. Simmer, uncovered, 5 minutes. Gradually stir in spinach and thyme. Cook until spinach is wilted, about 1 minute. Season to taste with kosher salt and pepper. Serve immediately. **Makes 4 servings.**

PER SERVING 265 cal., 10 g fat (1 g sat. fat), 0 mg chol., 856 mg sodium, 33 g carb., 9 g fiber, 13 g pro.

### HARISSA-SAUCED CHICKPEAS

START TO FINISH 40 MINUTES

- 1 Tbsp. olive oil
- $\frac{3}{4}$  cup chopped red sweet pepper
- $\frac{1}{2}$  cup chopped onion
- 2 cloves garlic, minced
- $\frac{1}{4}$  cup Homemade Harissa Paste (p. 45) or purchased harissa paste
- 1 15- to 16-oz. can chickpeas (garbanzo beans), rinsed and drained
- 1 cup reduced-sodium chicken broth
- $\frac{1}{2}$  cup chopped tomato
- Nonstick cooking spray
- 4 eggs
- Salt and black pepper
- Chopped fresh Italian parsley
- Toasted baguette slices\*

1. In a large skillet heat oil over medium heat. Add sweet pepper, onion, and garlic. Cook and stir 6 to 8 minutes or until tender. Stir in harissa paste until combined. Stir in chickpeas, broth, and tomato. Bring

to boiling; reduce heat. Simmer, uncovered, 10 minutes or until desired consistency, stirring occasionally.

2. Coat a large nonstick skillet with cooking spray. Heat over medium heat. Add eggs to skillet. Cook 2 to 3 minutes or until desired doneness, turning eggs once if desired. Season to taste with salt and black pepper.

3. Serve chickpea mixture in shallow bowls; top with eggs and parsley. Serve with baguette slices. **Makes 4 servings.**

**\*TIP** For toasted baguette slices, preheat broiler. Arrange desired number of bread slices on a baking sheet. In a small bowl stir together olive oil and minced garlic. Brush both sides of bread with oil mixture. Broil 3 to 4 inches from the heat 1 to 2 minutes per side or until toasted.

PER SERVING 355 cal., 16 g fat (3 g sat. fat), 186 mg chol., 616 mg sodium, 38 g carb., 6 g fiber, 15 g pro.



Harissa-Sauced  
Chickpeas

# HUMMUS

## 6 WAYS

### HUMMUS

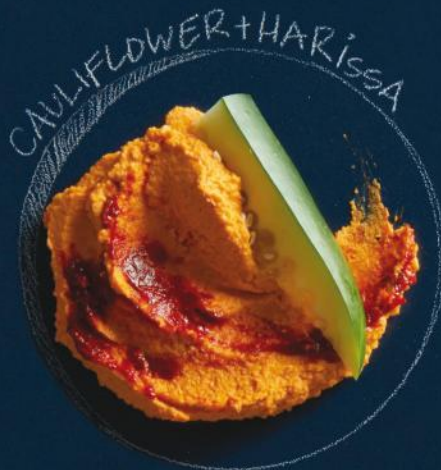
START TO FINISH 15 MINUTES

- 1 15- to 16-oz. can chickpeas (garbanzo beans), rinsed and drained
- ¼ cup tahini
- ¼ cup freshly squeezed lemon juice
- ¼ cup olive oil
- ½ tsp. salt
- ¼ tsp. paprika
- 1 clove garlic, minced
- 1 Tbsp. snipped fresh parsley
- 2 to 3 tsp. olive oil (optional)
- Toasted pita wedges and/or assorted vegetable dippers

1. In a food processor combine the first seven ingredients (through garlic). Cover and process or blend about 4 minutes or until smooth, stopping and scraping sides as necessary.

2. Transfer hummus to a small serving bowl. Sprinkle with parsley. If desired, drizzle with 2 to 3 tsp. olive oil. Serve with pita wedges and/or vegetable dippers.

Makes 1¾ cups.



### CAULIFLOWER & HARISSA

**HUMMUS** In a medium saucepan cook 2 cups cauliflower florets, covered, in a small amount of boiling water about 10 minutes or until tender; drain. Transfer cauliflower to a bowl of ice water until cool; drain well. Prepare Hummus as directed, adding cauliflower and 2 Tbsp. Homemade Harissa Paste (page 45) or purchased harissa paste to food processor with chickpeas. If desired, swirl additional harissa paste on top of Hummus just before serving.

Makes 2½ cups.

PER 2 TBSP. 64 cal., 5 g fat (1 g sat. fat), 0 mg chol., 97 mg sodium, 4 g carb., 0 g fiber, 1 g pro.



### ROASTED RED PEPPER HUMMUS

Preheat oven to 425°F. Halve 2 red sweet peppers lengthwise; remove stems, seeds, and membranes. Place pepper halves, cut sides down, on a foil-lined baking sheet. Roast 25 to 30 minutes or until peppers are lightly charred and tender. Bring the foil up around peppers to enclose. Let stand about 15 minutes or until cool enough to handle. Peel off pepper skins; discard skins. Prepare Hummus as directed, adding roasted peppers to food processor with chickpeas. (Or use ¾ cup bottled roasted red sweet peppers, drained, in place of fresh peppers.) If desired, sprinkle with snipped fresh parsley. Makes 2½ cups.

PER 2 TBSP. 62 cal., 5 g fat (1 g sat. fat), 0 mg chol., 84 mg sodium, 4 g carb., 0 g fiber, 1 g pro.

## TAHINI



### THE MAGICAL INGREDIENT

*Tahini, from the Eastern Mediterranean, is a thick paste of ground toasted sesame seeds. With a rich, nutty flavor, it can be used as a condiment on its own but is more commonly used in America as an ingredient in hummus and baba ghanoush (page 90).*

*Many large grocery stores stock tahini with the other condiments, or you can look for it in the ethnic or natural foods sections.*

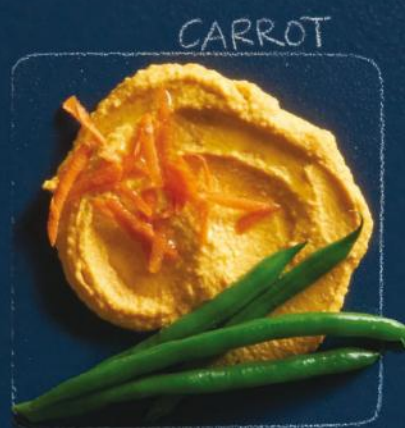


## TRY THIS!

Hummus is magical in the many ways it can be used. Here's how we love it:

- \* Dip for pita chips or veggies
- \* Condiment on sandwiches and wraps
- \* Sauce for pasta
- \* Topping for flatbread
- \* Addition to vinaigrette
- \* Filling for stuffed mushrooms
- \* Spread for bagels

FIBER-RICH HUMMUS WAS ONCE CONSIDERED EXOTIC OUTSIDE THE EASTERN MEDITERRANEAN, BUT NOW IT HAS HIT THE MAINSTREAM. MAKE YOUR OWN WITH THIS ULTRACREAMY HOMEMADE VERSION PLUS FIVE REMIXES FEATURING FRESH VEGGIES AND FLAVORS.



### ROASTED GARLIC & TOMATO

**HUMMUS** Preheat oven to 400°F. Cut the pointed top off one whole head of garlic, leaving the bulb intact but exposing the tops of the individual cloves. Remove any loose, papery outer layers. Place the garlic head, cut side up, on a 6×6-inch sheet of foil. Drizzle with 1 tsp. olive oil. Fold foil up around head. Cut 2 roma tomatoes into ¼-inch slices. Arrange slices on a foil-lined pan; brush with olive oil. Roast garlic 20 to 25 minutes and tomatoes 15 to 20 minutes or until garlic cloves are soft and tomatoes are just beginning to brown. Let cool. Squeeze garlic cloves from the head. Set aside 2 tomato slices. Prepare Hummus as directed, except omit the 1 clove garlic and the parsley. Add roasted garlic and the remaining tomato slices to food processor with chickpeas. Top Hummus with reserved tomato slices and, if desired, crumbled feta cheese before drizzling with olive oil. **Makes 2½ cups.**

PER 2 TBSP. 64 cal., 5 g fat (1 g sat. fat), 0 mg chol., 84 mg sodium, 4 g carb., 0 g fiber, 2 g pro.

**CARROT HUMMUS** Place 2 medium carrots, peeled and cut into 1-inch pieces, in a steamer basket set over an inch of water in a saucepan. Bring to boiling over high heat; reduce heat to low. Cook, covered, 18 to 20 minutes or until tender. Prepare Hummus as directed, adding cooked carrots and ½ tsp. grated fresh ginger to food processor with chickpeas. If desired, top Hummus with shredded carrots before drizzling with olive oil.

**Makes 2½ cups.**

PER 2 TBSP. 85 cal., 6 g fat (1 g sat. fat), 0 mg chol., 167 mg sodium, 6 g carb., 2 g fiber, 3 g pro.

### ARTICHOKE & GREEN ONION

**HUMMUS** Thoroughly drain one 7.5-oz. jar marinated artichoke hearts. Prepare Hummus as directed, except substitute one 15-oz. can cannellini (white kidney) beans for the chickpeas, reduce lemon juice and olive oil to 3 Tbsp. each, and omit parsley. Add artichoke hearts and ½ cup chopped green onions to food processor with beans. If desired, top Hummus with additional chopped green onions and grated Parmesan cheese before drizzling with olive oil. **Makes 2½ cups.**

PER 2 TBSP. 79 cal., 6 g fat (1 g sat. fat), 0 mg chol., 154 mg sodium, 5 g carb., 1 g fiber, 2 g pro.



# ANCIENT GRAINS

"ANCIENT GRAINS" HAS A ROMANTIC RING TO IT, BUT IT'S MORE THAN JUST A NAME. FARRO, FREEKEH, AND OTHERS HAVE BEEN AROUND FOR CENTURIES, IMPACTING MEDITERRANEAN CUISINE AND ITS HEART-HEALTHY REPUTATION. SO FOR CARBS YOU CAN FEEL GOOD ABOUT EATING, WE TUCKED THEM INTO TRADITIONAL DISHES LIKE TABBOULEH AND CREATED NEW COMBINATIONS LIKE OUR FREEKEH SALAD.





*Chickpea and  
Freekeh Salad*  
PAGE 21



*Classic  
Tabbouleh*

### CLASSIC TABBOULEH

PREP 25 MINUTES CHILL 4 HOURS

- ¾ cup bulgur
- ¾ cup chopped cucumber
- ½ cup snipped fresh parsley
- ¼ cup thinly sliced green onions
- 1 Tbsp. snipped fresh mint
- 2 Tbsp. water
- 3 Tbsp. vegetable oil
- 3 Tbsp. lemon juice
- ¼ tsp. salt
- ¾ cup chopped tomato
- 4 lettuce leaves
- Lemon slices and/or mint sprigs (optional)

1. Place bulgur in a colander; rinse with cold water. In a large bowl combine bulgur and the next four ingredients (through mint).

2. For dressing, in a screw-top jar combine the water, oil, lemon juice, and salt. Cover and shake well. Drizzle dressing over bulgur mixture; toss to coat. Cover and chill 4 to 24 hours. Stir tomato into bulgur mixture just before serving. Serve in a lettuce-lined bowl. If desired, serve with lemon slices and/or mint sprigs. **Makes 4 to 5 servings.**

PER SERVING 161 cal., 9 g fat (1 g sat. fat), 0 mg chol., 128 mg sodium, 20 g carb., 5 g fiber, 3 g pro.

### WHEAT BERRY, SNAP PEA, AND RADISH SALAD

PREP 25 MINUTES COOK 45 MINUTES  
COOL 30 MINUTES

- 1 cup wheat berries
- 3 cups water
- Pinch sea salt
- 2 cups bias-sliced fresh sugar snap pea pods
- 2 cups thinly sliced radishes
- 2 Tbsp. walnut oil or olive oil
- 1 Tbsp. balsamic vinegar
- 1 Tbsp. honey
- ¾ tsp. sea salt
- ¼ cup crumbled goat cheese (1 oz.)

1. Place wheat berries in a strainer; rinse with cold water. In a large saucepan combine the 3 cups water and the pinch salt. Bring to boiling over medium-high heat. Add wheat berries. Reduce heat. Simmer, covered, about 45 minutes or until tender. Drain; cool 30 minutes.

2. In a large bowl combine cooked wheat berries, sugar snap pea pods, and radishes. For dressing, in a small screw-top jar combine oil, balsamic vinegar, honey, and the ¾ tsp. salt. Cover and shake well to combine. Gently stir dressing into wheat berry mixture. Top with goat cheese. Serve immediately. **Makes 4 servings.**

PER SERVING 288 cal., 10 g fat (2 g sat. fat), 6 mg chol., 354 mg sodium, 43 g carb., 8 g fiber, 10 g pro.



## WHEAT BERRY PREP

To cook wheat berries, bring one 14.5-oz. can vegetable broth or chicken broth and ¼ cup water to boiling. Add 1 cup wheat berries. Return to boiling; reduce heat. Simmer, covered, 45 to 60 minutes or until tender; drain. Cover and chill up to 3 days.

*Wheat Berry, Snap Pea,  
and Radish Salad*



## LEMON GARDEN SPELT

PREP 15 MINUTES COOK 1 HOUR 8 MINUTES

- 10 oz. uncooked spelt (1½ cups)
- 4 Tbsp. olive oil
- 2 cups coarsely chopped carrots
- 2 medium zucchini and/or yellow summer squash, quartered lengthwise and cut into ½-inch pieces
- 6 green onions, cut into 1-inch pieces
- ⅓ cup fresh lemon juice
- 1 Tbsp. chopped fresh rosemary
- 1 Tbsp. honey
- ½ tsp. salt
- ½ tsp. black pepper
- ½ cup chopped walnuts, toasted (tip, p. 29)
- 2 oz. Parmigiano-Reggiano cheese, shaved

1. In a medium saucepan combine spelt and enough water to cover by 2 inches. Bring to boiling; reduce heat. Simmer, covered, about 1 hour or until tender. Drain well; place spelt in a large bowl.

2. In a large skillet heat 1 Tbsp. of the oil over medium heat. Add carrots; cook and stir 2 minutes. Add zucchini and green onions; cook and stir about 6 minutes or just until vegetables are tender. Stir vegetables into spelt.

3. In a screw-top jar combine the next five ingredients (through pepper) and the remaining 3 Tbsp. oil. Cover and shake well. Pour over spelt mixture; toss to combine. Top with walnuts and cheese.

**Makes 6 servings.**

PER SERVING 389 cal., 19 g fat (4 g sat. fat), 7 mg chol., 394 mg sodium, 46 g carb., 8 g fiber, 13 g pro.



*Lemon Garden Spelt*

## BIG BATCH IT

The next time you make a grain for dinner, do yourself a favor and go big. Grains, such as spelt, wheat berries, and farro, can be made in large batches, drained, cooled, and frozen in smaller portions up to 3 months.

Pack desired-size portions in resealable plastic freezer bags, and label before freezing. To use, thaw portions in the refrigerator.

## CHICKPEA AND FREEKEH SALAD

*Pictured on page 19.*

PREP 20 MINUTES

COOK 20 MINUTES

- ½ cup uncooked freekeh
- 1 15- to 16-oz. can chickpeas (garbanzo beans), rinsed and drained
- 1 avocado, halved, seeded, peeled, and cubed
- 3 oz. feta cheese, cubed
- 2 oz. salami, chopped
- ½ cup chopped fresh mint
- ½ cup chopped fresh Italian parsley
- 1 clove garlic, minced
- 1 Tbsp. olive oil

1. In a medium saucepan bring 1¼ cups water to boiling; stir in freekeh. Return to boiling; reduce heat. Cook, covered, 20 minutes or until most of the liquid is absorbed and freekeh is tender. Place freekeh in a sieve and run under cold water to cool quickly. Drain well.

2. Meanwhile, in a large bowl combine the next seven ingredients (through garlic). Drizzle with oil; toss lightly to coat.

3. Stir freekeh into chickpea mixture. Season to taste with *salt* and *black pepper*. Serve immediately or cover and chill up to 4 hours.

**Makes 4 servings.**

PER SERVING 362 cal., 19 g fat (6 g sat. fat), 31 mg chol., 556 mg sodium, 35 g carb., 11 g fiber, 15 g pro.



## FARRO PREP

To cook farro, in a medium saucepan combine 3 cups reduced-sodium chicken broth or water and 1¼ cups pearly or semipearly farro. Bring to boiling; reduce heat. Simmer, covered, 25 to 30 minutes or until farro is tender. Drain if necessary.

### FARRO AND BRUSSELS SPROUTS WITH PROSCIUTTO

START TO FINISH 20 MINUTES

- 2 Tbsp. olive oil
- 1 10-oz. pkg. shaved Brussels sprouts\*
- ½ cup coarsely chopped red onion
- 2 oz. very thinly sliced prosciutto, cut into thin strips
- ½ cup chopped walnuts
- 2 cloves garlic, minced
- 3 cups cooked farro, chilled (tip, above)
- 2 Tbsp. balsamic glaze
- 2 Tbsp. shredded Parmesan cheese
- 2 Tbsp. snipped fresh basil
- Cracked black pepper

1. In an extra-large wok or nonstick skillet heat 1 Tbsp. of the olive oil over medium-high heat. Add Brussels sprouts and onion; cook and stir about 4 minutes or just until crisp-tender. Add prosciutto, walnuts, and garlic; cook and stir 2 minutes.

2. Add farro and the remaining 1 Tbsp. olive oil. Cook and stir 3 to 4 minutes or until heated.

3. To serve, drizzle balsamic glaze over mixture. Sprinkle with Parmesan, basil, and pepper. **Makes 4 servings.**

**\*TIP** If you can't find packaged shaved Brussels sprouts, simply cut 10 oz. fresh Brussels sprouts into thin slices.

PER SERVING 461 cal., 20 g fat (3 g sat. fat), 17 mg chol., 393 mg sodium, 56 g carb., 10 g fiber, 17 g pro.

### MEDITERRANEAN QUINOA SKILLET

START TO FINISH 30 MINUTES

- 2 cups reduced-sodium chicken broth
- 1 cup red or white quinoa
- 1 Tbsp. olive oil
- 3 cups ½-inch pieces eggplant
- ¾ cup coarsely chopped onion
- 2 cloves garlic, minced
- ½ tsp. coarsely ground black pepper
- 1 cup grape tomatoes
- 4 cups fresh baby spinach
- ¼ cup pitted Kalamata olives, halved
- 1 Tbsp. snipped fresh oregano
- ¼ cup crumbled feta cheese (1 oz.)
- Lemon wedges

1. In a medium saucepan bring broth to boiling; add quinoa. Return to boiling; reduce heat. Simmer, covered, about 15 minutes or until liquid is absorbed. Remove from heat. Drain well; return quinoa to saucepan. Cook and stir over low heat to remove excess moisture from quinoa.

2. In an extra-large wok or skillet heat oil over medium-high heat. Add quinoa; cook and stir 2 to 4 minutes or until quinoa starts to brown. Add eggplant, onion, garlic, and black pepper; cook and stir 3 minutes. Add tomatoes; cook about 2 minutes or until tomatoes start to burst. Remove from heat. Add spinach, olives, and oregano; toss to combine. Sprinkle with feta cheese and serve with lemon wedges. **Makes 4 servings.**

PER SERVING 291 cal., 10 g fat (2 g sat. fat), 8 mg chol., 593 mg sodium, 41 g carb., 8 g fiber, 11 g pro.

#### Mediterranean Quinoa Skillet







## MAKE *it* GRAIN

Add some whole grains to your daily diet with these historic choices. Look for them near other grains or in the natural foods section of large supermarkets.



### 1. WHEAT BERRY

Wheat berry refers to a kernel of wheat in its unrefined whole grain entirety—bran, germ, and endosperm. Like the rest of the grains, it's delicious in pilafs, salads, and more.

### 2. QUINOA

While not native to any regions of the Mediterranean, quinoa is about as ancient a grain as they come. It was the “mother grain” to the ancient Peruvian Incas and a beloved staple around South America. It is unique in that it is a source of complete protein.

### 3. BULGUR

Bulgur wheat grains are processed through steaming and drying, then ground into coarse, medium, or fine pieces. It's the go-to grain in the Middle East and makes great pilafs (and tabbouleh, of course!).

### 4. FARRO

Farro's history of cultivation dates back more than 20,000 years as the first-grown wheat grain. When faster-growing varieties of wheat took hold, farro became less popular. But it has recently returned to the forefront as an important whole grain.

### 5. SPELT

Spelt is an easy-to-digest ancient whole grain from millennia past. It's basking in newfound popularity, thanks to its status as a trendy health food. It has a mild nutty flavor and a firm, chewy texture (even when cooked).

### 6. FREEKEH

Although not new to the Mediterranean or Middle East, freekeh (also spelled farik) is a recent introduction to American markets. It is the kernel of green (or immature) durum wheat that is roasted, then beaten and dried in the sun to create the desired flavor.





# *FRESH*

GO AHEAD: EAT YOUR PASTA! WHEN TOSSED WITH FRESH VEGGIES AND LEAN MEATS, THERE'S NOTHING NAUGHTY ABOUT IT. (PSST ... THEY REALLY DO LOVE PASTA IN ITALY, BUT MODERATION IS THE KEY.)

# *PASTA*





*Pork Medallions and  
Mafalda in Cream Sauce*  
PAGE 27



*Tortellini with Broccolini*



*Ravioli with Spinach Pesto*

## TORTELLINI WITH BROCCOLINI

START TO FINISH 25 MINUTES

- 1 9-oz. pkg. refrigerated cheese-filled tortellini
- 8 oz. Broccolini, cut up, or 2 cups broccoli florets
- 1 15- to 19-oz. can cannellini (white kidney) beans, rinsed and drained
- ¼ cup slivered pitted Kalamata olives
- 2 Tbsp. olive oil
- 2 Tbsp. white balsamic vinegar
- ½ tsp. crushed red pepper
- 1 cup quartered cherry or grape tomatoes
- ½ cup crumbled feta cheese (2 oz.)
- ¼ cup snipped fresh basil

1. In a deep large skillet bring 1 to 2 inches water to boiling. Add tortellini; cook 7 to 8 minutes or until tender, stirring occasionally. Stir in Broccolini; cook 1 to 2 minutes or until Broccolini is crisp-tender. Drain in colander. Return tortellini and Broccolini to skillet.

2. Stir the next five ingredients (through crushed red pepper) into pasta mixture. Heat through. Sprinkle with remaining ingredients. **Makes 4 servings.**

PER SERVING 448 cal., 18 g fat (6 g sat. fat), 41 mg chol., 907 mg sodium, 53 g carb., 8 g fiber, 19 g pro.

## RAVIOLI WITH SPINACH PESTO

START TO FINISH 20 MINUTES

- 1 9-oz. pkg. refrigerated cheese-filled ravioli or tortellini
- 12 oz. baby pattypan squash, halved, or sliced baby zucchini
- 3½ cups fresh baby spinach
- ½ cup torn fresh basil
- ¼ cup bottled Caesar vinaigrette with Parmesan salad dressing
- 2 Tbsp. water
- Shaved Parmesan cheese (optional)

1. In a large saucepan cook ravioli according to package directions, adding squash the last 2 minutes of cooking; drain.

2. Meanwhile, for pesto, in a blender combine spinach, basil, salad dressing, and the water. Cover and blend until smooth, stopping to scrape down sides as necessary.

3. Add pesto to ravioli mixture; toss gently to coat. If desired, top with shaved cheese.

**Makes 4 servings.**

PER SERVING 218 cal., 6 g fat (2 g sat. fat), 27 mg chol., 525 mg sodium, 31 g carb., 3 g fiber, 11 g pro.



## EGGPLANT, FENNEL, AND SAUSAGE ZITI

PREP 25 MINUTES SLOW COOK 6 TO  
7 HOURS (LOW) + 40 MINUTES (HIGH)  
STAND 5 MINUTES

- 4 oz. bulk turkey sausage
- 4 cups chopped, peeled eggplant
- 2 medium fennel bulbs, trimmed, cored,  
and thinly sliced
- 1 14.5-oz. can fire-roasted crushed  
tomatoes
- ½ cup water
- ¼ cup dry white wine
- 2 Tbsp. tomato paste
- 2 cloves garlic, minced
- 1 tsp. dried Italian seasoning, crushed
- 6 to 8 oz. dried cut ziti or penne pasta
- ½ cup snipped fresh basil
- 1 cup shredded part-skim mozzarella  
cheese (4 oz.)

1. In a large skillet cook sausage over medium-high heat until browned. Drain off fat. In a 5- to 6-qt. slow cooker combine sausage and the next eight ingredients (through Italian seasoning). Cover and cook on low 6 to 7 hours or on high 3 to 3½ hours.
2. If using low, turn cooker to high. Stir in pasta and basil. Cover and cook 30 minutes. Stir pasta mixture. Sprinkle with cheese. Cover and cook 10 minutes more. Let stand, uncovered, 5 to 10 minutes before serving. If desired, sprinkle servings with additional snipped fresh basil. **Makes 6 servings.**

PER SERVING 257 cal., 5 g fat (2 g sat. fat), 25 mg chol., 434 mg sodium, 38 g carb., 6 g fiber, 14 g pro.



*Eggplant, Fennel, and Sausage Ziti*

## PORK MEDALLIONS AND MAFALDA IN CREAM SAUCE

*Pictured on page 25.*

START TO FINISH 40 MINUTES

- 6 oz. dried mafalda pasta
- 2 Tbsp. olive oil
- 1 lb. pork tenderloin, cut into  
½-inch slices
- 8 oz. fresh mushrooms, sliced
- 1 red sweet pepper, cut into bite-  
size strips
- ½ cup sliced shallots
- 2 cloves garlic, minced
- 1¼ cups chicken broth
- ½ cup heavy cream
- 1 6- to 6.5-oz. jar marinated  
artichoke hearts, drained and  
chopped
- 2 roma tomatoes, chopped
- 2 Tbsp. finely shredded  
Parmesan cheese
- Chopped fresh basil and/or  
Italian parsley

1. Cook pasta according to package directions. Drain and keep warm.
2. Meanwhile, in an extra-large skillet heat 1 Tbsp. of the olive oil over medium-high heat. Add pork slices. Cook 4 minutes or until browned but still slightly pink in center, turning once. Remove from skillet; keep warm.
3. Add the remaining 1 Tbsp. oil to skillet. Add the next four ingredients (through garlic). Cook and stir 6 minutes or until mushrooms are tender and starting to brown. Add broth and cream. Bring to boiling; reduce heat. Boil gently, uncovered, 3 to 5 minutes or until slightly thickened. Stir in pork and artichokes. Heat through, about 2 minutes. Serve over pasta. Top with tomatoes, Parmesan cheese, and fresh basil and/or Italian parsley. **Makes 4 servings.**

PER SERVING 509 cal., 22 g fat (7 g sat. fat), 99 mg chol., 752 mg sodium, 41 g carb., 4 g fiber, 33 g pro.



*Meatballs, Greens,  
and Orecchiette*



## GOOD GREENS

As a member of the beet family, Swiss chard touts the same deep earthy flavor you might associate with beets. It's packed with vitamins C and A, as well as other wholesome nutrients, and is worth looking for in the produce section of large supermarkets or at farmers markets. Rainbow Swiss chard has colorful stems that add to its beauty. (As a side note, it's super easy to grow in your garden, so consider sprinkling a packet of seeds in the soil in the early spring.) As an alternative, the green leaves of beets are completely edible and can be swapped in. Just wash them well. Smaller leaves will be more tender than larger, older ones. No luck finding either? Spinach works just as well!

### MEATBALLS, GREENS, AND ORECCHIETTE

PREP 45 MINUTES  
BAKE 15 MINUTES AT 450°F

- 1 recipe Veggie-Beef Meatballs
- 6 oz. dried orecchiette pasta (1¾ cups)
- 4 Tbsp. olive oil
- 1 8-oz. pkg. button or cremini mushrooms, sliced
- ½ of a medium zucchini, sliced (1 cup)
- 1 medium red sweet pepper, chopped
- 3 cloves garlic, minced
- 8 cups chopped Swiss chard, beet greens, arugula, and/or spinach
- 2 Tbsp. balsamic vinegar
- ¼ cup chopped fresh basil and/or Italian parsley
- Salt and black pepper
- Grated Parmesan cheese (optional)

1. Prepare Veggie-Beef Meatballs. Meanwhile, cook orecchiette according to package directions; drain, reserving some of the pasta water.
2. In an extra-large skillet or wok heat 1 Tbsp. of the olive oil over medium-high heat. Add mushrooms, zucchini, and sweet pepper. Cook and stir 6 minutes or until vegetables are tender and any liquid has evaporated. Stir in garlic.

3. Add 1 Tbsp. of the oil to the skillet. Add Swiss chard in batches, cooking and stirring until chard is wilted before adding next batch. Add the remaining 2 Tbsp. oil, the balsamic vinegar, and orecchiette. Toss to combine. Add enough pasta water to reach desired consistency. Stir in basil and/or Italian parsley, and season to taste with salt and pepper. Stir in Veggie-Beef Meatballs. If desired, top with Parmesan. **Makes 6 servings.**

**VEGGIE-BEEF MEATBALLS** Preheat oven to 450°F. Line a 15×10-inch baking sheet with foil; coat with nonstick cooking spray. In a large bowl stir together 1 lightly beaten egg, ¼ cup unsweetened applesauce, ½ cup shredded zucchini, ¼ cup finely chopped onion, and ½ tsp. each salt and dried Italian seasoning. Stir in ½ cup soft whole wheat bread crumbs. Add 1 lb. 93% lean ground beef or ground turkey; mix well. Shape meat mixture into 1-inch meatballs. Place in pan; bake 15 minutes or until cooked through (160°F for beef or 165°F for turkey), turning once.

PER SERVING 363 cal., 16 g fat (4 g sat. fat), 79 mg chol., 476 mg sodium, 32 g carb., 3 g fiber, 23 g pro.

## Peachy Chicken Pasta Salad



### PEACHY CHICKEN PASTA SALAD

START TO FINISH 30 MINUTES

- 8 oz. dried pasta, such as radiatore, bow ties, campanelle, or penne
- 1 lb. chicken breast halves, cut into bite-size pieces  
Salt and black pepper
- 5 Tbsp. olive oil
- 1 medium red onion, cut into slivers
- 2 large peaches, halved, pitted, and coarsely chopped, or 2 ripe pears, cored and coarsely chopped
- ½ cup walnuts, toasted (tip, right) and chopped
- ½ cup packed fresh basil leaves, chopped
- 2 Tbsp. balsamic vinegar or red wine vinegar

1. Cook pasta according to package directions. Drain; rinse with cold water. Drain again.

2. Meanwhile, sprinkle chicken with salt and pepper. In a large skillet heat 1 Tbsp. of the olive oil over medium-high heat. Add chicken and cook 5 to 6 minutes or until browned and almost cooked through. Add onion to skillet; cook 2 to 3 minutes more or until chicken is done and onion has softened. Stir chicken, onion, peaches, walnuts, and basil into cooked pasta. Whisk together vinegar and the remaining 4 Tbsp. oil. Add to pasta; toss to coat. Serve immediately. **Makes 8 servings.**

PER SERVING 323 cal., 15 g fat (2 g sat. fat), 41 mg chol., 102 mg sodium, 29 g carb., 2 g fiber, 18 g pro.

### PAPPARDELLE PRIMAVERA

START TO FINISH 40 MINUTES

- 1 8.8-oz. pkg. dried pappardelle pasta
- 1 cup sliced leeks
- 2 cups broccoli florets
- 1 cup bias-sliced carrots
- 2 cups sugar snap pea pods, trimmed
- 1 cup halved red and/or yellow grape tomatoes
- ¼ cup olive oil
- 2 cloves garlic, minced
- ½ cup dry white wine
- 1 to 2 tsp. snipped fresh thyme
- ¼ tsp. salt
- ⅛ tsp. black pepper
- ¼ cup coarsely chopped hazelnuts, toasted (tip, below)
- ¼ cup finely shredded Parmigiano-Reggiano or Parmesan cheese

1. In a large pot cook pasta according to package directions; drain. Return pasta to pot. Cover to keep warm.

2. Place a steamer basket in a large saucepan. Add water to just below the bottom of the basket. Bring water to boiling. Add leeks to steamer basket. Cover and steam 2 minutes. Add broccoli and carrots; cover and steam about 3 minutes or until vegetables are crisp-tender. Add pea pods. Cover and steam about 1 minute or just until crisp-tender. Add vegetables to pasta in pot. Stir in tomatoes. Cover to keep warm.

3. Meanwhile, for sauce, heat olive oil in a saucepan over medium heat. Add garlic; cook about 1 minute, stirring occasionally. Remove from heat. Stir in wine, thyme, salt, and pepper. Return saucepan to heat; heat through.

4. Add sauce and nuts to pasta mixture; toss to coat. Top servings with cheese.

**Makes 4 servings.**

PER SERVING 489 cal., 19 g fat (9 g sat. fat), 34 mg chol., 381 mg sodium, 63 g carb., 7 g fiber, 15 g pro.

### Pappardelle Primavera



#### TOASTING NUTS

Spread nuts in a shallow baking pan. Bake in a preheated 350°F oven 5 to 10 minutes, shaking the pan once or twice to toast evenly.



# *NOT JUST*

WE ALL KNOW SALADS ARE GOOD FOR US, BUT WHEN MADE WITH A FEW REGIONAL INGREDIENTS THEY'RE ALSO SERIOUSLY TASTY. THE ADDITION OF LEAN PROTEINS AND LEGUMES MAKES THEM MAIN-DISH WORTHY!

# *SALAD*







*Italian Roasted Chicken  
and Vegetable Salad*  
PAGE 33

## MEDITERRANEAN LENTILS

START TO FINISH 20 MINUTES

- 1 12-oz. jar quartered marinated artichoke hearts
- 1 17.63-oz. pkg. refrigerated steamed lentils
- 1 cup snipped fresh parsley
- 1½ cups thinly sliced and halved English cucumber
- 1 cup grape or cherry tomatoes, halved
- ½ cup crumbled feta cheese (2 oz.)

1. Drain artichoke hearts in a fine-mesh sieve over a bowl, reserving ¼ cup of the liquid in the bowl.\*
2. Add lentils and parsley to reserved liquid in bowl, stirring to coat. Stir in artichoke hearts, cucumber, and tomatoes. Season to taste with salt and pepper. Top with feta cheese. **Makes 4 servings.**

**\*TIP** Reserve any remaining liquid and add to lentils if necessary to generously coat them.

PER SERVING 375 cal., 18 g fat (6 g sat. fat), 17 mg chol., 957 mg sodium, 36 g carb., 11 g fiber, 15 g pro.

## BARLEY AND EDAMAME SALAD WITH RED PEPPER DRIZZLE

START TO FINISH 50 MINUTES

- 2 cups water
- ⅔ cup uncooked regular barley
- 2 cups frozen shelled edamame
- 1 cup bottled roasted red sweet peppers
- 2 Tbsp. chopped fresh basil
- 2 Tbsp. lemon juice
- 1 Tbsp. olive oil
- 2 cloves garlic, peeled
- ½ cup toasted almonds, chopped\*
- Salt and black pepper
- 2 cups baby spinach or baby arugula
- 1 avocado, halved, seeded, peeled, and sliced
- 1 medium cucumber, seeded and cut into chunks
- ¼ cup crumbled goat cheese (chèvre) or ricotta salata (optional)

1. In a medium saucepan bring the water to boiling; add barley. Reduce heat and simmer, covered, 30 minutes. Stir in edamame. Cover and cook 10 minutes more or until barley is tender. Drain off any liquid. Cool slightly.
2. Meanwhile, for red pepper drizzle, in a blender or food processor combine the next five ingredients (through garlic) and 2 Tbsp. of the almonds. Cover and pulse until smooth. Season to taste with salt and black pepper.
3. Arrange spinach, barley mixture, avocado, and cucumber on a platter. Drizzle with red pepper drizzle and sprinkle with remaining almonds. If desired, sprinkle with cheese. **Makes 4 servings.**

**\*TIP** To toast nuts, preheat oven to 350°F. Spread in a shallow baking pan. Bake 5 to 10 minutes or until lightly browned, shaking pan once or twice to avoid burning.

PER SERVING 400 cal., 20 g fat (2 g sat. fat), 0 mg chol., 182 mg sodium, 42 g carb., 15 g fiber, 18 g pro.



*Mediterranean Lentils*

**CHANGE  
IT UP**

STIR IN SOME ROAST CHICKEN, TOP WITH PINE NUTS, AND/OR ADD A SQUEEZE OF FRESH LEMON JUICE.



*Barley and Edamame Salad  
with Red Pepper Drizzle*

## ITALIAN ROASTED CHICKEN AND VEGETABLE SALAD

*Pictured on page 31.*

PREP 25 MINUTES

ROAST 50 MINUTES AT 375°F

Nonstick cooking spray

- 2 bone-in chicken breast halves (about 2 lb. total)
- ½ cup carrot sticks
- 1 medium onion, cut into 8 wedges (½ cup)
- 1 small zucchini, cut into 1-inch chunks (about 1 cup)
- 1 cup fresh mushrooms, halved
- 1 medium red or green sweet pepper, cut into 1-inch chunks (about ¾ cup)
- 3 Tbsp. olive oil
- ¼ tsp. salt
- ¼ tsp. black pepper
- 2 Tbsp. balsamic vinegar
- 1 tsp. dried Italian seasoning, crushed
- 8 cups mixed salad greens
- ¼ cup shredded Parmesan cheese (1 oz.)

1. Preheat oven to 375°F. Coat a 13×9-inch baking pan with cooking spray or line with foil. Arrange chicken, skin sides up, in one half of the roasting pan. In the other half of the pan arrange carrot sticks and onion wedges. Roast, uncovered, 25 minutes.

2. Remove pan from oven. Add zucchini, mushrooms, and sweet pepper to the carrots and onion (pan will be full). Drizzle chicken and vegetables with 2 Tbsp. of the olive oil; sprinkle with salt and black pepper.

3. Roast, uncovered, about 25 minutes more or until chicken is done (170°F) and vegetables are tender. Set chicken aside until cool enough to handle. Transfer vegetables to a bowl.

4. Remove and discard chicken skin and bones. Shred chicken using two forks. Add chicken and any juices in pan to vegetables (if desired, skim fat from juices); toss to coat. In a bowl whisk together vinegar, the remaining 1 Tbsp. olive oil, and the Italian seasoning. Add to chicken mixture; toss to coat.

5. Arrange salad greens on a platter or divide among six plates. Spoon chicken mixture over greens. Sprinkle with cheese.

**Makes 6 servings.**

PER SERVING 249 cal., 14 g fat (3 g sat. fat), 70 mg chol., 235 mg sodium, 6 g carb., 2 g fiber, 25 g pro.



*Fattoush Salad*

## FA-WHAT?

Fattoush (fah-TOOSH) salad, a favorite in Middle Eastern regions of the Mediterranean, consists of toasted pita bread pieces and assorted vegetables. The dressing is the traditional Mediterranean mixture of lemon juice, olive oil, and herbs, plus it always contains sumac (tip, page xx). But like all salads, you can add whatever you choose for heartiness (increase the dressing as necessary). Try grilled chicken or lamb; roasted eggplant, zucchini, or squash; olives; or avocado. You can even pack the salad into pita bread and eat it like a sandwich!

### FATTOUSH SALAD

START TO FINISH 25 MINUTES

- 2 Tbsp. vegetable oil
- 2 pita bread rounds, torn into bite-size pieces
- ¼ cup olive oil
- ¼ cup lemon juice
- 2 cloves garlic, minced
- ½ tsp. ground sumac (optional)
- ¼ tsp. kosher salt
- ¼ tsp. freshly ground black pepper
- 4 cups torn romaine lettuce
- ½ medium cucumber, seeded and coarsely chopped
- ½ cup sliced radishes
- ½ cup sliced green onions
- ¼ cup chopped fresh mint and/or Italian parsley
- ½ cup crumbled ricotta salata

1. In a large skillet heat 1 Tbsp. vegetable oil over medium-high heat. Add half of the pita pieces. Cook 2 to 3 minutes or until toasted, stirring occasionally. Remove pita pieces to paper towels to drain. Repeat with remaining 1 Tbsp. vegetable oil and remaining pita pieces.\*

2. For dressing, in an extra-large bowl whisk together the next six ingredients (through pepper).

3. Add the next five ingredients (through mint) to dressing in bowl; toss to coat. Add pita pieces and cheese; toss to mix. **Makes 4 servings.**

**\*TIP** If you prefer to bake the pita pieces, preheat oven to 350°F. Omit vegetable oil. Lightly coat torn pita bread with nonstick cooking spray. Arrange pita pieces in an even layer in a 15×10-inch baking pan. Bake 10 to 15 minutes or until golden brown and crisp. Continue as directed in Step 2.

PER SERVING 331 cal., 24 g fat (5 g sat. fat), 13 mg chol., 486 mg sodium, 24 g carb., 3 g fiber, 6 g pro.

## NIÇOISE-STYLE LOX SALAD

START TO FINISH 30 MINUTES

- 1 lb. small red potatoes, quartered
- 1¼ tsp. salt
- 10 oz. haricots verts or thin green beans, trimmed
- ½ cup olive oil
- ¼ cup champagne vinegar
- 2 tsp. Dijon mustard
- 6 oz. thinly sliced smoked lox-style salmon
- 1 small head Bibb lettuce, quartered
- 4 hard-cooked eggs, sliced
- ½ cup Niçoise olives, pitted
- ¼ cup chopped fresh Italian parsley

1. Place potatoes in a large saucepan. Cover with cold water and add 1 tsp. of the salt. Bring to boiling over medium-high heat; reduce heat. Simmer, covered, about 10 minutes or until fork-tender, adding haricots verts the last 2 minutes of cooking. Drain; transfer to a bowl of ice water. Drain well.

2. For dressing, in a screw-top jar combine oil, vinegar, mustard, and the remaining ¼ tsp. salt. Arrange potatoes, haricots verts, and the remaining ingredients on plates. Drizzle with dressing. **Makes 4 servings.**

PER SERVING 564 cal., 41 g fat (6 g sat. fat), 205 mg chol., 965 mg sodium, 31 g carb., 6 g fiber, 19 g pro.



*Niçoise-Style Lox Salad*



*Radicchio Salad with Lamb Chops*

## RADICCHIO SALAD WITH LAMB CHOPS

PREP 30 MINUTES MARINATE 1 HOUR  
GRILL 12 MINUTES

- ½ cup olive oil
- 3 Tbsp. red wine vinegar
- 2 Tbsp. finely chopped green onion
- 1 Tbsp. snipped fresh marjoram
- 2 tsp. snipped fresh thyme
- ½ tsp. salt
- ¼ tsp. freshly ground black pepper
- 8 lamb rib chops, cut 1 inch thick
- 2 small heads radicchio
- 1 cup red and/or yellow cherry tomatoes
- 6 cups torn romaine, arugula, and/or spinach
- 4 radishes, coarsely chopped

1. For dressing, in a medium bowl combine the first seven ingredients (through pepper).  
2. Place lamb chops in a shallow dish. Spoon about ¼ cup of the dressing over lamb; set remaining dressing aside. Turn chops to coat. Cover dish; marinate in the refrigerator 1 to 2 hours.

3. If using wooden skewers, soak in water 30 minutes. Cut each head of radicchio through the core into six wedges; brush wedges lightly with some of the remaining dressing. Thread tomatoes onto four skewers. Thread radicchio wedges onto additional skewers, leaving ¼-inch space between pieces.

4. Grill chops, covered, over medium heat to desired doneness, turning once. Allow 12 to 14 minutes for medium rare (145°F) and 15 to 17 minutes for medium (160°F). Add radicchio and tomatoes to grill. Grill 2 to 3 minutes or until radicchio is slightly wilted and tomatoes are beginning to blister, turning once.

5. Divide greens among four serving plates. Remove radicchio and tomatoes from skewers. Arrange lamb chops, radicchio, and tomatoes on greens. Drizzle with the remaining dressing; top with radishes. **Makes 4 servings.**

PER SERVING 264 cal., 22 g fat (4 g sat. fat), 28 mg chol., 338 mg sodium, 7 g carb., 3 g fiber, 11 g pro.



# VEGGING OUT

WHY STOP WITH FIVE A DAY? WHEN IT COMES TO MEDITERRANEAN SUPERFOODS, VEGGIES ARE EVERYTHING—DELICIOUS, NUTRITIOUS, AND FILLING. WE'LL SHOW YOU HOW SQUASH "NOODLES" CAN STAND IN FOR SPAGHETTI, AND HOW TO SWAP FLAVORFUL EGGPLANT FOR FRENCH-FRIED POTATOES. HEALTHY EATING IS EASY WHEN IT TASTES THIS GOOD.





*Garlicky  
Zucchini Noodles*  
PAGE 38

## GARLICKY ZUCCHINI NOODLES

*Pictured on page 37.*

START TO FINISH 25 MINUTES

- 2 medium zucchini, trimmed
- 3 Tbsp. walnut oil or olive oil
- 6 cloves garlic, smashed, peeled, and halved lengthwise
- ½ cup coarsely chopped walnuts
- ½ tsp. sea salt
- 2 cups chopped cooked meat or poultry
- 1 cup thinly sliced tart green apple

1. Using a vegetable spiralizer, julienne cutter, or mandoline, cut zucchini into long, thin noodles.\*  
2. In an extra-large skillet heat 2 Tbsp. of the oil over medium-high heat. Add garlic; cook and stir 2 minutes or until garlic starts to brown. Add zucchini noodles; cook 1 minute, tossing with tongs. Transfer to a serving bowl. Add walnuts to skillet; cook and stir 1 to 2 minutes or until toasted. Add to bowl with zucchini. Sprinkle with salt.  
3. Add the remaining 1 Tbsp. oil to skillet. Add meat; heat through. Add to bowl with zucchini. Add apple slices; toss gently to combine. **Makes 4 servings.**

**\*TIP** Or use a vegetable peeler to cut zucchini lengthwise into long, thin ribbons. If desired, cut the zucchini noodles or ribbons into shorter lengths with kitchen shears to make them easier to serve.

PER SERVING 369 cal., 25 g fat (3 g sat. fat), 62 mg chol., 317 mg sodium, 13 g carb., 3 g fiber, 24 g pro.

## FLASH-BRAISED VEGETABLE MEDLEY

START TO FINISH 25 MINUTES

- 2 Tbsp. butter
- 1½ lb. young spring carrots, trimmed and scrubbed, or large carrots, peeled and cut into 3-inch pieces
- 8 oz. button mushrooms, quartered or halved if large, and/or other mushrooms, such as oyster or morel (tip, *opposite*)
- 6 oz. pearl or whole boiling onions, peeled
- 3 cloves garlic, chopped
- ½ cup dry white wine or chicken broth
- 1 cup chicken broth
- 2 Tbsp. snipped fresh marjoram
- ½ tsp. kosher salt
- ¼ tsp. freshly ground black pepper
- 8 oz. fresh asparagus, trimmed and cut into 2- to 3-inch pieces
- Lemon wedges

1. In an extra-large skillet melt butter over medium heat. Add carrots and mushrooms; cook 3 minutes, stirring occasionally. Add onions and garlic; cook and stir 2 minutes. Increase heat to medium-high. Carefully add wine; cook 1 minute or until wine has almost evaporated. Add chicken broth, 1 Tbsp. of the marjoram, the salt, and pepper; reduce heat to medium. Cover and cook 8 to 10 minutes or until vegetables are fork-tender. Remove from heat. Add asparagus; cover. Let stand 5 minutes. Sprinkle with the remaining 1 Tbsp. marjoram. Serve with lemon wedges. **Makes 6 servings.**

PER SERVING 132 cal., 4 g fat (3 g sat. fat), 11 mg chol., 425 mg sodium, 19 g carb., 5 g fiber, 4 g pro.







*Flash-Braised  
Vegetable Medley*



## MORELS FOR THE WIN

Morel season varies depending on where you live, but fresh morels generally start popping up in midspring. You can find them in some specialty stores that purchase them from reputable foragers, or if you're an ace mushroom hunter, you might know of your own secret morel spots.

Since they grow in the wild, cleaning them is different versus cleaning cultivated mushrooms.

To remove dirt, sand, and any insects, place mushrooms in a pan or bowl. Cover with water; add a pinch of salt. Soak mushrooms 10 to 15 minutes. Drain, rinse, and repeat two more times. Thoroughly pat mushrooms dry with paper towels. If necessary, trim ends of stems.

## TIPS ON TAPENADE

Look for purchased olive tapenade by the relishes and condiments in the supermarket. In large stores, you can find other varieties of tapenade, such as tomato and artichoke. Try any kind you like! Can't find tapenade? To make your own quick version, toss finely chopped assorted olives and finely chopped roasted red sweet peppers with a drizzle of olive oil.



*Baked Eggplant Fries*

### BAKED EGGPLANT FRIES

START TO FINISH 45 MINUTES

- Nonstick cooking spray
- 1 5.3- to 7-oz. container plain Greek yogurt
- 3 oz. feta cheese, crumbled
- 2 Tbsp. snipped fresh oregano
- 2 Tbsp. water
- 1 Tbsp. lemon juice
- 1 large eggplant (1½ lb.), peeled if desired
- ½ tsp. salt
- ¼ tsp. black pepper
- ½ cup all-purpose flour
- 3 eggs, lightly beaten
- 2 cups panko bread crumbs
- ⅔ cup grated Parmesan cheese
- ¾ cup purchased olive tapenade or bruschetta topper (optional)

1. Preheat oven to 450°F. Lightly coat two large baking sheets with cooking spray. For sauce, in a medium bowl combine the next five ingredients (through lemon juice).
2. Cut the eggplant into 3×½- to 4×½-inch sticks. Sprinkle with ½ tsp. of the salt and the pepper. Let stand 10 minutes. Pat dry with paper towels.
3. Place flour and the remaining 1 tsp. salt in a shallow dish. Place eggs in another shallow dish. In a third shallow dish combine panko and Parmesan.
4. Working in batches, dip eggplant sticks into flour, then egg, then bread crumb mixture; arrange on prepared baking sheets. Coat fries with nonstick cooking spray.
5. Bake 15 minutes or until browned and crisp. (Bake the first batch while continuing to bread the second batch.) Serve with yogurt sauce and tapenade. **Makes 8 servings.**

PER SERVING 187 cal., 7 g fat (3 g sat. fat), 90 mg chol., 710 mg sodium, 21 g carb., 3 g fiber, 10 g pro.

## ZUCCHINI RIBBONS, PASTA, AND ARUGULA

START TO FINISH 30 MINUTES

- 6 oz. dried fettuccine pasta
- 2 medium zucchini, cut lengthwise into thin ribbons\*
- ¼ cup sliced pepperoncini peppers
- 2 Tbsp. olive oil
- 1 to 2 cloves garlic, minced
- 1 lemon
- 3 cups arugula
- 1½ tsp. snipped fresh oregano
- Chopped toasted almonds

1. Cook pasta according to package directions. Place zucchini in a colander; drain pasta over zucchini. Immediately run cold water over pasta and zucchini to cool; drain well.

2. Place pasta and zucchini in a bowl. Add peppers, oil, and garlic. Remove 1 tsp. zest and 1 Tbsp. juice from lemon. Add lemon zest and juice, arugula, and oregano to pasta mixture; toss to combine. Top with almonds. **Makes 4 servings.**

**\*TIP** Use a vegetable peeler to cut zucchini into long, thin ribbons. Start peeling from one end of the zucchini to the other, keeping fingers out of the way. Or cut zucchini into noodles with a vegetable spiralizer, julienne cutter, or mandoline.

PER SERVING 282 cal., 11 g fat (1 g sat. fat), 0 mg chol., 381 mg sodium, 37 g carb., 4 g fiber, 8 g pro.

### SECRET INGREDIENT

Sliced pickled pepperoncini peppers are the make-it or break-it ingredient in this pasta toss. These golden green goddesses of the Mediterranean have a little spicy heat to them, but what they contribute most is a rich briny flavor. Look for them near the pickles and olives in the supermarket. Any brand will work, but Mezzetta is our go-to choice for flavor, texture, and color. If you can find only whole pickled pepperoncini, use a sharp knife to slice them yourself.

*Zucchini Ribbons,  
Pasta, and Arugula*



## ROASTED TOMATO AND BREAD TOSS

PREP 15 MINUTES  
ROAST 20 MINUTES AT 400°F

- 2 lb. cherry or grape tomatoes (about 6 cups)
- 6 cups torn baguette or Italian bread (12 oz.)
- 2 to 3 Tbsp. olive oil
- ½ cup pitted Kalamata and/or green olives
- 2 Tbsp. olive oil
- 2 Tbsp. purchased balsamic reduction (tip, *below*)
- 4 cloves garlic, minced
- ½ tsp. kosher salt
- ½ tsp. freshly ground black pepper

1. Position one oven rack in the upper third of the oven. Preheat oven to 400°F. Line a 15×10-inch baking pan with parchment paper. Arrange tomatoes in a single layer in the prepared pan. Place bread in a large bowl. Drizzle 2 to 3 Tbsp. oil over bread pieces. Toss to coat. In another 15×10-inch baking pan arrange bread in a single layer.
2. Place tomatoes on upper oven rack and bread on lower rack; roast 20 to 25 minutes. Roast tomatoes just until skins begin to split and wrinkle, gently stirring once. Roast bread until lightly toasted, stirring once.
3. Add bread and olives to tomatoes in pan; gently toss to mix. In a bowl combine the 2 Tbsp. olive oil and the remaining ingredients. Drizzle vinegar mixture over tomatoes, olives, and bread. Toss to coat.

**Makes 8 servings.**

PER SERVING 215 cal., 10 g fat (1 g sat. fat), 0 mg chol., 494 mg sodium, 28 g carb., 3 g fiber, 5 g pro.

### DO IT YOURSELF

Balsamic reductions have a rich flavor and syrupy consistency. If you can't find the reduction in your supermarket (look in the vinegar aisle), make your own. In a small saucepan heat ½ cup balsamic vinegar over medium heat until boiling. Boil gently, uncovered, 6 to 8 minutes or until reduced to 2 Tbsp., watching carefully because vinegar will reduce quickly.

*Roasted Tomato and Bread Toss*





*Roasted Spaghetti Squash with Meatballs*

## ROASTED SPAGHETTI SQUASH WITH MEATBALLS

PREP 30 MINUTES BAKE 50 MINUTES AT 400°F STAND 20 MINUTES

- 1 3-lb. spaghetti squash, halved and seeded
- Nonstick cooking spray
- $\frac{1}{3}$  cup bulgur
- $\frac{1}{2}$  cup boiling water
- 1 egg, lightly beaten
- 1 lb. 93% lean ground beef
- 2 cloves garlic, minced
- 3 tsp. dried Italian seasoning, crushed
- 3 14.5-oz. cans fire-roasted crushed tomatoes, undrained
- 1 tsp. sugar
- $\frac{1}{2}$  tsp. salt
- 1 tsp. crushed red pepper (optional)
- $\frac{1}{4}$  to  $\frac{1}{2}$  cup grated Parmesan cheese
- Snipped fresh basil (optional)

1. Preheat oven to 400°F. Lightly coat inside of spaghetti squash with cooking spray. Place squash halves, cut sides down, on a 15×10-inch baking pan. Bake about 50 minutes or until squash is soft. Let cool slightly. Use a fork to separate the strands of squash.
2. Meanwhile, for meatballs, place bulgur in a large bowl. Pour the boiling water over

bulgur; let stand about 20 minutes or until most of the water is absorbed. Add egg, ground beef, garlic, and 1 tsp. of the Italian seasoning. Mix to combine. Shape into 1-inch meatballs.

3. Lightly coat an extra-large skillet with cooking spray; heat skillet over medium-high heat. Add meatballs to hot skillet; cook until browned, turning occasionally to brown evenly. Add tomatoes, sugar, the salt, crushed red pepper (if desired), and the remaining 2 tsp. Italian seasoning. Bring to boiling; reduce heat. Simmer, uncovered, 7 to 10 minutes or until sauce starts to thicken and meatballs are cooked through (160°F).\*

4. Serve meatballs and sauce over squash. Top with Parmesan cheese. If desired, sprinkle with basil. **Makes 6 servings.**

**\*TIP** The internal color of a meatball is not a reliable indicator of doneness. A beef meatball cooked to 160°F is safe, regardless of color. To measure the doneness of a meatball, insert an instant-read thermometer into the center of the meatball.

PER SERVING 281 cal., 8 g fat (3 g sat. fat), 75 mg chol., 809 mg sodium, 32 g carb., 6 g fiber, 22 g pro.

ADD MORE  
MEDITERRANEAN  
*FLAVOR*

THE MEDITERRANEAN COAST TOUCHES A VAST EXPANSE OF LAND, INCLUDING EUROPE, THE MIDDLE EAST, AND NORTHERN AFRICA. EACH AREA BOASTS ITS OWN BATCH OF TANTALIZING SAUCES, TOPPINGS, AND CONDIMENTS TO BRIGHTEN UP ANYTHING FROM VEGGIES TO SAMMIES.



*Cucumber-Tahini Sauce*  
PAGE 47



**HOT  
HARISSA!**

Richly flavored harissa hails from areas of North Africa along the Mediterranean Sea. Versions vary by region but commonly include chile peppers, coriander, cumin, garlic, and lemon juice. The level of spicy heat may be high or low (if hot's not your thing, try the Sweet Harissa variation). Look for store-bought versions in the ethnic or condiment aisle.

## HOMEMADE HARISSA PASTE

START TO FINISH 35 MINUTES

- 4 oz. dried New Mexico, ancho, and/or pasilla chile peppers
- ½ tsp. caraway seeds
- ½ tsp. coriander seeds
- ½ tsp. cumin seeds
- 5 cloves garlic, peeled
- 3 Tbsp. olive oil
- 2 Tbsp. lemon juice
- 1 tsp. kosher salt
- 3 to 4 Tbsp. water

**1.** Place dried chile peppers in a large bowl. Pour enough boiling water over peppers to cover; let stand 20 minutes.

**2.** Meanwhile, in a small skillet heat caraway, coriander, and cumin seeds over medium heat 2 minutes or until toasted and aromatic, shaking skillet occasionally. Remove seeds from skillet; let cool. Grind seeds in a spice grinder or place in a resealable plastic bag and crush with a rolling pin.

**3.** Drain peppers. Wear plastic or rubber gloves to remove stems, seeds, and membranes from peppers. Place peppers, ground or crushed seeds, garlic, olive oil, lemon juice, and salt in a food processor or blender. Cover and pulse until smooth, adding water as needed to reach a smooth consistency. **Makes 1¼ cups.**

PER TSP 12 cal., 1 g fat (0 g sat. fat), 0 mg chol., 34 mg sodium, 1 g carb., 0 g fiber, 0 g pro.

**SWEET HARISSA SAUCE** Replace chile peppers with 1 cup roasted red sweet peppers. Omit Step 1.

PER TSP 8 cal., 1 g fat (0 g sat. fat), 0 mg chol., 34 mg sodium, 0 g carb., 0 g fiber, 0 g pro.

**TIP** For a vegetable dip, stir 1 Tbsp. Homemade Harissa Paste into ½ cup ricotta cheese or plain Greek yogurt. For flavored roasted carrots or veggies, brush Homemade Harissa Paste over veggies before, during, and/or after roasting.



*Romesco Sauce*



*Gremolata*

## ROMESCO SAUCE

START TO FINISH 20 MINUTES

- 4 medium roma tomatoes, peeled, seeded, and cut up
- $\frac{2}{3}$  cup bottled roasted red sweet peppers, cut up
- 1  $\frac{3}{4}$ -inch slice country-style bread, toasted and torn into pieces (2 oz.)
- $\frac{1}{2}$  cup blanched whole almonds, toasted\*
- $\frac{1}{4}$  cup sherry vinegar or red wine vinegar
- 4 cloves garlic, smashed
- 1 Tbsp. snipped fresh Italian parsley
- 1 tsp. smoked paprika
- $\frac{1}{2}$  tsp. ground ancho chile pepper
- $\frac{1}{8}$  tsp. cayenne pepper
- $\frac{1}{4}$  to  $\frac{1}{2}$  cup olive oil
- Salt

1. In a food processor or blender combine the first 10 ingredients (through cayenne pepper). Cover and pulse until combined. With the motor running, add the olive oil through the opening in lid in a thin, steady stream until combined and mixture is finely chopped. Season to taste with salt.  
2. Serve with fish, poultry, beef, pork, or roasted vegetables. (Transfer any leftovers

to a storage container. Cover and chill up to 1 week. Let stand 30 minutes at room temperature before serving.) **Makes 2 cups.**

**\*TIP** To toast nuts, preheat oven to 350°F. Spread nuts in a shallow baking pan. Bake 5 to 10 minutes or until lightly browned, shaking pan once or twice to avoid burning.

PER 2 TBSP 76 cal., 6 g fat (1 g sat. fat), 0 mg chol., 61 mg sodium, 5 g carb., 1 g fiber, 2 g pro.

## GREMOLATA

START TO FINISH 5 MINUTES

- $\frac{1}{2}$  cup snipped fresh Italian parsley, basil, or cilantro
- 2 Tbsp. lemon, lime, or orange zest
- 1 Tbsp. minced garlic (6 cloves)

1. In a bowl combine all ingredients. Sprinkle onto cooked chicken, seafood, vegetables, pasta, or soups. **Makes  $\frac{2}{3}$  cup.**  
ENTIRE RECIPE 3 cal., 0 g fat, 0 mg chol., 2 mg sodium, 1 g carb., 0 g fiber, 0 g pro.

## TZATZIKI SAUCE

START TO FINISH 15 MINUTES

- 1 6-oz. carton plain Greek or regular yogurt
- 1 cup shredded seeded cucumber
- 1 Tbsp. lemon juice
- 1 Tbsp. olive oil
- 1 Tbsp. snipped fresh mint
- 1 clove garlic, minced
- $\frac{1}{4}$  tsp. salt

1. In a medium bowl stir together all ingredients. Serve immediately or cover and chill up to 4 hours. Serve with cooked beef, chicken, lamb, seafood, or vegetables. **Makes  $1\frac{1}{4}$  cups.**

PER 2 TBSP 35 cal., 3 g fat (1 g sat. fat), 6 mg chol., 66 mg sodium, 2 g carb., 0 g fiber, 1 g pro.





*Tzatziki Sauce*



*Triple-Olive Tapenade*

### TRIPLE-OLIVE TAPENADE

START TO FINISH 20 MINUTES

- 1½ cups pitted green olives
- 1½ cups pitted Kalamata olives
- ½ cup pitted oil-cured black olives
- ⅓ cup olive oil
- 2 Tbsp. capers, drained
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. Dijon mustard
- 2 anchovy fillets (optional)
- 2 cloves garlic, minced
- 1 Tbsp. snipped fresh basil, thyme, oregano, parsley, and/or rosemary

1. In a food processor combine the first nine ingredients (through garlic). Cover and pulse until finely chopped, stopping to scrape sides as necessary. Stir in herb(s). Serve with crackers, crostini, or pasta.

**TO STORE** Spoon tapenade into 4-oz. canning jars, airtight storage containers, or freezer containers, leaving a ½-inch headspace. Seal and label. Store in the refrigerator up to 1 week or freeze up to 3 months. **Makes 3 cups.**

PER TBSP 29 cal., 3 g fat (0 g sat. fat), 0 mg chol., 146 mg sodium, 1 g carb., 0 g fiber, 0 g pro.

### ARTICHOKE AND DRIED TOMATO

**TAPENADE** Prepare as directed, except substitute one 9-oz. pkg. frozen artichoke hearts, thawed and coarsely chopped, for the Kalamata olives and black olives, and substitute lemon juice for the balsamic vinegar. Add 1 cup snipped, drained oil-pack dried tomatoes to the mixture before processing or blending. Makes 4 cups.  
PER TBSP 27 cal., 3 g fat (0 g sat. fat), 0 mg chol., 97 mg sodium, 1 g carb., 1 g fiber, 0 g pro.

### ORANGE-SCENTED ALMOND

**TAPENADE** Prepare as directed, except substitute 1 cup slivered almonds, toasted (tip, page 46) for the green olives. Add 1 Tbsp. orange zest and 2 Tbsp. orange juice to the mixture before processing or blending. If desired, garnish with orange zest slivers. Makes 3½ cups.  
PER TBSP 36 cal., 3 g fat (0 g sat. fat), 0 mg chol., 75 mg sodium, 1 g carb., 1 g fiber, 0 g pro.

### CUCUMBER-TAHINI SAUCE

*Pictured on page 44.*

START TO FINISH 15 MINUTES

- ⅓ cup plain low-fat yogurt or Greek yogurt
- 1 Tbsp. tahini
- 2 tsp. lemon juice
- ¼ cup chopped seeded cucumber
- Salt and black pepper

1. In a bowl combine yogurt, tahini, and lemon juice. Stir in cucumber. Season to taste with salt and pepper. Serve on beef, chicken, lamb, or seafood, or use as a sandwich spread or dressing. **Makes ⅔ cup.**  
PER 2 TBSP 37 cal., 2 g fat (2 g sat. fat), 1 mg chol., 161 mg sodium, 3 g carb., 7 g fiber, 2 g pro.

★ STEP-BY-STEP ★

## SALT-CURED LEMONS

*The peel of preserved lemons is the go-to flavor enhancer in recipes from Morocco (a North African country that borders the Mediterranean Sea). Get the scoop on how to make preserved lemons, then learn where to use them.*

★ ★ ★ ★ ★



### STEP 1

In a large pot cook five of the whole lemons in enough boiling water to cover for 1 minute. Drain and rub dry with paper towels. Let stand until cool enough to handle.



### STEP 2

Cut lemons lengthwise into quarters, from the blossom end to  $\frac{1}{2}$  inch from the stem end, leaving lemons attached at the bases.



### STEP 3

Cupping the lemon in your hand, open lemon quarters slightly. Spoon about 2 Tbsp. of the coarse salt into the lemon, covering all exposed areas of the lemon pulp.



### STEP 4

Gently squeeze the lemon quarters back together, keeping the salt inside the lemons.



### STEP 5

Firmly pack salted lemons into a sterilized 1-qt. jar, pressing down to release juices. Add any remaining salt to jar. Pour the freshly squeezed fresh lemon juice into jar to cover lemons.



### STEP 6

To use, remove a lemon from the jar. Rinse lemon with cool water. Remove and discard pulp from the lemon. Scrape off the pith (white layer on peel) with a sharp paring knife.



## WHY MEYER?

Here we use Meyer lemons because they are smaller and less acidic than regular lemons (they're a cross between an orange and a lemon, after all). You can find them in many large grocery stores between December and April. If you can only find regular lemons, choose ones that are very small.



## SALT-CURED MEYER LEMONS

PREP 30 MINUTES CHILL 3 WEEKS

14 to 15 Meyer lemons or small regular lemons  
 $\frac{2}{3}$  cup coarse sea salt or kosher salt

1. Squeeze enough juice from nine or 10 of the lemons to measure at least 1 cup. Discard the juiced lemons.
2. Remove stems from five of the remaining lemons. In a large pot cook the five whole lemons in enough boiling water to cover for 1 minute. Using tongs, remove lemons from water. Rub lemons dry with paper towels; cool.
3. Starting from the blossom ends to within  $\frac{1}{2}$  inch of the stem ends, cut each lemon into quarters (keep quarters attached). Spoon about 2 Tbsp. of the salt into the center of each lemon. Press quarters together to reassemble whole lemons. In a sterilized 1-qt. glass jar, firmly pack salted



*Salt-Cured  
Meyer Lemons on  
Hummus*

lemons, pressing down to make lemons release some of their juices. Sprinkle any remaining salt over lemons in jar. Pour enough of the lemon juice into jar to cover lemons.

4. Cover tightly and chill in refrigerator at least 3 weeks before serving, shaking jar once a day. Press down on lemons as necessary to keep them completely covered with juice. Store in the refrigerator up to 6 months.

5. To use, remove lemon(s) from jar. Rinse lemon(s) with cool water. Scrape off and discard lemon pulp and any white pith from peel. Chop lemon peel; stir into Hummus (page 16), Baba Ghanoush (page 90), or other dips and spreads; mix into ground meat mixtures; or use in place of regular lemon peel in any recipe. **Makes 10 servings (1 Tbsp. each).**

PER SERVING 3 cal., 0 g fat, 0 g chol., 13 mg sodium, 1 g carb., 1 g fiber, 0 g pro.

## VINAIGRETTES



*These DIY vinaigrettes add a tangy punch of flavor to salads and more.*



*Broken Raspberry Vinaigrette*

*Greek Vinaigrette*



*Balsamic Vinaigrette*

*Red Wine Vinaigrette*

### BROKEN RASPBERRY VINAIGRETTE

In a bowl combine  $\frac{1}{3}$  cup red wine vinegar,  $\frac{1}{4}$  cup canola oil, 1 Tbsp. minced shallots, 1 tsp. honey,  $\frac{1}{2}$  tsp. Dijon mustard, and a dash each salt and black pepper. Whisk until well combined. Add 1 cup fresh raspberries; whisk until raspberries are thoroughly broken up in the vinaigrette. **Makes about 1 cup.**

PER TBSP. 37 cal., 3 g fat (0 g sat. fat), 0 mg chol., 16 mg sodium, 1 g carb., 1 g fiber, 0 g pro.

### GREEK VINAIGRETTE

In a jar with a screw-top lid combine 1 cup extra virgin olive oil; 2 Tbsp. white wine vinegar;  $\frac{1}{4}$  cup fresh lemon juice; 2 Tbsp. chopped fresh oregano leaves; 1 tsp. fresh thyme leaves; 2 tsp. shredded lemon peel; 2 cloves garlic, minced;  $\frac{1}{4}$  tsp. salt; and  $\frac{1}{4}$  tsp. black pepper. Shake to combine. If desired, season with additional salt and pepper to taste. **Makes about 1 $\frac{1}{2}$  cups.**

**TO SERVE** The olive oil will solidify when chilled; let stand at room temperature 1 hour before using. Shake well.

PER TBSP. 81 cal., 9 g fat (1 g sat. fat), 0 mg chol., 25 mg sodium, 0 g carb., 0 g fiber, 0 g pro.

### BALSAMIC VINAIGRETTE

In a jar with a screw-top lid combine 1 cup extra virgin olive oil;  $\frac{1}{2}$  cup balsamic vinegar;  $\frac{1}{4}$  cup finely chopped shallots; 2 Tbsp. snipped fresh Italian parsley; 1 Tbsp. Dijon mustard; 2 tsp. honey; 2 cloves garlic, minced;  $\frac{1}{4}$  tsp. salt; and  $\frac{1}{4}$  tsp. black pepper. Cover and shake well. Store in the refrigerator up to 3 days. **Makes 1 $\frac{1}{4}$  cups.**

**TO SERVE** The olive oil will solidify when chilled; let stand at room temperature 1 hour before using. Shake well.

PER TBSP. 72 cal., 8 g fat (1 g sat. fat), 0 mg chol., 34 mg sodium, 1 g carb., 0 g fiber, 0 g pro.

### RED WINE VINAIGRETTE

In a jar with a screw top lid combine 1 cup extra-virgin olive oil;  $\frac{1}{2}$  cup red wine vinegar;  $\frac{1}{4}$  cup finely chopped shallots; 2 Tbsp. snipped fresh basil; 1 Tbsp. Dijon mustard; 2 tsp. honey; 2 cloves garlic, minced;  $\frac{1}{4}$  tsp. salt; and  $\frac{1}{4}$  tsp. black pepper. Cover and shake well. Store in the refrigerator up to 3 days. **Makes 1 $\frac{3}{4}$  cups.**

**TO SERVE** The olive oil will solidify when chilled; let stand at room temperature 1 hour before using. Shake well.

PER TBSP. 72 cal., 8 g fat (1 g sat. fat), 0 mg chol., 34 mg sodium, 1 g carb., 0 g fiber, 0 g pro.

◆◆◆◆ *FRESH* ◆◆◆◆  
ON FLAT



THINK OF THESE FLATBREADS AS THE MORE AUTHENTIC VERSION OF ITALIAN PIZZA. HEALTHFUL VEGGIES, HERBS, AND TOPPERS REPLACE HEAVY MEATS AND CHEESES TO KEEP THIS INDULGENCE LIGHT AND FRESH. WHEN TIME IS SHORT, SKIP THE HOMEMADE CRUST AND OPT FOR PURCHASED FLATBREADS AS A SHORTCUT.



### GREEK FLATBREADS

PREP 20 MINUTES

BAKE 15 MINUTES AT 400°F

Cornmeal

- 1 recipe Flatbread Dough (p. 52) or 1 lb. purchased pizza dough
- Olive oil
- ¼ cup artichoke tapenade or other desired tapenade or bruschetta topping
- 4 oz. Fontina cheese, shredded (1 cup)
- 1 cup cherry or grape tomatoes, halved
- ½ cup halved pitted Kalamata or other desired olives
- ¼ cup thinly sliced red onion
- 2 Tbsp. chopped fresh parsley

1. Preheat oven to 450°F. Lightly grease a baking sheet; sprinkle with cornmeal. Divide dough in half. On a lightly floured surface roll and stretch each half of dough into a 12×4-inch oval. Brush with olive oil. Transfer to prepared baking sheet.

2. Divide artichoke tapenade between dough halves; spread evenly. Sprinkle with cheese. Top with tomatoes, olives, and red onion. Bake about 15 minutes or until crust is golden brown. Top with parsley. Cut each flatbread into 3 pieces. **Makes 6 servings.**

PER SERVING 324 cal., 15 g fat (4 g sat. fat), 22 mg chol., 734 mg sodium, 37 g carb., 2 g fiber, 10 g pro.

★ MAKE YOUR OWN ★

## FLATBREAD DOUGH

*No kneading required! Just buzz everything together in a food processor and let it rise. Done and done.*



PREP 10 MINUTES  
RISE 45 MINUTES

Olive oil or nonstick cooking spray

- 2 cups all-purpose flour
- 1 pkg. active dry yeast
- 1 tsp. sugar
- ½ tsp. kosher salt
- 1 Tbsp. olive oil
- ¾ cup warm water (105°F to 115°F)

1. Coat a medium bowl with oil. In a food processor combine the next four ingredients (through salt). With the food processor running, add the 1 Tbsp. oil and the warm water. Process until dough forms. Remove and shape into a smooth ball. Place dough in the prepared bowl; turn once to coat dough surface. Cover bowl with plastic wrap. Let stand in a warm place until double in size (45 to 60 minutes). **Makes 6 servings.**  
PER SERVING 179 cal., 3 g fat (0 g sat. fat), 0 mg chol., 166 mg sodium, 33 g carb., 1 g fiber, 5 g pro.



*Smoked Salmon and Chard Flatbread*



### DIY GLAZE

Look for balsamic glaze in the vinegar aisle of large supermarkets. Or, to make your own balsamic glaze, in a small saucepan bring ½ cup white balsamic vinegar to boiling. Reduce heat to medium; simmer, uncovered, 7 minutes or until reduced to 2 Tbsp.

## SMOKED SALMON AND CHARD FLATBREAD

PREP 30 MINUTES

BAKE 16 MINUTES AT 450°F

- Cornmeal
- 1 recipe Flatbread Dough (*opposite*) or 1 lb. purchased pizza dough
  - Olive oil
  - 2 Tbsp. olive oil
  - 1 cup chopped onion
  - 4 cloves garlic, minced
  - 1 lb. rainbow Swiss chard or red Swiss chard (about 2 bunches), stems removed and chopped, and leaves chopped
  - $\frac{1}{2}$  cup golden raisins
  - 1 5.2-oz. pkg. semisoft cheese with garlic and fine herbs
  - 4 oz. smoked salmon, broken into pieces
  - 2 Tbsp. purchased balsamic glaze (tip, *opposite below*)
  - 2 Tbsp. toasted pine nuts (optional)

1. Preheat oven to 450°F. Lightly grease a baking sheet; sprinkle with cornmeal. On a lightly floured surface roll and stretch dough into a 12×8-inch rectangle or oval. Transfer dough to baking sheet. Lightly brush olive oil over dough. Bake 16 minutes or until crust is golden brown.

2. Meanwhile, for filling, in an extra-large skillet heat the 2 Tbsp. oil over medium heat. Add onion and garlic; cook and stir 3 minutes. Gradually add chopped chard stems; cook 10 minutes or just until tender, stirring occasionally. Add chard leaves in batches, stirring until wilted before adding the next batch. Add raisins; cook 5 minutes or until chard is tender, stirring occasionally.

3. Spread cheese over baked flatbread. Top with salmon and chard mixture. Drizzle with balsamic glaze. If desired, sprinkle with pine nuts. **Makes 6 servings.**

PER SERVING 478 cal., 21 g fat (8 g sat. fat), 30 mg chol., 610 mg sodium, 61 g carb., 4 g fiber, 12 g pro.



*Baba Ghanoush Flatbread*

## BABA GHANOUSH FLATBREAD

PREP 20 MINUTES

BAKE 20 MINUTES AT 450°F

- Cornmeal
- 1 recipe Flatbread Dough (*opposite*) or 1 lb. purchased pizza dough
  - Olive oil
  - $\frac{3}{4}$  cup Baba Ghanoush (p. 90)
  - 1 cup cherry tomatoes, halved
  - $\frac{1}{4}$  cup chopped hazelnuts, toasted (tip, p. 46)
  - $\frac{1}{4}$  cup chopped fresh mint
  - Lemon zest
  - Flaked sea salt

1. Preheat oven to 450°F. Lightly grease a baking sheet; sprinkle with cornmeal. On a lightly floured surface roll and stretch dough into a 12×8-inch rectangle or oval. Lightly brush olive oil over dough. Transfer dough to baking sheet. Bake 10 minutes.

2. Spread crust with Baba Ghanoush; top with tomatoes. Bake about 10 minutes more or until crust is golden brown and crisp. Top with hazelnuts and mint. Sprinkle with lemon zest and salt to taste. **Makes 6 servings.**

PER SERVING 275 cal., 10 g fat (1 g sat. fat), 0 mg chol., 323 mg sodium, 40 g carb., 4 g fiber, 7 g pro.



## CATALAN FLATBREADS

PREP 20 MINUTES  
BAKE 32 MINUTES AT 450°F

- Nonstick cooking spray
- 1 medium zucchini, thinly sliced (1¼ cups)
- 3 roma tomatoes, thinly sliced
- ¼ cup olive oil
- Cornmeal
- 1 recipe Flatbread Dough (p. 52) or 1 lb. purchased pizza dough
- ½ cup bottled roasted red sweet peppers, drained and sliced
- 1 cup lightly packed fresh basil leaves, thinly sliced
- ½ tsp. kosher salt

1. Preheat oven to 450°F. Line a large baking sheet with foil. Coat foil with cooking spray. Arrange zucchini and tomatoes in a single layer on baking sheet, overlapping as necessary. Brush with 1 Tbsp. of

- the olive oil. Bake 20 to 30 minutes or until edges start to brown. Slide foil from baking sheet; let cool.
2. Lightly grease baking sheet; sprinkle with cornmeal. Divide dough in half. On a lightly floured surface roll and stretch each half of dough into a 12×4-inch oval. Brush with some of the remaining olive oil. Transfer to baking sheet.
3. Arrange zucchini, tomatoes, and peppers over dough. Sprinkle with half of the basil. Drizzle with the remaining oil and sprinkle with salt.
4. Bake 12 to 15 minutes or until golden brown. Top with remaining basil. **Makes 6 servings.**

PER SERVING 281 cal., 12 g fat (2 g sat. fat), 0 mg chol., 386 mg sodium, 37 g carb., 2 g fiber, 6 g pro.

## PESTO-PROSCIUTTO FLATBREAD

PREP 20 MINUTES  
BAKE 16 MINUTES AT 450°F

Cornmeal

- 1 recipe Flatbread Dough (p. 52) or 1 lb. purchased pizza dough
- Olive oil
- 2 Tbsp. olive oil
- 3 oz. thinly sliced prosciutto, cut into strips
- 3 Tbsp. dried tomato pesto
- 4 oz. provolone cheese, shredded (1 cup)
- 1 Tbsp. lemon juice
- 1 cup baby arugula

1. Preheat oven to 450°F. Lightly grease a baking sheet; sprinkle with cornmeal. On a lightly floured surface roll and stretch dough into a 12×8-inch rectangle or oval. Lightly brush with olive oil; cover with plastic wrap.
2. In a large skillet heat 1 Tbsp. of the oil over medium heat. Add prosciutto. Cook, stirring occasionally, until browned and crisp. Remove to paper towels to drain.
3. Spread pesto over dough. Sprinkle with prosciutto and cheese. Bake about 16 minutes or until crust is golden brown.
4. In a medium bowl whisk together the remaining 1 Tbsp. olive oil and lemon juice. Add arugula; toss to coat. Top flatbread with arugula mixture. If desired, sprinkle with salt and black pepper. **Makes 6 servings.**

PER SERVING 352 cal., 17 g fat (5 g sat. fat), 23 mg chol., 786 mg sodium, 36 g carb., 2 g fiber, 14 g pro.



*Pesto-Prosciutto Flatbread*

**TIME CRUNCH**

No time to make the homemade Flatbread Dough? It's OK. We've all been there (especially at lunchtime). You can use purchased flatbreads or pita flatbreads instead. Add toppings as directed.

Bake at 400°F (or as directed on the package) for 8 to 10 minutes or until toppings are heated through, crusts are golden brown, and cheeses are melted (if using).



*Pita breads and Flatout brand flatbreads work great!*

**EASY FLATBREAD IDEAS**



*Toast a flatbread in the oven as directed on package. Then top with one of these options.*



**BEANS AND GREENS**

Top purchased flatbread with smashed cannellini beans, basil pesto, arugula tossed with lemon vinaigrette, shaved Parmesan cheese, and cracked black pepper.



**BALSAMIC SQUASH**

Top purchased flatbread with cooked and mashed butternut squash, fresh spinach, red onions, chopped toasted pecans, and balsamic glaze or vinaigrette.



**HONEY BLUEBERRY**

Top purchased flatbread or artisan cracker with ricotta cheese, blueberries and onions lightly sautéed in olive oil, fresh thyme, and a drizzle of honey.



**TOMATO ANTIPASTI**

Top purchased flatbread with sun-dried tomato pesto stirred into light mayo, tomato slices, prosciutto, hard-cooked egg, spring greens, and purchased vinaigrette.



# FROM THE SEAS

FISH IS KING ALONG THE MEDITERRANEAN COAST. BUT EVEN IF YOUR HOME BASE ISN'T SEASIDE, YOU CAN STILL EMBRACE THIS OMEGA-3-PACKED SOURCE OF PROTEIN. THE CATCH OF THE DAY—SHRIMP, CLAMS, MUSSELS, AND MORE—IN COUNTRIES LIKE ITALY AND GREECE ARE EASY TO FIND ACROSS THE UNITED STATES (EVEN IF YOU'RE TUCKED INLAND).





*Broiled Swordfish with  
Oven-Roasted Tomato Sauce*  
PAGE 58

## BROILED SWORDFISH WITH OVEN-ROASTED TOMATO SAUCE

*Pictured on page 57.*

PREP 20 MINUTES BROIL 23 MINUTES

COOK 12 MINUTES

- 4 4-oz. fresh or frozen swordfish steaks, cut about 1 inch thick
- Nonstick cooking spray
- 1 lb. roma tomatoes, cored and quartered
- ½ small onion, peeled and quartered
- 3 cloves garlic, peeled
- ¼ tsp. salt
- ¼ tsp. crushed red pepper
- 2 Tbsp. tomato paste
- 1 tsp. snipped fresh rosemary
- ½ cup vegetable broth
- 2 Tbsp. heavy cream
- 1 Tbsp. olive oil
- ½ tsp. freshly ground black pepper
- 2 Tbsp. finely snipped fresh basil or Italian parsley

1. Thaw fish, if frozen. Rinse fish; pat dry with paper towels.
2. Preheat broiler. Lightly coat a 15×10-inch baking pan with cooking spray. Arrange tomatoes, onion, and garlic in pan; sprinkle with salt and crushed red pepper. Broil 3 to 4 inches from heat 10 minutes; gently stir in tomato paste to coat vegetables. Broil about 5 minutes more or until vegetables begin to blacken at the edges.
3. In a blender or food processor combine tomato mixture and rosemary. Cover and blend or process until smooth. Transfer mixture to a saucepan; stir in broth. Bring to boiling, stirring constantly; reduce heat. Simmer, uncovered, 12 to 15 minutes or until reduced to 1½ cups. Stir in heavy cream. Cover sauce and keep warm.
4. Lightly coat a broiler pan with cooking spray; place fish on pan. Brush both sides of fish with olive oil; season with black pepper. Broil 5 to 6 inches from the heat 8 to 12 minutes or until fish flakes easily, turning once. Serve fish with sauce and, if desired, snipped basil and additional olive oil. **Makes 4 servings.**

PER SERVING 254 cal., 14 g fat (5 g sat. fat), 93 mg chol., 437 mg sodium, 9 g carb., 2 g fiber, 24 g pro.

## Herb-Crusted Salmon



### SUB IN FRESH

To use fresh or thawed frozen salmon (instead of frozen), start by roasting the tomato mixture 18 minutes. Add salmon to pan, along with the raisins. Roast 10 to 12 minutes more.

## HERB-CRUSTED SALMON

STAND 10 MINUTES

ROAST 28 MINUTES AT 400°F

PREP 15 MINUTES

- 2 Tbsp. golden raisins
- 1 cup grape or cherry tomatoes
- 2 Tbsp. capers, drained
- 4 Tbsp. olive oil
- $\frac{3}{4}$  cup packed fresh parsley leaves
- 1 clove garlic
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. crushed red pepper
- 4 4-oz. frozen salmon fillets, about 1 inch thick (tip, *opposite below*)

1. Preheat oven to 400°F. Line a 15×10-inch baking pan with foil.

2. In a bowl soak raisins in hot water about 10 minutes or until softened and plump. Drain raisins. In another bowl combine tomatoes and capers. Drizzle with 2 Tbsp. of the olive oil; toss gently to coat.

3. Meanwhile, in a food processor combine parsley, the remaining 2 Tbsp. olive oil, garlic, salt, and crushed red pepper. Cover and pulse until smooth.

4. Remove salmon from freezer; place frozen fillets on the prepared pan. Spoon parsley mixture over each fillet, spreading to cover. Spoon tomato mixture around fish on baking pan.

5. Roast, uncovered, 14 to 15 minutes. Remove pan from oven. Add raisins to tomato mixture, stirring to combine. Return pan to oven; roast 14 to 15 minutes more or just until fish flakes.

6. Transfer salmon to a platter; spoon tomato mixture and any remaining pan juices over salmon. If desired, sprinkle with additional fresh parsley leaves. **Makes 4 servings.**

PER SERVING 310 cal., 21 g fat (3 g sat. fat), 62 mg chol., 332 mg sodium, 7 g carb., 1 g fiber, 24 g pro.



*Coastal Linguine*

## COASTAL LINGUINE

START TO FINISH 40 MINUTES

- 12 oz. fresh or frozen tilapia fillets
- 8 oz. dried linguine
- $\frac{1}{8}$  tsp. salt
- $\frac{1}{8}$  tsp. black pepper
- 2 Tbsp. olive oil
- 1 cup finely chopped onion
- 1 cup chopped fennel bulb (trimmed and cored)
- 6 cloves garlic, minced
- 1 Tbsp. capers
- 1 tsp. dried Italian seasoning, crushed
- 1 14.5-oz. can diced tomatoes (undrained)
- 1 8-oz. can tomato sauce
- 1 Tbsp. snipped fresh Italian parsley

1. Thaw fish, if frozen. Rinse fish; pat dry with paper towels.

2. Cook pasta according to package directions. Drain, reserving  $\frac{1}{4}$  cup of the cooking water. Set pasta and water aside. Meanwhile, sprinkle fish with salt and pepper. In an extra-large skillet heat 1 Tbsp. of the oil over medium-high heat. Add fish. Cook about 6 minutes or until fish flakes easily. Remove fish from skillet.

3. Add the remaining 1 Tbsp. oil to skillet. Add onion and fennel. Cook and stir 5 minutes or until tender. Stir in garlic, capers, and Italian seasoning; cook and stir 1 minute more. Stir in tomatoes, tomato sauce, and the reserved pasta water. Bring to boiling. Boil gently, uncovered, 8 minutes, stirring occasionally. Remove from heat. Stir in pasta and fish, stirring to break up fish slightly. Sprinkle with parsley. **Makes 6 servings.**

PER SERVING 283 cal., 6 g fat (1 g sat. fat), 28 mg chol., 458 mg sodium, 39 g carb., 4 g fiber, 18 g pro.



*Halibut with Eggplant Peperonata*

## HALIBUT WITH EGGPLANT PEPERONATA

START TO FINISH 45 MINUTES

- 4 4-oz. fresh or frozen halibut steaks
- ½ of a medium sweet onion, thinly sliced
- 1 Tbsp. olive oil
- 1 small eggplant (about 10 oz.), cut into 1-inch pieces (3 cups)
- 1 large yellow or red sweet pepper, seeded and thinly sliced
- 4 cloves garlic, minced
- 1 tsp. snipped fresh rosemary
- ½ tsp. salt
- ¼ tsp. black pepper
- 4 cups fresh spinach

1. Thaw fish, if frozen. Rinse fish and pat dry with paper towels.
2. For peperonata, in a large skillet cook onion in hot oil over

medium heat 5 minutes, stirring occasionally. Add the next four ingredients (through rosemary) and ¼ tsp. of the salt. Cook 10 to 12 minutes more or until vegetables are tender, stirring occasionally. Remove peperonata from skillet and keep warm.

3. Add about 1 inch of water to the same skillet. Place a steamer basket in skillet and bring water to boiling over high heat. Sprinkle halibut steaks with the remaining ¼ tsp. salt and the black pepper. Add fish to steamer basket. Cover and steam over medium heat 6 to 8 minutes or just until fish flakes.

4. Line four serving plates with spinach; top with fish and peperonata. **Makes 4 servings.**

PER SERVING 189 cal., 5 g fat (1 g sat. fat), 56 mg chol., 396 mg sodium, 13 g carb., 4 g fiber, 23 g pro.

## GARLICKY STEAMED MUSSELS AND CLAMS

PREP 20 MINUTES SOAK 45 MINUTES

COOK 11 MINUTES

- 2 lb. fresh mussels in shells
- 2 lb. fresh littleneck clams in shells
- 1 cup salt
- ¼ cup butter, softened
- 2 Tbsp. snipped fresh parsley
- 1 Tbsp. snipped fresh tarragon or thyme
- 1 clove garlic, minced
- ½ tsp. salt
- ¼ tsp. black pepper
- 1 Tbsp. olive oil
- 1 bulb fennel, trimmed and finely chopped
- ½ cup finely chopped onion
- 4 cloves garlic, thinly sliced
- 2 cups white wine or dry vermouth
- 1 cup chopped tomatoes
- 1 Tbsp. fresh lemon juice

1. To clean live mussels and clams, scrub under cold running water. Remove beards from mussels (tip, *opposite*). In an 8-qt. Dutch oven combine 4 qt. cold water and ½ cup of the salt; add mussels and clams. Soak 15 minutes; drain and rinse. Discard water. Repeat soaking, draining, and rinsing two more times.

2. In a small bowl combine the next six ingredients (through pepper). Use a fork or the back of a spoon to work herbs into butter.

3. In a heavy-bottom 8- to 10-qt. pot with a tight-fitting lid heat oil over medium-high heat. Add fennel, onion, and sliced garlic; cook and stir 5 minutes or until onion is tender. Stir in wine; bring to boiling. Immediately add mussels and clams. Cover tightly and cook undisturbed 2 minutes.

4. Lift lid and, working quickly to retain as much heat in the pot as possible, stir in herbed butter, tomatoes, and lemon juice. Cook, covered, over high heat 4 to 6 minutes more or just until shells open.

5. Using a large slotted spoon, scoop shellfish into a serving bowl. Discard any mussels or clams that do not open. Pour cooking liquid over shellfish. Serve immediately. **Makes 12 servings.**

PER SERVING 417 cal., 20 g fat (5 g sat. fat), 59 mg chol., 1,125 mg sodium, 26 g carb., 2 g fiber, 25 g pro.



## BEARD TRIMMING

Mussels have a collection of fibers that extend from the crack of their shells. These fibers, called a beard or byssal threads, are strong filaments formed by the mollusks to attach themselves to various surfaces in the sea. The beards are often removed during processing, but if you discover one still attached, grasp it between your thumb and forefinger and wriggle it back and forth while pulling out. You'll also want to scrub your shellfish with a food brush to remove any material that is clinging to the shell.

*Garlicky Steamed Mussels and Clams*

## QUICK SCALLOP AND NOODLE TOSS

START TO FINISH 30 MINUTES

- 12 fresh or frozen sea scallops (about 18 oz. total)
- 1 medium zucchini, trimmed
- ½ tsp. olive oil
- 2 Tbsp. 100% orange juice
- 2 Tbsp. champagne vinegar or cider vinegar
- 1 Tbsp. toasted sesame oil
- 1 tsp. grated fresh ginger
- ½ tsp. lime zest
- ½ tsp. sea salt
- 1½ cups torn fresh spinach leaves
- 1 cup chopped cucumber
- ⅔ cup thinly sliced radishes
- ¼ tsp. black pepper
- 1 Tbsp. olive oil
- 2 Tbsp. sesame seeds, toasted (tip, p. 46)

1. Thaw scallops, if frozen. Using a vegetable spiralizer, julienne cutter, or mandoline, cut zucchini into long, thin noodles. In a large skillet heat the ½ tsp. olive oil over medium-high heat. Add zucchini noodles. Cook and stir 1 minute or just until tender; cool.

2. Meanwhile, in a large bowl combine the next five ingredients (through lime zest) and ¼ tsp. of the salt. Stir in zucchini noodles, spinach, cucumber, and radishes.

3. Rinse scallops; pat dry. Sprinkle with the remaining ¼ tsp. salt and the pepper.

4. In the same skillet heat the 1 Tbsp. olive oil over medium-high heat. Add scallops; cook 3 to 5 minutes or until opaque, turning once. Serve zucchini noodle mixture with scallops. Sprinkle with sesame seeds. **Makes 4 servings.**

PER SERVING 227 cal., 10 g fat (1 g sat. fat), 42 mg chol., 527 mg sodium, 9 g carb., 2 g fiber, 24 g pro.

*Quick Scallop and Noodle Toss*







## PANKO COD WITH CAULIFLOWER MASH

START TO FINISH 30 MINUTES

- 4 fresh or frozen cod fillets (about 1¼ lb.)
- 4½ cups cauliflower florets, baby gold potatoes, and/or peeled carrots, coarsely chopped
- 2 oz. semisoft cheese with garlic and fine herbs
- 1 egg
- ⅔ cup panko bread crumbs
- 2 Tbsp. snipped fresh dill
- 1 Tbsp. olive oil
- Lemon wedges
- Fresh herbs (optional)

1. Thaw fish, if frozen. Place vegetables in a Dutch oven. Add enough water to cover; if desired, lightly *salt* the water. Cover and bring to boiling. Reduce heat to medium. Cook, covered, 15 to 20 minutes or until tender. Drain vegetables, reserving some of the cooking water. Using a potato masher,

mash vegetables to desired consistency, adding reserved water as needed. Stir in cheese. Season to taste with *salt* and *pepper*. Cover and keep warm.

2. Meanwhile, preheat oven to 300°F. Rinse fish; pat dry with paper towels. Cut fish into eight pieces. In a shallow dish lightly beat egg. In another shallow dish combine panko, dill, and ½ tsp. each *salt* and *pepper*. Dip fish pieces into egg, then into bread crumb mixture.

3. In a large skillet heat oil over medium-high heat. Cook fish, half at a time, in hot oil 2 to 3 minutes on each side or until fish is golden brown and flakes easily. Drain on paper towels. Serve with vegetable mash and lemon wedges. If desired, sprinkle with fresh dill. **Makes 4 servings.**

PER SERVING 317 cal., 12 g fat (5 g sat. fat), 122 mg chol., 778 mg sodium, 21 g carb., 3 g fiber, 31 g pro.



*Panko Cod with Cauliflower Mash*

## SPANISH SHRIMP AND SCALLOP SAUTÉ

START TO FINISH 25 MINUTES

- 16 fresh or frozen medium shrimp (8 oz.)
- 8 fresh or frozen sea scallops (8 oz.)
- 1 Tbsp. all-purpose flour
- 2 tsp. smoked paprika
- $\frac{1}{4}$  tsp. sugar
- $\frac{1}{4}$  tsp. black pepper
- $\frac{1}{8}$  to  $\frac{1}{4}$  tsp. cayenne pepper
- $\frac{1}{2}$  tsp. salt
- 2 Tbsp. butter
- 6 cloves garlic, thinly sliced
- 1 cup grape or cherry tomatoes, halved
- $\frac{1}{4}$  cup reduced-sodium chicken broth
- 3 Tbsp. dry vermouth or dry white wine
- 1 Tbsp. fresh lemon juice
- 3 Tbsp. finely snipped fresh Italian parsley
- 3 Tbsp. snipped fresh chives
- 2 cups hot cooked brown rice

**1.** Thaw shrimp and scallops, if frozen. Peel and devein shrimp, leaving tails intact if desired. Halve scallops horizontally. Rinse shrimp and scallops; pat dry with paper towels.

**2.** In a large resealable plastic bag combine the next five ingredients (through cayenne pepper) and  $\frac{1}{4}$  tsp. of the salt. Seal bag; shake to combine. Add shrimp and scallops to bag. Seal bag; shake to coat shrimp and scallops.

**3.** In a large nonstick skillet melt 1 Tbsp. of the butter over medium-high heat. Add garlic and the remaining  $\frac{1}{4}$  tsp. salt; cook and stir 30 seconds. Add shrimp and scallops to skillet in an even layer; cook 2 minutes. Stir in the next four ingredients (through lemon juice); cook 2 to 3 minutes or until shrimp and scallops are opaque, stirring occasionally. Remove from heat; stir in the remaining 1 Tbsp. butter, the parsley, and chives. Serve in shallow bowls with hot cooked rice. **Makes 4 servings.**

PER SERVING 300 cal., 8 g fat (4 g sat. fat), 115 mg chol., 693 mg sodium, 31 g carb., 3 g fiber, 22 g pro.



## SHRIMP PREP

Shrimp are crustaceans with flexible outer shells that need to be removed. Sometimes the tail portion of the shell is left on to add a little flair to the dish. To keep the tail shell on, grasp the shrimp with two fingers near the base of the tail. Pinch off and pull the top portion of the shell away from the shrimp. To devein the shrimp, make a shallow cut next to the dark intestinal vein that runs down the back of the shrimp. Use the tip of a knife to pull it out of the shrimp. If necessary, wash the shrimp under running water to rinse away any residue.



### 1. SHRIMP

These small crustaceans can be found as farmed or wild-caught options. The size of shrimp can vary from miniature to colossal, so double-check what your recipe calls for to keep cooking times accurate.

### 2. SCALLOPS

What we call a scallop is really the abductor muscle of the bivalve mollusk of the same name. Look for scallops that are creamy beige to light pink in color. Scallops also vary widely in size, but small ones are often more tender and sweet than large ones.

### 3. SWORDFISH

These big guys can weigh in at 200 to 600 pounds and are popular sport fish because of the fight they have in them. The flesh is firm and almost meatlike in texture, making it a favorite on restaurant menus.

### 4. TILAPIA

Tilapia has been a staple in Africa for ages, and is now mainstream in the United States because it's low in fat, versatile, readily available, and inexpensive, thanks to much of its production coming from aquaculturing.

### 5. MUSSELS

Mussels are identifiable by their dark, elongated shells but valued for the tasty meat within. The demand for this bivalve mollusk is greater in Europe, where they are farmed to meet demand. Avoid mussels with broken shells, and choose smaller ones when available—the meat will be more tender.

### 6. CLAMS

Another bivalve mollusk, clams are found in varying sizes and varieties in coastal regions of the United States. Clams and other mollusks are sold live to ensure freshness and should have tightly closed shells. If the shell of a mollusk is open, tap it gently with your finger to see if it snaps shut. If it doesn't, pitch it out.

### 7. COD

Cod—a popular fish from the Pacific and North Atlantic oceans—has white flesh that is firm and lean. Haddock and pollock are both good substitutes for cod, as they are close relatives and have similarly textured meat.

### 8. HALIBUT

As one of the biggest flatfish—a type of fish that is wide and flat with both eyes on the top side—halibut is near the top of the food chain in the North Pacific and Atlantic oceans. It's a white-flesh, mild-flavor fish that is low in fat.

### 9. SALMON

The rich and fatty pinkish flesh of salmon is a mainstay on dinner tables across America. And since it contains the good kind of fat—omega 3s—it can be consumed without guilt a couple times a week. There are many varieties of salmon on the market, and much of what is available is farmed. If offered the choice, go for wild-caught salmon. The flavor is often deeper and richer.

## A GUIDE TO Choosing Fish

Not familiar with fish?  
Here's what you need to  
know before you hit  
the markets.





# SOUVLAKIA

GREECE KNOWS HOW TO DO FAST FOOD RIGHT. SOUVLAKIA—PIECES OF MEAT AND VEGETABLES COOKED ON A SKEWER—IS THE GREEK VERSION OF A TURKISH SHISH KABOB. THIS EASY DISH IS QUICK TO MAKE AND, SINCE THERE'S NO FRYING INVOLVED, IT'S AS WHOLESOME AS IT IS DELICIOUS. YOU CAN MIX AND MATCH INGREDIENTS, MARINADES, AND SAUCES FOR A CUSTOMIZED FLAVOR COMBO.

## GRILL MARKS

### GRILLING SOUVLAKIA

*When the weather warms up, take your souvlakia grill-side. Prepare kabobs as directed in Step 1. Grill kabobs, covered, over medium heat until protein is done and vegetables are tender, turning once halfway through grilling. Remove kabobs to a 15×10-inch baking pan. Drizzle with reserved dressing over. Cover and let stand 5 minutes. Continue as directed in Step 4.*





## MAKE-IT-MINE SOUVLAKIA

- \* Dressing (choose 1)
- \* Protein (choose 1)
- \* Vegetables (choose 2 to 3)
- \* Cucumber Relish or any Sauce or Topping (*opposite*)
- 4 soft pita bread rounds or flatbreads

1. Preheat broiler. Line two 15×10-inch baking pans with foil. Stir together Dressing ingredients. Place Protein in a resealable plastic bag. Pour half of the Dressing over the Protein in bag. Set aside remaining Dressing. Seal bag; turn to coat Protein. Marinate in the refrigerator 30 minutes.

2. Drain marinade from bag and discard. Thread Protein onto four 10- to 12-inch skewers, leaving  $\frac{1}{4}$  inch between pieces. Thread Vegetables onto four separate 10- to 12-inch skewers, leaving  $\frac{1}{4}$  inch between pieces. Arrange skewers in the prepared pans.

3. Broil 4 to 5 inches from the heat until Protein is done, turning once halfway through broiling (see timings *opposite*). If needed, broil Vegetables 6 to 8 minutes more or until crisp-tender. Drizzle with reserved Dressing. Cover and let stand 5 minutes.

4. Meanwhile, stir together Cucumber Relish ingredients. Serve skewers with relish and pita bread. **Makes 4 servings.**

## DRESSING

\* **GARLIC-OREGANO** Zest and juice from 1 lemon, 3 Tbsp. chopped fresh oregano, 2 Tbsp. olive oil, 2 cloves minced garlic,  $\frac{3}{4}$  tsp. salt, and  $\frac{1}{4}$  tsp. black pepper

\* **PINEAPPLE-MINT**  $\frac{1}{2}$  cup pineapple juice,  $\frac{1}{4}$  cup lemon juice, 2 Tbsp. chopped fresh mint,  $\frac{1}{2}$  tsp. dry mustard, and  $\frac{1}{2}$  tsp. salt

\* **LEMON-HONEY**  $\frac{1}{4}$  cup lemon juice, 2 Tbsp. red wine vinegar, 2 tsp. honey, 1 tsp. kosher salt, and  $\frac{1}{8}$  tsp. each dried oregano and freshly ground black pepper.



## VEGETABLES

- \* 2 medium zucchini, sliced  $\frac{3}{4}$  inch thick
- \* 2 medium red, green, or yellow sweet peppers, cut into 1-inch pieces
- \* 1 cucumber, seeded, quartered lengthwise, and cut into 1-inch slices
- \* 1 small red onion, cut into 1-inch-thick wedges
- \* 1 cup grape tomatoes
- \* 8 oz. fresh button mushrooms





**REMEMBER THIS**  
If using wooden skewers, soak in water for 30 minutes; drain before using.

## PROTEIN

- \* **CHICKEN BREAST** 1½ lb. chicken breast tenderloins or skinless, boneless chicken breast, cut into 1-inch strips or cubes (cook 12 to 14 minutes or until no longer pink)
- \* **CHICKEN THIGHS** 1½ lb. skinless, boneless chicken thighs, cut into 1-inch strips or cubes (cook 12 to 14 minutes or until no longer pink)
- \* **LAMB** 1 lb. lean boneless lamb, cut into 1-inch cubes (cook 10 to 12 minutes or until desired doneness)
- \* **SHRIMP** 1 lb. fresh or frozen medium shrimp in shells, peeled and deveined (cook 10 to 12 minutes or until opaque)
- \* **SALMON** 1 lb. fresh or frozen skinless salmon fillets, cut into 1-inch cubes (cook 8 to 12 minutes or until fish flakes easily)
- \* **SCALLOPS** 1 lb. fresh or frozen sea scallops (cook 8 to 12 minutes or until opaque)
- \* **CHEESE** 8 oz. Halloumi cheese, cut into ½-inch slices or 1-inch cubes (cook 3 to 4 minutes or until cheese begins to soften)



Tzatziki Sauce



Triple-Olive Tapenade

## SAUCES & TOPPINGS

- \* **CUCUMBER RELISH** 1 cup chopped cucumber, ½ cup finely chopped red onion, ½ cup chopped pitted Kalamata olives, 1 Tbsp. chopped fresh mint, 1 Tbsp. olive oil, and 1 tsp. red wine vinegar

Or try one of these:

- \* Tzatziki Sauce (p. 46)
- \* Triple-Olive Tapenade (p. 47)
- \* Cucumber-Tahini Sauce (p. 47)
- \* Romesco Sauce (p. 46)



Cucumber Relish



Cucumber-Tahini Sauce



Romesco Sauce



# ONE PAN

WHEN IT COMES TO QUICK WEEKNIGHT MEALS, SIMPLE IS BETTER. AND IT DOESN'T GET MUCH SIMPLER THAN USING ONE PAN—SHEET PAN, DUTCH OVEN, OR SKILLET—TO COOK YOUR WHOLE DINNER. DONE AND DONE.





*Lamb Fatah with  
Asparagus*  
PAGE 72



## LAMB FATAH WITH ASPARAGUS

*Pictured on page 71.*

PREP 10 MINUTES

COOK 15 MINUTES

STAND 5 MINUTES

- 1 Tbsp. olive oil
- 1 medium onion, halved and sliced
- 4 cloves garlic, minced
- 12 oz. boneless lamb leg or beef sirloin steak, trimmed and cut into 2½-inch pieces
- 1 14.5-oz. can reduced-sodium beef broth
- 1 cup whole wheat Israeli couscous
- ½ tsp. dried oregano, crushed
- ½ tsp. ground cumin
- ¼ tsp. salt
- ¼ tsp. black pepper
- 1 lb. thin asparagus spears, biased into 2-inch pieces
- ¾ cup chopped red sweet pepper

1. In a large skillet heat oil over medium-high heat. Add onion; cook and stir 3 minutes. Add garlic; cook and stir 1 minute. Add lamb; cook 3 to 5 minutes or until browned on all sides.

2. Stir in next six ingredients (through black pepper). Bring to boiling; reduce heat. Cover and simmer 10 minutes, stirring occasionally.

3. Stir in asparagus and sweet pepper. Cover and simmer 3 to 5 minutes more or until vegetables are crisp-tender. Lightly fluff lamb mixture with a fork. If desired, sprinkle with snipped *fresh oregano* and serve with *lemon wedges*.

**Makes 4 servings.**

PER SERVING 334 cal., 9 g fat (3 g sat. fat), 54 mg chol., 390 mg sodium, 39 g carb., 6 g fiber, 26 g pro.

## LEMON-HERB ROASTED SALMON WITH BROCCOLI AND TOMATOES

PREP 20 MINUTES

ROAST 15 MINUTES AT 400°F

- 1 1-lb. fresh or frozen skinless salmon fillet
- 2 Tbsp. olive oil
- 1½ tsp. dried oregano, crushed
- ¼ tsp. salt
- ⅛ tsp. black pepper
- 2 cups grape or cherry tomatoes, halved
- 2 cups broccoli florets
- 2 cloves garlic, minced
- 1 lemon
- 2 Tbsp. snipped fresh basil
- 1 Tbsp. snipped fresh parsley
- 1 Tbsp. honey

1. Thaw salmon, if frozen. Preheat oven to 400°F. Line a 15×10-inch baking pan with parchment paper. Rinse salmon; pat dry with paper towels. Place salmon in prepared pan. Drizzle with 1 Tbsp. of the oil and sprinkle with ¾ tsp. of the oregano, the salt, and pepper.

2. In a medium bowl combine tomatoes, broccoli, garlic, and the remaining 1 Tbsp. oil and ¾ tsp. oregano. Sprinkle lightly with additional salt and pepper; toss to coat. Place in pan with salmon. Roast salmon and vegetables, uncovered, 15 to 18 minutes or just until salmon flakes.

3. Meanwhile, remove 1 tsp. zest and squeeze 3 Tbsp. juice from lemon. In a small bowl combine lemon zest and juice and the remaining ingredients. Spoon over salmon and vegetables before serving. **Makes 4 servings.**

PER SERVING 276 cal., 14 g fat (2 g sat. fat), 62 mg chol., 362 mg sodium, 13 g carb., 3 g fiber, 25 g pro.

*Lemon-Herb Roasted Salmon with Broccoli and Tomatoes*



**CLEAN  
UP**

Lining your baking pan with foil or parchment paper is completely optional but makes cleanup a breeze. Once you're done with dinner, just toss the paper or foil!



*Basque Chicken*

## BASQUE CHICKEN

START TO FINISH 30 MINUTES

- 1¼ lb. skinless, boneless chicken thighs, cut into 2-inch pieces
- ½ tsp. salt
- ¼ tsp. black pepper
- 1 Tbsp. olive oil
- 1 onion, thinly sliced
- 1 red sweet pepper, cut into ¼-inch-thick strips
- 2 cloves garlic, minced
- 1 14.5-oz. can diced tomatoes, drained
- 12 oz. red potatoes, cut into ½-inch-wide wedges and halved crosswise
- 1 cup chicken broth
- 1 tsp. snipped fresh thyme or ¼ tsp. dried thyme, crushed
- ½ tsp. dried savory, crushed
- ½ cup small pimiento-stuffed olives

1. Sprinkle chicken with ¼ tsp. of the salt and the black pepper. In a large Dutch oven heat oil over medium-high heat. Add

chicken; cook about 4 minutes or until lightly browned, turning to brown evenly. 2. Add onion and sweet pepper to Dutch oven; cook 3 minutes or until crisp-tender. Add garlic; cook 30 seconds more. Add the next five ingredients (through savory) and the remaining ¼ tsp. salt. Bring to boiling; reduce heat. Simmer, covered, about 20 minutes or until chicken and potatoes are tender. Remove from heat. Stir in olives. If desired, top with additional fresh thyme. **Makes 6 servings.**

**SLOW COOKER DIRECTIONS** In a 3½- or 4-qt. slow cooker combine chicken, onion, sweet pepper, and potatoes. Stir in garlic, tomatoes, broth, thyme, savory, ¼ tsp. of the salt, and the black pepper. Cover and cook on low 10 to 11 hours or on high 5 to 5½ hours. Stir in olives. If desired, top with additional fresh thyme.

PER SERVING 204 cal., 6 g fat (1 g sat. fat), 79 mg chol., 576 mg sodium, 16 g carb., 3 g fiber, 21 g pro.

## Weeknight Paella



### WEEKNIGHT PAELLA

START TO FINISH 20 MINUTES

- 8 oz. fresh or frozen sea scallops
- 8 oz. fresh or frozen peeled and deveined cooked shrimp
- 1 10-oz. pkg. frozen long grain white rice with vegetables (peas, corn, and carrots)
- $\frac{1}{2}$  to 1 tsp. ground turmeric
- 1 Tbsp. canola oil
- $\frac{1}{2}$  cups coarsely chopped roma tomatoes
- Salt and black pepper

1. Thaw scallops and shrimp, if frozen. Rinse scallops and shrimp; pat dry with paper towels. Cut any large scallops in half. Prepare rice according to microwave package directions. Stir turmeric into rice.
2. Meanwhile, in a large skillet heat oil over medium heat. Add scallops; cook about 3 minutes or until scallops are opaque, turning once. Stir in shrimp and tomatoes; heat through.
3. Add hot rice to seafood mixture in skillet; toss gently to combine. Season to taste with salt and pepper.

**Makes 4 servings.**

PER SERVING 229 cal., 5 g fat (1 g sat. fat), 129 mg chol., 374 mg sodium, 22 g carb., 2 g fiber, 24 g pro.



## PARMESAN COD AND VEGGIES

PREP 20 MINUTES

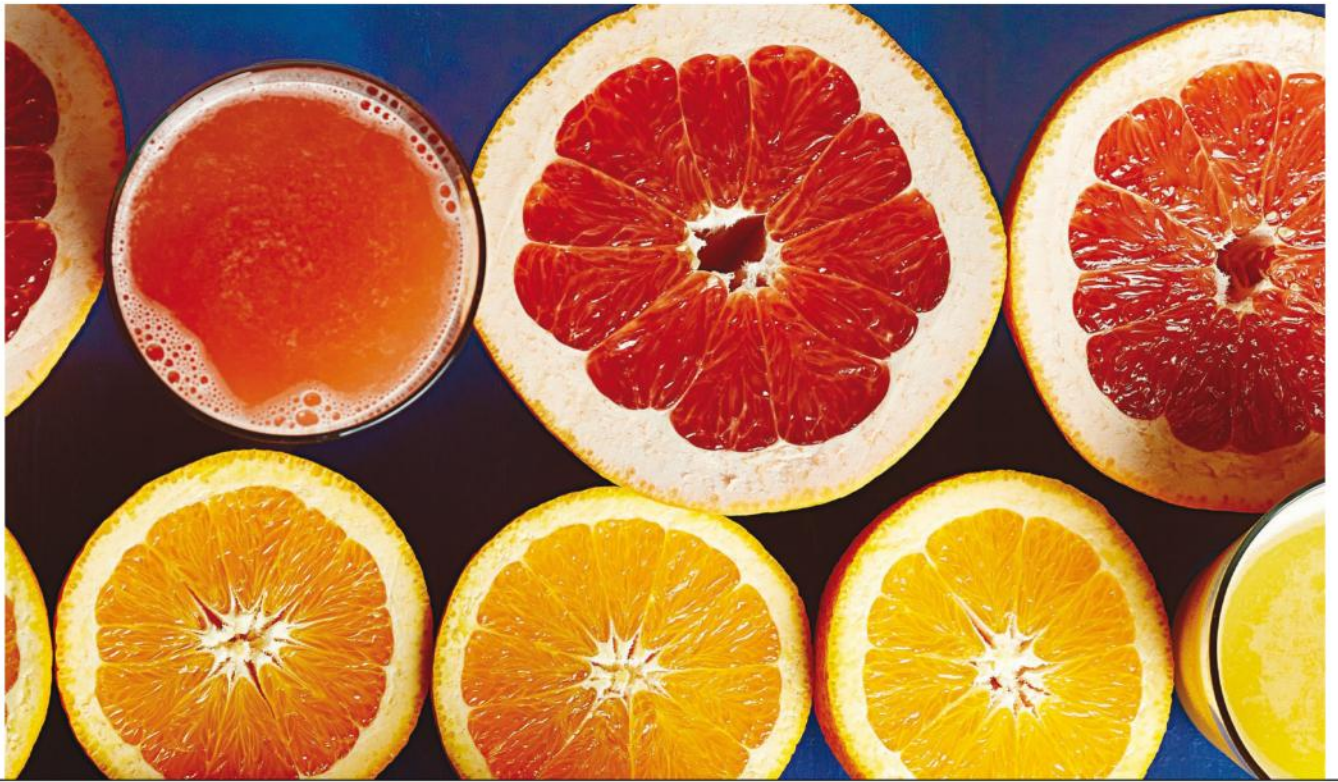
BAKE 20 MINUTES AT 350°F

- 4 5- to 6-oz. fresh or frozen skinless cod fillets
- 4 small zucchini and/or yellow summer squash, cut into  $\frac{3}{4}$ -inch pieces
- 2 cloves garlic, minced
- 4 Tbsp. olive oil
- Salt and black pepper
- $\frac{1}{4}$  cup panko
- $\frac{1}{4}$  cup grated Parmesan cheese
- 2 Tbsp. snipped fresh parsley
- $\frac{1}{8}$  tsp. salt

1. Thaw fish, if frozen. Preheat oven to 350°F. In a 15×10-inch baking pan combine squash and garlic. Drizzle with 2 Tbsp. of the oil. Rinse fish; pat dry with paper towels. Place fish in pan with squash. Sprinkle fish and squash lightly with salt and pepper.

2. In a bowl combine panko, cheese, parsley, and the  $\frac{1}{8}$  tsp. salt. Drizzle with the remaining 2 Tbsp. oil; toss to coat. Sprinkle panko mixture on top of fish; press lightly to adhere. Bake 20 minutes or just until fish flakes. If desired, sprinkle with additional parsley. **Makes 4 servings.**

PER SERVING 297 cal., 16 g fat (3 g sat. fat), 65 mg chol., 409 mg sodium, 8 g carb., 2 g fiber, 29 g pro.

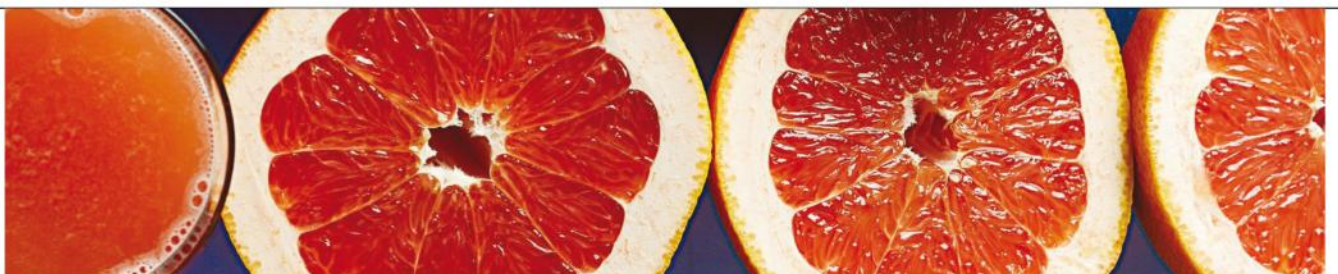


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# MEDITERRANEAN *MORNING*

MORNING IS THE PERFECT TIME TO PACK MUCH-NEEDED NUTRIENTS INTO YOUR DAY. WITH A LITTLE PLANNING, THESE FRESH AND BREEZY MEDITERRANEAN STARTERS WILL GET YOU THERE. YOU CAN EVEN PREP SOME THE NIGHT BEFORE, LIKE THE OVERNIGHT BULGUR AND THE INGREDIENTS FOR AVOCADO AND EGG TOAST. RELAX—BREAKFAST IS COVERED.

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*Zucchini and  
Tomato Frittata*

PAGE 78



*Prosciutto  
Egg Cups*

### PROSCIUTTO EGG CUPS

PREP 20 MINUTES

BAKE 18 MINUTES AT 350°F

STAND 3 MINUTES

- Nonstick cooking spray
- 8 slices prosciutto
- 8 eggs
- Black pepper
- 8 tsp. purchased basil pesto
- 8 cherry tomatoes or grape tomatoes, halved

1. Preheat oven to 350°F. Coat eight 2½-inch muffin cups with cooking spray. Gently press a prosciutto slice onto the bottom and up the side of each prepared muffin cup, carefully pleating as necessary to fit the cup.

2. Break an egg into a measuring cup and slide the egg into a prosciutto-lined muffin cup. Repeat with the remaining eggs. Sprinkle with pepper. Spoon 1 tsp. pesto onto each egg. Top with tomato halves.

3. Bake 18 to 20 minutes or until whites are completely set and yolks are thickened. Let stand in muffin cups 3 to 5 minutes. Run a thin knife or offset spatula around the outside of each egg cup and carefully remove from muffin cup.

**Makes 8 servings.**

PER SERVING 138 cal., 10 g fat (3 g sat. fat), 200 mg chol., 379 mg sodium, 2 g carb., 0 g fiber, 11 g pro.

### ZUCCHINI AND TOMATO FRITTATA

*Pictured on page 77.*

START TO FINISH 30 MINUTES

- 8 eggs
- ¼ tsp. salt
- ¼ tsp. crushed red pepper
- 1 Tbsp. olive oil
- 1 small zucchini, thinly sliced lengthwise
- ½ cup yellow or red cherry tomatoes, halved
- 2 oz. bite-size fresh mozzarella balls (bocconcini)
- ½ cup coarsely chopped walnuts
- Fresh basil leaves (optional)

1. Preheat broiler. In a large bowl whisk together eggs, salt, and crushed red pepper. Heat oil in a large oven-going skillet over medium-high heat. Layer zucchini slices on bottom of skillet. Cook 3 minutes, turning once. Top with cherry tomatoes. Pour egg mixture over vegetables in skillet. Top with mozzarella and walnuts. Cook over medium heat 4 to 5 minutes or until edges begin to set, lifting with a spatula so the uncooked portion flows underneath.

2. Broil 4 inches from the heat 2 to 3 minutes or until set. Cut into wedges. If desired, top with basil and drizzle with additional olive oil.

**Makes 4 servings.**

PER SERVING 281 cal., 22 g fat (6 g sat. fat), 382 mg chol., 334 mg sodium, 4 g carb., 1 g fiber, 17 g pro.







*Avocado-Egg  
Breakfast Sandwich*

## AVOCADO-EGG BREAKFAST SANDWICH

START TO FINISH 10 MINUTES

- 4 slices whole wheat bread, toasted
- Dijon mustard (optional)
- 1 avocado, pitted, peeled, and mashed
- 8 to 12 asparagus spears, steamed
- 1 hard-cooked egg, sliced
- Cracked black pepper and coarse sea salt
- Olive oil

1. Spread two bread slices with mustard, if using. Spread remaining two bread slices with mashed avocado. Top with asparagus spears and egg slices. Sprinkle with black pepper and salt and drizzle with olive oil. Top with mustard-coated bread. **Makes 2 servings.**

**TIP** To get a jump start on this sandwich, hard-cook the eggs and steam the asparagus ahead of time. Cover and refrigerate asparagus up to 5 days and eggs up to 7 days.

PER SERVING 309 cal., 17 g fat (3 g sat. fat), 93 mg chol., 411 mg sodium, 30 g carb., 9 g fiber, 12 g pro.

## ALMOND-DATE SMOOTHIE

PREP 10 MINUTES CHILL OVERNIGHT

- 1½ cups unsweetened almond milk
- ½ cup Medjool dates, pitted
- 1 small banana
- 2 Tbsp. almond butter
- 1 Tbsp. honey (optional)
- 1 cup ice cubes

1. In a medium bowl combine almond milk and dates; cover and chill overnight. (Or place dates in a heatproof bowl and cover with boiling water; let stand 10 minutes. Drain and cool slightly.)

2. In a blender combine milk, dates, banana, almond butter and, if desired, honey. Cover and blend 30 seconds or until smooth. Add ice and blend until smooth. **Makes 2 servings.**

PER SERVING 429 cal., 12 g fat (1 g sat. fat), 0 mg chol., 173 mg sodium, 85 g carb., 10 g fiber, 6 g pro.



*Almond-Date  
Smoothie*



*Egg White Omelet*

### EGG WHITE OMELET

PREP 10 MINUTES  
COOK 10 MINUTES

- 3 egg whites or 2 egg whites and 1 whole egg
- 1/8 tsp. freshly ground black pepper
- 1/2 tsp. olive oil
- 1/2 cup shredded fresh spinach
- 2 Tbsp. chopped red sweet pepper
- 2 Tbsp. crumbled feta cheese

1. In a small bowl combine egg whites and black pepper. Beat with a fork until combined but not frothy.  
2. In an 8-inch nonstick skillet with flared sides heat oil over medium-high heat. Pour egg white mixture into skillet. Cook over medium heat. As mixture sets, run a spatula around edges of skillet, lifting egg white mixture so the uncooked portion flows underneath. Continue cooking and lifting edges until egg white mixture is set but still shiny.  
3. Top half of the omelet with spinach, sweet pepper, and feta cheese. Lift and fold the unfilled half of omelet over filling. Gently slide omelet out of skillet onto a plate. If desired, top with additional veggies and cheese. **Makes 1 serving.**

PER SERVING 72 cal., 2 g fat (0 g sat. fat), 0 mg chol., 164 mg sodium, 1 g carb., 0 g fiber, 11 g pro.

### BLACKBERRY-GINGER OVERNIGHT BULGUR

PREP 10 MINUTES CHILL OVERNIGHT

- 2/3 cup plain low-fat yogurt or plain whole-milk Greek yogurt
- 1/4 cup bulgur
- 3 Tbsp. milk or refrigerated coconut milk
- 2 Tbsp. honey
- 1 Tbsp. snipped crystallized ginger or 1/4 tsp. ground ginger
- 1/4 cup fresh blackberries

1. In a bowl stir together the first five ingredients (through ginger). Divide bulgur mixture between two half-pint jars. Top with blackberries. Cover and chill overnight or up to 3 days. Stir before serving. If desired, top with additional blackberries. **Makes 2 servings.**

PER SERVING 215 cal., 2 g fat (1 g sat. fat), 7 mg chol., 74 mg sodium, 45 g carb., 3 g fiber, 8 g pro.

### RASPBERRY-JAVA OVERNIGHT BULGUR

PREP 10 MINUTES CHILL OVERNIGHT

- 2/3 cup plain low-fat yogurt or plain whole-milk Greek yogurt
- 1/4 cup bulgur
- 3 Tbsp. milk or refrigerated coconut milk
- 2 Tbsp. packed brown sugar
- 1/2 tsp. instant espresso coffee powder
- 1/4 cup raspberries

1. In a bowl stir together the first five ingredients (through espresso powder). Divide bulgur mixture between two half-pint jars. Top with raspberries. Cover and chill overnight or up to 3 days. Stir before serving. If desired, top with additional berries. **Makes 2 servings.**

PER SERVING 185 cal., 2 g fat (1 g sat. fat), 7 mg chol., 75 mg sodium, 36 g carb., 3 g fiber, 7 g pro.



*Blackberry-Ginger Overnight Bulgur*

*Raspberry-Java Overnight Bulgur*

**CHILLING OUT**  
You can store overnight bulgur in the fridge up to 3 days. If you make multiple batches at once, breakfast is covered for the whole family.



## PITA BREAD WRAPS

*To Go*

*Toss these quick toppers  
onto pita bread, fold in half,  
and hit the road.*



### 1. AVOCADO-TURKEY

Whole wheat pita bread topped with mashed avocado, sliced turkey, crumbled feta cheese, and halved Kalamata olives.

### 2. YOGURT-BERRY

Whole wheat pita bread topped with Greek yogurt, quartered strawberries, toasted walnuts, and a drizzle of honey.

### 3. ZUCCHINI-TOMATO

Whole wheat pita bread topped with soft goat cheese, sautéed sliced zucchini, halved cherry tomatoes, black pepper, and a drizzle of olive oil.

### 4. SALMON

Whole wheat pita bread topped with sliced goat cheese, purchased pesto, smoked salmon, and sliced cucumbers.

### 5. PEANUT BUTTER-BANANA

Whole wheat pita bread topped with ricotta mixed with peanut butter (or sun butter), honey, sliced banana, and raisins.

### 6. HUMMUS-EGG

Whole wheat pita bread topped with hummus, roasted red pepper, arugula, and a fried egg.



# POCKET

## LUNCH



THOUGH THE MIDDLE EASTERN AREA OF THE MEDITERRANEAN IS HOME TO THE SOFT, FLUFFY PITA POCKET, FEEL FREE TO ADD FILLINGS FROM OTHER COASTAL AREAS—NIÇOISE SALAD, FALAFEL, CAPRESE, GYRO PATTIES, TO NAME A FEW—FOR A NEW ADVENTURE. TAKE THESE PACK-AND-GO MEALS TO THE OFFICE—OR ANYWHERE—USING EASY TOTING TIPS FOR EACH.



*Caprese Salad  
Pita Pockets*

PAGE 85



*Asparagus  
Falafel*

## ASPARAGUS FALAFEL

START TO FINISH 35 MINUTES

- 8 oz. fresh asparagus spears, trimmed and cut up
  - 1 15-oz. can chickpeas (garbanzo beans), rinsed and drained
  - 3 Tbsp. all-purpose flour
  - 2 Tbsp. snipped fresh parsley
  - 3 cloves garlic, halved
  - 1 tsp. ground cumin
  - $\frac{1}{4}$  tsp. salt
  - $\frac{1}{8}$  tsp. black pepper
  - 3 Tbsp. olive oil
  - 3 Tbsp. yellow cornmeal
  - 3 Tbsp. red wine vinegar
  - 1 5.2-oz. container semisoft cheese with fine herbs
  - 2 cups mixed salad greens
  - 4 whole wheat or regular pita bread rounds
1. In a food processor combine the first eight ingredients (through pepper) and 1 Tbsp. of the olive oil. Cover and pulse until finely chopped and mixture holds together (should have some visible pieces of chickpeas and asparagus).
  2. Sprinkle half of the cornmeal evenly over a baking sheet. With damp hands, shape

rounded tablespoons of asparagus mixture into twelve 2½-inch patties (mixture will be very soft). Place patties on prepared baking sheet. Lightly sprinkle patties with remaining cornmeal. In a large skillet heat 1 Tbsp. olive oil over medium-high heat. Add half of patties. Cook 2 to 3 minutes per side or until browned and heated through. Repeat with remaining olive oil and patties.

3. For dressing, in a small bowl slowly stir vinegar into half of the semisoft cheese. Toss dressing with mixed greens. Spread pita bread with the remaining cheese. Place greens on each pita; top with three asparagus patties. Fold over to serve.

**Makes 4 servings.**

**TO TOTE** Prepare falafel and dressing as directed. Cover and refrigerate in separate containers overnight. Tote falafel, dressing, greens, extra cheese, and pita in separate containers in a cooler bag. To serve, assemble as directed (if desired, heat falafel before placing on pita).

PER SERVING 557 cal., 28 g fat (12 g sat. fat), 38 mg chol., 841 mg sodium, 64 g carb., 10 g fiber, 16 g pro.



## Pesto Veggie Gyro

### PESTO VEGGIE GYRO

PREP 20 MINUTES  
ROAST 30 MINUTES AT 400°F

- 1 lb. zucchini or yellow summer squash, cut into ½-inch slices
- 2 medium red sweet peppers, cut into 1-inch pieces
- 3 Tbsp. olive oil
- 1 tsp. dried oregano, crushed
- 1 8-oz. pkg. Halloumi cheese, cut into 12 slices
- 6 6- to 8-inch flatbreads
- 3 cups shredded romaine lettuce
- ½ cup finely chopped red onion
- 1 recipe Pesto Vinaigrette

1. Preheat oven to 400°F. Line a 15×10-inch baking pan with foil. In a large bowl toss together zucchini, peppers, 2 Tbsp. of the olive oil, and the oregano. Place zucchini mixture in the prepared pan. Roast 30 minutes or until golden brown and tender, stirring once.

2. Meanwhile, line another 15×10-inch pan with foil. Pat Halloumi dry with paper towels. Lightly brush both sides of cheese slices with the remaining 1 Tbsp. olive oil. Place cheese slices in prepared pan. Roast cheese 15 minutes or until golden brown on both sides, turning cheese slices over and rotating pans once.

3. Fold flatbreads in half. Fill each with lettuce, cheese slices, and vegetable mixture. Top each with some of the onion, and drizzle with some of the Pesto Vinaigrette. **Makes 6 servings.**

**PESTO VINAIGRETTE** In a food processor or blender combine 1 cup packed fresh basil, ½ cup olive oil, ¼ cup finely shredded Parmesan cheese, 2 Tbsp. white wine vinegar, and 2 cloves halved garlic. Cover and process or blend until smooth. Season to taste with salt and black pepper.

**TO TOTE** Prepare roasted vegetables, cheese, and Pesto Vinaigrette as directed. Place vegetables, cheese, vinaigrette, lettuce, and onion in separate containers. Cover and refrigerate up to 3 days. Tote in a cooler bag. Just before serving, reheat vegetables and cheese. Assemble on flatbreads as directed.

PER SERVING 538 cal., 33 g fat (10 g sat. fat), 29 mg chol., 978 mg sodium, 45 g carb., 7 g fiber, 19 g pro.

### CAPRESE SALAD PITA POCKETS

Pictured on page 82.

START TO FINISH 20 MINUTES

- 1 cup cherry tomatoes, quartered
- 4 oz. fresh mozzarella cheese, cubed
- 1 cup coarsely chopped cucumber
- ¾ cup mixed spring salad greens
- ¼ cup fresh basil leaves
- 2 Tbsp. chopped green onion
- 1 Tbsp. red wine vinegar or cider vinegar
- 1 Tbsp. olive oil
- ¼ tsp. salt
- ⅛ tsp. black pepper
- 4 large whole wheat pita bread rounds

1. In a medium bowl toss together all ingredients except pita bread.  
2. Fold each pita bread in half. Spoon tomato mixture into pitas. If desired, wrap each pita in plastic wrap and chill up to 2 hours before serving. **Makes 4 servings.**

**TO TOTE** Prepare Caprese salad as directed, except do not add mozzarella and salad greens to mixture. Cover and refrigerate ingredients separately up to 3 days. Tote in a cooler bag. Just before serving, mix all ingredients together. Spoon into folded pita bread.

PER SERVING 348 cal., 10 g fat (5 g sat. fat), 20 mg chol., 586 mg sodium, 47 g carb., 11 g fiber, 16 g pro.

## HALLOUMI CHEESE

Halloumi cheese—created in Cyprus (a Mediterranean island south of Turkey)—is unlike any cheese you've had before. Its texture is semifirm with an almost rubbery consistency that lends itself to some fun cooking methods. Where other cheeses would melt into a big mess, Halloumi can be grilled, baked, and seared without losing its shape. As a ripened, brined sheep-and-goat's-milk cheese, the flavor has largely been described as umami (the savory fifth basic taste). Look for it at large supermarkets and specialty food stores.

## Mini Gyro Burgers with Watermelon-Feta Salad



### MINI GYRO BURGERS WITH WATERMELON-FETA SALAD

PREP 25 MINUTES BROIL 6 MINUTES

- 8 oz. ground lamb or beef
- 8 oz. ground turkey
- $\frac{1}{4}$  cup chopped fresh mint
- $\frac{1}{2}$  tsp. dried oregano, crushed
- 2 Tbsp. finely chopped red onion
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{4}$  tsp. black pepper
- 4 whole wheat or plain pita bread rounds
- 1 recipe Watermelon-Feta Salad
- Fresh mint leaves (optional)

1. In a medium bowl combine all ingredients except pita bread rounds and salad. Shape mixture into eight  $\frac{1}{2}$ -inch-thick patties; place on a foil-lined baking sheet. Broil 4 inches from heat 6 to 9 minutes or until done (an instant-read thermometer inserted

horizontally into patties registers 165°F), turning once. Place two patties on each pita; top with Watermelon-Feta Salad. If desired, sprinkle with mint leaves. Fold over to eat. **Makes 4 servings.**

#### WATERMELON-FETA SALAD

In a small bowl combine 1 cup chopped seedless watermelon,  $\frac{1}{4}$  cup crumbled feta cheese (1 oz.), 2 Tbsp. finely chopped red onion, 1 Tbsp. snipped fresh mint, 1 Tbsp. lemon juice, and 1 tsp. olive oil. Cover and chill up to 2 days. Makes about  $1\frac{1}{3}$  cups.

**TO TOTE** Prepare burgers and salad as directed. Cover and refrigerate in separate containers. Tote in a cooler bag. If desired, heat burgers before placing in pita bread with salad.

PER SERVING 411 cal., 19 g fat (7 g sat. fat), 83 mg chol., 687 mg sodium, 37 g carb., 5 g fiber, 26 g pro.

## Smoked Salmon Flatbread



### SMOKED SALMON FLATBREAD

START TO FINISH 20 MINUTES

- 1 8-oz. tub cream cheese spread with chive and onion
- 6 pita bread rounds
- 3 cups torn lettuce
- 8 oz. smoked salmon, broken into pieces
- 8 small radishes, thinly sliced
- 2 Tbsp. capers, rinsed and drained
- Black pepper

1. Spread cream cheese over one side of each pita. Top with lettuce. Add salmon, radishes, and capers; sprinkle with pepper. Fold in half to serve. **Makes 6 servings.**

**TO TOTE** Wrap sandwich in plastic wrap and tote in a cooler bag. Serve within 4 to 6 hours.

PER SERVING 284 cal., 16 g fat (9 g sat. fat), 45 mg chol., 824 mg sodium, 21 g carb., 9 g fiber, 18 g pro.



## GREAT CAPER

Here's a little known fact: Teeny-tiny capers are actually the flower buds of a bush in the Mediterranean. Once plucked from the bush, they are dried in the sun, then pickled in brine. Look for them in the pickle/olive aisle at the supermarket. If you have leftover capers, chop and stir them into mayo (for tartar sauce) or cream cheese (for bagel spread).



## NIÇOISE SALAD SANDWICH

START TO FINISH 20 MINUTES

- ½ cup fresh thin green beans, trimmed
- 4 leaves butterhead (Boston or Bibb) lettuce
- 4 whole wheat or plain pita bread rounds
- 2 5-oz. cans solid light tuna packed in oil, drained
- 1 medium tomato, thinly sliced
- ½ of a medium red onion, thinly sliced
- 2 hard-cooked eggs, sliced (optional)
- 1 recipe Fresh Parsley Gremolata Vinaigrette or purchased Greek vinaigrette

1. Steam green beans or cook in boiling water 4 to 5 minutes or just until crisp-tender. Plunge into ice water; drain. Place a lettuce leaf on each pita round. Arrange green beans on lettuce. Top with tuna, tomato, red onion, and, if desired, egg slices. Drizzle with Fresh Parsley Gremolata Vinaigrette. Fold over to serve. **Makes 4 servings.**

### FRESH PARSLEY GREMOLATA VINAIGRETTE

In a screw-top jar combine ¼ cup white wine vinegar, ¼ cup olive oil, 2 Tbsp. snipped fresh parsley, 2 tsp. Dijon mustard, 2 cloves minced garlic, ½ tsp. lemon zest, ¼ tsp. salt, and ¼ tsp. cracked black pepper. Cover; shake well to combine.

**TO TOTE** Prepare as directed, except place vinaigrette in a bottle with a tight-fitting lid. Wrap sandwich in plastic wrap. Refrigerate dressing and sandwich up to 24 hours. Tote in a cooler bag. To serve, drizzle vinaigrette over filling.

PER SERVING 411 cal., 19 g fat (3 g sat. fat), 9 mg chol., 752 mg sodium, 40 g carb., 5 g fiber, 22 g pro.



# SMALL PLATES

TAPAS. SNACKS. MERENDE. NO MATTER WHAT YOU CALL THEM, THESE MIX-AND MATCH NIBBLES BRING SOUTHERN EUROPE'S RELAX-AND-ENJOY MENTALITY TO A TABLE NEAR YOU. A GLASS OF WINE AND A GROUP OF FRIENDS ROUND OUT THE EXPERIENCE.





## ROASTED RED PEPPER AND FETA DIP (HTIPITI)

PREP 25 MINUTES

ROAST 30 MINUTES AT 425°F

STAND 15 MINUTES

- 2 red sweet peppers (tip, *below left*)
- 1 onion, cut into ½-inch-thick wedges
- 4 cloves garlic (unpeeled)
- 2 Tbsp. olive oil
- 1 cup crumbled feta cheese (4 oz.)
- 2 Tbsp. lemon juice
- 2 Tbsp. fresh oregano leaves
- ¼ tsp. kosher salt
- ⅛ to ¼ tsp. crushed red pepper
- Pita chips and/or cut-up vegetables

1. Preheat oven to 425°F. Line a baking sheet with foil. Cut sweet peppers in half. Remove and discard stems, seeds, and membranes. Place pepper halves, cut sides down, on the prepared baking sheet. Arrange onion wedges and garlic on the baking sheet with pepper halves. Brush vegetables and garlic with some of the olive oil.

2. Roast 30 to 35 minutes or until pepper skins are blistered and onion and garlic are tender. Wrap vegetables in the foil. Let stand 15 minutes. Peel and discard skins from peppers.

3. Place peppers and onions in a food processor or blender. Squeeze garlic from peels into blender. Add the remaining olive oil and the next five ingredients (through crushed red pepper). Cover and pulse until nearly smooth, scraping sides occasionally.

4. Transfer dip to a serving bowl. If desired, top with additional oregano. Serve dip with pita chips and/or vegetables. **Makes 6 servings.**

PER SERVING 118 cal., 9 g fat (3 g sat. fat), 17 mg chol., 223 mg sodium, 7 g carb., 1 g fiber, 4 g pro.

### MAKE IT EASY!

Instead of roasting peppers yourself, substitute 1 cup purchased roasted red sweet peppers, drained. Roast onions and garlic as directed.

## BABA GHANOUSH

PREP 25 MINUTES

ROAST 30 MINUTES AT 425°F

- 3 medium eggplants (about 1 lb. each)
- ½ cup tahini (sesame seed paste) (info, p. 16)
- ¼ cup fresh Italian parsley leaves
- ¼ cup lemon juice
- 2 cloves garlic, peeled
- 1 tsp. kosher salt
- 1 Tbsp. olive oil
- Crushed red pepper (optional)
- Toasted baguette slices

1. Preheat oven to 425°F. Line a 15×10-inch baking pan with foil. Prick eggplants with a fork. Place in the prepared pan. Bake 30 to 40 minutes or until very soft and skin is charred. Let cool until easy to handle.

2. Remove and discard skins from eggplants. Place eggplants in a food processor or blender. Add the next five ingredients (through salt). Cover and pulse until nearly smooth, leaving some pieces for texture. Season to taste with additional salt. Transfer dip to a serving bowl. Drizzle with olive oil and, if desired, sprinkle with crushed red pepper. Serve with baguette slices. **Makes 18 servings.**

**TO MAKE AHEAD** Transfer dip to an airtight storage container. Cover and chill up to 3 days. Let stand at room temperature before serving.

PER SERVING 67 cal., 4 g fat (1 g sat. fat), 0 mg chol., 114 mg sodium, 6 g carb., 3 g fiber, 2 g pro.

## BACKSTORY ON BABA

Baba ghanoush—which can be spelled a variety of ways—is a rich, savory, healthful spread based on the pulp of eggplants. The recipe came from the Far Eastern region of the Mediterranean (which encompasses countries such as Lebanon, Turkey, and Israel). Like hummus, you can toss different ingredients into baba ghanoush to come up with your own creations. Some common additions are fresh mint and onion, and toppings like roasted chopped pistachios, other nuts, or the peel of Salt-Cured Lemons (page 48).

*Baba  
Ghanoush*



## Herbed Dijon-Marinated Veggies



### HERBED DIJON-MARINATED VEGGIES

PREP 20 MINUTES  
MARINATE 30 MINUTES

- 3 Tbsp. dry white wine
- 2 Tbsp. snipped fresh basil
- 1 Tbsp. snipped fresh parsley
- 1 Tbsp. olive oil
- 2 tsp. snipped fresh thyme or oregano or ½ tsp. dried thyme or oregano, crushed
- 2 tsp. Dijon mustard
- 1 clove garlic, minced
- ¼ tsp. salt
- ½ cups small cremini mushrooms
- 1 cup grape tomatoes or cherry tomatoes
- 1 cup yellow and/or orange sweet pepper strips
- 1 small zucchini, quartered lengthwise and cut into 1-inch pieces (about 1 cup)

1. In a large bowl whisk together the first eight ingredients (through salt). Add the remaining ingredients; toss gently to coat.  
2. Marinate at room temperature 30 to 60 minutes, stirring occasionally. Thread vegetables onto skewers or transfer to a serving bowl. **Makes 6 servings.**

**TO MAKE AHEAD** Prepare as directed in Step 1. Cover and marinate in the refrigerator 4 to 24 hours. Serve as directed.

**VERSATILE VEGGIES** Swap in broccoli florets, sliced Japanese eggplant, cauliflower florets, or kohlrabi chunks for any of the vegetables.

PER SERVING 52 cal., 3 g fat (0 g sat. fat), 0 mg chol., 143 mg sodium, 5 g carb., 1 g fiber, 2 g pro.

### PROSCIUTTO-WRAPPED HONEY-LEMON SHRIMP

PREP 40 MINUTES BROIL 4 MINUTES

- 24 fresh or frozen jumbo shrimp in shells (about 1 lb.)
- 1 lemon
- 2 Tbsp. honey
- 2 tsp. snipped fresh parsley
- 6 very thin slices prosciutto (4 to 5 oz.)

1. Thaw shrimp, if frozen. Preheat broiler. Peel and devein shrimp, leaving tails intact. Rinse shrimp; pat dry with paper towels. Place shrimp in a large bowl. Remove ½ tsp. zest and squeeze 2 Tbsp. juice from lemon. In a small bowl combine lemon zest and

juice, honey, and parsley. Pour over shrimp; toss gently to coat.

2. Cut prosciutto slices in half crosswise, then in half lengthwise (24 pieces total). Wrap a piece of prosciutto around each shrimp; secure with a wooden toothpick.  
3. Place shrimp on the lightly greased unheated rack of a broiler pan. Broil 4 to 5 inches from heat 4 to 6 minutes or until shrimp are opaque and prosciutto is crisp, turning once.

4. If desired, sprinkle shrimp with additional lemon zest and snipped fresh parsley. Serve with additional honey for dipping. **Makes 8 servings.**

PER SERVING 84 cal., 4 g fat (0 g sat. fat), 32 mg chol., 283 mg sodium, 5 g carb., 0 g fiber, 8 g pro.



*Prosciutto-  
Wrapped  
Honey-Lemon  
Shrimp*



# SWEETEN UP

FRUIT IS THE DESSERT OF THE MEDITERRANEAN AND HARDLY NEEDS HELP IN ITS PRESENTATION. THESE FOUR RECIPES TAKE WHAT'S ALREADY SCRUMPTIOUS—BERRIES, PEARS, AND MORE—AND TURN IT INTO AN EVEN MORE INDULGENT WAY TO CAP OFF DINNER.



*Five-Berry Compote*  
PAGE 94



### **SWEET RICOTTA AND STRAWBERRY PARFAITS**

PREP 20 MINUTES STAND 15 MINUTES

- 1 lb. fresh strawberries, hulled and halved or quartered
- 1 Tbsp. snipped fresh mint
- 1 tsp. sugar
- 1 15-oz. carton part-skim ricotta cheese
- 3 Tbsp. honey
- $\frac{1}{2}$  tsp. vanilla
- $\frac{1}{4}$  tsp. lemon zest

**1.** In a medium bowl gently stir together strawberries, mint, and sugar. Let stand about 15 minutes or until berries are softened and starting to release their juices.

**2.** In a medium bowl beat the remaining ingredients with a mixer on medium 2 minutes.

**3.** To assemble parfaits, scoop 2 Tbsp. of the ricotta mixture into each of six parfait glasses. Top each with a large spoonful of strawberry mixture. Repeat layers. If desired, top with additional fresh mint. Serve immediately or cover and chill up to 4 hours. **Makes 6 servings.**

PER SERVING 159 cal., 6 g fat (4 g sat. fat), 22 mg chol., 90 mg sodium, 18 g carb., 2 g fiber, 9 g pro.

## FIVE-BERRY COMPOTE

*Pictured on page 92.*

PREP 25 MINUTES STAND 10 MINUTES  
COOL 2 HOURS CHILL 2 HOURS

- ½ cup water
- 3 orange pekoe tea bags
- 3 4-inch sprigs fresh mint
- 1 cup fresh strawberries, hulled and halved lengthwise
- 1 cup fresh golden raspberries
- 1 cup fresh red raspberries
- 1 cup fresh blackberries
- 1 cup fresh blueberries
- 1 cup pitted, halved fresh sweet cherries
- 1 750-ml bottle Sauvignon Blanc\*
- ⅔ cup sugar
- ½ cup pomegranate juice
- 1 tsp. vanilla

1. For tea infusion, in a small saucepan bring the water to boiling. Add tea bags and mint sprigs; stir until mint wilts. Cover pan; remove from heat. Let stand 10 minutes.
2. In a large bowl combine the next six ingredients (through cherries).
3. For syrup, in a medium saucepan combine wine, sugar, and pomegranate juice. Pour tea infusion through a fine-mesh sieve into saucepan with wine. Squeeze tea bags to release liquid; discard mint sprigs and tea bags. Cook and stir until sugar is dissolved. Remove from heat; stir in vanilla. Let cool to room temperature. Pour over fruit mixture. Cover and chill 2 hours.
4. To serve, spoon compote into shallow bowls. If desired, top with additional mint sprigs. **Makes 8 servings.**

PER SERVING 203 cal., 0 g fat, 0 mg chol., 3 mg sodium, 34 g carb., 4 g fiber, 1 g pro.

**\*TIP** For a nonalcoholic version, substitute 3½ cups white grape juice for the Sauvignon Blanc and reduce the sugar to







*Honey-Pistachio  
Roasted Pears*



*Chocolate and  
Almond Butter  
Fruit Dip*

### HONEY-PISTACHIO ROASTED PEARS

PREP 20 MINUTES  
ROAST 20 MINUTES AT 400°F

- 3 ripe medium Bosc or Bartlett pears, peeled, halved, and cored
- ¼ cup pear nectar
- 3 Tbsp. honey
- 2 Tbsp. butter
- 1 tsp. orange zest
- ½ cup mascarpone cheese
- 2 Tbsp. powdered sugar
- ⅓ cup chopped roasted, salted pistachios

**1.** Preheat oven to 400°F. Arrange pears, cut sides down, in a 2-qt. rectangular baking dish. Add the next four ingredients (through orange zest). Roast, uncovered, 20 to 25 minutes or until tender, spooning liquid over pears occasionally.

**2.** Transfer pears to serving dishes with some of the liquid. Stir together mascarpone cheese and powdered sugar. Spoon over pears; sprinkle with pistachios. If desired, drizzle with additional honey.

**Makes 6 servings.**

PER SERVING 250 cal., 15 g fat (8 g sat. fat), 37 mg chol., 69 mg sodium, 27 g carb., 3 g fiber, 3 g pro.

### CHOCOLATE AND ALMOND BUTTER FRUIT DIP

START TO FINISH 15 MINUTES

- 1 cup plain Greek yogurt
- ½ cup almond butter
- ⅓ cup chocolate-hazelnut spread
- 1 Tbsp. honey
- 1 tsp. vanilla
- Sliced fresh fruit, such as pears, apricots, apples, bananas, and/or strawberries

**1.** In a medium bowl whisk together the first five ingredients (through vanilla). (If desired, for a lighter, smoother dip, place in a food processor or blender; cover and pulse until smooth.) Serve with fruit.

**Makes 14 servings.**

PER SERVING 115 cal., 8 g fat (2 g sat. fat), 2 mg chol., 29 mg sodium, 8 g carb., 1 g fiber, 4 g pro.

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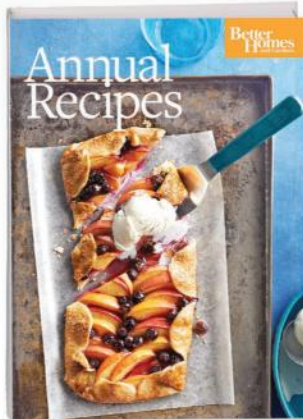
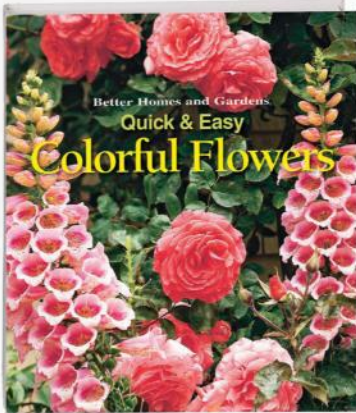
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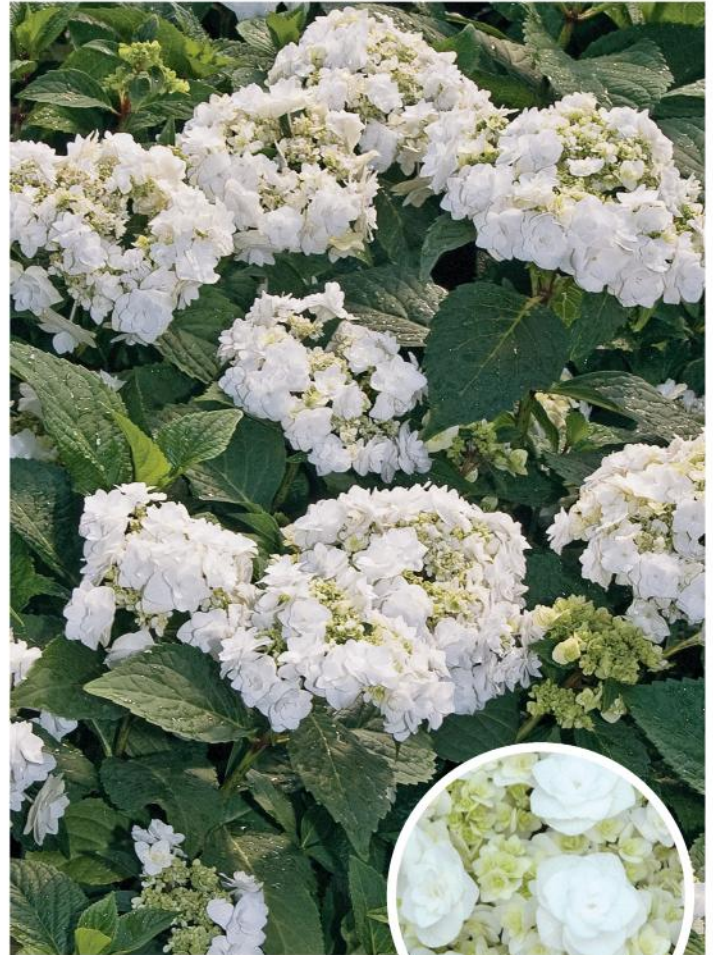
*This year's best*  
**HYDRANGEAS!**



*Hydrangea paniculata*  
**DIAMOND ROUGE**

The flower buds on this colorful selection explode into 12-15" panicles of flowers that open creamy white but gradually darken to pink before becoming a rich red in fall. These compact, award-winning plants have sturdy, reddish brown stems that make them ideal for cut flower arrangements.

Ships in a 1 gallon pot at the proper planting time for your hardiness zone. Recommended for zones 4-8. **Item MM063227, \$24.95 each plus shipping.**



*Hydrangea*  
**WEDDING GOWN**

Each fully double, white flower head of this Lacecap Hydrangea is like a mini bridal bouquet, with an outer ring of large, double flowers surrounding a center packed with smaller, double ones. Flowering begins earlier than most varieties and continues on new growth into fall. 'Wedding Gown' is hardy, stays compact, and prefers light shade.

Ships in a 1 gallon pot at the proper planting time for your hardiness zone. Recommended for zones 5-9. **Item MM063201, \$24.95 each plus shipping.**

**- ORDER NOW! Quantities are limited -**

Order online at **BHGGardenStore.com**

or call **1-800-420-2852** and specify offer code SIP27