

The 365 Days a Year
MEDITERRANEAN DIET
— COOKBOOK —

Over 100 easy recipes for preparing tasty meals for
weight loss and healthy lifestyle all year round

**100
RECIPES**

ADELE TYLER

THE
PESCATARIAN
Cookbook

FOLLOW AN HEALTHIER LIFESTYLE, LOSE WEIGHT
AND PLAN YOUR MEALS AND DIET WITH
OVER 100 RECIPES TO LEARN
HOW TO COOK SEAFOOD
AND FISH

**100
RECIPES**

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The 365 Days a Year Mediterranean Diet Cookbook

*Over 100 Easy Recipes for Preparing Tasty Meals for
Weight Loss and Healthy Lifestyle All Year Round*

By

Adele Tyler

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Introduction

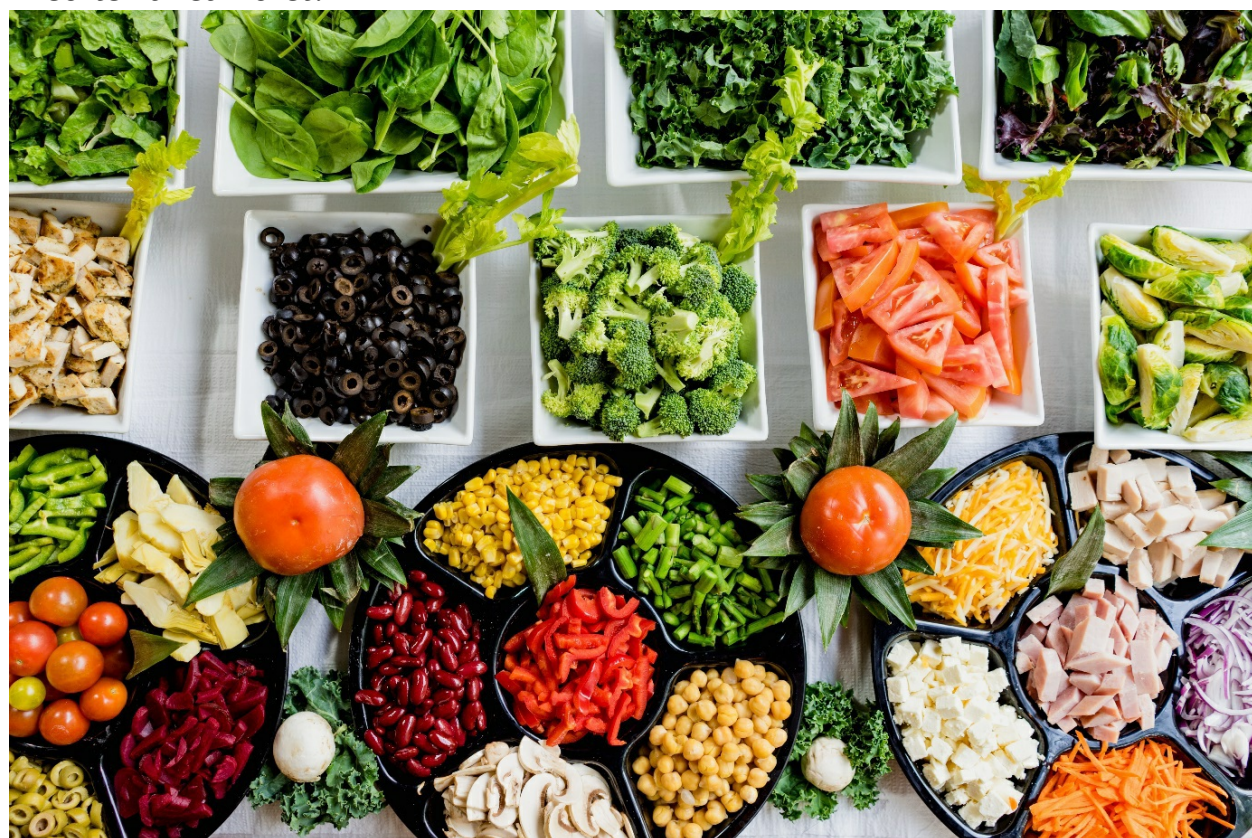


A lot of people wish to find an effective diet that can help them to lose weight and live a healthy lifestyle. Most people think dieting is all about restricting the calories-intake, but what if you find a diet that lets you enjoy your favorite foods as well as give you some amazing health benefits. The Mediterranean diet is not about calorie restriction. That is why it has long term benefits. It is a healthy way of living life as it sustains weight loss. As this diet is dense mono-saturated having healthy fats like nuts, olive oil, and avocados, it indeed keeps you full for a very long time, so it will make it possible for you to feel satisfied with even less food consumption. Unlike other diets, the carbs-intake is not followed here; however, emphasis is on

vegetables and fruits intake along with some whole grains that are full of fiber.

It is mostly a plant-based diet. It focuses on the consumption of healthy fat and whole foods. Even for beginners, it is much easier to understand and follow this diet. The Pyramid of Mediterranean diet guides you about the foods that must be consumed in large, moderate, and low amounts. The most amazing fact is that the Mediterranean diet works very well as your daily practice. There are no unnecessary restrictions on some foods. The Mediterranean diet is a lifestyle, not just a diet plan for some weeks. It is based on the consumption of enjoyable foods. This book has covered almost everything with over 100 delicious and healthy recipes for all seasons at your table that you need to know to follow this diet. You will learn how you can start your Mediterranean diet. These recipes are easy to make. A comprehensive step-by-step guide has been provided to cook these recipes. This book offers all the crucial information you need to know to get your diet done right.

As mentioned earlier, the Mediterranean diet includes healthy fats like olive oil and plant-based dishes. It is famous for its benefits related to heart and brain health. It does not just help in weight-loss, but also assists in maintaining weight in the long-term. This diet is easy to follow, and it has numerous health benefits and richness. To know how to lose weight with the help of Mediterranean diet, you should be clear about certain things. You must have an understanding of the healthy foods. You should make yourself aware of the consequences of eating processed foods that come with chemicals which sabotage your weight loss journey. You should start your diet journey by cutting these unhealthy foods and begin to consume healthy foods. Let's look at the food you should put emphasis on during your Mediterranean diet!



Healthy Fats

While getting to start your Mediterranean diet, you need to switch to some healthy fats like olive oil. It is very healthy and rich in some mono-saturated fatty acids that help in maintaining the cholesterol levels. It is used while cooking, or it can be drizzled on the finished dishes for boosting the flavor.

Eggs and Fish

Add eggs and fish at least 2-3 times a week. Keeping eggs in the diet meals is a healthy way to lose weight successfully.

Whole Grains

The refined carbs lack essential nutrients. They negatively impact the blood sugar levels. Adding whole grains in the diet is one of the best decisions. These should be consumed protein and healthy fats. It helps in nutrient absorption and easy digestion.

Seeds and Nuts

Seeds and nuts are a rich source of fiber and protein. They provide healthy fats and antioxidants. You should use reasonable portions of nuts on daily basis.

Dairy

Adding dairy like cheeses and yogurt in your diet is one of the best decisions in adapting to a Mediterranean diet. It is a rich source of the beneficial bacteria to improve your digestive system.

Spices and Herbs

These are rich in plant compounds and antioxidants that help you in fighting the inflammation.

Now let's look at the food, which you should avoid in the Mediterranean diet.

Refined Grains

White pasta, white bread, and white flour pizza dough are some of the white grains that you altogether avoid. Brown rice should be replaced with the white rice. Stay away from the white flour as it is low in nutritional value and fiber. So, use whole grains, such as pita bread, whole-wheat pasta, and brown rice.

Refined Oils

Soybean oil and canola oil and butter should be replaced with olive oil when possible.

On the Mediterranean diet, use coconut oil and olive oil instead of the palm oil. Olive oil is always encouraged in the Mediterranean diet. Avoid the hydrogenated oils, such as palm oil.

Sugary Foods

Avoid pastries, candies, artificial juices, and sodas. Do not add sugars. Natural sweeteners such as honey help sweeten the tea or coffee. Added sugars must be limited to stick to the Mediterranean diet. To get a sweet fix,

eat fruit and natural sweeteners such as cinnamon.

Processed Food

Hot dogs, processed meats, and Deli meats should be avoided. Processed foods have certain chemicals in them that are not recommended as these are harmful to the body in the long-term.

Meat

The meat intake must be limited. The Mediterranean diet avoids meat. It has a vegetarian angle. So, to make your Mediterranean diet a successful journey, limit meat intake, particularly the red meat. Processed meats should also be avoided. Fish and chicken are friendlier in this diet than bacon. Also, abstain from the processed meats cured like sausage, etc.

You should also look at your behavioral habits. See how you handle a new diet pattern. Control the overconsumption of unhealthy foods and the foods that must be taken in moderate amounts. The quantity of what you eat does matter as it enhances weight loss. There might be a little stress, in the beginning, to adapt it. It will help your process to address the weight gain. Engage yourself in productive activities to help you stay active during your process. Making these eating habits the only way of life on a daily basis will give you long-term benefits. The behavioral change will help you to adapt this lifestyle easily.

In chapter one, you will be introduced to the Mediterranean diet, how it works, and the numerous health benefits associated with this diet. The rest of the book has been divided into two parts. The first part includes the recipes for the winter and autumn season. You will find recipes for all the meals of the day, including breakfast, lunch, and dinner. You will also find healthy soup and snack recipes for your winter and autumn. No meal is completed without desserts. So, enjoy cooking and eating some of the tasty desserts for these seasons of the year. The second part of this cookbook includes recipes for spring and summer. Over 50 recipes have been given in this part to cook any meal of the day and some soups and desserts too. Put on your chef hat, and enjoy these recipes to live a healthy lifestyle and to achieve sustainable weight-loss.

Chapter 1: Getting Started with the Mediterranean Diet



The Mediterranean diet includes eating food that is linked to the traditional cuisine of the countries that border the Mediterranean Sea. A Mediterranean diet is full of fruits, vegetables, whole grains, nut, beans, seeds, and olive oil. It includes the daily consumption of some healthy fats, fruits, and vegetables. It requires the intake of poultry, fish, eggs, and beans on a weekly basis. The use of dairy products should be moderate, and there should be limited red meat intake. Another crucial element of this diet is to remain physically active. In this chapter, you will learn the basics of the Mediterranean Diet.

We will discuss how the Mediterranean Diet helps in leading a healthy lifestyle.

1.1 The Basics of the Mediterranean Diet

The food we eat contributes to our long term health. Eating unhealthy foods cause many health problems, including some severe heart-related diseases. So, the diet you adopt should be chosen carefully. Eating food as per the Mediterranean diet is one of the healthiest diet patterns in the world. It is an eating pattern that focuses on eating the whole foods full of fantastic flavor. It is a diet abundant in whole grains, fruits, vegetables, olive oil, and legumes. It features the protein. The Mediterranean diet is one of the well-known diets worldwide, and it is not that kind of diet that just focuses on losing weight. It is about a healthy lifestyle that is capable of being more sustainable. The Mediterranean diet includes healthy and traditional living habits of the countries bordering the Mediterranean Sea, like Greece, Morocco, France, Italy, Spain, etc.

The diet might vary by the region and country, so that it might have a little variation. However, it mainly consists of a sufficient intake of legumes, vegetables, fruits, beans, nuts, grains, fish, and olive oil. It includes a low intake of the meat and dairy foods. There are numerous benefits associated with this diet, like a healthy heart. Those who consume healthy fats, fish, and whole grains not only experience the decreased heart risks, depression, and dementia. According to the Mediterranean diet, eating leaves a little space for the processed foods and unhealthy junk that lead to issues like being obese and overweight. Here are given some interesting facts about your Mediterranean diet:

- You do not need to have a calculator for this diet. Instead of struggling with the numbers, all you have to do is to swap the bad fats with the healthy ones. Choose olive oil. Replace meat with fish, and enjoy the fresh fruit instead of sugary and fancy desserts. Eat flavorful beans and veggies. Nuts are one of the best options to include in your diet, but just a handful per day. Choose whole-grain food, but that too in the moderate quantity.
- The Mediterranean diet includes a lot of fresh food. The main focus is the seasonal food that is simple and mouth-watering in many ways. Building a yummy and delicious salad from cucumbers, tomatoes, and spinach will make your day. Add the Greek ingredients, such as feta cheese and black olives in your recipes. You can enjoy colorful and veggie-filled recipes with minimum effort.
- Replacing white grains with whole grains will do a lot for you. It has more minerals and protein. It is a healthier option. Try to use it with olive oil, tahini, or hummus.
- Eat the healthier fats. You can easily find them in nuts, olive oil, and olives. These fats are not saturated like those found in the processed foods. They add flavor. You can fight various diseases, from cancer to diabetes.

- Cilantro, bay leaves, cinnamon, coriander, garlic, rosemary, and pepper add flavor to your meals. Most of them have numerous health benefits, as well. Rosemary and coriander have nutrients and antioxidants that help in disease-fighting.
- Exercise plays a crucial part in any diet plan. Physical activity on daily basis is encouraged during your Mediterranean diet. Try to attain the target from moderate to the vigorous weekly exercise. These exercises include walking, biking, and swimming. The activities that increase the heart rate are recommended. Choose those exercises, which give you enjoyment too.

1.2 The Mediterranean Diet Pyramid

The Mediterranean Pyramid specifically takes into consideration both the quantitative and qualitative elements for eating choices. This Pyramid has evolved. It has adopted a new way of life. The Mediterranean Pyramid follows a specific pattern, in which the base of the Pyramid consists of the foods that are required to sustain this diet. These foods provide the protective substances and the critical nutrients necessary for the overall well-being. These foods must be consumed in greater frequency and portions than those in the middle and upper part of the Pyramid. At the higher level, it consists of the foods required in the moderate amounts. So, you should focus on the kind of foods that are linked to the sustainability.

The Mediterranean Pyramid was initially developed in 1990s as one of the collaborations between Oldways and Harvard School. In 1950s, Ancel Keys, an American physiologist, found out that some people had lower tendencies of the heart diseases. He attributed this to the traditional diet that those people were following. That diet had low saturated fat. This Pyramid made its way for the popularity of this diet in the USA. It has become a useful tool to lead a healthy lifestyle. Fruits, whole grains, vegetables, beans, olive oil, legumes, spices, seeds, nuts, and herbs are at the base of this Pyramid. As we move up on the Pyramid, seafood and fish are the most prominent elements. Further up, you will find poultry, cheese, yogurt, and eggs that are used in the moderate amounts. The top consists of sweets and meats that should be consumed in the least often and small quantities.

While you can decide on the main protein first, then select a starch and a vegetable to have the best combination. You do not necessarily have to add more meals than normal consumption. You just need to approach your meal's composition and plan differently. Whatever you are eating, just ensure to add moderation in your intakes. It is a fact that the portions should be small in your Mediterranean diet. It is all about a composition that includes the moderate portions of various dishes.

The small portion of meat and cheese is used as the seasonings. Recipes are not drizzled with the sauce but with the yogurt or olive oil to add richness and flavor. Many American dishes consist of chicken or meat, but Mediterranean dishes are different. Meat is just a small part of the diet, as it is served with the plant-based ingredients like vegetables, bean dishes, whole grains, and fresh salads. The benefits of making these changes go beyond the

cardiovascular health. Its health effects can be shown in the long term. With high portions of olive oil and vegetables, which consist of mono-unsaturated healthy fats, this diet promotes the healthy levels of blood sugar. Also, it improves the cognitive function, Alzheimer's, and cancer.

1.3 Health Benefits of the Mediterranean Diet

Consuming the Mediterranean diet minimalizes the use of processed foods. It has been related to a reduced level of risk in developing numerous chronic diseases. It also enhances the life expectancy. Several kinds of research have demonstrated many benefits in the prevention of the cardiovascular disease, atrial fibrillation, breast cancer, and type 2 diabetes. Many pieces of evidence indicated a pattern that leads to low lipid, reduction in oxidative stress, platelet aggregation, and inflammation, and modification of growth factors and hormones involved in cancer.

Reduces Heart Diseases

According to research studies, the Mediterranean diet, which focuses on omega-3 ingredients and mono-saturated fats, reduces the risk of the heart disease. It decreases the chances of cardiac death. Use of olive oil maintains the blood pressure levels. It is suitable for reducing hypertension. It also helps in combating the disease-promoting impacts of oxidation. This diet discourages the use of hydrogenated oils and saturated fats, which can cause heart disease.

Weight-loss

If you have been looking for diet plans for losing weight without feeling hungry, the Mediterranean diet can give you long term results. It is one of the best approaches. It is sustainable as it provides the most realistic approach to eat to feel full and energetic. This diet mostly consists of food that is nutrient-dense. It gives enough room for you to choose between low-carb and lower protein food. Olive oil consumed in this diet has antioxidants, natural vitamins, and some crucial fatty acids. It all improves your overall health. The Mediterranean diet puts focus on the natural foods, so there is a very little room for junk and processed foods that contribute to the health-related issues and also the weight gain.

Most people trying Mediterranean diet have gained positive results in cutting their weight. It is one of the useful options for someone who is looking forward to weight-loss as it provides the most unique and simple way to lose the overall calories without even changing your lifestyle that much. When you try to decrease the calorie intake, losing weight is inevitable dramatically. But it will not benefit you. It will cause many health problems for you, including severe muscle loss. When you go for Mediterranean diet, the body moves towards a sustainable mode that burns calories slowly. So, it is crucial to practice the right approach and choose the one that goes for fat burning and more effective weight loss.

Prevents Cancer

The cornerstone of this diet is the plant-based ingredients, especially

vegetables and fruits. They help in preventing cancer. A plant-based diet provides antioxidants that help in protecting your DNA from the damage and cell mutation. It also helps in lowering inflammation and delaying tumor growth. Various studies found that the olive oil is the natural way to prevent cancer. It also decreases the colon and bowel cancers. The plant-based diet balances blood sugar. It also sustains a healthy weight.

Prevents Diabetes

Numerous studies found that this healthy diet functions as the anti-inflammatory pattern, which helps in fighting the diseases related to the chronic inflammation, Type 2 diabetes, and the metabolic syndrome. It is considered very effective in preventing the diabetes as it controls the insulin levels, which is a hormone to control the blood sugar levels and causes weight gain. Intake of a well-balanced diet that consists of fatty acids alongside some healthy carbohydrates and proteins is the best gift you can give to your body. These foods help your body in burning fats more efficiently, which also provides energy. Due to the consumption of these kinds of foods, the insulin resistance level becomes non-existent, so it becomes impossible to have high blood sugar.

Anti-aging

Choosing Mediterranean diet without suffering from malnutrition is the most efficient and consistent anti-aging intervention. It undoubtedly expands lifespan according to the research. The study found that the longevity biomarkers, i.e., body temperature and insulin level, and also the DNA damage decreased significantly in humans by the Mediterranean diet. Other mechanisms also prove the claim made by researchers in explaining the anti-aging effects by adopting Mediterranean diet, including reduced lipid peroxidation, high efficiency of the oxidative repair, increased antioxidant defense system, and reduced mitochondrial generation rate.

Maintains Blood Sugar Level

The Mediterranean diet focuses on the healthy carbs and whole grains. It has a lot of significant benefits. Consumption of whole-grain foods, like buckwheat, quinoa, and wheat berries as opposed to the refined foods, helps you in maintaining the levels of blood sugar that ultimately gives you enough energy for the whole day.

Enhances Cognitive Health

The Mediterranean diet helps in preserving memory. It is one of the most useful steps towards Alzheimer's treatment and dementia. Cognitive disorders occur when our brain does not get sufficient dopamine, which is a crucial chemical that is vital for the mood regulation, thought processing, and body movements. Healthy fats like olive oil and nuts are good at fighting the cognitive decline, which is mostly an age-related issue. They help in countering some harmful impacts of the free radicals, inflammation, and toxins, which are caused by having a poor diet. The Mediterranean diet proves to be beneficial in decreasing the risk of Alzheimer's to a great extent. Foods like yogurt help in having the healthy gut that helps in improving the

mood, cognitive functioning, and memory.

Better Endurance Level

Mediterranean diet helps in fat loss and maintains the muscle mass. It improves physical performance and enhances the endurance levels. Research done on mice has shown positive results in these aspects. It also improves the health of our tissues in the long-term. The growth hormone also offers increased levels as a result of Mediterranean diet. Which ultimately helps in improving metabolism and body composition.

Keeps You Agile

The nutrients from the Mediterranean diet reduces your risk muscle-weakness and frailty. It increases longevity. When your risk of heart disease reduces, it also reduces the risk of early death. It also strengthens your bones. Certain compounds found in the olive oil help in preserving the bone density. It helps in increasing the maturation and proliferation of the bone cells. Dietary patterns of the Mediterranean diet help in preventing osteoporosis.

Healthy Sleep Patterns

Our eating habits have a considerable impact on sleepiness and wakefulness. Some Mediterranean diet believers have reported an improved sleeping pattern as a result of changing their eating patterns. It has a considerable impact on your sleep because they regulate the circadian rhythm that determines our sleep patterns. If you have a regulated and balanced circadian rhythm, you will fall asleep quite quickly. You will also feel refreshed when you wake up. There is another theory that states that having the last meal early will help you to digest the food way before going to sleep. Digestion works best when you are upright.

Apart from the focus on the plant-based eating, the philosophy behind Mediterranean diet emphasizes the variety and moderation, living a life that has a perfect harmony with the nature, valuing essential relationships in life, which includes sharing and enjoying meals, and having a perfectly active lifestyle. The Mediterranean diet is at the crossroads. With traditions and culture of three millennia, the Mediterranean diet lifestyle made its way to the medical world a long time ago. It has progressively recognized and became one of the successful and healthiest patterns that lead to a healthy lifestyle.

Besides metabolic, cardiovascular, cognitive, and many other benefits, this diet improves the quality of your life. Therefore, it is recommended today by many medical professionals worldwide. Efforts are being made in both non-Mediterranean and Mediterranean populations to make everyone benefit from the fantastic network of eating habits and patterns that began in old-time and which became a medical recommendation for a healthy lifestyle.

Chapter 2: Mediterranean Breakfast Recipes



2.1 Roasted Cherry Tomatoes with Garlic and Balsamic

Cooking Time: 30 minutes

Serving Size: 2 servings

Calories: 150 kcal

Ingredients

- 1/2 tsp. dried thyme
- 1 tbsp. minced garlic
- 1 pint of cherry tomatoes
- 2 tbsp. olive oil
- 1/2 tsp. kosher salt
- 1 tbsp. balsamic vinegar
- 1/4 tsp. black pepper

Method

1. Preheat the oven to 425⁰ F.
2. Take a baking dish. Put the cherry tomatoes into it.
3. Mix garlic.
4. Put balsamic vinegar and olive oil.
5. Sprinkle with black pepper, kosher salt, and thyme.
6. Roast it for about 20 minutes.
7. Tomatoes should be soft.

8. Put the tomatoes in plate.
9. Drizzle with cooking juices and serve immediately.

2.2 Kale and Roasted Sweet Potato Hash

Cooking Time: 35 minutes

Serving Size: 4 servings

Calories: 217 kcal

Ingredients

- 1 red onion, sliced
- 2 tbsp. canola oil
- 1 pound of diced sweet potatoes
- 1 pinch salt
- 1 tsp. garlic powder
- Black pepper, to taste
- 4 eggs
- 4 cups of chopped kale

Method

1. Preheat the oven to 425⁰ F.
2. Take a baking sheet, put it in an oven.
3. Put onion and sweet potatoes with oil, garlic powder, and salt in a bowl, then spread a layer onto the baking sheet, and roast for about 20 minutes.
4. Mix kale with oil, garlic powder, and salt.
5. Take pan out of the oven, mix vegetables, and then put kale on the top.
6. Keep roasting until sweet potatoes are softened and turn brown, and kale is slightly crisp for almost 10 minutes.
7. Bring some water in the pot to boil.
8. Reduce the heat to low for maintaining the gentle simmer.
9. Put each egg in a bowl, then slip them into simmering water. Make sure the yolks are not broken.
 10. Poach for almost 4 minutes to get the soft-set, around 5 minutes to get medium-set, and around 8 minutes to get the hard-set.
 11. Transfer eggs with a spoon to a kitchen towel.
 12. Drain them.
 13. Divide vegetable hash in 4 plates, top each with one egg.
 14. Sprinkle pepper, and serve.

2.3 Quinoa and Chia Oatmeal Mix

Cooking Time: 10 minutes

Serving Size: 12 servings

Calories: 196 kcal

Ingredients

- 1 cup of rolled wheat or the barley flakes
- ¾ tsp. salt
- 2 cups of rolled oats
- 1 cup of quinoa
- ½ cup of chia seeds
- 1 cup of dried fruit
- 1 tsp. ground cinnamon

Method

1. For making the dry mix, mix wheat or barley flakes, oats, quinoa, seeds, salt, dried fruit, and cinnamon in the airtight container.
2. For making a single serving of the hot cereal, mix 1/3 cup of dry mix with the 1 1/4 cups of milk or water in a saucepan, and bring to boil.
3. Lower the heat, cover it partially, and simmer.
4. Stir occasionally for about 12-15 minutes.
5. Put aside for around 5 minutes.
6. Add sweetener as per your choice.
7. Add nuts and other dried fruit, and serve.

2.4 Apple Cinnamon Chia Pudding

Cooking Time: 15 minutes

Serving Size: 4 servings

Calories: 230 kcal

Ingredients

For Chia pudding:

- 1/2 cup of coconut milk
- 5 tbsp. of chia seeds
- 1/2 cup of almond milk
- 1 tsp. of vanilla extract
- 1 tbsp. of maple syrup
- 1/3 cup of apple sauce, unsweetened

For Sauteed apples:

- 2 medium apples, diced
- 1 tbsp. of coconut oil
- 1/2 tsp. of cinnamon
- 2 tbsp. of maple syrup

Method

1. Mix together all ingredients of chia pudding in a medium bowl.
2. Put it in the refrigerator for overnight.

3. Heat the oil on the medium heat in the pan.
4. Put apples, cinnamon, and maple syrup into it and cook for almost 2 minutes.
5. Lower the heat and cook for another 5 to 6 minutes.
6. Stir often. When apples are softened, remove them from heat.
7. Put apples and chia pudding in bowls, and enjoy.

2.5 Southwestern Waffle

Cooking Time: 10 minutes

Serving Size: 1 serving

Calories: 207 kcal

Ingredient

- 1 tbsp. of fresh salsa
- 1 large egg, cooked
- 1 waffle, whole-grain and frozen
- ¼ avocado, halved and chopped

Method

1. Toast the waffle as per the package directions.
2. Put egg, salsa, and avocado onto it.
3. Serve and enjoy.

2.6 Pumpkin Overnight Oats

Cooking Time: 5 minutes

Serving Size: 1 serving

Calories: 274 kcal

Ingredients

- 1/2 cup of almond milk, unsweetened
- 1/4 cup of plain Greek yogurt
- 1/4 cup of pumpkin puree
- 1/2 tsp. vanilla extract
- 2 tbsp. maple syrup
- 1/2 cup of Oats
- 1/8 tsp. ground ginger
- 1/4 tsp. cinnamon
- 2 tsp. chia seeds
- 1/8 tsp. nutmeg

Method

1. Take a bowl, and mix together almond milk, Greek yogurt, pumpkin puree, maple syrup, and vanilla.
2. Add oats, spices, and chia seeds.
3. Put in a jar, and then put it in the fridge for about 4 hours or

- preferably overnight.
4. Serve and enjoy.

2.7 Egg Salad Avocado Toast

Cooking Time: 16 minutes

Serving Size: 3 servings

Calories: 213 kcal

Ingredients

- 3 pieces of bread, whole-grain
- 2 eggs
- 1 avocado
- Salt, to season
- 1 tsp. of lemon juice
- 1 tsp. of light mayo
- 1 tsp. of bagel seasoning
- 1/2 tsp. of Dijon mustard

Method

1. Put eggs in a saucepan.
2. Bring them to boil for almost 4 minutes.
3. When eggs are boiled, add lemon juice, avocado, and salt to a bowl.
4. Mash them, then add a small pinch of pepper.
5. Season with pepper and salt.
6. Toast bread.
7. Put eggs in a bowl, and add Dijon, mayo, and salt.
8. Season pepper and with salt.
9. Place avocado on the toast.
10. Add egg salad on the top.
11. Sprinkle with seasoning, and serve.

2.8 Fruit and Yogurt Smoothie

Cooking Time: 5 minutes

Serving Size: 2 servings

Calories: 145 kcal

Ingredients

- ½ cup of yogurt
- 1 banana
- 1 ½ tsp. white sugar
- 1 cup of strawberries
- 1 tsp. milk
- ¼ cup of pineapple juice
- 1 tsp. orange juice

Method

1. Blend the yogurt, banana, sugar, strawberries, pineapple juice, milk, and orange juice.
2. Blend until smooth, and serve.

2.9 Mediterranean Scramble

Cooking Time: 15 minutes

Serving Size: 2 servings

Calories: 249 kcal

Ingredients

- 1 diced yellow pepper
- 1 tbsp. of oil
- 2 sliced spring onions
- 2 tbsp. of black olives, sliced
- 7 cherry tomatoes
- 1 tbsp. of capers
- 1/4 tsp. of dried oregano
- 4 eggs
- Fresh parsley, for serving
- Black pepper, to taste

Method

1. Take a pan and heat oil.
2. Add diced peppers and spring onions.
3. Cook over the medium heat for around 2-3 minutes.
4. Add quartered tomatoes, capers, and olives, then cook for almost 1 minute.
5. Put eggs in the pan, and scramble with a spatula or a spoon.
6. Add oregano and black pepper.
7. Keep stirring. When eggs are cooked, turn off the heat.
8. Top with parsley and serve warm.

Chapter 3: Mediterranean Lunch and Dinner Recipes



3.1 Gratin of Tomatoes and Zucchini

Cooking Time: 45 minutes

Serving Size: 2 servings

Calories: 163 kcal

Ingredients

- ½ tsp. garlic powder
- 2 firm zucchinis
- Olive oil for spray
- 2 firm tomatoes
- ¼ tsp. Black pepper
- ½ tsp. kosher salt
- 1/4 cup of shredded Parmesan
- ½ tsp. dried thyme

Method

1. Preheat the oven to 400⁰ F, and apply olive oil spray to a dish.
2. Cut tomatoes and zucchinis crosswise.
3. Place the alternate layers of zucchini and tomatoes on a baking dish.
4. Put salt, garlic powder, dried thyme, and pepper on top of it.
5. Spray vegetables with the olive oil.
6. Add Parmesan.
7. Bake gratin until it is golden-brown, for around 30 minutes.
8. Drain the juice and serve.

3.2 Spanish Moroccan Fish

Cooking Time: 1 hour 20 minutes

Serving Size: 12 servings

Calories: 268.2 kcal

Ingredients

- 1 chopped onion
- 1 tbsp. vegetable oil
- 1 finely chopped garlic clove
- 2 medium bell peppers, red
- 1 can of garbanzo beans
- 1 large thinly sliced carrot
- 4 olives, chopped
- 3 tomatoes, chopped
- ¼ cup of fresh parsley
- 3 tbsp. paprika
- ¼ cup of ground cumin
- 2 tbsp. of chicken bouillon
- Salt, to taste
- 1 tsp. cayenne pepper
- 5 pounds of tilapia fillets

Method

1. Take a pan and heat oil over the medium heat.
2. Add garlic and onion, and cook until onions are softened, for around 5 minutes.
3. Mix garbanzo beans, olives, carrots, bell peppers, tomatoes, and keep cooking for around 5 minutes.
4. Sprinkle cumin, parsley, paprika, cayenne, and chicken bouillon on top of the vegetables.
5. Add salt.
6. Put tilapia on the top, and cover vegetables with enough water.
7. Lower the heat, and cook for around 40 minutes.
8. Serve and enjoy.

3.3 Slow Cooker Mediterranean Roast Turkey Breast

Cooking Time: 7 hours 50 minutes

Serving Size: 8 servings

Calories: 333.4 kcal

Ingredients

- ½ cup of chicken broth
- 1 turkey breast, boneless
- 2 tbsp. lemon juice
- ½ cup of calamite olives
- 2 cups of chopped onion
- 3 tbsp. flour
- ½ cup thinly sliced tomatoes
- ½ tsp. salt

- 1 tsp. Greek seasoning
- ¼ tsp. of black pepper

Method

1. Place 1/4 cup of chicken broth, turkey breast, lemon juice, kalamata olives, onion, tomatoes, salt, pepper, and Greek seasoning in the slow cooker.
2. Cook while keeping it covered for around 7 hours.
3. Mix the flour and remaining chicken broth in a bowl.
4. Cook while keeping it covered for another 30 minutes.
5. Serve and enjoy.

3.4 Flounder Mediterranean

Cooking Time: 45 minutes

Serving Size: 4 servings

Calories: 281.6 kcal

Ingredients

- 2 tbsp. olive oil
- 5 tomatoes
- ½ chopped onion
- 1 pinch of Italian seasoning
- 2 chopped garlic cloves
- 24 kalamata olives, chopped
- ¼ cup of capers
- ¼ cup of white wine
- 1 tsp. lemon juice
- 6 leaves of fresh basil
- 3 tbsp. of Parmesan cheese, freshly grated
- 6 leaves of chopped fresh basil
- 1 pound of flounder fillets

Method

1. Preheat the oven to 425^o F.
2. Boil water in the saucepan.
3. Put tomatoes in the water, and then put in the ice water in a bowl.
4. Drain, discard skins and then chop them.
5. Take oil in a skillet, and heat over the medium heat.
6. Cook onion for around 5 minutes.
7. Add tomatoes, Italian seasoning, and garlic—Cook for 5-7 minutes.
8. Add olives, capers, wine, basil, and lemon juice.
9. Lower the heat, add Parmesan cheese.
 10. Cook for around 15 minutes.
 11. Put flounder in the baking dish.
 12. Add sauce on top of the fillets.
 13. Top with basil leaves, and bake for 12 minutes in

an oven.

14. Serve and enjoy.

3.5 Tomato & Smoked Mozzarella Sandwiches

Cooking Time: 25 minutes

Serving Size: 4 servings

Calories: 385 kcal

Ingredients

- 1 clove garlic
- 1/3 cup of tomatoes
- ¼ tsp. salt
- 1 cup of basil leaves
- 1 tbsp. lemon juice
- 2 tbsp. Olive oil
- ⅛ tsp. red pepper, crushed
- 8 slices of whole-grain bread
- ¼ cup of chopped olives
- 4 ounces of fresh mozzarella, sliced
- 3 sliced tomatoes
- Ground pepper, to taste
- 2 tsp. balsamic vinegar

Method

1. Place tomatoes in the boiling water. Let it rest for around 10 minutes.
2. Cut garlic and add salt.
3. Put it in a bowl; whisk in oil, lemon juice, and the red pepper.
4. Finely chop the tomatoes. Add them with the dressing in the bowl.
5. Add olives.
6. Put tomato mixture onto the bread.
7. Place cheese slices, pepper, and tomato slices onto it.
8. Add vinegar and salt.
9. Top with basil leaves.
10. Put the remaining oil over other bread slices.
11. Place them on each other to make the sandwiches.
12. Serve and enjoy.

3.6 Roasted Salmon with Smoky Chickpeas & Greens

Cooking Time: 40 minutes

Serving Size: 4 servings

Calories: 447 kcal

Ingredients

- 1 tbsp. smoked paprika
- 2 tbsp. Olive oil
- ½ tsp. salt
- ⅓ cup of buttermilk
- 1 can of chickpeas
- ¼ cup of mayonnaise
- ½ tsp. ground pepper
- ¼ cup of chopped chives
- ¼ tsp. garlic powder
- ¼ cup of water
- 10 cups of chopped kale
- 1 ¼ pound of wild salmon

Method

1. Put the racks in the oven, and preheat it to 425⁰ F.
2. Mix oil, salt, and paprika in a bowl.
3. Pat the chickpeas dry, and toss with paprika mixture.
4. Place on the baking sheet, and bake them on the rack for about 30 minutes.
5. Put buttermilk, herbs, pepper, garlic powder, and mayonnaise in the blender.
6. Heat the oil in a skillet over the medium heat.
7. Mix kale in it, and cook for almost 2 minutes.
8. Put water into it, and cook for around 5 minutes.
9. Turn off the heat.
 10. Add just a pinch of the salt.
 11. Take the chickpeas out of oven, and put them on the side of the skillet.
 12. Put salmon on the opposite side.
 13. Season with pepper and salt, and bake for 5-8 minutes.
 14. Pour dressing, and garnish with herbs.
 15. Serve with chickpeas and the kale.

3.7 Hasselback Caprese Chicken

Cooking Time: 30 minutes

Serving Size: 4 servings

Calories: 401 kcal

Ingredients

- 4 boneless chicken breasts
- 1 tbsp. of olive oil
- 3 thinly sliced tomatoes
- 1/2 cup of basil leaves
- 1 log of mozzarella
- Salt, to taste
- Pepper, to taste

For Balsamic glaze:

- 3 tbsp. of brown sugar
- 1/2 cup of balsamic vinegar

Method

1. Preheat the oven to 400^o F.
2. Cut each chicken breast.
3. Apply olive oil to the chicken; season with pepper and salt.
4. Slice mozzarella and tomatoes, then put into the cuts of chicken breast.
5. Add basil.
6. Bake for almost 25 minutes in the oven.
7. Bring brown sugar and balsamic vinegar to boil in a pot over the stove, and cook for almost 10 to 12 minutes over medium heat. Set it aside.
8. Take the chicken out, and pour balsamic glaze onto it.
9. Garnish it with fresh basil, and serve with a side dish or salad.

3.8 Vegan Roasted Vegetable Quinoa Bowl with Creamy Green Sauce

Cooking Time: 30 minutes

Serving Size: 4 servings

Calories: 340 kcal

Ingredients

- 8 ounces of cremini mushrooms quartered
- 4 cups of broccoli florets
- 2 large sliced shallots
- 1/2 tsp. salt, divided
- 2 tbsp. Olive oil
- 1/4 tsp. ground pepper
- 1/2 cup of water
- 1 cup of red cabbage, shredded
- 3/4 cup of raw cashews
- 1/4 cup of parsley leaves
- 1/2 tsp. soy sauce or tamari
- 1 tbsp. cider vinegar
- 2 cups of cooked quinoa

Method

1. Preheat the oven to 425^o F.
2. Mix shallots, mushrooms, and broccoli in a bowl.
3. Put 1 tbsp. Oil, 1/4 tsp. pepper and salt in it.
4. Transfer it to a baking sheet; roast until vegetables are browned and tender, for around 20 minutes.
5. Combine water, cashews, parsley, tamari, vinegar, 1/4 tsp. salt,

- and remaining 1 tbsp. oil in the blender.
6. Divide the cooked quinoa, sauce, roasted vegetables, and cabbage among four bowls, and serve.

3.9 Chickpea Curry with Easy Brown Rice

Cooking Time: 35 minutes

Serving Size: 4-6 servings

Calories: 534 kcal

Ingredients

- 2 tbsp. vegetable oil
- 2 cups of brown rice
- 1 large chopped onion
- 2 tsp. curry powder
- Kosher salt, to taste
- Black pepper, to taste
- 2 cloves chopped garlic
- Two cans of chickpeas
- 1 cup of vegetable stock
- One can of coconut milk
- 1-2 tbsp. sriracha sauce
- Cilantro, for garnishing
- 1-2 tbsp. honey
- Naan bread, to serve

Method

1. Prepare the rice as per package instructions.
2. Take a skillet, and heat oil over the medium heat.
3. Put onions into it.
4. Add pepper and salt; cook until onions are caramelized and dark brown for around 10 minutes.
5. Add garlic and curry powder; cook for almost 30 seconds.
6. Add vegetable stock; stir.
7. Mix chickpeas, honey, sriracha, and coconut milk, and bring it to boil.
8. Lower the heat; simmer for almost 10 minutes. Adjust seasoning if required.
9. Put naan in a microwave to warm it, and serve it with curry on the rice.
10. Garnish with cilantro, and serve.

3.10 Hummus Vegetable Wrap

Cooking Time: 23 minutes

Serving Size: 4 servings

Calories: 320 kcal

Ingredients

- 2 tsp. olive oil
- 2 zucchini, sliced
- 1/8 tsp. salt
- 1 cup of hummus
- Black pepper, to taste
- 1/4 cup of pine nuts
- 4 pieces of wrap bread, whole-wheat
- 1 thinly sliced bell pepper, red
- 1/2 cup red onion, sliced
- 2 ounces of spinach leaves
- 1/4 cup of mint leaves

Method

1. Preheat a grill over the medium heat.
2. Apply oil on zucchini slices; sprinkle with pepper and salt.
3. Grill each side until slightly browned and tender for 4 minutes.
4. Put 1/4 cup of hummus on top of each bread.
5. Add 1 tbsp. pine nuts on the top.
6. Add zucchini, red pepper, spinach, sliced onions, and mint.
7. Roll them up, and cut into half, and serve.

3.11 Braised Potatoes

Cooking Time: 1 hour

Serving Size: 4 servings

Calories: 369 kcal

Ingredients

- 3 tbsp. butter
- 2 pounds of potatoes
- 1 onion, diced
- 2 cups of turkey, vegetable, or chicken stock
- 1 sprig rosemary or thyme, for garnishing
- 1 tsp. minced garlic
- Salt, to taste
- Pepper, to taste

Method

1. Scrub potatoes, and cut them into chunks.
2. Take a skillet or pot, and heat 3 tbsp. of butter over the medium heat.
3. Add onions, potatoes, garlic, pepper, salt, and rosemary or thyme.
4. Cook until potatoes turn to golden in color, for about 10 minutes.
5. Put stock to cover potatoes, and bring it to boil.
6. Lower the heat, and occasionally stir for around 30 minutes.
7. Add pepper and salt to taste.

8. Garnish with rosemary or thyme, and serve.

3.12 Baked Pasta with Zucchini

Cooking Time: 1 hour

Serving Size: 12 servings

Calories: 220 kcal

Ingredients

- 1 chopped onion
- 3 cups of uncooked cavatappi
- 2 zucchini, sliced
- 6 ounces of spinach leaves
- 1 cup of sliced mushrooms
- 8 ounces of mozzarella cheese
- 24 ounces of pasta sauce
- 1 tsp. of Italian seasoning
- 15 ounces of Ricotta cheese

Method

1. Heat the oven to 375 degrees F.
2. Take a saucepan, and cook pasta as per package instructions. Do not add salt.
3. Cook onions in a nonstick skillet over the medium heat for 3-4 minutes or crisp-tender.
4. Put mushrooms and zucchini, and cook for 3-4 minutes, or until it is tendered, stir frequently.
5. Put half of the spinach, and cook for 2-3 minutes, or until wilted.
6. Do the same with remaining spinach.
7. Turn off the heat.
8. Add pasta it to the vegetable mixture and pasta sauce in the skillet.
9. Add ricotta, 1 cup of mozzarella, and Italian seasoning.
 10. Spoon it into the baking dish; top it with the remaining mozzarella, and bake for 20-25 minutes, or until mozzarella is completely melted.
 11. Serve and enjoy.

3.13 Mediterranean Quinoa Bowls

Cooking Time: 20 minutes

Serving Size: 8 servings

Calories: 381 kcal

Ingredients

For roasted red pepper sauce:

- 1 garlic clove
- 1 jar of red peppers, roasted

- 1/2 tsp. salt
- 1/2 cup of olive oil
- One lemon
- 1/2 cup of almonds
- 1 cucumber
- 20 ounces feta cheese
- 20 kalamata olives
- 1 red onion
- Fresh basil

Method

1. Take a blender or food processor, and put all ingredients of the sauce into it.
2. Blend until it is smooth. Make sure its texture is thick.
3. Cook quinoa as per package directions, and when it is done, serve and enjoy.
4. Store the leftovers in a container; assemble bowl just before the serving.
5. To get the vegan version, put the white beans instead of feta cheese.

3.14 Mediterranean Dip

Cooking Time: 15 minutes

Serving Size: 4 servings

Calories: 49.4 kcal

Ingredients

- 1 tomato
- 8 ounces hummus
- 1/2 cup of diced cucumber
- 1/8 tsp. salt
- 1/2 cup of Greek yogurt
- 1/4 tsp. paprika
- 2 red peppers, roasted and diced
- 2 artichoke hearts, canned
- 1/4 cup of feta cheese, crumbled
- Kalamata olives for garnishing
- 2 tbsp. of minced parsley

Method

1. Take a serving dish, and spread hummus on its bottom.
2. Put cucumber and tomatoes over the top.
3. Pour yogurt on the vegetables.
4. Add paprika and salt.
5. Place and feta cheese, roasted red peppers, and artichoke heart on top of yogurt.

6. Add parsley, garnish it with olives, and then serve with pita chips, vegetables, or crackers.

Chapter 4: Mediterranean Salad and Snacks Recipes



4.1 Mediterranean Tuna-Spinach Salad

Cooking Time: 10 minutes

Serving Size: 1 serving

Calories: 375 kcal

Ingredients

- 1 diced orange
- 1 ½ tbsp. lemon juice

- 1 can of chunk tuna
- 1 ½ tbsp. water
- 4 chopped Kalamata olives
- 2 tbsp. parsley
- 2 tbsp. feta cheese
- 1 ½ tbsp. tahini
- 2 cups of baby spinach

Method

1. Mix lemon juice, tahini, and water in a medium bowl.
2. Put tuna, feta, parsley, and olives in it, and stir to mix well.
3. Serve tuna salad on top of 2 cups of spinach; place an orange on one side.
4. Enjoy!

4.2 Citrus Salad Dressing

Cooking Time: 10 minutes

Serving Size: 16 servings

Calories: 41 kcal

Ingredients

For Garlic and Lemon Dressing:

- 2 lemon
- 1/2 cup of olive oil
- 2 chopped clove garlic
- 1/8 tsp. black pepper
- 1/8 tsp. salt

For Orange Dressing:

- 2 tsp. honey
- 1/2 lemon
- 1/4 tsp. orange zest
- 1/2 cup of olive oil
- 1/2 orange

Method

1. Use garlic for the lemon version, and zest orange for the orange version.
2. Mix all ingredients in a blender.
3. Put on the salad or use it as the marinade.
4. It can be refrigerated for two weeks.
5. Shake or whisk well before use.

4.3 Wild Rice and Lentil Salad

Cooking Time: 20 minutes

Serving Size: 8 servings

Calories: 461 kcal

Ingredients

- 1 cup of rinsed dried lentils
- 2 1/4 ounces of wild rice
- 2 cups of water
- 2 tbsp. lemon juice
- 1/4 cup of olive oil
- 2 tbsp. of red wine vinegar
- 1/2 tsp. salt
- 1 minced garlic clove
- 2 chopped tomatoes
- 2 cups of baby spinach or fresh arugula
- 6 chopped green onions
- 1/4 cup of feta cheese, crumbled

Method

1. Prepare rice as per the package directions, then drain and rinse with water.
2. Put lentils in the saucepan. Bring water to the boil in it.
3. Lower the heat, and simmer for about 20 to 25 minutes, then drain and rinse with water.
4. Take a small bowl, and whisk oil, vinegar, lemon juice, salt, and garlic until blended.
5. Take another bowl, mix rice, tomatoes, green onions, and lentils.
6. Pour dressing onto it.
7. Before serving, add cheese and arugula.

4.4 Mediterranean Grilled Chicken Salad

Cooking Time: 25 minutes

Serving Size: 4 servings

Calories: 575 kcal

Ingredients

For Marinade:

- 1 tbsp. of dried oregano
- 1/4 cup of olive oil
- 3 chopped green onions
- 1/4 cup of lemon juice
- 1/2 tsp. of salt
- 1/4 tsp. of pepper
- 1 tbsp. of dried basil

For Dressing:

- 1 tsp. of dried oregano
- 1/4 cup of lemon juice
- 1 tsp. of dried basil
- 1/2 tsp. of pepper
- 1/4 cup of olive oil
- 1/2 tsp. of salt

For Salad:

- 1 chopped Romaine lettuce
- 4 boneless chicken breasts
- 1 sliced English cucumber
- 1 chopped bell pepper, green
- 1/2 chopped red onion
- 2 cups of chopped cocktail tomatoes
- 1/2 cup of crumbled feta cheese
- 1/2 cup of Kalamata olives
- 1 sliced avocado

Method

1. Take a bowl, and whisk all marinade ingredients.
2. Place chicken breasts in it; toss them with the marinade, then cover them with the plastic wrap.
3. Refrigerate for half an hour to almost 4 hours.
4. Preheat the grill on 400⁰ F.
5. Mix all dressing ingredients in a bowl; set aside.
6. Take a large bowl, and toss cucumber, lettuce, red onion, tomatoes, olives, and bell pepper together.
7. Grill both sides of chicken breasts for 5 minutes each side.
8. Discard any remaining marinade.
9. Cool down the chicken for 5 minutes, then cut into slices.
 10. Pour the dressing on top of the salad; toss well.
 11. Put crumbled feta in it and mix well.
 12. Serve with sliced chicken on top of the avocado slices and salad.

4.5 Mediterranean Winter Salad

Cooking Time: 20 minutes

Serving Size: 2 servings

Calories: 534 kcal

Ingredients

- 2 tsp. of Cranberry dry
- 1 small red onion, thinly sliced
- 5 Bell peppers, colored, cut into discs
- 1 small Zucchini, cut into half-moons
- Cherry Tomatoes - ¼ cup, halved
- 3 Tomatoes, cut into pieces,

- 10 Black olives, sliced
- ¼ cup Feta cheese, crumbled
- 2 tsp. of Pine nuts
- 2 handful of Salad Greens
- ½ tbsp. Balsamic Vinegar
- Black pepper, to taste
- ½ tsp. Oregano, dry
- ½ tsp. Sumac
- Salt, to taste
- ½ tbsp. Olive Oil

Method

1. Wash baby greens; dry thoroughly. Put them in two salad bowls.
2. Heat olive oil in a pan. Lower the heat; add onions into it. Cook while keeping it covered for almost 3 minutes till tendered and brown lightly.
3. Put bell peppers and zucchini slices into it. Toss them; cook for 3 minutes until slightly cooked.
4. Put oregano, pepper, and salt. Toss well.
5. Put cherry tomatoes, tomatoes, and balsamic vinegar. Toss well for a few seconds; turn off the heat.
6. Add Sumac; toss again.
7. Put warm vegetables on top of greens.
8. Add dried cranberries, feta cheese, sliced olives, and pine nuts.
9. Enjoy your salad.

4.6 Herbed Olives

Cooking Time: 10 minutes

Serving Size: 16 servings

Calories: 47 kcal

Ingredients

- 2 tsp. olive oil
- 3 cups olives
- ⅛ tsp. dried oregano
- 1 crushed clove garlic
- ⅛ tsp. dried basil
- Black Pepper, to taste

Method

1. Mix all ingredients in a bowl.
2. Toss well, and serve.

4.7 Garlic Bread

Cooking Time: 8 minutes

Serving Size: 20 servings

Calories: 258 kcal

Ingredients

- 2 tbsp. fresh parsley, minced
- 3-4 minced garlic cloves
- 1/2 cup melted butter
- 1 French loaf bread

Method

1. In a bowl, mix garlic and butter.
2. Over the sides of the bread, add parsley.
3. Put on the baking sheet, and bake at 350 degrees for about 8 minutes.
4. Broil for about 2 minutes until it is golden brown.
5. Serve warm.

4.8 Chocolate Chip Cookies

Cooking Time: 30 minutes

Serving Size: 24 servings

Calories: 187 kcal

- 1 tbsp. vanilla extract
- 1 cup of olive oil
- ¾ cup of granulated sugar
- 1 tsp. Kosher salt
- ¾ cup of brown sugar
- 1 egg
- ½ tsp. baking soda
- 2 cups of flour
- 2 cups of unsweetened chocolate chips

Method

1. Preheat the oven to 350 degrees F.
2. Add olive oil, both sugars, salt, and vanilla in a large bowl. Toss until there is a smooth consistency.
3. Add egg. Blend well to make it smooth.
4. Put baking soda and flour in the bowl; mix until fully incorporated.
5. Add chocolate chips.
6. With your hands, make balls from the batter by taking 2 tbsp.
7. Put shaped to baking sheets.
8. Gently flatten all the balls with your hands.
9. Sprinkle each ball with salt.
 10. Transfer baking sheets to the oven, and cook until golden brown for about 10-12 minutes.
 11. Set aside, let cool for almost 5 minutes.
 12. Serve and enjoy.

4.9 Sous Vide Egg Bites

Cooking Time: 15 minutes

Serving Size: 7 servings

Calories: 82 kcal

Ingredients

- ½ cup of Monterey jack cheese
- 4 eggs
- ½ cup of cottage cheese
- ½ red pepper
- 1 chopped green onion
- ¼ cup of spinach
- ¼ cup of green chilis
- ½ cup of cheddar cheese
- ¼ cup of cooked broccoli
- ¼ cup of cooked bacon
- 1 tbsp. fresh basil
- ¼ cup of cooked sausage
- ½ cup of swiss cheese
- ¼ cup of cooked mushrooms
- 1 tbsp. green onions
- ¼ cup of diced tomatoes

Method

1. Add water in the Instant Pot; place the trivet inside.
2. Put eggs, cottage, Monterey Jack, and cheddar cheese in a blender; process for almost 30 seconds.
3. Mix all remaining ingredients, combine well.
4. Put egg mixture into the compartments of the silicone mold, and cover tightly with the aluminum foil.
5. Put the lid on Instant Pot, and press the 'STEAM' button; set timer for 10 minutes.
6. Remove silicone mold, and cool down egg bites.
7. Serve and enjoy.

4.10 Cheddar Basil Bites

Cooking Time: 47 minutes

Serving Size: 24 servings

Calories: 58 kcal

Ingredients

- 2 tbsp. of Cream
- 6 tbsp. of butter at room temperature
- 1 cup cheddar cheese
- ¼ cup of Coconut flour

- 1/4 cup of parmesan cheese
- 2 tbsp. of chopped fresh basil

Method

1. Preheat oven to 325⁰ F.
2. Put soft butter in the mixing bowl.
3. Mix heavy cream; combine using the hand mixer.
4. Add Parmesan cheese and cheddar cheese; combine well.
5. Mix coconut flour; combine well.
6. Add basil.
7. On the parchment, place cheese dough forming a ball with hands.
8. Put one more parchment paper on the top. Use a cookie cutter to cut 24 crackers, then remove them gently; place onto baking sheets.
9. Bake for almost 12 minutes.
10. Serve and enjoy!

4.11 Easy Almond Butter Fat Bombs

Cooking Time: 5 minutes

Serving Size: 6 servings

Calories: 189 kcal

Ingredients

- 1/4 Cup of Coconut Oil
- 1/4 Cup of Almond Butter

- 1/4 Cup of Erythritol
- 2 tbsp. of Cacao Powder

Method

1. Combine almond butter and coconut oil in the medium bowl, then microwave for about 30 to 45 seconds.
2. Mix well to make a smooth mixture.
3. Add cacao powder and erythritol.
4. Put in silicone molds, and refrigerate until it is firm.
5. Serve and enjoy!

Chapter 5: Mediterranean Soup Recipes



5.1 Lentil Soup with Olive Oil and Orange

Cooking Time: 1 hour 15 minutes

Serving Size: 4 servings

Calories: 172 kcal

Ingredients

- 1 diced onion
- 2 tbsp. butter
- 3 cups of chicken broth

- ½ cup of red lentils
- 1 chopped stalk celery
- ½ cup of orange juice
- ½ shredded carrot
- ½ tsp. dried thyme
- 1 large bay leaf
- Black pepper, to taste

Method

1. Cook onions until softened in the pot over the medium heat.
2. Add lentils, celery, orange juice, carrot, thyme, bay leaf, pepper, and ½ chicken broth; simmer for 40 minutes.
3. Puree in the food processor, and put it back in the pot.
4. Add remaining broth; heat through.
5. Serve and enjoy!

5.2 Vegetarian Moroccan Harira

Cooking Time: 55 minutes

Serving Size: 4-6 servings

Calories: 335 kcal

- 1 sliced white onion
- 1½ tbsp. of coconut oil
- 5 minced cloves garlic
- 3 stalks finely sliced celery
- 2 diced carrots
- 2 tsp. of ground cumin
- 2 tsp. of smoked paprika
- 1½ tsp. of ground cinnamon
- ½ tsp. of ground nutmeg
- ½ tsp. of fresh ginger
- ¼ tsp. of red chili powder
- ½ tsp. of saffron threads
- 4 large of chopped ripe tomatoes
- 2 tbsp. of tomato paste
- 800 ml of water or vegetable stock
- ½ cup of uncooked green lentils
- 1½ cup of cooked chickpeas
- ½ cup uncooked quinoa
- ½ lemon
- ⅓ cup of finely chopped fresh parsley and coriander
- Sea salt, to taste
- Black pepper, to taste

Method

1. Saute the onion, celery, and carrots with oil in the pot.
2. Add sea salt; cook on the low heat until soft for about 5 to 10

minutes.

3. Add garlic, tomato puree, and spices; turn up heat, then cook until fragrant for about 3 to 5 minutes.
4. Put tomatoes, chickpeas, stock, quinoa, and lentils. Simmer, and then turn down heat.
5. Cook for almost 30 to 45 minutes stir occasionally.
6. Add water as required.
7. Your soup is ready when the vegetables and lentils are thoroughly cooked.
8. Turn off the heat, taste for any adjustment in the seasonings.
9. Stir lemon juice and fresh herbs. Serve hot.

5.3 Creamy Italian White Bean Soup

Cooking Time: 50 minutes

Serving Size: 4 servings

Calories: 244 kcal

Ingredients

- 1 chopped onion
- 1 tbsp. vegetable oil
- 1 chopped stalk celery
- 2 cans of white kidney beans
- 1 minced clove garlic
- 1 can of chicken broth
- 1/8 tsp. dried thyme
- 1/4 tsp. black pepper
- 2 cups of water
- 1 tbsp. lemon juice
- 1 bunch of fresh spinach, thinly sliced

Method

1. Heat oil in a saucepan.
2. Cook celery and onion in the oil for 5-8 minutes.
3. Put garlic, cook for almost 30 seconds, and stir continually.
4. Add beans, pepper, chicken broth, 2 cups of water, and thyme. Bring it to boil, then reduce heat, simmer for almost 15 minutes.
5. Remove 2 cups vegetable and beans mixture from the soup; set aside.
6. Blend the remaining soup in the blender until smooth.
7. Once it is done, pour the soup back to the stockpot; stir in beans.
8. Then bring it to boil, stir occasionally.
9. Add spinach; cook for 1 minute, until wilted.
 10. Add lemon juice; remove it from the heat.
 11. Serve with Parmesan cheese.

5.4 Slow Cooker Vegetarian Minestrone

Cooking Time: 6 hours 35 minutes

Serving Size: 8 servings

Calories: 138 kcal

Ingredients

- 1 can of crushed tomatoes
- 6 cups of vegetable broth
- 1 can of kidney beans
- 2 stalk diced ribs celery
- 1 chopped large onion
- 2 diced large carrots
- 1 zucchini
- 1 cup of green beans
- 3 minced cloves garlic
- 1 ½ tsp. dried oregano
- 1 tbsp. fresh parsley, minced
- 4 cups of fresh spinach, chopped
- 1 tsp. salt
- ¼ tsp. black pepper, freshly ground
- ¾ tsp. dried thyme
- ½ cup of elbow macaroni
- ¼ cup Parmesan cheese, finely grated

Method

1. Mix vegetable broth, kidney beans, tomatoes, onion, carrots, celery, green beans, garlic, zucchini, parsley, salt, black pepper, oregano thyme in a slow cooker, and cook on for 6-8 hours on low heat.
2. Cook the elbow macaroni in boiling water in a pot, stir occasionally, and cook for almost 8 minutes.
3. Add macaroni and spinach into minestrone, and cook for 15 minutes more.
4. Top with the Parmesan cheese, and serve.

5.5 Roasted Butternut Squash Soup

Cooking Time: 1 hour 10 minutes

Serving Size: 4 servings

Calories: 292 kcal

Ingredients

For Squash Soup:

- 1 tbsp. of avocado oil
- 3 1/2 pound butternut squash
- 1 yellow onion
- 1/2 tbsp. of maple syrup

- 1 peeled garlic clove
- 1 tsp. of salt
- 1/4 tsp. of ground ginger
- 1/4 tsp. of ground nutmeg
- 4 cups of vegetable broth
- 2 tbsp. of butter
- Black pepper, to taste

For Garnishing:

- Parsley
- Pepitas
- Black pepper

Method

1. Preheat the oven to 425⁰ Fahrenheit.
2. Carefully slice butternut squash to remove membrane and seeds.
3. Put butternut squash in the baking tray; sprinkle avocado oil, pepper, and salt.
4. Flip butternut squash on the other side; roast for almost 60 minutes.
5. After 30 minutes, put half onion and avocado in the baking tray.
6. After completion of time, take it out of the oven.
7. Transfer butternut squash to the blender.
8. Put onion, garlic, salt, maple syrup, nutmeg, butter, vegetable broth, and ginger in the blender.
9. Add 3 cups vegetable broth; add more as required.
 10. Blend until creamy.
 11. Taste to check the seasoning adjustment; add pepper and salt if required.
 12. Garnish with pepitas, black pepper, and parsley.

5.6 Minestrone Soup

Cooking Time: 1 hour

Serving Size: 6 servings

Calories: 298 kcal

Ingredients

- 4 tbsp. olive oil
- 1 chopped yellow onion
- 2 chopped carrots, peeled
- 2 chopped ribs celery
- ¼ cup of tomato paste
- 4 minced cloves garlic
- 2 cups of chopped vegetables, seasonal
- ½ tsp. dried oregano
- 1 can diced tomatoes,
- ½ tsp. dried thyme

- 4 cups (vegetable broth
- 1 tsp. fine sea salt
- 2 cups of water
- 3 bay leaves
- 1 pinch red pepper
- Black pepper, to taste
- 1 cup of orecchiette
- 1 ½ cups of cooked beans
- 2 tsp. lemon juice
- 2 cups of baby spinach, chopped
- Freshly Parmesan cheese, to garnish

Method

1. Warm 3 tbsp. of olive oil in an oven over the medium heat.
2. When oil starts shimmering, put chopped onion, celery, carrot, tomato paste, and salt, and cook until vegetables are softened for around 7-10 minutes.
3. Put seasonal vegetables, oregano, thyme, and garlic—Cook for around 2 minutes.
4. Add diced tomatoes, water, and broth.
5. Add salt, red pepper flakes, and bay leaves. Season with fresh black pepper.
6. Take the heat to the medium-high; bring mixture to the boil.
7. Partially cover the pot with a lid, and reduce heat to maintain the gentle simmer, and cook for almost 15 minutes.
8. Remove lid; add pasta, greens, and beans.
9. Cook for another 20 minutes.
 10. Remove pot from heat when pasta and greens are cooked.
 11. Remove bay leaves.
 12. Add remaining tbsp. of the olive oil and lemon juice.
 13. Add more pepper and salt if required to get the flavors to sing.
 14. Then garnish the bowls with the grated Parmesan, and serve.

5.7 Tuscan White Bean Soup with Sausage and Kale

Cooking Time: 55 minutes

Serving Size: 10 servings

Calories: 198 kcal

Ingredients

- 2 tbsp. olive oil
- 1 pound Italian sausage
- 1 tsp. fresh garlic, minced
- 3 cans of cannellini beans,

- Black pepper, to taste
- 1 can of diced tomatoes
- 4 cups of chicken broth
- 1 bunch of fresh kale, roughly chopped
- Salt, to taste
- Fresh parsley, chopped

Method

1. Take a pot, and heat the oil over the medium heat.
2. Put garlic and sausage in it; cook, and stir regularly for about 5 to 7 minutes.
3. Put all of the beans except 1 cup.
4. Add tomatoes, and set aside remaining beans for later use. Simmer while keeping it covered for around 5 minutes.
5. Put remaining beans in the food processor and blend; put pureed beans in the pot.
6. Add kale and broth. Bring it to boil.
7. Lower the heat, and simmer while keeping it covered for around 30 minutes.
8. Season with pepper and salt, if required.
9. Turn off the heat; garnish with parsley.
10. Serve with the toasted bread.

5.8 Greek White Bean Soup with Orange Slices and Olive Oil

Cooking Time: 45 minutes

Serving Size: 8 servings

Calories: 265 kcal

Ingredients

- 4 sliced thin carrots
- 5 sliced thin celery sticks
- 1 sliced thin onion
- 2 cups of water
- 1 cup of olive oil
- 1 bay leaf
- ½ tsp. dried oregano
- 3 slices of orange
- 2 tbsp. tomato paste
- 15 ounces cannellini white beans

Method

1. Sauté carrots, onion, and celery in the olive oil on the medium heat.
2. Put bay leaf and oregano in it.
3. Add the tomato paste and orange slices, and sauté for almost 2 minutes.

4. Put Cannellini beans.
5. Add water.
6. Cook for almost 30 to 40 minutes stir occasionally.
7. Serve and enjoy!

5.9 Bean Counter Chowder

Cooking Time: 30 minutes

Serving Size: 8 servings

Calories: 196 kcal

Ingredients

- 1/2 cup of chopped onion
- 2 minced garlic cloves
- 1 tbsp. canola oil
- 1 chopped tomato
- 1 tbsp. minced parsley
- 1 3/4 cups of water
- 2 cans vegetable or chicken broth
- 1/2 tsp. dried basil, celery flakes, and oregano
- 3 cans of northern beans
- 1/4 tsp. pepper
- 1 cup of elbow macaroni, uncooked

Method

1. In a saucepan, cook onion in the oil for 3 minutes.
2. Put garlic into it, and cook for about 1 minute.
3. Put tomato into it, and simmer for almost 5 minutes.
4. Then add broth, seasonings, and water.
5. Bring it to boil, and cook for almost 5 minutes.
6. Put macaroni and beans; bring it to boil.
7. Cook for another 15 minutes.
8. Sprinkle parsley, and serve.

5.10 Italian Sausage Kale Soup

Cooking Time: 35 minutes

Serving Size: 8 servings

Calories: 217 kcal

Ingredients

- 1 package of sausage links, Italian turkey
- 1 chopped medium onion
- 8 cups fresh kale, chopped
- 2 minced garlic cloves
- 1/4 tsp. red pepper flakes, crushed
- 1/2 cup of chicken stock

- 3 1/4 cups of chicken stock
- 1 can of cannellini beans
- 1/4 tsp. pepper
- 1 cup of diced tomatoes
- 1/2 cup of tomatoes, sun-dried and chopped

Method

1. Take a stockpot, and cook onion and sausage over the medium heat for about 6 to 8 minutes.
2. Put kale in the pot; cook for 2 minutes.
3. Put garlic and pepper flakes, and cook for 1 minute.
4. Put wine into it, and cook for almost 2 minutes.
5. Add remaining ingredients and sausage mixture. Bring it to boil.
6. Lower the heat, and simmer for 15 to 20 minutes.
7. Serve and enjoy!

5.11 Shrimp and Cod Stew in Tomato-Saffron Broth

Cooking Time: 20 minutes

Serving Size: 4-6servings

Calories: 172 kcal

Ingredients

- 1 orange
- 790 ml can of undrained tomatoes
- 2 bay leaf
- 4 cups of water
- 1/4 tsp. of dried saffron
- 4 minced garlic cloves
- 1/2 tsp. of dried thyme
- 1/2 tsp. of ground fennel
- 1/2 tsp. of salt
- 1/4 tsp. of black pepper
- 1/4 tsp. of celery salt
- 1/3 cup of cold water
- 1/4 cup of fresh parsley, chopped
- 1/3 cup of flour
- 250 g of frozen or fresh shrimp
- 500 g frozen or fresh fish fillets, boneless
- 500g of mussels

Method

1. Put tomatoes in the food processor, and blend slightly.
2. Take a saucepan, add tomatoes, water, peel strip, saffron, and bay leaf.
3. Place over the medium heat.
4. Add garlic, fennel, thyme, salt, black pepper, and celery salt. Bring

it to boil.

5. Lower the heat, and simmer for almost 15 minutes; stir occasionally.
6. In a cup, mix flour with the cold water.
7. When tomato mixture is simmered for almost 15 minutes, add it to the water and flour mixture, stir constantly. Cook for almost 10-15 minutes.
8. Add pepper and salt, if needed.
9. Remove any shells or bones, cut seafood, and fish into small chunks.
 10. Before serving, remove the orange peel and bay leaf from broth. Add hot stew; simmer for 10 minutes.
 11. Add fish, mussels, parsley, and seafood into the simmering stew.
 12. Cook for around 8 minutes.
 13. Add chopped parsley.
 14. Serve with sourdough bread or crisp baguette.
 15. Enjoy!

Chapter 6: Mediterranean Desserts Recipes



6.1 Mediterranean feta and quinoa egg muffins

Cooking Time: 45 minutes

Serving Size: 12 servings

Calories: 114 kcal

Ingredients

- 1/2 cup of onion, finely chopped
- 2 cups of finely chopped baby spinach
- 1 cup of sliced tomatoes

- 1 tbsp. of fresh oregano, chopped
- 1/2 cup of chopped kalamata olives
- 2 tsp. sunflower oil
- 1 cup of cooked quinoa
- 8 eggs
- 1 cup of feta cheese, crumbled
- 1/4 tsp. salt

Method

1. Preheat the oven to 350 Fahrenheit.
2. Prepare 12 muffin tins on the baking sheet; set aside.
3. Cut vegetables; heat the skillet to the medium.
4. Put onions and vegetable oil in it; saute for almost 2 minutes.
5. Put tomatoes in it; saute for 1 minute.
6. Put spinach; saute for almost 1 minute, then turn off the heat.
7. Add oregano and olives; set aside.
8. Put eggs in the blender and blend until combined.
9. Add quinoa, veggie mixture, salt, and feta cheese; stir until combined.
10. Transfer mixture to the muffin tins by equally dividing the mixture.
11. Bake in the oven for almost 30 minutes; wait until eggs are set.
12. When muffins turn golden brown, take it out of the oven.
13. Allow them to cool before serving.

6.2 Greek Yoghurt with Honey and Walnuts

Cooking Time: 10 minutes

Serving Size: 7 servings

Calories: 284 kcal

Ingredients

- 3/4 tsp. of vanilla extract
- 2 1/2 cups of Greek yogurt
- 1 cup of walnuts
- Cinnamon powder
- 1/2 cup honey

Method

1. Preheat oven to 180⁰ C, and spread walnuts in the layer on the baking sheet.
2. Toast the walnuts for almost 7 to 8 minutes until fragrant and golden.
3. Put toasted walnuts into a bowl, and add honey; blend well.
4. Set them aside for 1 to 2 minutes to let them cool down.
5. Mix vanilla extract and Greek yogurt; divide the mixture among 6

- to 7 dessert bowls.
6. Add the walnut-honey mixture on the top; sprinkle with a pinch of cinnamon powder.
 7. Store in refrigerator or serve immediately. Enjoy!

6.3 Orange Creamsicle Ice Cream

Cooking Time: 40 minutes

Serving Size: 6 servings

Calories: 386 kcal

Ingredients

- 2 orange
- 1 3/4 cup of coconut milk
- 4 tbsp. of Sweetener
- 1 tsp. of vanilla extract

Method

1. Peel the oranges, and put them flat on the tray; freeze until they are hardened.
2. In the blender, mix coconut milk with half orange sections, and blend until the mixture is smooth.
3. Add remaining oranges; continue blending.
4. Put sweetener (as per your choice).
5. Add vanilla extract, and blend.
6. Put into the freezer until solid.
7. Before serving, let them sit for some time. Enjoy!

6.4 Pistachio Pudding

Cooking Time: 10 minutes

Serving Size: 12 servings

Calories: 236 kcal

Ingredients

- 3.4 ounces of pistachio pudding mix
- 16 ounces of whipped topping
- 3 cups of miniature marshmallows
- 1/2 cup of chopped walnuts or pistachios
- 6-7 drops of green food color
- 20 ounces of pineapple tidbits

Method

1. Take a bowl, and combine pudding mix, food coloring, and whipped topping.
2. Add pineapple and marshmallows.
3. Refrigerate while keeping it covered for almost 2 hours.

4. Before serving, add more whipped topping and nuts.
5. Enjoy!

6.5 Moroccan Orange Cake

Cooking Time: 1 hour

Serving Size: 12 servings

Calories: 289 kcal

Ingredients

- 1 1/2 cups of granulated sugar
- 4 eggs
- 1/2 cup of canola oil
- 4 tsp. of baking powder
- 2 cups of all-purpose flour
- 1/2 tsp. salt
- Powdered sugar
- Two oranges
- 1/2 cup of orange juice
- 1 tsp. of vanilla extract

Method

1. Preheat the oven to 350⁰ degrees F. Grease and spray the pan with the baking spray, and set aside.
2. In a bowl, mix sugar and eggs until thick, then gradually add the oil.
3. Mix flour, salt, orange juice, and baking powder. Beat until it is smooth.
4. Add the vanilla and orange zest.
5. Transfer the batter to the pan, and remove any air bubbles.
6. Bake for almost 40 to 50 minutes.
7. Remove the cake from the oven; allow it to cool down for about 10 minutes.
8. Turn the cake out on the cooling rack; let it cool completely.
9. Sprinkle with powdered sugar.
10. Serve and enjoy!

6.6 Peanut Butter Chocolate Cheesecake

Cooking Time: 7 hours 25 minutes

Serving Size: 10-12 servings

Calories: 550 kcal

Ingredients

For Crust:

- 4 tbsp. of melted butter
- 3 tbsp. of granulated sugar

- 15 chocolate crackers
- 1/8 tsp. of kosher salt

For Cheesecake:

- 1 cup of packed brown sugar
- 4 packages of softened cream cheese
- 1/2 tsp. of kosher salt
- 4 eggs, at room temperature
- 1 tbsp. of vanilla extract
- 1 cup of peanut butter
- 1/2 cup of sour cream
- Chopped Reese's

For Chocolate Ganache:

- 3/4 cup of heavy cream
- 6 ounces of coarsely chopped semisweet chocolate
- 1/8 tsp. of kosher salt

Method

1. To make the crust, butter a pan, and preheat oven to 350°.
2. Take a blender, and grind chocolate crackers to make fine crumbs.
3. Put salt and sugar into it, and combine well.
4. Transfer it to a bowl, and add butter; use fingers or fork to blend the mixture.
5. Freeze for 10 minutes.
6. Put the pan on the baking sheet; bake the crust for almost 10 minutes.
7. Let it cool down, reduce the temperature of the oven to 325°.
8. Take water in a tea kettle or saucepan, and bring it to boil.
9. To make cheesecake, take a bowl and beat the cream cheese until smooth for about 3-4 minutes.
 10. Put salt and sugar in it and beat until fluffy and smooth for 3-4 minutes.
 11. Put vanilla in it; beat for almost 30 seconds.
 12. Put eggs, one by one, and beat for almost 1 minute.
 13. Mix peanut butter, sour cream, and heavy cream; beat slowly until smooth for 1 minute.
 14. Put the cheesecake batter in the cooled crust.
 15. Wrap the bottom of the pan with aluminum foil; place in the roasting pan, and pour boiling into it.
 16. Bake the cheesecake until its top start to brown, for 1.30 hour.
 17. Let the cheesecake cool in the water for an hour.
 18. Take the roasting pan out of the oven, and carefully lift pan from water; remove foil.
 19. Let the cheesecake come to the room temperature, then cover it with the plastic wrap; refrigerate for at

least 4 hours.

20. Before serving, carefully remove the sides of the pan, and place the chocolate in a dry and clean bowl.

21. Take a saucepan over the medium heat, and warm cream.

22. Pour the warm cream on top of the chocolate; let it sit about 10 minutes.

23. Add salt; stir until completely smooth.

24. Pour the ganache over the cheesecake; spread it evenly.

25. Sprinkle chopped Reese's over it.

26. Serve and enjoy!

Part 2: Mediterranean Spring Summer Recipes

Chapter 7: Mediterranean Breakfast Recipes



7.1 Mediterranean Broccoli & Cheese Omelet

Cooking Time: 30 minutes

Serving Size: 4 servings

Calories: 229 kcal

Ingredients

- 6 eggs
- 2 1/2 cups of broccoli florets

- 1/4 cup of 2% milk
- 1/4 tsp. pepper
- 1/2 tsp. salt
- 1/3 cup of Romano cheese
- 1 tbsp. olive oil
- 1/3 cup of sliced Greek olives

Method

1. Preheat the broiler.
2. Take a saucepan, put steamer basket on 1 inch of the water.
3. Put broccoli in the basket. And bring the water to boil.
4. Lower heat to simmer, and steam while keeping it covered for about 4 to 6 minutes until it is crisp-tender.
5. Take a bowl, mix eggs, salt, pepper, and milk.
6. Add cooked broccoli, olives, and grated cheese.
7. Take a 10-inch skillet, and heat the oil over the medium heat.
8. Add egg mixture, and cook while keeping it uncovered for about 4 to 6 minutes until eggs are set.
9. Let stand for 5 minutes, then cut into the wedges.
10. Add parsley and shaved cheese and serve.

7.2 Slim Greek Deviled Eggs

Cooking Time: 20 minutes

Serving Size: 1 dozen

Calories: 42 kcal

Ingredients

- 3 tbsp. of mayonnaise, reduced-fat
- 6 boiled eggs
- 2 tbsp. of feta cheese, crumbled
- 1/2 tsp. of lemon zest grated
- 1/8 tsp. salt
- Greek olives
- 1/2 tsp. lemon juice
- 1/8 tsp. pepper

Method

1. Cut all eggs into half.
2. Remove the yolks, and set aside the egg whites and four yolks.
3. Take a bowl, and mash the reserved yolks.
4. Add mayonnaise, oregano, Feta, lemon zest, salt, pepper, and lemon juice.
5. Stuff into the egg whites.
6. Garnish with the olives.
7. Chill, and serve.

7.3 Low-carb baked eggs with avocado and Feta

Cooking Time: 40 minutes

Serving Size: 2 servings

Calories: 391 kcal

Ingredients

1 avocado

- 4 eggs
- Olive oil spray
- Salt, to taste
- Black pepper, to taste
- 2 cups Feta Cheese, crumbled

Method

1. Break the eggs into ramekins; let avocado and eggs set at room temperature for about 15 minutes.
2. Preheat the oven to 200C, and put gratin dishes over the baking sheet; heat them for about 10 minutes.
3. Peel avocado; cut into six slices.
4. Remove the dishes from oven; spray with oil or spray.
5. Put sliced avocados in a dish.
6. Tip two eggs in the dish.
7. Add crumbled Feta; season with black pepper and salt.
8. Bake for 12 to 15 minutes.
9. Serve hot.

7.4 Mediterranean eggs

Cooking Time: 30 minutes

Serving Size: 6 servings

Calories: 154 kcal

Ingredients

- Olive oil
- 1 large chopped yellow onion
- 2 chopped green peppers
- 2 chopped garlic cloves
- 1 tsp. of ground coriander
- 1 tsp. of sweet paprika
- 1/2 tsp. of ground cumin
- 1 Pinch of red pepper flakes
- Salt, to taste
- Black pepper, to taste
- 6 Vine-ripe chopped tomatoes
- 1/4 cup of chopped mint leaves
- 6 eggs
- 1/2 cup of tomato sauce

- 1/4 cup of chopped parsley leaves

Method

1. Heat oil in the pan.
2. Add onions, garlic, green peppers, spices, pepper, and pinch salt, and cook for 5 minutes until vegetables are softened.
3. Add tomato sauce and tomatoes, and cover it; let it simmer for 15 minutes. Cook while keeping it uncovered to allow mixture to thicken and reduce.
4. Adjust seasoning as you like.
5. Use the wooden spoon, make 6 wells in the mixture, and then gently crack eggs in each indentation.
6. Lower the heat, and cover skillet; cook on the low heat until egg whites have set.
7. Add mint and fresh parsley.
8. Add additional black pepper, if desired.
9. Serve with the challah bread, warm pita, or crusty bread of your choice.

7.5 Mediterranean egg white sandwich with roasted tomatoes

Cooking Time: 30 minutes

Serving Size: 1 serving

Calories: 458 kcal

Ingredients

- 1/4 cup of egg whites
- 1 tsp. butter
- Salt, to taste
- Black pepper, to taste
- 1–2 slices of muenster cheese
- 1 ciabatta roll, whole grain
- 1 tsp. chopped herbs (basil, parsley, rosemary)
- 1 tbsp. pesto
- 1/2 cup of roasted tomatoes

For Roasted Tomatoes:

- 1 tbsp. olive oil
- 10 ounces of grape tomatoes
- Kosher salt, to taste
- Black pepper, to taste

Method

1. Melt butter in the skillet.
2. Add egg whites.
3. Season with pepper and salt.
4. Add fresh herbs, and cook for almost 3 to 4 minutes, until egg

white is done.

5. Take a toaster, and toast the ciabatta bread.
6. Add pesto to both halves when done.
7. Put an egg on half of the sandwich roll, then add cheese.
8. For making roasted tomatoes, slice the tomatoes into half.
9. Preheat the oven to 400° F.
 10. Put on the baking sheet; drizzle with olive oil.
 11. Toss well, and season with pepper and salt.
 12. Roast for almost 20 minutes.
 13. Put roasted tomatoes on the sandwich and serve.
 14. Enjoy!

7.6 Smoked Salmon and Poached Eggs on Toast

Cooking Time: 15 minutes

Serving Size: 2 servings

Calories: 439 kcal

Ingredients

- 4 halved muffins
- 15g of butter
- 240g bag of baby spinach
- 4 eggs
- 2 tsp. of vinegar, white wine
- 6 tbsp. of hollandaise sauce
- Finely chopped Chives
- 120g of smoked salmon

Method

1. Preheat oven to 150°C.
2. Bring a pan of the water to boil.
3. Toast the muffins, keep them warm in an oven.
4. Add spinach, and toss in pan.
5. Pour vinegar into boiling water, and reduce the heat to simmer.
6. Crack two eggs in the separate cups.
7. Slide-in eggs in the water one at a time, then cook for almost 3 to 4 minutes.
8. Remove them with the slotted spoon, and repeat the process with remaining eggs.
9. Heat hollandaise in the bowl in the simmering water.
 10. When it is time to serve, put muffins on the plates.
 11. Top each with spinach, poached eggs, and smoked salmon.
 12. Sprinkle hollandaise, chives, and black pepper, and serve.

7.7 Eggs with Summer Tomatoes, Zucchini, and Bell Peppers

Cooking Time: 40 minutes

Serving Size: 2 servings

Calories: 226 kcal

Ingredients

- 1 thinly sliced yellow onion
- 1 tbsp. olive oil
- 1 minced clove garlic
- 2 tomatoes, chopped
- 2 zucchini or summer squash
- 1/2 tsp. of fresh thyme
- 2 eggs
- 1 bell pepper, red
- 1 tsp. of Spanish paprika or piquillo pepper
- Salt, to taste
- Black pepper, to taste

Method

1. Heat oil in the skillet over the medium heat.
2. Put onion in it, and cook for almost 5 minutes.
3. Put garlic in it, and cook for 1 minute.
4. Pour squash in it, and cook for around 10 minutes.
5. Put tomatoes, thyme, and paprika in it; let simmer for around 20 minutes.
6. Roast pepper on a stovetop.
7. When it is cooled, remove seeds and core, then cut into pieces.
8. Add roasted peppers, pepper, and salt.
9. Fry all eggs, then divide vegetables between the two plates.
 10. Top the dish with eggs, and serve with the buttered toast.

7.8 Caprese Avocado Toast

Cooking Time: 10 minutes

Serving Size: 1 serving

Calories: 173 kcal

Ingredients

- ½ avocado, mashed
- 1 handful of chopped fresh basil
- 1 bread, toasted
- Salt, to taste
- 2 sliced heirloom tomatoes
- Pepper, to taste
- 1 sliced mozzarella ball

Method

1. Mash avocado.
2. Add pepper and salt, and mix well.
3. Spread mashed avocado across the toast; top with the heirloom tomatoes, chopped basil, and mozzarella.
4. Enjoy!

7.9 Spinach Feta Breakfast Wraps

Cooking Time: 10 minutes

Serving Size: 1 serving

Calories: 550 kcal

Ingredients

- 1/2 cup of roughly chopped fresh spinach
- 2 eggs
- 1 1/2 tbsp. diced butter
- 4 chopped Kalamata olives
- 1/4 cup of crumbled feta cheese
- Salt, to taste
- Black pepper, to taste
- 1 tortilla, whole wheat

Method

1. Heat a pan over the medium heat.
2. Melt 1/2 tbsp. butter in the pan.
3. Scramble all eggs in the bowl.
4. Put butter chunks, pepper, and salt.
5. Add egg mixture to pan.
6. Let eggs cook, then push them with the spatula.
7. When eggs are about to be cooked, add spinach, combine well and cook.
8. Turn off the heat; lay them on top of the tortilla.
9. Add eggs, feta cheese, and Kalamata olives on it.
 10. Wrap together.
 11. Serve and Enjoy!

7.10 Spinach Artichoke Frittata

Cooking Time: 25 minutes

Serving Size: 4-6 servings

Calories: 316 kcal

Ingredients

- 1/2 cup sour cream, full-fat
- 10 eggs
- 1 tbsp. Dijon mustard
- 1/4 tsp. of black pepper, freshly ground

- 2 minced cloves garlic
- 1 tsp. kosher salt
- 1 cup Parmesan cheese, grated
- 14 ounces of artichoke hearts
- 2 tbsp. olive oil
- 5 ounces of baby spinach

Method

1. Preheat the oven to 400°F.
2. Put eggs, mustard, sour cream, pepper, salt, and Parmesan in the bowl; whisk well, and set aside.
3. Take a skillet, and heat oil over the medium heat.
4. Put artichokes, and cook, until browned, for 6-8 minutes.
5. Put in garlic and spinach, and cook for 2 minutes.
6. Pour egg mixture on top of the vegetables, and sprinkle with remaining Parmesan.
7. Cook for almost 2-3 minutes.
8. Then bake for 12-15 minutes until eggs are set.
9. Let the pan cool down for almost 5 minutes, slice into the wedges.
10. Serve warm.

7.11 Hearty Breakfast Fruit Salad

Cooking Time: 15 minutes

Serving Size: 5 servings

Calories: 282 kcal

Ingredients

For Grains:

- 1/2 tsp. kosher salt
- 3 cups of water
- 1 cup of whole grain
- 3 tbsp. of vegetable oil or olive oil

For Fruits:

- 1/2 pineapple, cut into chunks
- 6 mandarins or tangerines
- 5 large oranges
- 1 bunch of fresh mint
- 1 1/4 cups of pomegranate seeds

For the Dressing:

- 1 lemon, juice, and grated zest
- 1/3 cup of honey
- 2 limes, juice, and grated zest
- 1/4 cup of olive oil
- 1/2 tsp. kosher salt

- 1/4 cup of toasted nut or hazelnut oil

Method

1. Line two baking sheets with the parchment paper, then rinse barley in the strainer with cold water for around 1 minute—shake strainer to remove excess water.
2. Put barley on the baking sheet; use spatula to place and even out the grains to make a layer, and dry completely for 3-5 minutes.
3. Warm water in a microwave and set aside.
4. Heat 2 tbsp. of oil in the saucepan over the high heat.
5. Add the toast and barley, constantly stirring—Cook for about 90 seconds.
6. Add salt and warm water; bring it to boil.
7. Lower the heat, cover, and then cook until it is tender for about 40-45 minutes.
8. Turn down the heat; let it stand while keeping it covered for around 10 minutes.
9. Prepare mint, fruit, and the dressing.
 10. Put pineapple chunks in the containers.
 11. Cut the oranges, tangerines, and mandarins.
 12. Put them in another container, and refrigerate.
 13. Put the pomegranate seeds in the refrigerator separately in a separate container.
 14. Thinly slice mint leaves, and refrigerate in a separate container.
 15. Whisk honey, zests, salt, and juice in a bowl.
 16. Add olive oil and nut oil, whisk constantly. Refrigerate in the jar.
 17. Put the cooked barley in the baking sheet, spread into a layer, and let cool for 10-20 minutes.
 18. Add remaining oil to the barley, and mix well.
 19. Put barley in a container, cover it, and then refrigerate.
 20. For serving, put 2/3 cup barley into a bowl.
 21. Add pineapple, orange segments, and pomegranate seeds.
 22. Add mint and dressing in each bowl.
 23. Mix well and then coat with dressing.

7.12 Mediterranean Breakfast Pita

Cooking Time: 25 minutes

Serving Size: 2 servings

Calories: 267 kcal

Ingredients

- 1/4 cup of chopped onion
- 1/4 cup of chopped red pepper

- 1 cup of egg substitute
- 1/8 tsp. pepper
- 1/8 tsp. salt
- 1 chopped small tomato
- 2 tbsp. feta cheese, crumbled
- 1-1/2 tsp. fresh basil, minced
- 1/2 cup of baby spinach, torn fresh
- 2 pita bread

Method

1. Take a nonstick skillet, and coat it with the cooking spray.
2. Put onion and red pepper over the medium heat for about 3 minutes.
3. Put the egg substitute, pepper, and salt in it.
4. Mix tomato, basil, and spinach; spoon them onto pitas.
5. Add egg mixture on the top; sprinkle with the feta cheese, and serve immediately.

Chapter 8: Mediterranean Lunch and Dinner Recipes



8.1 Mahi-Mahi and Veggie Skillet

Cooking Time: 30 minutes

Serving Size: 4 servings

Calories: 307 kcal

Ingredients

- 3 tbsp. Olive oil
- 4 Mahi-mahi
- ½ pound mushrooms
- 3 red peppers
- 1 sweet onion

- 1/3 cup Lemon juice
- ¾ tsp. Salt
- ½ tsp. Pepper
- 1/3 cup Pine nuts

Method

1. Place the skillet over the medium heat; add 2 tbsp. olive oil.
2. Put fillets in it; cook each side for almost 5 minutes, then take out of the pan.
3. Put remaining oil, onion, peppers, mushrooms, ¼ tsp. salt, and lemon juice in the pan, and cook while keeping it covered for almost 8 minutes until vegetables are thoroughly tender.
4. Put the fish on vegetables.
5. Sprinkle with pepper and salt, and cook for almost 2 minutes while keeping covered.
6. Add pine nuts and chives before serving.

8.2 Feta Frittata

Cooking Time: 20 minutes

Serving Size: 4 servings

Calories: 300 kcal

Ingredients

- 1/4 cup of heavy cream
- 6 eggs
- 1 tbsp. fresh dill, finely chopped
- 1/4 tsp. black pepper, freshly ground
- 1/2 tsp. kosher salt
- 1 tbsp. olive oil
- 4 ounces of baby spinach
- 1/2 diced yellow onion
- 3 ounces of feta cheese, crumbled

Method

1. Preheat the oven to 400°F.
2. Put eggs, dill, cream, pepper, and salt in a bowl; whisk and set aside.
3. Take oil in a nonstick skillet, and heat it over the medium heat until shimmering.
4. Put the onion in it, and cook for almost 5 minutes.
5. Mix spinach, and toss for 3 minutes.
6. Spread an even layer on the skillet; sprinkle with cheese.
7. Put egg mixture on the cheese and vegetables.
8. Cook undisturbed for almost 2 minutes.
9. Put pan in the oven; bake until eggs are set for 8-10 minutes.
10. Slice frittata into wedges; serve warm.

8.3 Spanish Prawns with Vegetables

Cooking Time: 20 minutes

Serving Size: 4 servings

Calories: 420 kcal

Ingredients

- 600g Frozen raw prawns
- 2 tbsp. Barbecue spice
- ½ cup of butter spread, Garlic
- 500g of mixed vegetables, Frozen
- 3 Chopped tomatoes
- Crusty bread, for serving

Method

1. Mix prawns with spices; cook in 2 batches.
2. Put the skillet over the medium heat.
3. Put butter in it, and spread.
4. Add the prawns into skillet; cook each side for almost 3 minutes.
5. Take them out of the skillet.
6. Add more butter in the pan.
7. Put tomatoes in it; cook for 1 minute, then return the prawns back into the pan.
8. Add 2 tbsp. of water.
9. Add salt; cook for almost 3 minutes.
10. Microwave vegetables until they are tender, and serve vegetables with the prawn and crusty bread.

8.4 Mediterranean Chickpeas

Cooking Time: 25 minutes

Serving Size: 4 servings

Calories: 340 kcal

Ingredients

- ¾ cup wheat couscous
- 1 medium onion, chopped
- 1 tbsp. Olive oil
- 2 cloves garlic, minced
- 1 can Chickpeas
- 1 can stewed tomatoes
- 1 can Water packed chopped artichoke hearts
- ½ cup coarsely chopped olives
- ½ tsp. Dried oregano
- 1 Pinch pepper
- 1 Pinch cayenne
- 1 tbsp. Lemon juice

- 1 cup Water

Method

1. Put the saucepan over the medium heat; add water in it, and bring it to boil.
2. Add the couscous in boiling water, keep it that way for about 2 minutes, and then turn off the heat.
3. Let it stay in the saucepan to absorb water for almost 10 minutes.
4. Put the skillet over the medium heat; add the olive oil.
5. Put onion in it, and cook until it is tender.
6. Put garlic; cook for 1 minute.
7. Add remaining ingredients, let them heat through.
8. Serve with the couscous.

8.5 Penne and Fresh Tomato Sauce with Spinach and Feta

Cooking Time: 30 minutes

Serving Size: 4 servings

Calories: 282 kcal

Ingredients

- 1 tbsp. olive oil
- 12 ounces of uncooked penne, whole-wheat
- 1 diced medium onion
- 1 1/2 cups of pear or cherry tomatoes
- 2 minced garlic cloves
- 1/2 cup of feta cheese, crumbled
- 3/4 cup of fat-free, chicken broth
- 1/4 tsp. salt
- 6 ounces fresh arugula leaves or baby spinach
- 1/4 tsp. pepper

Method

1. Cook pasta as per the package directions; do not add salt.
2. Heat olive oil in the skillet over the medium heat.
3. Put onion in it; cook for almost 4 minutes.
4. Put garlic in it, and cook for 30 seconds.
5. Mix broth and tomatoes; bring it to simmer, then cook for almost 5 minutes, until tomatoes are soften.
6. Using a spoon, lightly crush the tomatoes.
7. Slowly add spinach; cook for almost 2 minutes.
8. Drain the pasta.
9. Take a serving bowl, and toss pasta with the warm spinach-tomato sauce.
10. Add pepper and salt.
11. Garnish with the cheese, and serve.

8.6 Summer Vegetable Gratin

Cooking Time: 1 hour 20 minutes

Serving Size: 4 servings

Calories: 228 kcal

Ingredients

- 1 tbsp. minced garlic
- 1 cup shallots, thinly sliced
- 1/2 cup olive oil
- 1 large sliced eggplant
- 1 tbsp. chopped thyme leaves
- 1 large sliced yellow squash
- Kosher salt, to taste
- Black pepper, to taste
- 1 large sliced zucchini
- 4 vine-ripe sliced tomatoes
- 1 crusty bread, for serving
- 1/4 cup of grated Parmesan
- 1/2 cup of shredded fontina
- 4 leaves of fresh basil

Method

1. Preheat the oven to 400⁰ F.
2. Mix shallots, 2 tbsp. of olive oil, 1 tsp. of thyme and garlic in the baking dish, and bake until caramelized for 15-20 minutes, then let it cool.
3. Divide eggplant, zucchini, and yellow squash between 2 sheets.
4. Add salt to vegetables, and let stand for 30 minutes.
5. Press vegetables with the kitchen towel.
6. Transfer vegetables to sheet trays.
7. Put tomatoes to the sheet trays, and toss all vegetables with the olive oil, thyme, pepper, and salt.
8. Make 1 stack of all vegetables on the baking sheet.
9. Add one tomato slice, 1-2 slices of the zucchini, 1 slice of the eggplant, and 1-2 slices of the yellow squash.
 10. Put stack in baking dish on the top of caramelized shallots, then repeat making the stacks.
 11. Sprinkle with Parmesan and fontina, and bake until vegetables are thoroughly tender and cheese is completely melted, for 35 minutes, then let it cool for 15 minutes.
 12. Add basil.
 13. Serve with the crusty bread.

8.7 Tomato-Poached Halibut

Cooking Time: 30minutes

Serving Size: 4 servings

Calories: 224 kcal

Ingredients

- 2 finely chopped poblano peppers
- 1 tbsp. olive oil
- 1 finely chopped small onion
- 1 can diced tomatoes
- 1 can fire-roasted undrained diced tomatoes
- 1/4 cup of chopped green olives
- 1/4 tsp. pepper
- 3 minced garlic cloves
- 1/8 tsp. salt
- 1/3 cup fresh cilantro, chopped
- Whole grain crusty bread
- 4 (4-ounce) halibut fillets
- 1 lemon

Method

1. Take the nonstick skillet, and heat the oil over the medium heat.
2. Add the onion and poblano peppers, and cook for 4 to 6 minutes.
3. Add tomatoes, garlic, olives, salt, and pepper.
4. Bring it to boil, and adjust the heat for a gentle simmer.
5. Mix fillets, and cook while keeping it covered for 8 to 10 minutes.
6. Add cilantro, and serve with the lemon wedges.

8.8 Baked Tilapia

Cooking Time: 20 minutes

Serving Size: 4 servings

Calories: 220 kcal

Ingredients

- Kosher salt, to taste
- 4 tilapia
- black pepper, to taste
- 2 minced cloves garlic
- 5 tbsp. of butter, melted
- 1/4 tsp. of red pepper flakes, crushed
- 1 sliced lemon
- 1/2 lemon
- Chopped parsley, to garnish

Method

1. Preheat the oven to 400° F.
2. Season the tilapia with pepper and salt; place it on the baking sheet.
3. Add butter, red pepper flakes, garlic, lemon zest, and lemon juice on top of the tilapia.
4. Put lemon rounds around tilapia.

5. Bake it for 10-12 minutes.
6. Serve and enjoy.

8.9 Speedy Hummus Pizza

Cooking Time: 20 minutes

Serving Size: 6 slices

Ingredients

- 1 cup of hummus
- 1 prebaked pizza crust
- 3/4 tsp. dried oregano
- 1/2 cup of feta cheese, crumbled
- 1/4 tsp. red pepper flakes, crushed
- 1/2 cup of oil-packed chopped tomatoes
- 1 tbsp. olive oil
- 1/2 cup of chopped Greek olives

Method

1. Preheat the oven to 450° F.
2. Put crust on the pizza pan or baking sheet.
3. Take a bowl, and mix hummus, pepper flakes, and oregano and spread them over the crust.
4. Add cheese, olives, and tomatoes.
5. Bake for 8 to 10 minutes.
6. Drizzle with the oil, and serve.

8.10 Summer Fish Skillet

Cooking Time: 10 minutes

Serving Size: 2 servings

Calories: 442 kcal

Ingredients

- Sea salt, to taste
- Black pepper, to taste

- 2 fish fillets
- 5 tbsp. of olive oil
- 4 sprigs fresh thyme
- 1 medium sliced lemon

Method

1. Dry fish fillets with towel after removing them from the refrigerator.
2. Season generously with pepper and salt.
3. Place a skillet over the high heat, add olive oil.
4. Add lemon slices. Use a spatula, and gently press fillets for almost

- 20 seconds.
5. Reduce heat to the medium; sauté fillets for almost 2-3 minutes.
 6. Add the thyme to skillet.
 7. Wait for few seconds; then tilt skillet slightly.
 8. Put slices of lemon on top of the fillets.
 9. Serve with summer salad, and enjoy.

8.11 Zucchini and Cheese Roulades

Cooking Time: 25 minutes

Serving Size: 2 dozens

Calories: 24 kcal

Ingredients

- 1/4 cup of Parmesan cheese, grated
- 1 cup of ricotta cheese
- 2 tbsp. fresh basil, minced
- 1 tbsp. Greek olives, chopped
- 1 tbsp. capers, drained
- 4 zucchini
- 1 tsp. lemon zest, grated
- 1/8 tsp. salt
- 1 tbsp. lemon juice
- 1/8 tsp. pepper

Method

1. Take a bowl, and all ingredients of ricotta mixture except zucchini.
2. Slice zucchini into thick slices.
3. Take a grill rack, and cook zucchini while keeping it covered for 2 to 3 minutes.
4. Put 1 tbsp. of ricotta mixture on zucchini slice, then roll-up.
5. Serve and enjoy.

8.12 Mediterranean Spinach and Beans

Cooking Time: 30 minutes

Serving Size: 4 servings

Calories: 187 kcal

Ingredients

- 1 chopped small onion
- 1 tbsp. olive oil
- 2 minced garlic cloves
- 2 tbsp. Worcestershire sauce

- 1 can of undrained diced tomatoes
- 1/4 tsp. salt

- 1/8 tsp. red pepper flakes, crushed
- 1/4 tsp. pepper
- 1 can f cannellini beans, drained
- 6 ounces of baby spinach
- 1 can of artichoke hearts, water-packed

Method

1. Heat oil over the medium heat.
2. Add onion, and cook for 3-5 minutes.
3. Put garlic in it; cook for 1 minute.
4. Add tomatoes, seasonings, and Worcestershire sauce; bring it to a boil.
5. Lower the heat, and simmer while keeping it uncovered for almost 6 to 8 minutes.
6. Mix beans, spinach, and artichoke hearts; cook for about 3 to 5 minutes.
7. Drizzle with the additional oil, and serve.

Chapter 9: Mediterranean Salad and Snacks Recipes



9.1 Tomato and Burrata Salad with Pangrattato and Basil

Cooking Time: 25 minutes

Serving Size: 6 servings

Calories: 27 kcal

Ingredients

- 4 ounces of cherry tomatoes
- 2 pounds mixed tomatoes
- 8 ounces of burrata
- 3/4 cup of olive oil
- 4 ounces of white bread
- 1/2 cup of white balsamic vinegar
- Salt, to taste
- Pepper, to taste
- 1 thinly sliced medium shallot
- 2 minced cloves garlic
- 1/2 cup of chopped basil

Method

1. Cut out the slices of tomatoes, and lay those slices on the paper towel; season with the salt. Set aside for at least thirty minutes.
2. Put bread in the food processor; pulse until it is in shape of crumbs.
3. Take a skillet, and heat olive oil in it.
4. Add bread crumbs; stir until it is golden brown for almost 5 to 8 minutes.
5. Add garlic, and stir for almost 30 seconds; stir garlic in bread crumbs, and remove the heat; let it cool.
6. Put shallots in the large bowl, and add vinegar, pepper, and salt.
7. Add olive oil, and season with pepper and salt.
8. Put cherry tomatoes and tomato slices on the serving plate.
9. Add some vinaigrette on top of the tomatoes.
 10. Make 4 pieces of burrata ball, and put them on top of the tomatoes.
 11. Add breadcrumbs around tomatoes.
 12. Toss basil on the top.
 13. Add more vinaigrette.
 14. Serve with bread crumbs and dressing.

9.2 Salmon with Broccoli and Lemon Mayo

Cooking Time: 25 minutes

Serving Size: 4 servings

Calories: 560 kcal

Ingredients

- 1 ½ pound Salmon
- 1 pound Broccoli
- 2 ounces Butter
- Salt, to taste
- 1 cup Mayonnaise
- 2 tbsp. Lemon juice

Method

1. Mix mayonnaise and lemon juice. Set it aside.
2. Make pieces of salmon and season with pepper and salt.
3. Over the medium heat, cook each side of salmon with butter for almost 10 minutes; then reduce the heat.
4. Take salmon out of the pan; keep warm.
5. Add broccoli.
6. Add remaining butter; cook the broccoli for almost 4 minutes until it is golden brown and softened.
7. Add pepper and salt to broccoli.
8. Serve salmon with the broccoli and mayo.

9.3 Grilled Vegetable and Halloumi Salad

Cooking Time: 25 minutes

Serving Size: 4 servings

Calories: 584 kcal

Ingredients

- 225 g of halloumi cheese
- 100 g of broad beans, frozen
- 1 bunch asparagus
- 2 tbsp. olive oil
- 2 courgettes
- 2 shallots
- ½ bunch fresh parsley
- 1 tbsp. capers
- 200 g of cherry tomatoes
- ½ bunch fresh oregano

For Dressing:

- 1 tsp. of dried oregano
- 3 tbsp. of olive oil
- 1 tsp. of honey
- 1 tbsp. of cider vinegar
- 1 tsp. of Dijon mustard

Method

1. Take a jam jar, and mix dressing ingredients in it.
2. Cook broad beans in the boiling water until tender. Then cool them with cold water.
3. Cut slices of the halloumi, asparagus, and courgettes—season with the olive oil.
4. Heat a pan over the high heat, and put asparagus, halloumi, and courgettes in it. Cook until charred, then remove from the heat.
5. Finely slice shallots and tomatoes.
6. Put on the platter with asparagus, capers, halloumi, courgettes, and broad beans.
7. Chop them; scatter on fresh herbs.

8. Drizzle the dressing, and serve.

9.4 Tomato Salad with Tuna, Capers, and Black Olives

Cooking Time: 30 minutes

Serving Size: 6 servings

Calories: 265 kcal

Ingredients

- 1 170 g of drained tin tuna
- 1/2 tsp. salt
- 4-5 ripe tomatoes

For vinaigrette:

- 3 tbsp. olive oil
- 1 tbsp. lemon juice, freshly squeezed
- 3 tbsp. capers
- 12 roughly torn kalamata olives
- 1/4 finely chopped red onion
- 2 tbsp. Italian parsley chopped
- 1/4 tsp. red chili flakes
- Black pepper, to taste

Method

1. Cut the tomatoes; toss with salt in the bowl, and set aside for almost 20 minutes.
2. Put vinaigrette ingredients in the bowl; whisk lightly.
3. Adjust salt if required.
4. Once tomatoes are juiced up, add vinaigrette to tomatoes, and toss to combine, then set it aside for almost 5 minutes.
5. Put flaked tuna on top of tomatoes.
6. Serve immediately.

9.5 Mediterranean Cobb Salad

Cooking Time: 20 minutes

Serving Size: 10 servings

Calories: 258 kcal

Ingredients

- 1/2 cup of plain yogurt
- 6 ounces of falafel mix
- 1/4 cup of chopped cucumber
- 1 tsp. fresh parsley, minced
- 1/4 cup of 2% milk
- 1/4 tsp. salt
- 4 cups of baby spinach

- 4 cups of torn romaine
- 3 hard-boiled chopped large eggs
- 1 medium finely chopped ripe avocado
- 2 medium finely chopped tomatoes
- 3/4 cup of feta cheese, crumbled
- 1/2 cup finely chopped Greek olives
- 8 crumbled bacon strips

Method

1. Prepare falafel as per package directions, and let them cool down, then crumble chop falafel.
2. Take a bowl, and mix cucumber, sour cream, milk, salt, and parsley.
3. Take a bowl, and combine spinach and romaine, then transfer to the platter.
4. Put remaining ingredients and crumbled falafel over the greens, and drizzle with the dressing.

9.6 Mediterranean Shrimp Orzo Salad

Cooking Time: 30 minutes

Serving Size: 8 servings

Calories: 397 kcal

Ingredients

- 3/4 pound of peeled, cooked shrimp
- 16 ounces of orzo pasta
- 14 ounces of water-packed artichoke hearts
- 1 cup red pepper, finely chopped
- 1 cup green pepper, finely chopped
- 3/4 cup red onion, finely chopped
- 3/4 cup of Greek vinaigrette
- 1/2 cup fresh parsley, minced
- 1/2 cup Greek olives
- 1/3 cup fresh dill, chopped

Method

1. Prepare orzo as per the package directions; drain and rinse with the cold water.
2. Take a bowl, and combine orzo, herbs, vegetables, shrimp, and olives.
3. Add vinaigrette.
4. Refrigerate while keeping it covered.
5. Serve and enjoy.

9.7 Smoky Cauliflower

Cooking Time: 30 minutes

Serving Size: 8 servings

Calories: 58 kcal

Ingredients

1. 2 tbsp. olive oil
2. 1 head cauliflower
3. 1 tsp. smoked paprika
4. 2 minced garlic cloves
5. 3/4 tsp. salt
6. 2 tbsp. fresh parsley minced

Method

1. Put cauliflower in the large bowl.
2. Add oil, herbs, salt, and herbs, and pour over the cauliflower.
3. Transfer it to the baking pan, and bake while keeping it uncovered for almost 10 minutes.
4. Add garlic, and bake for 10 to 15 minutes until the cauliflower is completely tender and browned.
5. Add parsley, and serve.

9.8 Nectarine and Beet Salad

Cooking Time: 10 minutes

Serving Size: 8 servings

Calories: 84 kcal

Ingredients

- 2 medium sliced nectarines
- 2 packages of salad greens, spring mix
- 1/2 cup f balsamic vinaigrette
- 1/2 cup of feta cheese, crumbled
- 1 can beets, sliced

Method

1. Take a dish, and toss nectarines and greens with the vinaigrette.
2. Add cheese and beets, and serve immediately.

9.9 Herb-Roasted Olives and Tomatoes

Cooking Time: 25 minutes

Serving Size: 4 servings

Calories: 71 kcal

Ingredients

- 1 cup of olives
- 2 cups of cherry tomatoes

- 1 cup of Greek olives
- 8 peeled garlic cloves
- 1 cup ripe olives
- 3 tbsp. olive oil
- 1/4 tsp. pepper
- 1 tbsp. herbs

Method

1. Preheat the oven to 425° F.
2. Put ingredients in the baking pan.
3. Add seasonings and oil, and toss.
4. Roast it tomatoes for about 15 to 20 minutes.

9.10 Layered Hummus Dip

Cooking Time: 15 minutes

Serving Size: 12 servings

Calories: 88 kcal

Ingredients

- 1/4 cup of red onion, finely chopped
- 1 carton of hummus
- 1/2 cup chopped Greek olives
- 1 large chopped English cucumber
- 2 medium chopped tomatoes
- Pita chips, Baked
- 1 cup feta cheese, crumbled

Method

1. Spread the hummus in a shallow dish.
2. Add onion, cheese, tomatoes, olives, and cucumber.
3. Refrigerate, and serve with the pita chips

9.11 Tzatziki Potato Salad

Cooking Time: 25 minutes

Serving Size: 12 servings

Calories: 128 kcal

Ingredients

- 1 carton of tzatziki sauce, refrigerated
- 2 pounds of red potatoes
- 2 thinly sliced celery ribs
- 2 chopped green onions
- 1/2 cup Greek yogurt
- 2 tbsp. snipped dill
- 1/2 tsp. salt

- 2 tbsp. fresh parsley, minced
- 1/4 tsp. celery salt
- 1 tbsp. fresh mint, minced
- 1/4 tsp. pepper

Method

1. Place the potatoes in an oven, and add water. Make sure potatoes are covered.
2. Bring it to boil, and lower the heat.
3. Cook it while keeping it uncovered for about 10 to 15 minutes.
4. Cool completely.
5. Take a bowl, and mix the tzatziki sauce, yogurt, celery, green onions, parsley, dill, salt, pepper, and mint.
6. Pour on potatoes, and toss well.
7. Refrigerate until cold.
8. Serve and enjoy.

9.12 Tzatziki Shrimp Cucumber Rounds

Cooking Time: 35minutes

Serving Size: 2 dozen

Calories: 30 kcal

Ingredients

- 2 tbsp. peeled cucumber, finely chopped
- 1/4 cup of plain yogurt
- 1/8 tsp. garlic salt
- 6 strips of bacon
- 1/8 tsp. dill weed
- 24 shrimp, uncooked
- 2 medium sliced cucumbers
- 1-2 tbsp. canola oil

Method

1. Take a bowl, and combine yogurt, garlic, salt, dill, and chopped cucumber.
2. Cut bacon strip into half.
3. Wrap bacon piece around a shrimp.
4. Take a large skillet, and heat the oil over the medium heat, and cook each side of shrimp for 3 to 4 minutes.
5. Spoon yogurt sauce on the cucumber slice, and top with the shrimp.
6. Serve and enjoy.

Chapter 10: Mediterranean Soup Recipes



10.1 Classic Gazpacho

Cooking Time: 15 minutes

Serving Size: 4-6 servings

Calories: 122 kcal

Ingredients

- 2 pounds of ripe tomatoes
- 1 small cucumber, peeled
- 1 medium bell pepper, green
- 1/2 peeled red onion
- 3 tbsp. olive oil
- 2 small peeled garlic cloves
- 2 tbsp. of sherry vinegar
- 1/2 tsp. of black pepper
- 1 tsp. of sea salt
- 1 white bread
- 1/2 tsp. ground cumin

For Garnishing:

- Croutons
- Fresh herbs
- Olive oil
- Chopped gazpacho

Method

1. Mix ingredients in the blender, and blend for 1 minute.
2. Add extra pepper, salt, and cumin if required.
3. Chill in the sealed container or jar for 3-4 hours.
4. Serve cold and top with desired garnishes.

10.2 Chilled Cucumber and Yogurt Soup

Cooking Time: 25 minutes

Serving Size: 5 servings

Calories: 140 kcal

Ingredients

- 3 tablespoons fresh lemon juice
- 1 garlic clove
- 2 large cucumbers
- 1 1/2 cups of Greek yogurt
- 1 shallot
- 1/4 cup of parsley leaves
- 1/4 cup of olive oil
- 1/3 cup of dill
- 2 tbsp. of tarragon leaves
- 1/2 finely chopped red onion

Method

1. Take a blender, and combine chopped cucumber, yogurt, shallot, lemon juice, garlic, dill, tarragon, 1/4 cup olive oil, and parsley.
2. Add white pepper and salt, refrigerate while keeping it covered for 8 hours.
3. Pour soup into the bowls.
4. Add diced cucumber, olive oil, and red onion for garnishing, and serve.

10.3 Provençal Vegetable Soup

Cooking Time: 55 minutes

Serving Size: 6-8 servings

Calories: 338 kcal

Ingredients

- 2 cups of chopped onions
- 2 tbsp. of olive oil
- 2 cups of chopped leeks
- 3 cups of diced carrots
- 3 cups of diced boiling potatoes
- 1 1/2 tbsp. kosher salt
- 3 quarts canned broth or chicken stock
- 1 tsp. black pepper, freshly ground

- Grated Parmesan, to serve
- 1 tsp. saffron threads
- 4 ounces of spaghetti
- 1/2 pound of haricots verts
- 1 cup of Pistou

For Pistou:

- 1/4 cup of tomato paste
- 4 garlic cloves
- 24 basil leaves
- 1/2 cup of olive oil
- 1/2 cup of grated Parmesan

Method

1. Take a stockpot, and heat olive oil.
2. Add onions; saute for almost 10 minutes over the low heat.
3. Put leeks, carrots, potatoes, pepper, and salt; saute for almost 5 minutes over the medium heat.
4. Put saffron and chicken stock in it, and bring it to boil; simmer while keeping it uncovered for almost 30 minutes.
5. Add spaghetti and haricots verts, bring it to simmer; cook for almost 15 minutes.
6. For serving, mix 1/4 cup pistou in hot soup.
7. Add extra salt if required.
8. Serve with the more Pistou and Parmesan cheese.
9. To make Pistou, mix garlic, basil, Parmesan, and tomato paste in the food processor and blend.
 10. Put it to the container, and add some olive oil over the top, the put on the lid.

10.4 Greek Tomato Soup with Orzo

Cooking Time: 25 minutes

Serving Size: 4 servings

Calories: 325 kcal

Ingredients

- 1 chopped medium onion
- 2 tbsp. olive oil
- 1-1/4 cups of orzo pasta, whole wheat and uncooked
- 3 cups of chicken broth
- 2 cans of coarsely chopped whole tomatoes
- 2 tsp. dried oregano
- 1/4 tsp. pepper
- 1/4 tsp. salt

Method

1. Take a large saucepan, and heat the oil over the medium heat.
2. Cook onion into it for 3 to 5 minutes, until tender.
3. Add orzo, and cook until toasted.
4. Add tomatoes, seasonings, and broth, and bring it to boil. Lower the heat, and simmer while keeping it covered for 15 to 20 minutes until orzo is completely tender.
5. Add basil and feta.
6. Serve and enjoy.

10.5 Zucchini Basil Soup with Lemon

Cooking Time: 25 minutes

Serving Size: 4 servings

Calories: 200 kcal

Ingredients

- 1 chopped medium onion
- 2 tbsp. of Butter
- 3-4 chopped cloves garlic
- 3 cups of chicken broth
- 4 chopped medium zucchini
- 1 lemon
- Sea salt, to taste
- 1/2 cup of packed basil
- Black pepper, to taste

Seasonings (optional):

- Pepper and Salt
- Lemon wedges
- Chopped Basil leaves
- Grated Parmesan cheese
- Yogurt
- Sour cream

Method

1. Take a stockpot, and melt butter over the medium heat.
2. Put onion in it; saute for almost 5 minutes, until translucent.
3. Put garlic; saute for almost 1-2 minutes.
4. Add zucchini; saute for almost 4 to 5 minutes.
5. Add lemon zest and chicken broth, and bring it to boil, lower the heat to gentle simmer, and cook for almost 10 minutes.
6. Put basil in it.
7. Puree with a blender.
8. Add pepper and salt and pepper.
9. Serve chilled or hot in the individual bowls; add additional seasonings.

10.6 Seafood Soup

Cooking Time: 50 minutes

Serving Size: 6 servings

Calories: 213 kcal

Ingredients

- 1 tbsp. olive oil
- 1 chopped green pepper
- 1 chopped small onion
- 2 chopped medium carrots
- 1 can of tomato sauce
- 1 minced garlic clove
- 1 can of undrained diced tomatoes
- 1 bay leaf
- 3/4 cup of chicken broth
- 1/2 tsp. dried oregano
- 1/4 tsp. pepper
- 1/4 tsp. dried basil
- 3/4 pound of salmon fillets
- 3 tbsp. of fresh parsley, minced
- 1/2 pound of medium shrimp, uncooked

Method

1. Take a saucepan, and heat the oil over the medium heat.
2. Put green pepper and onion in it, cook until tender.
3. Put garlic and carrots, and cook for 3 minutes.
4. Add tomato sauce, wine, seasonings, and tomatoes. Bring it to boil, and lower the heat, then simmer for 30 minutes.
5. Add salmon, parsley, and shrimp. Cook for 7 to 10 minutes.
6. Remove bay leaf.
7. Serve and enjoy.

10.7 Elegant Seafood Bisque

Cooking Time: 30 minutes

Serving Size: 10 servings

Calories: 254 kcal

Ingredients

- 1 chopped small onion
- 1 minced garlic clove
- 1/2 cup of flour
- 5 tbsp. olive oil
- 3 cups of chicken broth
- 2 cans of tomato sauce
- 1 tsp. of chicken bouillon granules
- 1 cup of white wine
- 2 cups of tomato juice

- 1/2 cup of fresh basil, chopped
- 1/2 tsp. salt
- 1 cup of frozen lobster chunks, uncooked
- 1 cup of whipping cream
- A dash of white pepper
- 1 cup of medium shrimp, uncooked

Method

1. In an oven, saute the garlic and onion in oil.
2. Add flour, and cook for almost 2 minutes.
3. Add bouillon and broth. Bring it to boil, and cook for almost 2 minutes.
4. Add tomato sauce, wine, juice, basil, pepper, and salt. Bring it to boil, then lower the heat.
5. Simmer while keeping it uncovered for almost 10 minutes.
6. Put cream into it, and heat through.
7. Take a skillet, and cook lobster and shrimp in the oil for around 5 minutes.
8. Put it in the soup, and garnish the servings with basil.

10.8 Lentil-Tomato Soup

Cooking Time: 55 minutes

Serving Size: 4 servings

Calories: 366 kcal

Ingredients

- 1 chopped white or yellow onion
- ¼ cup of olive oil
- 2 carrots, chopped
- 2 tsp. ground cumin
- 4 minced garlic cloves
- 1 tsp. curry powder
- 1 can of diced tomatoes
- ½ tsp. dried thyme
- 1 cup green or brown lentils
- 2 cups of water
- 4 cups of vegetable broth
- 1 tsp. salt
- 1-2 tbsp. lemon juice, to taste
- Black pepper, to taste
- 1 Pinch red pepper flakes
- 1 cup chopped kale

Method

1. Take a skillet, and heat oil.
2. Once oil shimmers, add chopped carrot and onion in it, cook until onion is softened, for almost 5 minutes.

3. Put garlic, curry powder, thyme, and cumin in it, and cook for almost 30 seconds.
4. Add diced tomatoes; cook for some minutes.
5. Add pepper flakes, and season with black pepper.
6. Bring it to boil by raising heat, then cover pot, and lower heat for maintaining simmer.
7. Cook for almost 25-30 minutes until lentils are cooked.
8. Transfer two cups soup to the blender, and purée until smooth.
9. Return it in the pot.
 10. Add chopped greens; cook for almost 5 minutes until greens are softened.
 11. Remove pot from heat; stir in lemon juice.
 12. Season with pepper, salt, pepper, and lemon juice if required.
 13. Serve hot, and enjoy.

Chapter 11: Mediterranean Desserts Recipes



11.1 Strawberries with Balsamic Vinegar

Cooking Time: 1 hour 10 minutes

Serving Size: 6 servings

Calories: 59 kcal

Ingredients

- ¼ tsp. black pepper

- 2 tbsp. balsamic vinegar
- 16 ounces of fresh strawberries
- ¼ cup of white sugar

Method

1. Place the strawberries in the bowl, drizzle vinegar on the top.
2. Add sugar.
3. Mix well, and cover.
4. Set aside at the room temperature for about one hour.
5. Before serving, add pepper on top of the berries.

11.2 Nectarines and Berries in Prosecco

Cooking Time: 30 minutes

Serving Size: 6-8 servings

Calories: 288 kcal

Ingredients

- 10 ounces of strawberries
- 10 ounces of raspberries or blackberries
- 1 pound of nectarines
- 1 tbsp. of orange liqueur
- ¼ cup of sugar
- 1 tbsp. fresh mint, chopped
- 1 cup of chilled prosecco
- ¼ tsp. lemon zest, grated

Method

1. Mix blackberries, nectarines, strawberries, sugar, mint, lemon zest, and orange liqueur in a large bowl.
2. Set aside at the room temperature until fruits release their juices for almost 10-15 minutes.
3. Before serving, add prosecco on top of fruits, and season with sugar if desired.
4. Serve.

11.3 Watermelon Cups

Cooking Time: 25 minutes

Serving Size: 16 appetizer

Calories: 7 kcal

Ingredients

- 16 watermelon cubes
- 1/3 cup of cucumber, finely chopped
- 5 tsp. of red onion, finely chopped

- 2 tsp. of fresh mint, minced
- 2 tsp. of fresh cilantro, minced
- 1 tsp. Of lime juice

Method

1. Use a spoon, and scoop out center of the watermelon cubes.
2. In a bowl, mix remaining ingredients, and spoon in the watermelon cubes.
3. Serve and enjoy!

11.4 Honey Cinnamon Rollups

Cooking Time: 50 minutes

Serving Size: 24 servings

Calories: 132 kcal

Ingredients

- 1/4 cup of sugar
- 2 cups of toasted ground walnuts
- 2 tsp. ground cinnamon
- 1/2 cup of melted butter
- 12 sheets phyllo dough, frozen

For Syrup:

- 1 tbsp. lemon juice
- 1/2 cup of sugar
- 1/2 cup of honey
- 1/2 cup of water

Method

1. Preheat the oven to 350° F.
2. Mix walnuts, cinnamon, and sugar.
3. Place one phyllo dough on the waxed paper, and apply butter.
4. Put another phyllo sheet, and apply butter.
5. Add walnut mixture.
6. Use a waxed paper, and roll it up tightly.
7. Transfer the rolls to the greased baking dish, and repeat it with the remaining walnut mixture and phyllo dough.
8. Bake for about 14 16 minutes, until brown.
9. Take a saucepan, and combine the syrup ingredients, and bring it to boil.
10. Lower the heat, and simmer for 5 minutes, then let it cool for almost 10 minutes.
11. Add syrup to cinnamon rolls; sprinkle with walnut mixture.
12. Serve and enjoy!

11.5 Baklava Cheesecake

Cooking Time: 1 hour 50 minutes

Serving Size: 16 servings

Calories: 351 kcal

Ingredients

- 2 sheets of phyllo dough
- 1/3 cup melted butter
- 1 cup of walnuts, finely chopped
- 1/4 cup of sugar
- 1/4 tsp. ground nutmeg
- 1/2 tsp. ground cinnamon
- 2 packages of softened cream cheese
- 1/8 tsp. of ground allspice
- 2/3 cup of honey
- 1 carton of mascarpone cheese
- 1/4 cup of 2% milk
- 3 lightly beaten eggs, at room temperature
- 3 tbsp. flour

For Garnishing:

- 3 rosemary sprigs
- 1/2 cup of fresh cranberries
- 3 tbsp. corn syrup
- 1/4 cup of sugar

Method

1. Preheat the oven to 425° F.
2. Put a sheet of the phyllo dough in the greased pan, and apply butter.
3. Put layers of all phyllo sheets, and apply butter on each layer.
4. Put in the baking pan.
5. Take a bowl, and mix walnuts, spices, and sugar.
6. Bake for 5 to 7 minutes, until edges have browned.
7. Lower the oven heat to 325°.
8. Take a bowl, and beat the mascarpone cheese and cream cheese at the low speed.
9. Add milk, honey, and flour.
 10. Pour in eggs, and beat on the low speed.
 11. Add crust, and put pan back in the baking pan, then bake for 50 to 60 minutes.
 12. Let it cook for 1 hour and refrigerate overnight.
 13. For garnishing, take corn syrup in the bowl, and microwave while keeping it uncovered for 10 seconds.
 14. Brush the corn syrup over each side of the rosemary, and put on the waxed paper.
 15. Add one tbsp. of sugar.

16. Toss the cranberries in the syrup, and put remaining sugar in the bowl.

17. Pour in cranberries, and mix well.

18. Place it on the waxed paper; let stand for almost 1 hour.

19. Before serving, add cranberries and sugared rosemary on the cheesecake.

11.6 Fig and Honey Yoghurt

Cooking Time: 5 minutes

Serving Size: 1 serving

Calories: 208 kcal

Ingredients

- 3 sliced dried figs
- $\frac{2}{3}$ cup of plain yogurt
- 2 tsp. honey

Method

1. Put yogurt in the bowl.
2. Add honey and figs.
3. Serve and enjoy.

Conclusion

Many diverse countries border the Mediterranean Sea, including Italy, Spain, and France, Greece, Israel, Turkey, Syria, Lebanon, Egypt, Morocco, Tunisia, Libya, and Algeria. It makes it interesting as there is not one single diet that defines the Mediterranean region. The Mediterranean diet is all about the common things in these cuisines, i.e., a daily consumption of fruits and vegetables, lentils and beans, whole grains, seafood, and olive oil. It is the overriding principle while writing the cookbook. Adopting the Mediterranean way of eating requires an amazing shift in eating behaviors. The food portion is small.

Consume lots of fruits and vegetables every day. The Mediterranean diet planning is mainly based on the available vegetables to celebrate the seasonality. Figure out what is local and seasonal, you will always get the better-quality ingredients. Meat is not that much used in Mediterranean diet, so beans, nuts, whole grains, and lentils are the significant sources to provide your daily protein. Whole grains provide the essential nutrients, like antioxidants. Consuming the fresh seafood is important among the countries bordering Mediterranean Sea. Various health benefits associated with eating fish and shrimp include low-calorie count, omega-3 fatty acids, and the saturated fat.

Dishes that have a low quantity of meat are a significant part of the Mediterranean diet. It is customary among people from various regions to include fresh fruit at the end of the meal. Cookies and cakes are not usually eaten on the daily basis. They are saved for some special celebrations and family gatherings. To keep your diet's emphasis more on the low quantity of the saturated fat, replace the butter in your cakes, pastries, and cookies with the olive oil, wherever possible. Keep in mind, diversity and balance are the hallmarks of the Mediterranean diet, so serve dishes having a variety of tastes, temperatures, and textures. Numerous dishes taste best both ways, i.e., warm and cold. It prepares you for getting rid of the pressure to prepare a hot meal to serve. The recipes given in this book will make your work easy. It offers you an easy way to match and your recipes.

All these Mediterranean dishes are worth to be tried. Some dishes are quick to make, but some will take time. When you have the final dish on your table, you will be satisfied with all the effort you put in. Do not hesitate to customize a little bit as per your preferences and health goals. People have been becoming more health-conscious nowadays, and that is a pretty impressive thing to see in this modern world. To have a healthy lifestyle and to attain your goal of losing weight, Mediterranean diet has become one of the most practiced fitness trends across the globe. Its popularity has been increasing with time. Mediterranean diet is famously called a diet plan or a specific eating pattern. Research has shown that Mediterranean diet can prove to be one of the most potent tools for losing. It can effectively support you in fighting your belly fat as well as improving your health in numerous ways. Various studies have claimed that it improves brain health, decreases the risk of diabetes, cancer, and heart diseases. It can even help in living a long and healthy life.

This book has some fantastic recipes to choose from. You can find recipes for all the season. Whether it is summer, winter, autumn, or spring, you will find some amazing recipes for your breakfast, lunch, and dinner meals. All season offers the best time to make some tasty recipes and making the most of fresh and healthy ingredients of these seasons. You can also add and enjoy some salad and snack recipes in your diet plan to fulfill your small appetite. Choose your lunch and dinner recipes very carefully because that makes a considerable part of your diet. You can also enjoy some desserts. Make the best plan for yourself to eat for a healthy lifestyle and weight-loss with the help of this book.