

30 Healthy Mediterranean Recipes



30

Healthy

Mediterranean

Recipes

Dedication

I dedicate this book to my loving and sweet Father and Mother, whose affection, love, encouragement allowed me to try new things and travel the world. My father was the chief in the family and loved to cook, my mother shared his passion and the two would always be in the kitchen – it was not always smooth sailing but their love always shone through in everything we ate and drank. YLDxx

And to my Husband and children thank you for your sincere devotion and support always.

I love you with all my heart.

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Introduction

In recent years, a growing number of men and women in different countries around the world have become increasingly concerned about their health. Because of the fact that many people have become more concerned about their overall health, these men and women have paid closer attention to what they eat on a regular basis. In the final analysis, these men and women are making dietary decisions designed to improve their general health and wellbeing.

As people have become more conscious of their health and diet, a considerable number of these same men and women have become interested in the Mediterranean diet regimen. If you are, in fact, a person who appreciates the interrelationship between diet and health, you may have a definite interest in the history of the Mediterranean diet regimen.

Before you can appropriately understand what the Mediterranean diet is all about, you need to appreciate that it is more of a concept than a specific dining routine. In reality, there is no such thing as a Mediterranean diet common to all of the countries in the Mediterranean region of the world. Rather, the "Mediterranean diet" consists of those food items that people who live in the various nations in the region consume in common.

The Origins of the Mediterranean Diet

The concept of the Mediterranean diet is derived from the eating habits and patterns of the people who populate the countries of Italy, Greece, Spain, France, Tunisia, Lebanon and Morocco. As a result, the Mediterranean diet actually includes a tremendous array of delectable food. In point of fact, if a person elects to adopt the concept of the Mediterranean dining scheme, or if a person elects to follow a Mediterranean diet regimen, he or she will have the ability to enjoy a remarkable assortment of scrumptious fare.

The diet of the peoples that have populated the regions around the Mediterranean Sea actually have remained nearly completely unchanged for well over one thousand years. The history of the region is replete with examples of men and women living longer than similarly situated people who consumed alternate diets. Through the centuries, the people of the Mediterranean Sea region have enjoyed longer lives than people in other parts of the world at the same historical epoch.

At the heart of the Mediterranean diet are foods and beverages that are indigenous to the geographic landmass surrounding the Mediterranean Sea. In short, the development of the Mediterranean dieting and dining pattern initially developed by providence. The people of the region naturally and understandably ate those foods and drank those beverages that readily were available in and around their homes.

The Historical Elements of the Mediterranean Diet Scheme

As mentioned previously, over the centuries, the diet of the peoples of the Mediterranean Sea region has remained essentially unchanged. The Mediterranean diet consists of the bountiful consumption of a number of healthy food items including:

- ✓ Fresh vegetables
- ✓ Fresh fruit
- ✓ Whole grains
- ✓ Low fat nuts
- ✓ Monounsaturated fat

In a similar vein, the Mediterranean diet utilized by people for generation after generation excludes or limits certain food items that have been deemed harmful in recent scientific studies. These less than desirable food items include:

- ✓ Saturated fats
- ✓ Fatty fish
- ✓ Red and fatty meat
- ✓ Rich dairy products

The Historical Effects of the Mediterranean Diet Scheme

As has been alluded to earlier in this article on the history of the Mediterranean diet regimen, the people who inhabit the region have a demonstrably lower rate of heart disease and related ailments that oftentimes have a direct dietary connection. With the advent of scientific studies that have correlated the incidence of health problems with a poor diet, the positive effects of the Mediterranean diet have become self evident.

Research over the course of the past two decades has conclusively demonstrated that the men and women who populate the Mediterranean region are afflicted with heart disease and similar ailments far less often than people in other regions of the world. The experts who have conducted these studies have concluded that there is a strong likelihood that the diet scheme that is common in the Mediterranean region is responsible for

maintaining the good health of the people who live in that corner of the globe throughout the past one thousand years.

Breakfast

**PREP TIME**00 : 30
Hr : Mi**COOKING TIME**00 : 20
Hr : Mi**SERVES**

12

Orange Banana Muffins

INGREDIENTS

1. 1 egg
2. ½ cup almonds
3. 1 tablespoon vanilla
4. 1 tablespoon baking powder
5. ½ cup brown sugar
6. 3 cups rolled oats
7. 1 cup mandarin orange slices
8. drained and mashed with a fork
9. 1 cup unsweetened applesauce
10. 1 very ripe banana, mashed
11. ½ cup canned pumpkin puree (not pumpkin pie mix)
12. ½ cup nonfat plain yogurt

INSTRUCTIONS

- ❖ Preheat oven to 375°F.
- ❖ Collect oats and almonds together in a blender or grinder cup, grind until flour. Transfer into a large mixing bowl, stir in baking powder.
- ❖ Beat egg with a fork, in another bowl, add banana, oranges, pumpkin, applesauce and sugar. Mix well with a fork, until thoroughly combined.
- ❖ In a 2 cup glass measure, stir vanilla into yogurt, add one third of oat mixture to banana mixture. Stir well until combined.
- ❖ Add half the yogurt, stirring until just combined. Then repeat with another third of the oat mixture, the remaining yogurt, and the remaining oat mixture.
- ❖ Spray 12 muffin cups with nonstick cooking spray, or use muffin liners. Then fill muffin cups with batter.
- ❖ Transfer into oven and bake for about 20 minutes, or until middles are set.
- ❖ Remove from oven, allow to cool for 15 minutes, remove from muffin tin. Allow to cool completely before serving.



PREP TIME

00 : 15
Hr : Mi

COOKING TIME

00 : 05
Hr : Mi

SERVES

3

Oatmeal Porridge

INGREDIENTS

1. Sprinkling of your favourite nuts and seeds.
2. 1 cup quick oats or jumbo oats (take longer to cook)
3. 2 – 3 cups cold water (more if you like it creamy, less if you like it thick)
4. ¼ teaspoon salt
5. ½ teaspoon cinnamon
6. Handful blueberries
7. 1 cup soy or low fat milk.

INSTRUCTIONS

- ❖ Collect together all ingredients except blueberries and nuts into a medium saucepan.
- ❖ Place over medium heat and allow to boil, stirring occasionally, reduce heat to simmer.
For Non Creamy Oatmeal
- ❖ Boil the water first, then add the oats and cook for about 10 minutes or until thick and creamy.
- ❖ Stirring a few times, sprinkle the blueberries and nuts over the top.
- ❖ Serve and enjoy



Mushroom And Spinach Omelette

INGREDIENTS

1. 2 – 3 large field (Portobello) mushrooms sliced
2. 4 eggs
3. 50g baby spinach leaves
4. ½ cup water
5. 2 tablespoons olive oil
6. Freshly ground black pepper and salt

INSTRUCTIONS

- ❖ Heat oil in an omelette pan, over medium heat, add and fry sliced mushrooms with ground pepper until they are tender.
- ❖ Then remove half the mushrooms and set them aside. While you whisk together eggs, water and seasoning, in a medium sized bowl.
- ❖ Pour half egg mixture into the omelette pan and swirl to coat the mushroom slices.
- ❖ Cook over medium heat until the egg is nearly set in the centre.
- ❖ Then arrange half of the baby spinach leaves and fold the omelette in half to encase the filling.
- ❖ Transfer the omelette to a serving plate and keep it warm while cooking the remaining omelette in the same way.
- ❖ Serve with sliced tomato.



PREP TIME

00 : 10
Hr : Mi

COOKING TIME

00 : 05
Hr : Mi

SERVES

4

Almond Couscous

INGREDIENTS

1. ½ cup raw almonds, coarsely chopped
2. 1 cup dry whole grain couscous
3. 2 cups water
4. 1 teaspoon ginger
5. ½ cup currants
6. 1 teaspoon cinnamon
7. 1 tablespoon fruity olive oil
8. 1 teaspoon cumin
9. Dash salt
10. Dash red pepper
11. Dash black pepper

INSTRUCTIONS

- ❖ Place couscous large measuring cup or in a bowl, add boiling water and immediately cover with a lid or tea towel, allow to stand for 5 minutes, or until couscous has soaked up all the liquid.
- ❖ Then stir in almonds, currants, spices. Thoroughly mix together until well combined, stir in olive oil and allow to sit at room temperature or in the refrigerator for about 2 hours, to allow flavors to blend and infuse the couscous.
- ❖ For nice taste allow it over night. My favorite way to eat this, is as the next day breakfast.
- ❖ It is delicious straight out of the refrigerator, you can reheat gently in a microwave on a chilly days, or over medium heat.
- ❖ **Note:** Reheating too quickly can scorch the currants.



PREP TIME

00 : 15
Hr : Mi

COOKING TIME

00 : 15
Hr : Mi

SERVES

3

Bacon Wrapped Dates

INGREDIENTS

1. 3 ounces Spanish goat cheese (or other goat cheese)
2. 12 fresh dates
3. ½ pound pancetta, or enough to make 24 inch slices

INSTRUCTIONS

- ❖ Cut dates in half with a sharp knife, remove seeds and cut 24 one inch slivers of goat cheese.
- ❖ Then push a sliver of goat cheese in to each date and wrap each date with half a slice of pancetta or other bacon and secure with a tooth pick.
- ❖ Transfer dates on a broiler sprayed with non stick cooking spray or rubbed with a little canola oil.
- ❖ Broil for about 12 – 15 minutes or until bacon is crisp and goat cheese is golden brown and bubbly.
- ❖ Remove from heat serve and enjoy.



PREP TIME

00 : 10
Hr : Mi

COOKING TIME

00 : 20
Hr : Mi

SERVES

4

Sfougato Aegean Omelette

INGREDIENTS

1. 1 cooking onion, finely diced
2. 6 – 8 eggs
3. ¼ cup bread crumbs
4. 4 tablespoons all-purpose flour
5. ½ cup crumbled Greek feta cheese
6. 2 tablespoons fresh mint, finely chopped
7. 1 tablespoon dried thyme
8. Salt and pepper to taste
9. 2 tablespoons extra-virgin olive oil

INSTRUCTIONS

- ❖ Collect together add onion, flour, cheese, bread crumbs, mint, salt, pepper in mixing bowl, add in thyme and mix together.
- ❖ Beat eggs in another separate bowl and set aside.
- ❖ Add olive oil to large sized frying pan, over medium high heat, once oil is hot, add eggs to cheese and bread crumb mixture, stir together until well combine, then pour into pan.
- ❖ Using wooden spoon, stir until thickened and cook one side for about 4 – 5 minutes. Flip it, reduce heat to low medium, and cook the other side for 4 – 5 minutes more, or until done.
- ❖ Once is cooked, turn the heat off. Transfer pan into preheated oven of 350°F. for about 5 minutes.
- ❖ Serve enjoy immediately.



PREP TIME

00 : 15
Hr : Mi

COOKING TIME

00 : 35
Hr : Mi

SERVES

4

Basmati Rice Pilaf With Currants And Toasted Almonds

INGREDIENTS

- 1 1 tablespoon extra virgin olive oil
- 2 2 garlic cloves, minced
- 3 ¼ cup currants
- 4 1½ cups basmati rice, rinsed
- 5 1 small onion, chopped fine
- 6 ¼ teaspoon ground cinnamon
- 7 Salt and pepper
- 8 2¼ cups water
- 9 ½ teaspoon ground turmeric
- 10 ¼ cup sliced almonds, toasted

INSTRUCTIONS

- ❖ Heat oil in large saucepan over medium heat until shimmering. Add onion, ¼ teaspoon salt and cook for about 3 minutes or until softened.
- ❖ Add rice, garlic, cinnamon and turmeric. Cook for about 3 minutes or until grain edges begin to turn translucent and stirring frequently.
- ❖ Then stir in water and allow to simmer. Reduce heat to low, cover and simmer gently 16 – 18 minutes or until rice is tender and water is absorbed.
- ❖ Remove from heat and sprinkle currants over pilaf. Then cover, laying clean dish towel underneath lid, and let pilaf sit for about 10 minutes.
- ❖ Add almonds to the pilaf and fluff, then gently with fork to combine and season with pepper and salt to taste.
- ❖ Serve and enjoy.

Lunch



PREP TIME

00 : 30
Hr : Mi

COOKING TIME

02 : 15
Hr : Mi

SERVES

4

Spanish Style Meatball Soup With Saffron

INGREDIENTS

Meatballs

1. 8 ounces 80 percent lean ground beef
2. 2 slices hearty white sandwich bread, torn into quarters
3. 1 shallot, minced
4. 8 ounces ground pork
5. ⅓ cup whole milk
6. 2 tablespoons extra-virgin olive oil
7. ½ cup grated, Manchego cheese
8. 3 tablespoons minced fresh parsley
9. ½ teaspoon salt
10. ½ teaspoon pepper

Soup

11. 1 red bell pepper, stemmed, seeded, and cut into ¾-inch pieces
12. 1 tablespoon extra-virgin olive oil
13. 1 onion, chopped fine
14. 2 garlic cloves, minced
15. 1 teaspoon paprika
16. 8 cups chicken broth
17. 2 tablespoons minced fresh parsley
18. ¼ teaspoon saffron threads, crumbled
19. ⅛ teaspoon red pepper flakes
20. 1 cup dry white wine
21. 1 recipe Picada
22. Salt and pepper

INSTRUCTIONS

For The Meatballs

- ❖ Mash bread and milk together using fork, into paste in large bowl. Then stir in ground pork, parsley, Manchego, shallot, oil, pepper and salt until well combined.
- ❖ Add ground beef and keep kneading with your hands until well combined. Then pinch off and roll 2 teaspoon size pieces of mixture into balls and arrange in rimmed baking sheet. This should make about 30 – 35 meatballs.
- ❖ Then cover with plastic wrap and refrigerate for at least 30 minutes or until firm.

For The Soup

- ❖ Heat oil in large Dutch oven over medium high heat until shimmering. Add onion, bell pepper and cook for about 7 – 10 minutes or until softened and lightly browned.
- ❖ Stir in garlic, saffron, paprika and pepper flakes and keep cooking for about 30 seconds or until fragrant. Stir in wine, scraping up any browned bits, keep cooking for another 1 minutes or until almost completely evaporated.
- ❖ Stir in broth and allow to simmer and gently add meatballs and simmer for about 10 – 12 minutes or until cooked through.
- ❖ Remove from heat and stir in picada and parsley and season with pepper and salt to taste.
- ❖ Serve and enjoy.



PREP TIME

00 : 30
Hr : Mi

COOKING TIME

02 : 15
Hr : Mi

SERVES

4

Spiced Basmati Rice With Cauliflower And Pomegranate

INGREDIENTS

1. ½ cup pomegranate seeds
2. ½ teaspoon ground turmeric
3. 1 head cauliflower (2 pounds), cored and cut into ¾ inch florets
4. 1½ cups basmati rice, rinsed
5. ¼ cup extra-virgin olive oil
6. 2 tablespoons chopped fresh cilantro
7. ½ teaspoon ground cumin
8. 1 onion, chopped coarse
9. ½ teaspoon ground cinnamon
10. 4 garlic cloves, minced
11. 2 tablespoons chopped fresh mint
12. 2¼ cups water
13. Salt and pepper

INSTRUCTIONS

- ❖ Adjust oven rack to lowest position, preheat oven to 475°F.
- ❖ Use 2 tablespoons oil, to toss cauliflower with ½ teaspoon salt, ½ teaspoon pepper and ¼ teaspoon cumin.
- ❖ Then arrange cauliflower in single layer in rimmed baking sheet and roast for about 10 – 15 minutes or until tender, then set aside.
- ❖ Place large sized saucepan with remaining 2 tablespoons oil over medium heat, add remaining and heat until shimmering. Add onion, ¼ teaspoon salt and cook for about 3 – 5 minutes or until softened and lightly browned. Add rice, garlic, turmeric, cinnamon and remaining ¼ teaspoon cumin.
- ❖ Keep cooking for 3 minutes more or until grain edges begin to turn translucent, stirring frequently.
- ❖ Then stir in water and bring to simmer. Reduce heat to medium low, cover and simmer gently for about 16 – 18 minutes or until rice is tender and water is absorbed.
- ❖ Turn heat off, then lay clean dish towel underneath lid and allow pilaf sit for 10 minutes.
- ❖ Add roasted cauliflower to pilaf and fluff gently with fork to combine and season with pepper and salt to taste.
- ❖ Then transfer to serving platter and sprinkle with, cilantro, pomegranate seeds and mint. Serve and enjoy.



PREP TIME

00 : 10
Hr : Mi

COOKING TIME

00 : 20
Hr : Mi

SERVES

4

Salmon And Vegetable Kedgeree

INGREDIENTS

1. 2g curry powder
2. 60ml basmati rice
3. 100g vegetable mix
4. 7.5ml extra virgin olive oil
5. 1 green onion, thinly sliced
6. 100g skinless hot-smoked salmon portions, flaked
7. Sea salt and pepper, to taste

INSTRUCTIONS

- ❖ Boil salted water, in a saucepan over medium heat, add rice. Reduce heat to low and cook, covered for about 12 minutes, or until just tender.
- ❖ Add extra virgin olive oil to a pan, place over medium heat, add and cook onion, for about 3 minutes, or until tender stirring.
- ❖ Stir in curry powder and keep cooking for a minute more or until fragrant.
- ❖ Then stir in rice until well combined and then add salmon, vegetables, pepper and salt. Keep cooking for another minutes or until heated through.
- ❖ Serve and enjoy.



PREP TIME

00 : 15
Hr : Mi

COOKING TIME

00 : 15
Hr : Mi

SERVES

4

Greek Salmon Burgers

INGREDIENTS

- 1 1 large egg white
- 2 ¼ teaspoon freshly ground black pepper
- 3 4 (2.5-oz) toasted ciabatta rolls
- 4 ½ cup panko
- 5 1 pound skinless salmon fillets, diced
- 6 1 pinch sea salt
- 7 ¼ cup crumbled feta cheese
- 8 ½ cup cucumber slices

INSTRUCTIONS

- ❖ Collect together salmon, egg white, and panko, into a food processor or blender, blend until salmon is finely chopped.
- ❖ Use salmon mixture to form four 4 inch patties, then season with pepper and sea salt.
- ❖ Heat grill to medium high heat, place and cook the patties, turning once, for about 7 minutes per side or until just cooked through.
- ❖ Serve and enjoy favorite toppings such as sliced cucumbers and feta and buns.



PREP TIME

00 : 10
Hr : Mi

COOKING TIME

01 : 25
Hr : Mi

SERVES

2

Liver With Apple And Onion

INGREDIENTS

1. 1 teaspoon brown sugar
2. ½ lb. onion
3. 2 tablespoons dried currants
4. ½ cup water
5. 2 Granny Smith apples
6. 1 cup water
7. 1 tablespoon fresh lemon juice
8. 1 tablespoon white wine vinegar
9. 2 teaspoons unsalted butter
10. 8 ounces calves' liver
11. ¼ cup white wine
12. ¼ teaspoon sea salt
13. olive oil spray
14. Extra virgin olive oil spray
15. 1 tablespoon fresh rosemary, plus sprigs for garnish

INSTRUCTIONS

- ❖ Preheat oven to 200°F.
- ❖ Spray skillet with extra virgin olive oil, place over medium heat, add onions and sauté for about 4 minutes or until translucent.
- ❖ Add apples and cook for another 5 minutes or until they start to brown. Then stir in water, lemon juice, vinegar and sugar and keep cooking until apples are tender.
- ❖ Stir in rosemary and currants, keep cooking and stirring for 2 minutes more, then divide between two plates, keep warm in the oven.
- ❖ Add and melt butter in the same pan until frothing. Stir in liver and sauté for 10 minutes or until browned on the outside.
- ❖ Divide the liver between the two plates of apple onion mixture. Then add white wine to the hot pan to deglaze. Cook until the liquid is reduced by half and pour equal amounts over each serving.
- ❖ Garnished with fresh rosemary.



PREP TIME

00 : 15
Hr : Mi

COOKING TIME

00 : 25
Hr : Mi

SERVES

6

Pasta With Raisins, Garbanzos And Spinach

INGREDIENTS

- 1 ½ (19 ounces) can rinsed and drained garbanzos
- 2 8 ounces farfalle (bow tie) pasta
- 3 4 garlic cloves, crushed
- 4 2 tablespoons extra virgin olive oil
- 5 ½ cup chicken broth (unsalted)
- 6 ½ cup golden raisins
- 7 4 cups chopped fresh spinach
- 8 2 tablespoons Parmesan cheese
- 9 Cracked black peppercorns

INSTRUCTIONS

- ❖ Fill a medium sized pot ¾ full with salted water, allow to boil roll over medium high heat.
- ❖ Add pasta and cook for about 12 minutes or until al dente, drain and set aside.
- ❖ Heat extra virgin olive oil in a large sized skillet, add and sauté garlic for about 2 minutes or until fragrant, add chicken broth and garbanzo beans and stir until warmed through.
- ❖ Stir in spinach, raisins and keep cooking for another 3 minutes or until spinach is wilted.
- ❖ severpasta among plates and top each with about 1/6 of sauce, peppercorns and Parmesan.
- ❖ Serve immediately.



PREP TIME

00 : 05
Hr : Mi

COOKING TIME

00 : 10
Hr : Mi

SERVES

4

Green Bean And Zucchini Saute

INGREDIENTS

- 1 ½ small zucchini, thinly sliced
- 2 7.5ml olive oil, divided
- 3 15g sliced scallions
- 4 50g trimmed green beans cut into small pieces
- 5 7.5ml lemon juice
- 6 1 g red chili flakes
- 7 2 g red chili flakes
- 8 1 g salt
- 9 1 g pepper
- 10 Handful of parmesan flakes

INSTRUCTIONS

- ❖ Add half of the oil to a skillet place over medium heat.
- ❖ Stir in green beans, zucchini, pepper and salt and sauté, for 9 minutes or until the vegetables are crisp tender and stirring.
- ❖ Remove the pan from heat and stir in lemon juice, scallions.
- ❖ Serve and enjoy, garnished with red chili flakes and cheese.



PREP TIME

00 : 20
Hr : Mi

COOKING TIME

00 : 10
Hr : Mi

SERVES

4

White Bean Bruschetta

INGREDIENTS

1. 2 teaspoon water
2. 400 g can cannellini beans or other white beans, rinsed and drained
3. 3 tablespoons olive oil
4. 1½ tablespoon fresh lemon juice
5. ¼ cup chopped fresh parsley
6. 1 large garlic clove
7. ½ teaspoon salt
8. ½ teaspoon freshly ground black pepper
9. 1 French bread stick (baguette), cut into 24 (1.5 cm thick) slices

Optional

10. 2 medium sized tomatoes

INSTRUCTIONS

- ❖ Preheat oven to 180°C
- ❖ Then place parsley, juice, garlic, salt, pepper and beans in a food processor or blender cup, blend until smooth, while the processor is still on, slowly add oil through food chute.
- ❖ Add water, 1 teaspoon at a time and keep blending until creamy.
- ❖ Place bread on a baking sheet and bake for 5 minutes on each side or until lightly browned.
- ❖ Serve topped with white bean spread and a slice of tomato.



PREP TIME

00 : 20
Hr : Mi

COOKING TIME

00 : 10
Hr : Mi

SERVES

4

Black Bean Salmon Stir Fry Beet Salad With Walnuts

INGREDIENTS

1. 450g salmon, skinned and cut into 2cm pieces
2. 1 tablespoon mirin or dry sherry
3. ¼ cup water
4. 2 tablespoons rice vinegar
5. 1 bunch scallions, sliced
6. 1 tablespoon olive oil
7. 2 cups mung bean sprouts (add according to taste)
8. 2 teaspoons cornflour
9. 2 tablespoons black bean garlic sauce

INSTRUCTIONS

- ❖ Mix together water, vinegar, black bean garlic sauce, mirin or sherry, and cornflour in a small sized bowl until well combined.
- ❖ Place a large sized non stick skillet with olive oil over medium high heat and heat for few seconds.
- ❖ Add salmon and cook for 2 minutes and stirring gently, add bean sprouts, scallions and the sauce mixture.
- ❖ Keep cooking for another 2 – 3 minutes or until the sprouts are just heated through, stirring.
- ❖ Serve and enjoy with brown rice and sautéed broccoli.

Dinner



PREP TIME

00 : 15
Hr : Mi

COOKING TIME

00 : 35
Hr : Mi

SERVES

4

Curried Chicken With Olives Apricots And Cauliflower

INGREDIENTS

- 1 ¾ cup dried apricots, chopped, soaked in hot water and drained
- 2 1 teaspoon smoked paprika, divided
- 3 8 chicken thighs, skinless, boneless
- 4 ½ teaspoon ground cinnamon
- 5 1 head cauliflower, chopped
- 6 ¼ cup extra virgin olive oil, divided
- 7 4 teaspoons curry powder, divided
- 8 ¼ teaspoon cayenne pepper
- 9 1 cup pitted green olives, halved
- 10 ½ cup chopped fresh cilantro
- 11 1 tablespoon apple cider vinegar
- 12 6 lemon wedges
- 13 Sea salt, to taste

INSTRUCTIONS

- ❖ Collect chicken thighs, 2 tablespoons extra virgin olive oil, cinnamon, ½ teaspoon paprika, cayenne, vinegar, 2 tablespoons curry powder, in a medium sized bowl with sea salt, toss well to coat, cover and refrigerate for about 8 hours.
- ❖ Arrange rack in middle of oven. Preheat oven to 450°F.
- ❖ Then prepare a rimmed sheet pan by lining it with parchment paper, add cauliflower and remaining olive oil, paprika and curry powder, mix together.
- ❖ Add olives, apricots and spread mixture in a single layer.
- ❖ Place the marinated chicken on top of the cauliflower mixture, spacing evenly apart, and roast in the preheated oven for about 35 minutes or until chicken is cooked through and cauliflower browns.
- ❖ Serve and enjoy cauliflower and chicken, sprinkled with cilantro and garnished with lemon wedges.



PREP TIME

00 : 10
Hr : Mi

COOKING TIME

00 : 30
Hr : Mi

SERVES

4

Roasted Fish

INGREDIENTS

- 1 4 ½ teaspoon grated orange peel
- 2 1 ½ lb. cod, quartered
- 3 1 tablespoon olive oil
- 4 4 cloves garlic, crushed
- 5 ⅓ – ½ cup fresh orange juice
- 6 1 green bell pepper, cut into small strips
- 7 ½ cup halved pitted olives
- 8 1 (14-oz) can drained artichoke hearts
- 9 1 pint cherry tomatoes
- 10 1 tablespoon fennel seed
- 11 2 tablespoons drained capers
- 12 A pinch salt
- 13 A pinch ground pepper

INSTRUCTIONS

- ❖ Preheat oven to 450°F.
- ❖ Generously grease a 10×15 inch baking pan with 1 tablespoon olive oil. Arrange artichoke hearts, garlic, bell pepper, olives, tomatoes and fennel seed in the prepared pan.
- ❖ Place the fish over the vegetables and top with orange peel, capers, orange juice, pepper and salt.
- ❖ Transfer to oven and cook for about 20 minutes or until done.
- ❖ Serve and enjoy.



PREP TIME

00 : 10
Hr : Mi

COOKING TIME

00 : 25
Hr : Mi

SERVES

4

Broccoli And Beef

INGREDIENTS

- 1 1g crushed red pepper flakes
- 2 1 small cloves garlic, minced
- 3 90g broccoli florets
- 4 5ml honey
- 5 ½ shallots, finely chopped
- 6 100g flank steak, thinly sliced
- 7 8ml vegetable oil, divided
- 8 1g minced fresh ginger
- 9 7.5g corn starch
- 10 1 green onion, thinly sliced
- 11 60ml water
- 12 20 ml soy sauce

INSTRUCTIONS

- ❖ Add oil to a skillet set over medium heat.
- ❖ Stir in beef and cook for about 8 minutes or until browned. Remove beef from the pan and set aside.
- ❖ Add green onions, shallots and garlic to the same pan and cook for another 1 minute and stirring.
- ❖ Stir in broccoli and cook for about 5 minutes.
- ❖ Collect together cornstarch and water in a mixing bowl until well blended.
- ❖ Collect red pepper flakes, ginger, honey in another separate bowl, with soy sauce, then stir in cornstarch mixture until well combined.
- ❖ Add sauce to the pan and cook for about 5 minutes or until thick. Stir in beef and keep cooking for another 3 minutes.
- ❖ Serve and enjoy over brown rice.



PREP TIME

00 : 20
Hr : Mi

COOKING TIME

00 : 00
Hr : Mi

SERVES

2

Lemony Lentil Salad With Salmon

INGREDIENTS

1. 2 teaspoons Dijon mustard
2. ¼ cup olive oil
3. ½ cup finely chopped red onion
4. 1 cup diced seedless cucumber
5. ⅓ cup lemon juice
6. ⅓ cup chopped fresh dill
7. 1 medium red capsicum, seeded and diced
8. ¼ teaspoon salt
9. Freshly ground pepper to taste
10. 2 x 400g cans lentils, rinsed, or 3 cups cooked brown or green lentils
11. 2 x 180g cans salmon, drained and flaked, or 1½ cups flaked cooked salmon

INSTRUCTIONS

- ❖ Whisk together lemon juice, mustard, dill, pepper and salt in a large sized bowl.
- ❖ Gradually whisk in oil, add capsicum, cucumber, lentils, onion and salmon.
- ❖ Toss well to coat.
- ❖ Serve and enjoy.

**PREP TIME**00 : 30
Hr : Mi**COOKING TIME**03 : 05
Hr : Mi**SERVES**

3

Ragout De Mouton A La Catalane

INGREDIENTS

1. ½ lb bacon, herbs
2. 1 tablespoon concentrated tomato purée or ½ lb of fresh tomatoes
3. ½ lb chick peas
4. 2 lb leg or loin of mutton
5. 1 medium sized onion
6. 2 cloves of garlic
7. white wine or port

INSTRUCTIONS

- ❖ Cut meat and the bacon into thick squares, brown pork on each side in a bacon fat, over medium heat, add garlic, tomato purée or fresh tomatoes, skinned and chopped, with plenty thyme or marjoram or basil, and 2 bay leaves.
- ❖ Pour over a glass of sweet white wine, or port.
- ❖ Then cover pan and cook very gently for about 2 hours or until the meat is tender.
- ❖ Get chick peas ready, soaked and cooked. When mutton is about ready put the drained chick peas and the meat mixture together into a fireproof dish.
- ❖ Place a layer of bread crumbs on the top and cook in a gentle oven for another 1 hour or until a slight crust has formed on the top, and the chick peas are absolutely soft.
- ❖ Serve and enjoy.



PREP TIME

00 : 10
Hr : Mi

COOKIG TIME

00 : 40
Hr : Mi

SERVES

4

Mediterranean Citrus Chicken

INGREDIENTS

1. 4 ounces each (totaling about 1 pound chicken breast)
2. zest from 1 large lime
3. 4 boneless chicken breast halves
4. 1 teaspoon water
5. Juice and zest from 1 large orange Juice
6. zest from 1 large lemon Juice
7. Juice and zest from 1 small grapefruit
8. 1 teaspoon olive oil
9. 2 cups fresh greens
10. ¼ cup chicken broth
11. 1 tablespoon honey
12. 1 teaspoon cornstarch

For Garnish

13. Italian parsley sprigs
14. 1 additional lime, ends cut off, thinly sliced into disks

INSTRUCTIONS

- ❖ Collect together 4 citrus juices in a 2 cup glass measuring cup. Collect together 4 zests in a small sized bowl.
- ❖ Then place a gallon sized zippered plastic bag in a small tray and pour half the juice into the bag. Add chicken, the sprinkle in half the zest.
- ❖ Seal the bag and lay the bag on its side in the baking pan. Turning it over several times, to make sure the chicken is well covered in juice.
- ❖ Transfer into refrigerator and allow marinate for at least 2 hours, or overnight. Store the remaining zest and remaining juice in an airtight bag or bowl.
- ❖ Once you are ready to cook chicken, remove from the refrigerator. Then put olive oil and chicken broth in a medium sized nonstick skillet, heat over medium high heat until chicken broth begins to simmer, add chicken breasts, discarding the remaining marinade in the bag.
- ❖ Reduce heat to lower medium heat. Cook chicken for about 20 – 25 minutes or until no pink remains, turning halfway through cooking time.
- ❖ Meanwhile, collect together reserved juice and honey, in a small sized saucepan, heat over medium low heat for about 5 minutes.
- ❖ Collect together cornstarch and water, in a bowl mix well to form a paste. Then whisk into the juice mixture, stirring constantly until mixture begins to thicken, about 15 minutes. Remove from heat.
- ❖ Cover platter with fresh greens. Place chicken breasts over greens. Drizzle with sauce and sprinkle with remaining zest, and arrange lime slices and Italian parsley sprigs between chicken pieces for garnish.
- ❖ Serve and enjoy warm.



PREP TIME

00 : 20
Hr : Mi

COOKING TIME

00 : 40
Hr : Mi

SERVES

6

Spaghetti With Meat Sauce

INGREDIENTS

- 1 (28 ounce) can tomatoes with juice
 - 2 medium carrots, scraped and shredded 3 tablespoons extra virgin olive oil
 - 1 pound spaghetti, linguine, or vermicelli
 - 1 medium onion, chopped
 - 1 small stalk of celery, finely chopped
 - ½ cup dry red wine or water
 - 4 ounces extra lean ground beef or lean ground pork
 - 2 tablespoons tomato paste
 - 2 cloves garlic, minced
 - 2 tablespoons chopped fresh Italian (flat-leaf) parsley
 - 1 bay leaf
- Optional**
- Freshly grated Parmesan cheese

INSTRUCTIONS

- ❖ Place a large sized saucepan with olive oil, over medium heat, add sauté carrots, onions, garlic and celery, for about 3 – 5 minutes or until onions are translucent but not brown.
- ❖ Add ground beef and break up the meat with a wooden spoon and cook for about 5 minutes or until brown.
- ❖ Stir in tomatoes, tomato paste, bay leaf, Italian parsley and the wine, if you are using it.
- ❖ Reduce heat and simmer for about 30 minutes or until thick but not dry. (If sauce gets too dry, add more water, bit by bit to reach desired consistency.)
- ❖ Meanwhile cook pasta in boiling salted water, over medium heat according to the package instructions, or until al dente (tender but firm).
- ❖ Drain and return pasta to the warm pan (not to the hot burner).
- ❖ Add sauce and toss well and pass fresh grated Parmesan cheese.
- ❖ Serve and enjoy.



PREP TIME

00 : 20
Hr : Mi

COOKING TIME

01 : 00
Hr : Mi

SERVES

2

Risotto With Mushrooms

INGREDIENTS

1. 2 cups Italian rice
2. 1 medium onion chopped fine
3. ¼ lb white mushrooms cut into slices.
4. 2 cloves garlic
5. 2 pints chicken stock
6. 1 wine glass oil

INSTRUCTIONS

- ❖ Heat oil in a heavy sauté pan, over medium heat for few seconds or until warm. Add in the onion, garlic and mushrooms.
- ❖ Cook for about 5 – 7 minutes or until onion begins to brown, add rice and keep cooking and stirring until it takes on a transparent look.
- ❖ At this point start adding the stock, which should be kept just on the boil by the side of the fire. Pour in about 2 cups at a time, and keep on stirring, and cooking, adding stock each time it has been absorbed.
- ❖ This whole process takes up to 45 – 50 minutes over medium low heat, the risotto is ready once is creamy, homogeneous, but on no account reduced to porridge.
- ❖ Make sure to taste each grain of rice although it is not separated as in a pilaff.
- ❖ Grated Parmesan cheese is served with it, sometimes stirred in before bringing the risotto to the table.
- ❖ Serve and risotto immediately it is ready.
- ❖ **Note:** It cannot be kept warm in the oven, steamed over a pan of boiling water, or otherwise kept waiting.



PREP TIME

00 : 10
Hr : Mi

COOKING TIME

00 : 25
Hr : Mi

SERVES

4

Rice Salad With Oranges, Olives And Almonds

INGREDIENTS

1. 1½ cups basmati rice
2. 2 tablespoons minced fresh oregano
3. 2 oranges, plus ¼ teaspoon grated orange zest plus
4. 1 tablespoon juice
5. 2 tablespoons extra-virgin olive oil
6. ½ cup large pitted brine-cured green olives, chopped
7. 2 teaspoons sherry vinegar
8. 1 small garlic clove, minced
9. ½ cup slivered almonds, toasted
10. Salt and pepper

INSTRUCTIONS

- ❖ Boil 4 quarts water in Dutch oven.
- ❖ Meanwhile toast rice in 12 inch sized skillet over medium heat, for about 5 – 8 minutes or until faintly fragrant and some grains turn opaque.
- ❖ Then add rice, 1½ teaspoons salt to boiling water and cook for about 15 minutes or until rice is tender but not soft, , stirring occasionally.
- ❖ Drain rice, spread onto rimmed baking sheet, allow to cool completely this is about 15 minutes.
- ❖ Cut away peel and pith from oranges. Holding the fruit over bowl, use paring knife to slice between membranes to release segments. Then whisk oil, garlic, vinegar, orange zest and juice, ½ teaspoon pepper together in large sized bowl, add 1 teaspoon salt.
- ❖ Add rice, orange segments, almonds, olives and oregano, then gently toss to combine, and allow to sit for 20 minutes.
- ❖ Serve and enjoy.



PREP TIME

00 : 20
Hr : Mi

COOKING TIME

00 : 20
Hr : Mi

SERVES

4

Herbed Basmati Rice And Pasta Pilaf

INGREDIENTS

1. 2 ounces vermicelli pasta, broken into 1-inch lengths
2. 1½ cups basmati rice
3. 2½ cups chicken or vegetable broth
4. 1 tablespoons extra-virgin olive oil
5. 1 onion, chopped fine
6. Salt and pepper
7. 1 garlic clove, minced
8. 3 tablespoons minced fresh parsley

INSTRUCTIONS

- ❖ Place rice in medium sized bowl and cover with hot tap water by 2 inches and allow to stand for about 15 minutes.
- ❖ Gently using your hands, swish grains to release excess starch and carefully pour off water, leaving rice in bowl.
- ❖ Add another cold tap water to rice and pour off water, repeat this processes 3 – 5 times, or until water runs almost clear. Then drain rice in fine-mesh strainer.
- ❖ Heat oil in large sized saucepan over medium heat until shimmering, add pasta cook for about 3 minutes or until browned, stirring occasionally.
- ❖ Add onion, garlic and cook for about 3 minutes until onion is softened but not browned, stirring occasionally. Add rice and cook, for 3 minutes until edges of rice begin to turn translucent, stirring occasionally.
- ❖ Add broth and 1¼ teaspoons salt and allow to boil. Reduce heat to low, cover, and simmer gently for about 10 minutes or until rice and pasta are tender and broth is absorbed,
- ❖ Turn off heat, lay clean dish towel underneath lid and let pilaf sit for about 10 minutes. Add parsley to pilaf and fluff gently with fork to combine, then season with pepper and salt to taste.
- ❖ Serve and enjoy.

Delicious Dessert



PREP TIME

00 : 20
Hr : Mi

COOKING TIME

01 : 15
Hr : Mi

SERVES

2

Espresso Granita

INGREDIENTS

1. ½ cup sugar
2. 2 cups espresso
3. ½ teaspoon real vanilla
4. ½ cup water

Optional

5. Whipped cream for topping

INSTRUCTIONS

- ❖ Place small sized saucepan with water and sugar, over medium heat and allow to boil, for about 10 minutes, stirring occasionally.
- ❖ **Note:** Do not be tempted to speed this up by heating on high, as the sugar can burn.
- ❖ Keep boiling the sugar mixture for another 5 about minutes without stirring, then remove from heat. Stir once and allow to cool completely.
- ❖ Collect and mix together espresso, vanilla, sugar syrup in a shallow casserole or baking pan (not aluminum). Place in the freezer for 30 minutes
- ❖ Remove and stir the crystals around the edges into the middle with a fork and return back into freezer. Remove the pan every 30 minutes and stir up crystals with a fork. If you forget and wait too long, use the side of a spoon to shave down the larger chunks. Once completely frozen (4 to 6 hours), the granita is done.
- ❖ Store in freezer for a day or two, covered, make sure to stir it occasionally to keep it from freezing into a hard chunk.
- ❖ When ready to serve, spoon granita into wineglasses or champagne glasses. Top with whipped cream if desired.



PREP TIME

00 : 20
Hr : Mi

COOKING TIME

00 : 10
Hr : Mi

SERVES

4

Pistachios Turkish Stuffed Apricots With Rose Water

INGREDIENTS

1. ½ teaspoon rose water
2. ½ cup plain Greek yogurt
3. 24 whole dried apricots
4. ½ teaspoon grated lemon zest plus 1 tablespoon juice
5. 2 bay leaves
6. ¼ cup shelled pistachios, toasted and chopped fine
7. 4 green cardamom pods, cracked
8. 2 cups water
9. ¼ cup sugar
10. Salt

INSTRUCTIONS

- ❖ Collect together yogurt, 1 teaspoon sugar, lemon zest, rose water and pinch salt in small bowl, stir well to mix, then refrigerate filling until time to use.
- ❖ Place small sized saucepan with water, over medium low heat, add cardamom pods, bay leaves, lemon juice, and remaining sugar. Allow to simmer and cook, for about 2 minutes or until sugar has dissolved, stirring occasionally.
- ❖ Then stir in apricots allow to simmer, and cook, for another 25 – 30 minutes, stirring occasionally, until plump and tender. Using slotted spoon, transfer apricots to plate and allow to cool at room temperature.
- ❖ Discard cardamom pods and bay leaves, then allow the syrup to boil over medium high heat and cook, stirring occasionally, until thickened and measures about 3 tablespoons, 4 to 6 minutes; let cool to room temperature.
- ❖ Transfer pistachios in shallow dish, place filling in small zipper lock bag and snip off 1 corner to create ½-inch opening. Then pipe filling evenly into opening of each apricot and dip exposed filling into pistachios.
- ❖ Transfer to serving platter and drizzle apricots with syrup and serve.



PREP TIME

00 : 20
Hr : Mi

COOKING TIME

00 : 35
Hr : Mi

SERVES

6

Dried Fruit Compote

INGREDIENTS

1. 2 cinnamon sticks
2. 4 cups water
3. 2 (2-inch) strips lemon zest plus
4. 1¼ teaspoons ground coriander
5. 3 tablespoons honey
6. ¾ cup dried apricots
7. 1 tablespoon juice
8. ½ cup dried cherries
9. 2 cups dried Turkish or Calimyrna figs, stemmed

INSTRUCTIONS

- ❖ Place a large saucepan with water, over high medium heat, add honey, lemon zest and juice, coriander and cinnamon sticks, allow to boil.
- ❖ Cook for about 2 minutes or until honey has dissolved stirring occasionally. Then stir in figs, apricots and allow to boil again.
- ❖ Reduce heat to medium low and simmer, for about 30 minutes stirring occasionally, until fruit is plump and tender.
- ❖ Then stir in cherries and cook for about 15 – 20 minutes or until cherries are plump and tender, figs are just beginning to break apart, and liquid is thickened and syrupy. Turn off the heat, discard lemon zest and cinnamon sticks. Allow mixture to cool slightly.
- ❖ Serve and enjoy warm, at room temperature, or chilled.



PREP TIME

00 : 20
Hr : Mi

COOKIG TIME

00 : 25
Hr : Mi

SERVES

6

Pignoli

INGREDIENTS

1. 1 cup pine nuts
2. 2 large egg whites
3. 1½ cups slivered almonds
4. 1½ cups sugar

INSTRUCTIONS

- ❖ Adjust your oven racks to upper middle and lower middle positions, then preheat oven to 375°F. Then line 2 baking sheets with parchment paper.
- ❖ Then collect almonds and sugar in a food processor or blender cup, blend until finely ground. Then scrape down sides of bowl, add egg whites and keep blending until smooth for another 30 seconds, (dough will be wet), then transfer mixture to bowl. Then place pine nuts in shallow dish.
- ❖ You will be working with 1 scant tablespoon dough at a time, roll into balls, roll in pine nuts to coat, and space 2 inches apart on prepared sheets.
- ❖ Transfer into over and bake cookies for about 13 – 15 minutes, or until light golden brown, switching and rotating sheets halfway through baking.
- ❖ Allow cookies to cool on sheets for about 5 minutes, then transfer to wire rack, then allow cookies to cool at room temperature before serving.
- ❖ Store cookies in airtight container at room temperature for up to 4 days.

Conclusion

During the past twenty years, a significant number of people in different countries around the world have turned their attention towards finding healthy diet regimens that are low in saturated fat and that include bountiful servings of fresh fruits and vegetable. Consequently, the Mediterranean diet has caught the eye of innumerable people who want to include healthy eating into their overall course of prudent living. In short, the Mediterranean diet encompasses foods and beverages that, when consumed in moderation, can work to lessen the threat of some serious diseases and can aid in creating the necessary foundation for a long, hearty lifetime.