

# 30 MEDITERRANEAN DIET DINNER RECIPES



30 Day  
Mediterranean Diet  
Meal Plan!

Hello and a warm Mediterranean-style welcome!

I started The Mediterranean Dish nearly 10 years ago to share modern Mediterranean recipes that are approachable, healthy, and genuinely delicious. Since then, our humble blog has blossomed into a lively community, bestselling [cookbook](#), bustling [website](#) with hundreds of recipes from myself and expert contributors from across the region, and [shop](#) with my hand-picked selection of favorite Mediterranean essentials like [extra virgin olive oil](#), [spices](#), [Greek honey](#), and more!

While I was born and raised in the Mediterranean city of Port Said, Egypt, I have lived in the US for many years. My mission is to make Mediterranean meals easy for those of us cooking in North American kitchens. Eating and living the Mediterranean way is about healthy food yes, but also time together, and well-being for mind, body and spirit. I'm so happy you're here!

In this cookbook, you'll find 30 simple, beginner-friendly Mediterranean Diet recipes to help you live the Mediterranean way. To get you started, I've broken down a meal plan with a shopping list for each week, with plenty of adaptable options for each and every diet.

Mediterranean food runs the gamut from vegetarian, vegan, pescatarian and yes, even the carnivores among us will find recipes to entice and satisfy. I have hand-selected these recipes to showcase the bold and diverse cuisine of the Mediterranean, from Southern Europe to North Africa and the Middle East. All are guided by a belief that embracing whole, seasonal ingredients and big, exciting flavors means less "diet" more joy!

To your joy and your health,

Suzy



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# What is the Mediterranean Diet?

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At its core, the Mediterranean diet is based on traditional foods from countries that surround the Mediterranean Sea. It's a cuisine that's deeply rooted in place, beginning centuries ago when people enjoyed a seasonal diet rich in whole grains, legumes, seafood, seasonal fruits and vegetables, and olive oil.

For over half a century, scientists have studied the Mediterranean Diet's immediate and enduring health advantage, with randomized studies finding a 30% reduction in the risk of heart disease and subsequent studies showing its ability to prevent and manage chronic diseases like diabetes, facilitate weight loss, promote healthy aging and pregnancies, preserve brain health and more. In fact, the US News & World Report has consistently crowned the Mediterranean Diet as the top-ranking diet overall for six consecutive years!

With all that said, if you ask a neighbor from my hometown about the Mediterranean "diet," you may inspire a confused—and perhaps curious—blank stare. That's because most of us don't count calories, restrict whole food groups, or meticulously measure serving sizes.

Rather, we savor our meals with a joyful spirit, prioritize whole foods, and recognize the privilege of sharing a meal with good company. From Port Said to Grand Rapids, MI, Des Moines, Iowa, and eventually to the heart of the American South in Atlanta, GA, no matter where I move, the three Mediterranean values I follow are simple:

**Eat with the seasons**  
**Use mostly whole foods**  
**Above all, share**

You see, what the numbers can't show you is something we in the Mediterranean know intrinsically:  
**the way we eat is just as important as what we eat.**

That's why the Mediterranean Diet never goes out of style! Pleasure, not restriction, is its central feature. I hope that within these pages you find simple, nutrient-rich recipes that bring you joy, pleasure, and a renewed inspiration for gathering around the table.

# Mediterranean Diet Pyramid

Once you've completed this 30 day mealplan, this Diet Pyramid is a great tool for continuing your journey:



The base is filled with a beautiful assortment of vegetables, fruits, legumes, whole grains, herbs, pulses, seeds, nuts, olive oil, and spices. Consider these the foundations of every meal.

Fish and seafood, the next level of the pyramid, are included in meals at least twice per week but not every day. Poultry, eggs, cheese, and yogurt are enjoyed often–weekly to daily–but in small amounts.

At the top, you'll find meats and sweets—and a sidebar for wine! These are consumed less often—consider them a special treat to be enjoyed in moderation.

# Stocking Your Pantry For The Mediterranean Diet

The Mediterranean Diet uses primarily basic pantry staples, many of which are likely already in your kitchen. And, for anything that's running low, you can check out [our shop](#) for the best Mediterranean ingredients shipped right to your door! Below are a few always-stocked ingredients I hold near and dear to my heart. You'll need:

## Extra Virgin Olive Oil

In my kitchen, a half a bottle of olive oil is an empty bottle of olive oil. I always keep it well-stocked! This essential ingredient is the nectar that ties the Mediterranean cuisines together, and widely considered to be the healthiest oil on the planet. Olive oil varies greatly in terms of flavor and quality—you can read all about it in our [guide](#), [Olive Oil 101: Everything You Need To Know](#). To summarize: I source my absolute favorites for [our shop](#). But if you're looking elsewhere, just be sure to get a cold-pressed, extra virgin variety.

## Grains

[Barley](#) and [farro](#) are both excellent sources of fiber, nutrients, and minerals. They also add a bit of welcome heft and texture to a vegetarian main. You can learn all about them in our [barley](#) and [farro](#) essential guides, find them in the grain section of your local grocer, or order my favorites from [our shop](#).

## Citrus & Vinegar

I use a lot of lemons, but feel free to substitute limes if you'd like (or "green lemons" as we called them growing up). I keep it simple with mostly distilled white vinegar, white wine vinegar, red wine vinegar, and the occasional drop of balsamic vinegar. Most commercially available vinegar is considered non-alcoholic, but you can use fresh citrus juice as you see fit.

## Salt & Pepper

I use kosher salt and ground black pepper. I'm notoriously averse to giving specific amounts, except for things like breads where you can't adjust as you go. A generous pinch or dash stacks up to about 1/2 teaspoon, but always be sure to taste and tweak to your liking.

## Sumac

These crimson flakes add super bright flavor, along with very subtle earthy and smoky hints. You can read all about sumac in [our guide](#) and order your own from [our shop](#). Fresh lemon zest also makes for a solid substitute, just hold off on adding it until just before serving.

## Spice Blends

The Mediterranean is rich with vibrant spice blends, which effortlessly build so much delicious flavor. I have many go-tos, but this meal plan includes three favorites: [Ras el Hanout](#), [Za'atar](#), and [Baharat](#). You can find them in many grocery stores nowadays, but the quality varies. Our shop carries my favorites!

## Tahini

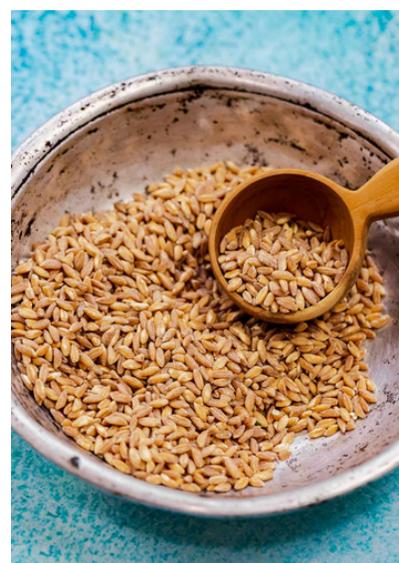
Tahini is a paste made from ground sesame seeds that's high in protein, low in carbs, and rich in omega 3 fatty acids. The quality of tahini varies greatly. If you've ever tried it and tasted overly bitter chances are you just had a low-quality brand. You can read all about Tahini in [our guide](#), and find my favorite brand, Soom, over at [our shop](#). I use this creamy, nutty vegan wonder ingredient for all kinds of things—from mixing it with honey for a delicious peanut butter-like spread to salad dressings, [hummus](#), and more. And don't forget about making [tahini sauce](#), one of the best condiments of all time!

## Chili Peppers

The Mediterranean is famous for its vast array of chili peppers. I have three go-tos: [Aleppo](#), [Urfa](#), and red chili flakes. All are fairly interchangeable, with Aleppo being the mildest in terms of heat. For more information, check out our guides to [Aleppo](#) and [Urfa biber](#). Feel free to leave them out if you don't like spice.

## Beans & Legumes

Dried beans, peas, and [lentils](#) have long been a reliable and affordable source of nutrient-dense, shelf-stable protein. Though I use dried for highly traditional recipes like [falafel](#) and [hummus](#), a trusty canned variety works spectacularly with all of the recipes in this little cookbook.





# Shopping List - Week 1

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Everything you need for week 1 of Mediterranean Diet Recipes: spices, produce, pantry items, meat, fish, eggs, dairy and sauces, dips, condiments, etc.

## SPICES

---

Cumin  
Turmeric  
Coriander  
Garlic powder  
Paprika  
*Smoked and sweet*  
Ground clove  
Cayenne  
Kosher salt  
Black pepper  
Sumac  
Red pepper flakes  
Ras El Hanout  
Dried oregano  
Aleppo pepper  
Za'atar  
Urfa biber (optional)

## MEAT, FISH, EGGS & DAIRY

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Chicken  
*Boneless, skinless thighs & breast*  
Cod fillet  
Salmon fillet  
Large eggs  
Parmesan or Pecorino Romano cheese

## PRODUCE

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Onion  
*Red, yellow, green*  
Lemon  
Garlic  
Baby arugula  
Tomatoes  
*Roma, grape*  
English cucumber  
Parsley  
Dill  
Red bell pepper  
Cilantro  
Zucchini  
Broccoli  
*Baby and standard florets*  
Avocado  
Mint  
Basil leaves  
Mushrooms  
*Baby bella and white*  
Celery  
Carrot  
Baby potatoes

## PANTRY

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Extra virgin olive oil  
Canned butter beans  
Vegetable broth  
Tomato paste  
Chickpeas  
*Canned or cooked from scratch*  
White vinegar  
Dijon mustard  
Roasted red bell peppers  
Canned tomatoes  
*Chopped and crushed*  
Pearled barley

## SAUCES, DIPS, CONDIMENTS, ETC.

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Hummus  
Tahini sauce, and/or tzatziki sauce  
Pita bread (optional)  
Crusty bread (optional)



# Chicken Shawarma Salad Bowls



6 servings



25 minutes

These chicken thighs are loaded with a fragrant shawarma spice blend and quick-cooked in a skillet until juicy and tender. A healthy, satisfying dinner that's sure to make it into the weekly rotation.

- 3/4 tablespoon ground cumin
  - 3/4 tablespoon ground turmeric
  - 3/4 tablespoon ground coriander
  - 3/4 tablespoon garlic powder
  - 3/4 tablespoon paprika
  - 1/2 teaspoon ground clove
  - 1/2 teaspoon cayenne
  - 8 boneless, skinless chicken thighs
  - Kosher salt
  - 1 large red onion, thinly sliced
  - 2 large lemon, juiced
  - Extra virgin olive oil (about 3/4 cup, divided)
  - 1 garlic clove, minced
  - Black pepper
  - 1/2 teaspoon sumac
  - 8 ounces baby arugula
  - 2 to 3 Roma tomatoes, diced
  - 1 English cucumber, diced
  - Warmed pita bread, hummus, tahini sauce or tzatziki sauce, for serving (optional)
1. **Make the shawarma spice blend.** In a large mixing bowl, mix the cumin, turmeric, coriander, garlic powder, paprika, cloves, and cayenne.
  2. **Season the chicken.** Pat the chicken dry and season with a big pinch of salt on both sides, then thinly slice into small bite-sized pieces. Add to the bowl with the shawarma spices and toss to coat.
  3. **Marinate the chicken.** Mix in 3/4 of the onion, half of the lemon juice, and 1/3 cup of olive oil. Set aside.
  4. **Make the dressing.** In a small bowl, whisk together the minced garlic, sumac, remaining lemon juice, and a good glug of olive oil (about 1/4 cup). Season to taste with salt and pepper. Pour over the salad and toss to combine.
  5. **Prepare the salad.** Into a large mixing bowl, add the arugula, tomatoes, cucumber, and remaining onion.
  6. **Cook the chicken.** Coat a large cast iron skillet with a thin layer of olive oil and set over medium-high heat. When the oil shimmers, add the chicken in one layer and sear for 5 minutes. Flip and cook until it's cooked through, 5 to 6 minutes more (discard the onions and marinade). If you have a small pan, do this in batches to avoid overcrowding.
  7. **Serve.** Divide the salad into serving bowls and top with the chicken shawarma. If you like, add a side of hummus, tzatziki or tahini and pita bread. Enjoy!



# Butter Beans

*with Garlic, Lemon and Herbs*



4 servings



12 minutes

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In this easy weeknight recipe, canned butter beans simmer with lemony, spicy, herbaceous, garlicky flavor until tender and delicious. This satisfying vegan dinner is ready in just 15 minutes! Serve warm, with your favorite crusty bread, rice, or tossed with cooked plain pasta.

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- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon Urfa biber (optional)
- 1/2 teaspoon cumin
- 1/4 teaspoon paprika
- 4 garlic cloves, minced
- Kosher salt
- Black pepper
- 2 (15- ounce) cans butter beans, drained and rinsed
- 1 1/2 cups vegetable broth
- 2 lemons, juiced
- 2 green onions, trimmed and chopped (both white and green parts)
- 1/3 cup roughly chopped parsley
- 1/3 cup roughly chopped dill

1. **Toast the seasonings.** Heat the olive oil in a large nonstick skillet over medium-high heat. Once it begins to shimmer, add the red pepper flakes, Urfa pepper, cumin, smoked paprika, minced garlic, and a big pinch of salt and pepper. Stir just until the garlic is fragrant, about 30 seconds to 1 minute (do not let the garlic brown or the oil will taste bitter).
2. **Simmer the beans.** Add the drained butter beans and the broth. Bring to a boil, then turn the heat to low and simmer until the beans are warm and the broth is just slightly thickened, 5 to 10 minutes.
3. **Finish and serve.** Turn off the heat and stir in the lemon juice, green onions, parsley, and dill. Enjoy!



# Moroccan Braised Cod

*with Red Bell Pepper and Chickpeas*



6 servings



40 minutes

This delicious Moroccan fish recipe takes the fish dinner game to a new level of delicious! Braised cod recipe in a saucy chickpea, tomato, and bell pepper medley and lots of warm Moroccan flavors from Ras El Hanout, paprika and cumin.

It's a satisfying gluten-free meal on its own, but you may want crusty bread, grain, or rice to capture the sauce.

- Extra virgin olive oil
- 8 garlic cloves, 4 minced and 4 sliced (divided)
- 2 tablespoons tomato paste
- 2 medium tomatoes, diced
- 1 red bell pepper, cored and sliced
- 1 (15-ounce) can chickpeas, drained and rinsed
- Large handful fresh cilantro leaves (about 1 cup)
- Kosher salt
- Black pepper
- 1 1/2 teaspoon Ras El Hanout, divided
- 1 1/2 pound cod fillets (about 1/2-inch in thickness)
- 3/4 teaspoon paprika
- 1/2 teaspoon ground cumin
- 1 lemon, half juiced, half sliced into thin rounds

1. **Soften the aromatics.** In a large pan over medium heat, heat 2 tablespoons olive oil until shimmering but not smoking. Add the minced garlic and stir until fragrant, about 1 minute. Add the tomato paste, diced tomato, and bell pepper. Cook over medium heat, stirring frequently, until softened, 3 to 4 minutes.
2. **Simmer.** Add the chickpeas, 1 1/2 cups water, cilantro, and sliced garlic. Season with a pinch of salt and pepper and 1/2 teaspoon Ras El Hanout. Bring to a boil, then lower heat to maintain a simmer. Cover part-way and let simmer until thick and saucy, about 20 minutes. (Check occasionally and add a little water if needed.)
3. **Season the fish.** In a small bowl, combine the cumin, paprika, and remaining 1 teaspoon Ras El Hanout. Rub the spices into the fish on all sides, along with a pinch of salt and pepper and a generous drizzle of olive oil.
4. **Cook the fish.** Nestle the fish pieces into the saucy chickpea and tomato mixture. Ladle a bit of the sauce on top of the fish. Add lemon juice and lemon slices. Cook another 10 to 15 minutes over medium-low until the fish is fully cooked and flaky.
5. **Enjoy!** Garnish with more fresh cilantro and serve immediately.



# Italian Sheet Pan Chicken

*with Roasted Vegetables*



5 servings



20 minutes

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This no-fuss weeknight meal tosses chicken and vegetables with a bold but simple mix of garlic, oregano, and a splash of citrus. Everything becomes juicy and flavorful, and you only have to wash one pan! This one's a favorite with the whole family—definitely a recipe to make on repeat.

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- 2 medium zucchini, halved lengthwise then sliced into half moons
- 1 large red bell pepper, cored and cut into large pieces
- 1 red onion, cut into large pieces
- 9 ounces baby broccoli, trimmed and cut into large pieces
- 1 1/2 pounds boneless chicken breast, cut into bite-size pieces
- 5 garlic cloves, minced
- 2 teaspoon dried oregano
- 1 teaspoon paprika
- 1 teaspoon ground coriander
- 1 lemon, zested and juiced
- 1 teaspoon white vinegar
- Extra virgin olive oil
- Kosher salt
- Black pepper
- Fresh parsley, for garnish (optional)

1. **Get ready.** Preheat your oven to 400°F.
2. **Season everything.** In a large mixing bowl, add the zucchini, bell pepper, onion, broccoli, chicken, and garlic, oregano, paprika, coriander, lemon juice, zest, and vinegar. Add a generous drizzle of olive oil and a big pinch or two of kosher salt and black pepper. Give everything a good toss to combine, making sure the veggies and chicken pieces are evenly coated.
3. **Roast.** Transfer the chicken and vegetables to a large sheet pan. Spread well in one layer and bake in the heated oven until the chicken is fully cooked through, about 20 minutes. If you want more color, place under the broiler briefly.
4. **Enjoy!** If you like, garnish with fresh parsley before serving.



# Chickpea Salad

*with Avocado and Lemon-Dijon Dressing*



5 servings



20 minutes

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A nutritious vegan salad has it all in terms of balance: crunchy cucumber, bright and juicy tomatoes, velvety red peppers, creamy avocado, and protein-packed chickpeas adding just enough heft. If you'd like to make it ahead for a meal prep, hold off on the avocado and store the dressing and salad separately. Add the dressing and avocado just before serving!

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## For the Dressing

- 1 teaspoon Dijon mustard
- 1 lemon, juiced
- 1 garlic clove, minced
- 1 teaspoon [Aleppo pepper](#)
- 1 teaspoon [sumac](#)
- Kosher salt
- Black pepper
- 1/4 cup [extra virgin olive oil](#)

## For the Salad

- 2 (15-ounce) cans chickpeas, drained and rinsed
- 1 large English cucumber, chopped
- 2 cups grape tomatoes, halved
- 2 roasted red bell peppers, seeded and chopped (or a 16-ounce jar roasted peppers in oil, drained)
- 1 small red onion or 2 shallots, finely chopped
- 1 avocado, roughly chopped
- 1 cup chopped parsley leaves
- 1/2 cup chopped mint leaves

1. **Make the dressing.** In a large bowl, whisk together the Dijon, lemon juice, garlic, Aleppo pepper, sumac, and salt and pepper (about 1/2 teaspoon each). Whisk, and while whisking, drizzle in the olive oil. Continue to whisk until emulsified.
2. **Mix.** To the bowl with the dressing, add the chickpeas, cucumbers, tomatoes, roasted bell peppers, onion, parsley, and mint. Toss gently. Add the avocado and toss very gently once more.
3. **Enjoy!** Taste and adjust the seasoning to your liking and serve immediately.



# Uova In Purgatorio

## *Eggs In Purgatory*



4 servings



45 minutes

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This is certainly a flavorful and satisfying breakfast recipe, but don't stop there! Eggs are just as welcome at dinner, particularly with this spicy red pepper tomato sauce. Finished with fresh basil and a shower of Parmigiano-Reggiano cheese, you may want to take full advantage of this saucy situation with good bread for dipping.

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- 3 tablespoons extra virgin olive oil
- 1 small yellow onion, thinly sliced
- 1 garlic clove, lightly crushed and peeled
- 1 red bell pepper (optional), coarsely chopped
- Generous pinch red pepper flakes
- Kosher salt
- 1 (28-ounce) can chopped tomatoes
- 4 large eggs
- 5-8 fresh basil leaves, torn
- 3-4 tablespoons freshly grated Parmesan or Pecorino Romano
- Crusty bread (optional), for serving

1. **Make the base.** In a large skillet or wide saucepan with a lid set over medium-low heat, stir together the olive oil, onion, garlic, bell pepper, and red pepper flakes. Cook, stirring, until the onion and peppers are softened, about 10 minutes. If the bell pepper isn't quite tender, cover the pan partially and cook for another 5 minutes, until the pepper is softened but still holds its shape. Season with a generous pinch of salt.
2. **Add the tomatoes.** Stir in the tomatoes and bring to a simmer over medium heat. Lower the heat to medium-low, cover partially and simmer until slightly reduced, about 15 minutes. Uncover and cook another 5 minutes until the sauce is nicely thickened.
3. **Poach the eggs.** Use the back of a spoon to carve out 4 wide wells in the sauce. Crack the eggs into the wells and season each with salt. Cover the pan and cook gently until the whites are set and the yolk is still runny, about 2-3 minutes.
4. **Serve.** Remove from the heat and garnish with fresh basil leaves and cheese. Enjoy right away.



# Mushroom Barley Soup



4 servings



45 minutes

Hearty mushrooms, chopped vegetables, and tender pearl barley make up this simple and satisfying soup. As comforting as your favorite deli's cream of mushroom soup, but with even more flavor and a subtle smoky finish! If you have a large enough pot, you may want to double this recipe and freeze half for a rainy day.

- Extra virgin olive oil
- 16 ounces baby bella mushrooms, cleaned well and halved or sliced
- Kosher salt
- 1 yellow onion, chopped
- 4 garlic cloves, chopped
- 2 celery stalks, chopped
- 1 carrot, chopped
- 8 ounces white mushrooms, chopped
- 1/2 cup (4 ounces) canned crushed tomatoes
- Black pepper
- 1 teaspoon ground coriander
- 1/2 to 3/4 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- 6 cups low-sodium vegetable broth
- 1 cup pearled barley, rinsed
- 1/2 packed cup chopped parsley

1. **Soften the baby bellas.** In a large Dutch Oven, heat the extra virgin olive oil over medium-high until shimmering but not smoking. Add the baby bella mushrooms and cook until they soften and gain some color, about 5 minutes. Transfer to a bowl and set aside for now.
2. **Sauté the aromatics.** In the same pot, add a drizzle of extra virgin olive oil. Add the onion, garlic, celery, carrots, and chopped white mushrooms. Cook for 4 to 5 minutes over medium-high heat. Season with salt and pepper.
3. **Season.** Add the crushed tomatoes, coriander, paprika, and cumin. Cook for 3 minutes or so, tossing regularly.
4. **Simmer.** Add the broth and pearl barley. Bring to a rolling boil for 5 minutes, then turn the heat down. Cover and let simmer over low heat until the barley is tender and cooked through, about 30 minutes.
5. **Finish.** Add the cooked mushrooms and their juices back to the pot and stir to combine. Simmer until the mushrooms are well warmed through, about 5 minutes.
6. **Garnish and serve.** Finish with fresh parsley. Transfer to serving bowls and enjoy!



# Sheet Pan Salmon

*with Za'atar and Garlic*



4 servings



25 minutes

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The game changer in this salmon recipe is za'atar—an aromatic spice blend with earthy depth and subtle citrus undertones. You can often find this wonder-blend in the spice aisle at your local grocer, but quality can vary greatly. Find my favorite blend at [our shop](#), or look for za'atar with wild thyme or “hyssop” and “sumac” rather than citric acid. It should be bright green!

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- 12 baby potatoes (about 12 ounces), scrubbed
- 2 cups grape tomatoes (about 10 ounces), halved if you like
- 6 ounces broccoli florets
- 3 tablespoons fresh minced garlic (about 5 to 6 cloves)
- 2 teaspoons [za'atar](#), divided, plus more for garnish
- 1 teaspoon [coriander](#), divided
- [Extra virgin olive oil](#)
- Kosher salt
- Black pepper
- 1 pound salmon fillet
- 1 lemon, juiced

1. **Get ready.** Preheat your oven to 400°F.
2. **Season.** In a large bowl, add the potatoes, grape tomatoes, and broccoli. Add 1 tablespoon minced garlic, 1 teaspoon za'atar, 1/2 teaspoon coriander, 2 tablespoons olive oil, and a big pinch of salt and pepper. Toss to coat, then transfer to a large baking sheet with a rim.
3. **Prep the salmon.** Pat the salmon dry. If it came with skin, use a sharp knife to slice it off, then cut the salmon into 4 equal pieces. Season with a pinch of salt and pepper and drizzle on just a little olive oil.
4. **Bake.** Add the salmon to the prepared baking sheet with the vegetables. Spread the remaining 2 tablespoons garlic, 1 teaspoon za'atar, and 1/2 teaspoon coriander evenly on top. Top with another generous drizzle of olive oil, then bake in heated oven until the salmon flakes easily with a fork and the potatoes are cooked through, 15-16 minutes.
5. **Finish and serve.** Remove from heat and squeeze the lemon juice onto the salmon. Sprinkle more za'atar all over and enjoy.



# Shopping List - Week 2

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Everything you need for week 2 of Mediterranean Diet Recipes: spices, produce, pantry items, meat, fish, eggs, dairy and sauces, dips, condiments, etc.

## SPICES

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Kosher salt  
Black pepper  
Aleppo pepper  
Sumac  
Dried oregano  
Paprika  
Turmeric  
Cumin  
Coriander  
Red pepper flakes  
Dried bay leaves  
Cinnamon

## PRODUCE

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Onion  
*Red, yellow, and green*  
Tomatoes  
*Roma, cherry*  
English or hot-house cucumber  
Parsley  
Lemon  
Lime  
Garlic  
Thyme  
Green cabbage  
Celery  
Carrots  
Fresh ginger  
Radish  
Mint  
Eggplant  
Green bell pepper

## PANTRY

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Tri-colored quinoa  
Olives  
*Kalamata and Castelvetrano*  
Quartered marinated artichoke hearts  
Extra virgin olive oil  
Balsamic glaze  
Tomato paste  
Honey  
Canned tomatoes  
*Diced and chopped*  
Canned tomato sauce  
Low sodium vegetable broth  
Dijon mustard  
Canned tuna  
Chickpeas  
*Canned or cooked from scratch*  
Dry red wine  
Whole wheat bread  
Sugar  
Farro

## MEAT, FISH, EGGS & DAIRY

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Feta (block feta preserved in brine preferred)  
Boneless, skinless chicken thighs  
Whole milk (or water)  
Lean ground beef  
Large eggs  
Large shrimp (frozen ok)

## SAUCES, DIPS, CONDIMENTS, ETC.

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Hummus  
Harissa



# Mediterranean Bowl

*with Quinoa and Hummus*



4 servings



25 minutes

This powerhouse of a Mediterranean bowl is loaded with so much vibrant flavor and texture! Plus, it packs well and everything can be prepared ahead so you can assemble in minutes. Simply store the components in separate containers and combine just before serving. A gluten-free, easily vegan (just leave off the feta) healthy meal you'll look forward to all week!

## For the Bowls

- 1 cup tri-color quinoa, rinsed
- Kosher salt
- 1 cup [hummus](#)
- 4 to 6 ounces feta cheese, crumbled into large pieces
- 1/2 cup pitted Kalamata olives
- 1/2 cup pitted Castelvetrano olives
- [Harissa](#) (optional)
- 1 cup quartered marinated artichoke hearts
- [Extra virgin olive oil](#)
- [Aleppo pepper](#) and/or [sumac](#) (optional)

## For the Cucumber Tomato Salad

- 6 Roma tomatoes, diced (about 3 cups diced tomatoes)
- 1 large English or hot-house cucumber, diced
- 1/2 small red onion, thinly sliced, optional
- 1/2 bunch parsley, leaves and tender stems chopped
- Kosher salt
- 1/2 teaspoon black pepper
- 1 teaspoon [ground sumac](#)
- 2 tablespoons [extra virgin olive oil](#)
- 2 spoons freshly squeezed lemon juice, plus more to taste

1. **Cook the quinoa.** In a large saucepan, combine the quinoa with 1 3/4 cups of water and a pinch of salt. Bring to a boil, then lower the heat. Cover and let simmer for about 15 minutes, or until the quinoa has doubled in size and absorbed the water. Turn the heat off and let the quinoa sit, covered, for another 10 minutes while you work on other things. Fluff with a fork before using.
2. **Make the cucumber tomato salad.** In a large mixing bowl, gently combine the tomatoes, cucumbers, and parsley. Season with a pinch of salt and toss. Set aside for a 5 minutes or so, then add the sumac, olive oil, and lemon juice. Give the salad a gentle toss. Taste and adjust the seasoning to your liking.
3. **Assemble the Mediterranean bowls.** Using 4 shallow dinner bowls, begin dividing the hummus in the middle. Divide the quinoa and cucumber tomato salad on either side of the hummus. Fill the gaps with the feta, olives, a spoonful of harissa (if using), and marinated artichoke hearts.
4. **Finish and serve.** Drizzle a little olive oil over the hummus and wherever else you like. And if you like, sprinkle on Aleppo pepper and/or sumac to season. Enjoy immediately.



# Baked Balsamic Chicken



6 servings



35 minutes

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Succulent baked balsamic chicken with a bold marinade made with balsamic glaze, garlic, lemon juice, honey, and herbs. Letting the chicken sit in the marinade for a couple of hours in your fridge will make it that much more flavorful, but even just a few minutes while your oven preheats is plenty. Serve with a big salad and/or rice.

---

- 1/4 cup extra virgin olive oil
- 3 tablespoons balsamic glaze (store-bought is fine)
- 1 tablespoon tomato paste
- 1 teaspoon honey
- 1 lemon, juiced
- 4 to 5 large garlic cloves, minced
- 1 tablespoon fresh thyme
- 1 teaspoon dried oregano
- 1/2 teaspoon paprika
- 8 boneless, skinless chicken thighs, (about 1 1/2 pounds)
- Kosher salt
- Black pepper

1. **Make the marinade.** In a large mixing bowl, whisk together the olive oil, balsamic glaze, tomato paste, honey and lemon juice. Add the garlic cloves, thyme, oregano and sweet paprika. Whisk again to combine.
2. **Prep the chicken.** Pat the chicken dry and season generously with kosher salt and black pepper on both sides.
3. **Marinate the chicken.** Add the chicken to the mixing bowl and toss to coat with the balsamic marinade. Set aside briefly for a few minutes while you heat the oven (or if you have time, cover and refrigerate for a couple of hours).
4. **Get ready.** Set a rack in the middle of your oven and preheat to 425°F.
5. **Bake and serve.** Transfer the chicken to a baking dish or a heat-safe skillet. Bake on the center rack of the heated oven for about until the chicken is fully cooked through (internal temperature of cooked chicken should register 165 degrees F), 25 to 30 minutes.



# “Detox” Cabbage Soup

*with Turmeric and Ginger*



6 servings



35 minutes

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A vegan, gluten-free, ultra-healthy soup recipe that packs a serious punch in terms of flavor. A whole head of cabbage, loads of savory spices, garlic, veggies, and fresh ginger make for a vibrant, deeply savory soup that will nourish you in all the best ways. And it's on your table in under 45 minutes!

---

- 2 tablespoons extra virgin olive oil
- 1 medium yellow onion, chopped
- 3 garlic cloves, minced
- 1 head of green cabbage, cored and chopped
- 2 celery sticks, chopped
- 2 carrots, sliced into thin rounds
- Kosher salt
- Black pepper
- 1/2 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 to 1 teaspoon Aleppo pepper or red pepper flakes
- 1 (28-ounce) can diced tomato
- 3 cups low sodium vegetable broth
- 1 cup chopped parsley leaves (from about 1 bunch parsley)
- 3 green onions, trimmed and sliced
- 1-inch piece fresh ginger, peeled and finely grated
- 1 large lemon, zested and juiced

1. **Sauté the aromatics.** In a large Dutch oven or cooking pot with a lid, heat the olive oil until shimmering. Add the onion and garlic and cook, stirring regularly, until fragrant (adjust the heat as necessary to make sure the garlic does not burn).
2. **Soften the veggies.** Add the cabbage, celery, carrots, and a big pinch of kosher salt and black pepper (about 1/2 to 3/4 teaspoon each). Cook, stirring occasionally, until the vegetables have softened somewhat, about 5 to 7 minutes (it helps to cover the pot partway so that the cabbage will wilt easily).
3. **Season.** Add the turmeric, cumin, coriander, and Aleppo pepper and toss to coat the vegetables with the spices.
4. **Simmer.** Add the diced tomatoes (with their juices) and the broth. Bring to a boil for about 5 minutes, then turn the heat to medium-low. Cover the pot partway allowing just a small opening at the top. Simmer for about 20 to 25 minutes or until the vegetables are tender.
5. **Finish and serve.** Turn the heat off and stir in the parsley, chopped green onions, ginger, lemon zest and lemon juice. Enjoy!



# Mediterranean Tuna Salad



6 servings



10 minutes

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Healthy tuna salad without mayo, prepared the Mediterranean way with lots of crunchy vegetables, fresh herbs, and a zesty Dijon dressing! And this one just gets better as it rests—if you can, give yourself at least 30 minutes to allow it to soak in all the flavor.

---

- 2 1/2 teaspoons Dijon mustard
- Zest of 1 lime
- 2 small limes, juiced
- 1/3 cup extra virgin olive oil
- 1/2 teaspoon sumac
- Kosher salt
- Black pepper
- 1/2 teaspoon red pepper flakes
- 3 (5-ounce cans) tuna, drained
- 3 celery stalks, chopped
- 1/2 English cucumber, chopped
- 4-5 radishes, chopped
- 3 green onions, chopped
- 1/2 medium red onion, finely chopped
- 1/2 cup pitted Kalamata olives, halved
- 1 bunch parsley, stems removed, leaves chopped
- 10-15 fresh mint leaves, finely chopped

1. **Make the zesty mustard vinaigrette.** In a small bowl, whisk together the mustard, lime zest, and lime juice. Add the olive oil, sumac, salt, pepper, and crushed pepper flakes (if using), and whisk again until well-combined. Set aside briefly.
2. **Mix the salad.** In a large salad bowl, combine the tuna, celery, cucumber, radishes, green onions, red onion, olives, parsley and mint. Mix gently with a wooden spoon.
3. **Dress.** Pour the dressing over the tuna salad and toss to ensure everything is evenly coated.
4. **Rest and enjoy.** Cover and refrigerate for half an hour before serving (this allows everything to soak up the flavor). When ready to serve, toss the salad gently to refresh.



# Greek-Style Eggplant

*with Chickpeas and Tomatoes*



6 servings



55 minutes

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All-star eggplant recipe, prepared Greek style! Eggplants cooked to velvety tender perfection with chickpeas and tomato. A perfectly satisfying meatless dinner! The eggplant gets luxuriously velvety, so some textural richness with a grain or a big crunchy cucumber salad goes well alongside.

---

- 1 1/5 pounds eggplant, cubed
- Kosher salt
- Extra virgin olive oil
- 1 large yellow onion, chopped
- 1 green bell pepper, diced
- 1 carrot, chopped
- 6 large garlic cloves, minced
- 2 dried bay leaves
- 1 to 1 1/2 teaspoons paprika
- 1 teaspoon ground coriander
- 1 teaspoon dried oregano
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon black pepper
- 1 (28-ounce) can chopped tomatoes
- 2 (15-ounce) cans chickpeas (reserve the liquid)
- Chopped fresh herbs, like parsley and mint, for garnish

1. **Get ready.** Preheat your oven to 400°F.
2. **Salt the eggplant.** Place the eggplant cubes in a colander over a large bowl or in your sink. Toss with a big pinch of salt and set aside for 20 minutes or so to allow eggplant to "sweat out" any bitterness. Rinse with water and pat dry.
3. **Soften the veggies.** In a large braiser or sauce pot with a lid, heat 1/4 cup olive oil over medium-high. When it's shimmering but not smoking, add the onion, bell pepper, and carrot. Cook for 2-3 minutes, stirring regularly, then add the garlic, bay leaves, paprika, coriander, oregano, cinnamon, turmeric, black pepper, and a pinch of salt. Cook another minute, stirring until fragrant.
4. **Boil.** Stir in the eggplant, canned tomatoes, and whole chickpeas with its liquid. Bring to a rolling boil for 10 minutes or so, stirring often. Cover and transfer to oven.
5. **Braise the eggplant.** Cook in the oven until the eggplant is fully cooked through to very tender, about 45 minutes. (While eggplant is braising, be sure to check once or twice to see if more liquid is needed. If so, remove from oven briefly and stir in about 1/2 cup of water at a time.)
6. **Finish and serve.** Remove from oven and add a generous drizzle of olive oil. Garnish with fresh herbs and enjoy!



# Soutzoukakia

## *Greek Meatballs in Tomato Sauce*



4 servings



2 hours

There's more than just spaghetti and meatballs! These perfectly tender baked meatballs are prepared Greek-style with a dressed-up red sauce and warming spices. Serve with roasted veggies, rice, crusty bread, or orzo.

### For the Meatballs

- 2 slices whole wheat bread, toasted
- 1/3 cup whole milk or water
- 1 1/2 pounds lean ground beef
- 1 small yellow onion, chopped
- 3 garlic cloves, minced
- 2 eggs
- 1 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon dried oregano
- 1/2 cup chopped parsley leaves
- Big pinch kosher salt
- Big pinch black pepper

### For the Red Sauce

- 2 tablespoons extra virgin olive oil
- 1 medium yellow onion, chopped
- 2 garlic cloves, minced
- 1/2 cup dry red wine
- 30-ounces canned tomato sauce (like marinara)
- 1 bay leaf
- 3/4 teaspoon ground cumin
- 1/2 teaspoon cinnamon
- 1/2 teaspoon sugar

1. **Soften the bread.** In a small bowl, cover the toasted bread with milk (or water) to soak for a minutes or so. When the bread is soft, squeeze the liquid out completely.
2. **Make the meatballs.** Discard the liquid and transfer the bread to a large mixing bowl. Add the ground beef and remaining meatball ingredients and mix just until combined. Cover the meat mixture and rest in the fridge for now (this will help them hold their shape).
3. **Get ready to bake.** Preheat oven to 400°F. Coat a large baking dish in a tin layer of olive oil and set aside.
4. **While oven is heating, start the sauce.** In a sauce pan or large skillet, heat 2 tablespoon of extra virgin olive oil over medium heat until shimmering but not smoking. Add the onions and cook for 3 minutes or so. Add the garlic and cook for another minute.
5. **Simmer.** Add the red wine and cook until reduced by about half, then add the tomato sauce, bay leaf, cumin, cinnamon, and sugar. Bring to a boil, then lower heat and simmer for 15 minutes.
6. **Make the meatballs.** Take the meat mixture out of your fridge. Wet your hands and scoop portions, about 2 1/2 tablespoons each. Form into large elongated meatballs (football-shaped.) You should have 15 to 16 meatballs or so. Arrange on the papered baking dish without touching.
7. **Bake.** Remove the bay leaf from the sauce, then pour over the meatballs. Place the baking dish on the middle rack of your heated oven and bake for 40 to 45 minutes or until the meatballs are well cooked through. Check part-way through to make sure the sauce is not dry, adding a little bit of water to the bottom of the baking dish if needed.
8. **Finish and serve.** Remove from oven and add another drizzle of olive oil. Garnish with parsley and enjoy.



# Chickpea Farro Salad

*with Shrimp*



4 servings



25 minutes

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Bright, flavor-packed Mediterranean chickpea and farro salad with fresh veggies, herbs and a zippy citrus and olive oil dressing. Feel free to use thawed frozen shrimp (thaw in your fridge overnight.) Or simply leave out the shrimp or replace with avocado or roasted red peppers for a satisfying vegan option.

---

- 1 lemon, juiced
- 5 tablespoons extra virgin olive oil
- 2 teaspoon dried oregano
- 1/2 teaspoon cumin
- 1/2 teaspoon sumac
- Kosher salt
- Black pepper
- 2 1/2 cups farro, cooked according to package instructions
- 2 cups cooked or canned chickpeas (about 1 1/2 cans), drained and rinsed
- 10 ounces cherry tomatoes, halved
- 1 English cucumber, diced
- 2 green onions, trimmed and chopped
- 1 large handful fresh parsley, leaves chopped
- 15 mint leaves, chopped
- 1 pound large shrimp, peeled and deveined

1. **Make the dressing.** In a small bowl or mason jar, add the lemon juice, olive oil, oregano, cumin, sumac, and salt and pepper to taste. Whisk well, or close the mason jar and shake until well-combined.
2. **Mix the salad.** In a large salad bowl, combine cooked farro with the chickpeas, cherry tomatoes, cucumbers, green onion, parsley, and mint.
3. **Dress.** Pour the majority of the dressing on top of the salad and toss to combine—Leave a bit of the dressing, like 3 tablespoon or so, for the shrimp. Set the salad aside to allow flavors to meld.
4. **Prep the shrimp.** Place the uncooked shrimp in a bowl and pat dry with paper towels. Season with a pinch of salt and pepper, drizzle with olive oil, and toss to coat.
5. **Sauté the shrimp.** Heat a skillet or griddle over high heat. Add the shrimp and cook on one side until they start to turn pink, then turn and cook the second side (4 to 5 minutes in total.) Turn the heat off and add the reserved dressing to the hot shrimp. Toss to coat.
6. **Serve.** Transfer the farro salad to a serving platter or individual serving bowls. Top with the shrimp and enjoy!



# Shopping List - Week 3

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Everything you need for week 3 of Mediterranean Diet Recipes: spices, produce, pantry items, meat, fish, eggs, dairy and sauces, dips, condiments, etc.

## SPICES

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Kosher salt  
Black pepper  
Dried oregano  
Paprika  
Coriander  
Cumin  
Sumac  
Ras el hanout  
Cinnamon  
Turmeric  
Red pepper flakes

## PRODUCE

---

Mushrooms  
*like baby bella or crimini*  
Onion  
*Red, yellow, and green*  
Garlic  
Parsley  
Mint  
Lemons  
Shallots  
Celery  
Carrot  
Potatoes  
*Russet and sweet*  
Roma tomatoes  
English or hothouse cucumber  
Radishes

## PANTRY

---

Low sodium broth  
*Chicken and vegetable*  
Extra virgin olive oil  
Chickpeas  
*canned or cooked from scratch*  
Rustic bread  
All purpose flour  
Dijon mustard  
Marinated artichoke hearts  
Sun dried tomatoes  
Walnuts  
Canned tomatoes  
*Whole and fire-roasted*  
Dried apricot  
Fine bulgur wheat  
Pitted Kalamata olives  
Dry white wine  
Tomato paste

## MEAT, FISH, EGGS & DAIRY

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Boneless skinless chicken breasts  
Cooked chicken (roisserie chicken works well)  
Ghee (or substitute butter)  
Unsalted butter  
Cod fillet  
Feta cheese (block feta preserved in brine preferred)  
Large shrimp

## SAUCES, DIPS, CONDIMENTS, ETC.

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Harissa  
Hummus  
Falafels  
Pickles (optional)



# Mushroom Chicken



5 servings



20 minutes

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This mushroom chicken recipe is an easy weeknight meal in less than 30 minutes! Made with seasoned juicy chicken breast and a light mushroom sauce (no heavy cream!), this is a rich and luxurious chicken dish to satisfy without weighing you down.

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- 1 1/2 pound boneless skinless chicken breasts
- Kosher salt
- Black pepper
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- 1 teaspoon coriander
- 2 tablespoons extra virgin olive oil
- 1 tablespoon ghee or unsalted butter
- 12 ounces mushrooms (like baby bella or crimini), sliced
- 1/2 cup chicken broth
- 3 green onions, chopped
- 2 garlic cloves, minced
- Parsley, for garnish

1. **Get ready.** Preheat your oven to 200°F. (You will use it to keep the chicken warm.)
2. **Slice the chicken breasts into cutlets.** Starting at the thick side, carefully slice the chicken horizontally through the middle, making two thin halves per breast.
3. **Season the chicken.** Pat dry and season with a big pinch or two of salt and pepper. In a small bowl, combine the oregano, paprika, and coriander, then season the chicken all over with the spice mixture.
4. **Sear the chicken.** In a large skillet, heat 2 tablespoon extra virgin olive oil until shimmering but not smoking. Add the chicken cutlets and cook for 3 to 4 minutes on one side, then turn over and wait until it's cooked through, another 3 minutes or so. Transfer the chicken to an ovenproof platter and put it in the oven.
5. **Make the mushroom sauce.** In the same skillet, add a tiny bit more extra virgin olive oil and the ghee. When the ghee has melted, add the mushrooms and sauté for 5 minutes. Add the broth, green onions, garlic, salt and pepper and bring to a boil.
6. **Finish and serve.** Add the chicken back to the pan, spooning some of the sauce on top. Serve immediately.



# Lablabi

## *Tunisian Chickpea Stew*



4 servings



40 minutes

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Lablabi, also known as Tunisian Chickpea Soup or Stew, is a hearty and vegan North African meal featuring chickpeas, rustic bread, warm spices, and more. I love this flavorful, comforting stew for breakfast, lunch, and dinner—with or without a fried egg on top!

---

- 2 (15-ounce) cans chickpeas (with their liquid)
- 1/2 loaf rustic bread
- [Extra virgin olive oil](#)
- 1 small yellow onion, finely chopped
- 3 to 4 large garlic cloves, minced
- 1 teaspoon ground [cumin](#)
- 1/2 teaspoon ground [coriander](#)
- 1/2 teaspoon [paprika](#)
- Kosher salt
- 1 tablespoon [harissa](#), plus more for serving
- 2 lemons
- 1/2 cup roughly chopped parsley, plus more for garnish
- 2 green onions, chopped

1. **Simmer the chickpeas.** In a medium saucepan set over medium-high heat add the chickpeas with their liquid. Cover everything with one inch of water, then bring to a boil over high heat. Lower the heat to maintain a simmer, then cover part-way with a lid. Simmer until very tender, about 30 minutes.
2. **Brown the bread.** Set your oven rack about 6 inches beneath the boiler and set the broiler to high. While the chickpeas cook, tear the bread into large pieces, a little larger than bite-sized. Arrange on a large sheet pan and toss with a drizzle of olive oil. Arrange so they're crust side-down, then broil just until the bread turns golden brown, about one minute.
3. **Sauté the aromatics.** Heat 2 tablespoons olive oil in a medium non-stick skillet set over medium. Add the onions, garlic, cumin, coriander, paprika, and a dash of salt. Stir until the onions are tender and translucent, about 7 minutes (if you finish before the chickpeas are done remove the onion mixture from the heat).
4. **Combine.** When the chickpeas are ready, transfer the onion and garlic mixture to the saucepan with the chickpeas. Stir in the harissa, parsley, a big pinch of salt, the juice from 1 lemon, and a good drizzle of olive oil. Taste and adjust seasoning.
5. **Serve.** Slice the remaining lemon into wedges. Prepare serving bowls with a few pieces of toasted bread on the bottom. Ladle the stew on top. Garnish with a good drizzle of olive oil, dollop of harissa, more parsley, and the chopped green onions. Serve immediately, with lemon wedges and more of the toasted bread to the side.



# Baked Cod

## *With Lemon And Garlic*



5 servings



22 minutes

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Best baked cod recipe out there, and one of our most loved recipes! This easy baked cod is prepared Mediterranean-style, with a few simple spices and a mixture of lemon juice, olive oil and lots of garlic. Serve with a big fresh, seasonal salad and crusty bread or rice to capture the sauce.

---

- 1 1/2 pounds cod fillet, cut into 4-6 equal pieces
  - 1/4 cup chopped parsley leaves
  - 5 tablespoons fresh lemon juice (from about 2 lemons)
  - 5 tablespoons extra virgin olive oil, divided
  - 2 tablespoons unsalted butter, melted
  - 1/3 cup all purpose flour
  - 1 teaspoon ground coriander
  - 3/4 teaspoon paprika
  - 3/4 teaspoon ground cumin
  - 1/4 teaspoon kosher salt
  - 1/2 teaspoon black pepper
  - 5 garlic cloves, minced
1. **Get ready.** Preheat your oven to 400°F.
  2. **Start the sauce.** In a shallow bowl, mix together the lemon juice, 3 tablespoons of the olive oil, and the melted butter (do not add the garlic yet). Set aside.
  3. **Make the dredge.** In a separate shallow bowl, mix the flour, coriander, paprika, cumin, and a big pinch of salt and pepper. Set next to the lemon sauce.
  4. **Dredge the fish.** Pat the fish dry, then dip first in the lemon sauce and second in the flour mixture, turning in each bowl to coat. Shake off any excess flour. (Reserve the lemon sauce for later.)
  5. **Sear the cod.** Heat the remaining 2 tablespoons olive oil in a cast iron skillet or an oven-safe pan over medium-high heat. Watch the oil until it begins to get wavy (but before smoking). Add the fish and sear on each side to give it some color, but do not fully cook, about 2 minutes per side. Remove the skillet from heat.
  6. **Finish the sauce.** Whisk the garlic into the remaining lemon sauce. If you worked in batches, add the seared fish back to the skillet. Drizzle the garlic lemon sauce all over the fish fillets.
  7. **Bake.** Bake in the heated oven until the fish flakes easily with a fork (10 minutes should do it, but begin checking earlier).
  8. **Enjoy.** Remove from the heat and sprinkle with the chopped parsley. Serve immediately.



# Healthy Chicken Salad



6 servings



10 minutes

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This healthy chicken salad recipe has all of the nostalgia of the classic with NO MAYO and a Mediterranean-style twist. Use rotisserie chicken and it's ready to go in 10 minutes, but it does get better with at least 30 minutes to soak in the flavor.

---

- 1/3 cup extra virgin olive oil
- 1 to 2 lemons
- 1 to 2 garlic cloves, minced
- 3 teaspoon Dijon mustard
- 1 teaspoon sumac
- 1/2 teaspoon paprika
- 3/4 pound cooked chicken, shredded (rotisserie works well)
- 1 to 2 shallots, chopped
- 2 celery stalks, chopped
- 1 (15 ounce) can marinated artichoke hearts, drained and chopped
- 1 to 2 ounces sun dried tomatoes, chopped
- Handful (about 1 packed cup) parsley, leaves and tender stems chopped
- 1/3 cup walnuts, chopped
- Kosher salt
- Black pepper

1. **Make the dressing.** In a small mixing bowl, whisk together the olive oil, zest and juice of one lemon, garlic, Dijon, sumac, and paprika. Taste and add the juice from the second lemon, if desired.
2. **Mix the salad.** In a large mixing bowl, combine the chicken, shallot, celery, artichoke hearts, sun dried tomatoes, parsley, and walnuts. Season with a good pinch of salt and pepper.
3. **Dress the salad.** Pour the dressing over the chicken salad and toss to combine.
4. **Enjoy!** Serve immediately. Or, for best flavor, cover and refrigerate for 30 minutes before serving.



# Moroccan Vegetable Tagine



5 servings



55 minutes

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All-star vegetable tagine recipe! Simple vegetable stew packed with the perfect balance of Moroccan flavors. It's vegan and gluten free, though you can serve with your favorite bread, grain, couscous, or rice if you'd like, or as a side to roast chicken.

---

- 1/4 cup extra virgin olive oil
- 2 medium yellow onions, chopped
- 8-10 garlic cloves, chopped
- 2 large carrots, chopped
- 2 russet potatoes, peeled & cubed
- 1 sweet potato, peeled & cubed
- Kosher salt
- 1 1/2 teaspoons ras el hanout
- 1 teaspoon ground coriander
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground turmeric
- 2 cups canned whole tomatoes
- 1/2 cup chopped dried apricot
- 1 quart low-sodium vegetable broth (or broth of your choice)
- 2 cups cooked or canned chickpeas, drained
- 1 lemon, juiced
- Handful fresh parsley leaves
- Back pepper

1. **Sauté the aromatics.** In a large heavy pot or Dutch oven over medium heat, heat the olive oil until just shimmering. Add the onions and turn the heat to medium-high. Saute for 5 minutes, tossing regularly then stir in the garlic, carrots, and potatoes.
2. **Season.** Stir in the ras el hanout, coriander, cinnamon, turmeric, and a big pinch or two of salt. Toss to combine.
3. **Soften.** Cook for 5 to 7 minutes on medium-high heat, mixing regularly with a wooden spoon.
4. **Simmer.** Add the tomatoes, apricot, broth and a small dash of salt. Cook on medium-high for 10 minutes, then turn the heat down to maintain a simmer. Cover and simmer until the veggies are tender, 20 to 25 minutes.
5. **Soften the chickpeas.** Stir in the chickpeas and cook another 5 minutes on low heat.
6. **Finish.** Stir in lemon juice and fresh parsley. Taste and adjust seasoning, adding more salt, ras el hanout, or lemon juice to your liking.
7. **Enjoy!** Transfer to serving bowls and top each with a generous drizzle of olive oil. Serve hot!



# Falafel Bowl



4 servings



30 minutes

Loaded with falafel, hummus, fresh vegetables, olives and pickles, these Mediterranean bowls are a delicious and satisfying vegetarian meal. If you'd like to make this ahead, simply store the ingredients separately in your fridge and assemble just before serving.

## For the Tabouli Salad

- 4 firm Roma tomatoes, very finely chopped
- 1/2 cup [fine bulgur wheat](#)
- 1 English or hothouse cucumber, very finely chopped
- 2 bunches parsley, leaves and tender stems very finely chopped
- 12-15 fresh mint leaves, very finely chopped
- 4 green onions, white and green parts very finely chopped
- Kosher salt
- 3-4 tablespoons lemon juice
- 3-4 tablespoons [extra virgin olive oil](#)

## For the Falafel Bowl

- 1 cup [hummus](#) (homemade or store bought)
- 16 [Falafels](#)
- 2 Roma tomatoes, sliced into half moons
- 1 English or hothouse cucumber, sliced into half moons
- 6 radishes, sliced into half moons
- 1/2 medium red onion, thinly sliced
- Pitted Kalamata olives
- Your favorite pickles (optional)
- 1 (4-ounce) block feta, crumbled
- [Extra virgin olive oil](#)
- [Sumac](#), for seasoning (optional)

1. **Start the tabouli salad.** Place the chopped tomatoes in a colander to drain excess juice. Wash the bulgur wheat and soak it in water for 5-7 minutes. Drain very well (squeeze the bulgur wheat by hand to get rid of any excess water).
2. **Mix the salad.** Transfer the tomatoes and bulgur to a mixing bowl, along with the cucumber, parsley, mint, and green onions. Add the lime juice, olive oil, and a pinch of salt. Mix very gently to combine, and adjust the seasoning to taste.
3. **Make the base.** Using shallow dinner bowls, start by spreading about 1/4 cup hummus on one side. Next, add the salad, then 3 to 4 falafel patties.
4. **Add the toppings.** Fill the empty spots in your bowls with the fresh tomatoes, cucumbers, radishes, onion, olives, pickles, and feta.
5. **Dress and serve.** Finish each bowl with a generous drizzle of extra virgin olive oil and a dash of sumac to season (if using). Enjoy!



# Shrimp Fra Diavolo

## *Spicy Shrimp in Tomato Sauce*



4 servings



20 minutes

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Shrimp fra diavolo is a spicy, delicious one-pan Italian dish. It's made with plump shrimp cooked in a flavorful, hearty tomato sauce with generous amounts of garlic, white wine, and fresh parsley. Serve with your favorite crusty bread, pasta, or rice.

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- 1 pound large shrimp, peeled and deveined (tails attached)
- Kosher salt
- 2 teaspoons red pepper flakes, more to your liking
- Extra virgin olive oil
- 1 medium yellow onion, chopped
- 5 garlic cloves, minced
- 1 cup dry white wine
- 1 (15-ounce) can diced fire-roasted tomatoes, or plain fire-roasted tomatoes
- 1/4 cup tomato paste
- Black pepper
- 2 teaspoons dried oregano
- 1/2 cup chopped parsley leaves

1. **Prep the shrimp.** Pat the shrimp dry and season with a big pinch of kosher salt and 1 teaspoon of the red pepper flakes.
2. **Sauté the shrimp.** In a large skillet over medium heat, heat 2 tablespoons olive oil until shimmering. Add the shrimp and cook, flipping once, for 45 seconds to 1 minute in total. Transfer the shrimp and its juices to a plate for now. (If the shrimp is still grey in some parts it is okay, it will finish cooking in the sauce.)
3. **Make the sauce.** In the same skillet, add 3 tablespoons extra virgin olive oil over medium-high until shimmering. Reduce the heat to medium, then add the onions and garlic. Cook for 5, tossing regularly, until the onions have softened and turned a light golden brown (manage your heat to make sure the garlic does not burn). Add the wine and cook until reduced by half.
4. **Simmer.** Stir in the diced tomatoes and tomato paste. Season with the oregano, remaining 1 teaspoon red pepper flakes, and a pinch of salt and pepper. Bring to boil, then lower the heat to medium-low. Allow the sauce to simmer until thickened, 10 minutes or so.
5. **Add the shrimp.** Nestle the shrimp into the sauce, pouring any accumulated juices over top. Cook until the shrimp is just warmed through and pink, about 1 minute.
6. **Finish and enjoy.** Sprinkle on the fresh parsley and serve immediately.

4



# Shopping List - Week 4

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Everything you need for week 4 of Mediterranean Diet Recipes: spices, produce, pantry items, meat, fish, eggs, dairy and sauces, dips, condiments, etc.

## SPICES

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Kosher salt  
Black pepper  
Ras el hanout  
Paprika  
*Sweet and smoked*  
Ground ginger  
Cayenne  
Sumac  
Aleppo pepper  
Red pepper flakes  
Italian seasoning  
Dried oregano  
Baharat  
All natural seasoned salt  
Coriander

## PRODUCE

---

Parsley  
Lemon  
Tomatoes  
*Roma, large sandwich, cherry*  
English cucumbers  
Bell peppers  
*Green, red, yellow*  
Granny Smith apples  
Mint  
Onion  
*Red, yellow, green*  
Carrots  
Garlic  
Fresh thyme  
Zucchini  
Cilantro  
Jalapeno (optional)  
Dill  
Green beans

## PANTRY

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White wine vinegar  
Baking powder  
Extra virgin olive oil  
White bread  
Chickpeas  
*Canned or cooked from scratch*  
Pitted olives  
*Black, Kalamata, and green*  
Canned tuna  
Orange juice  
Sun dried tomatoes  
Canned anchovy filets  
Canned peeled whole tomatoes  
Capers  
Pearled barley  
Toasted pine nuts (optional)

## MEAT, FISH, EGGS & DAIRY

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Eggs  
*Raw and hard boiled*  
Whole milk  
Salmon fillet  
Halibut fillet  
Butter  
Lean ground beef or lamb  
Bone-in, skin-on chicken pieces  
Feta cheese (optional)

## SAUCES, DIPS, CONDIMENTS, ETC.

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Harissa  
Baguette (optional)



# Slata Tounsiya

## Tunisian Salad



6 servings



20 minutes

Tunisian salad, also called Salad Tunisienne or Slata Tounsiya, is a traditional chopped salad from Northwest Africa's Mediterranean coast with canned tuna, hard boiled eggs, olives, fresh herbs, and loads of fruits and vegetables. This salad is as pretty as it is delicious—great for both easy, casual entertaining and nutritious weekday meals!

- 1 1/2 tablespoons white wine vinegar
- 1 tablespoon chopped parsley
- 3/4 teaspoon kosher salt
- 3/4 teaspoon ground black pepper
- Juice of 1/2 - 1 lemon
- 8 Roma tomatoes
- 2 English cucumbers
- 3 green bell peppers, finely diced
- 1 Granny Smith apple, peeled and diced
- A big handful of fresh mint leaves, finely chopped (or 1 tablespoon dried mint)
- 1/2 - 1 red onion, finely diced
- 5 hard boiled eggs, quartered
- 1/2 cup pitted black olives
- 1/2 cup pitted green olives
- 1 (5-ounce) can oil-packed tuna, drained

- 1. Prepare the dressing.** Add the olive oil, vinegar, parsley, salt, pepper, and the juice of 1/2 of a lemon to a screw-top jar. Seal and vigorously shake until emulsified. You can also just whisk this together in a bowl. Add more lemon juice to taste.
- 2. Prepare your vegetables, fruit and herbs.** Slice the tomatoes and cucumbers in half and use a metal spoon to scrape out the seeds. Then finely dice.
- 3. Mix and dress.** In a large serving bowl, mix the finely diced tomatoes, cucumbers, peppers, apple, and mint. Stir in the dressing.
- 4. Add onion to taste.** Mix in half the onion, taste, and add more onion to your liking. I usually end up using all of it but it really depends on personal taste. Remember that its tanginess will be tamed by the lemon juice and olive oil in the dressing.
- 5. Finish the salad.** Before enjoying, transfer the salad to a large serving bowl and top it with 6 wedges of hard boiled eggs, olives and tuna. You can use as much as you like of any of these depending on your taste preference and hunger level. Serve the remaining egg quarters on the side. Enjoy!



# Carrot Frittata

## *Tunisian Carrot Frittata*



6 servings



20 minutes

This is a unique frittata that combines the sweetness of carrots with fresh herbs and warm, earthy North African flavors of ras el hanout and harissa. It's delicious hot out of the oven with flatbread, assorted olives, and pickled vegetables and/or a fresh salad. Serve any leftovers at room temperature or warmed up in a medium-heated oven.

- 3/4 pound carrots, cut into large pieces
- 1 medium yellow onion, cut into large pieces
- 1 cup parsley leaves and tender stems
- 6 eggs
- 1/4 cup whole milk
- 1 teaspoon Ras el hanout, divided
- 1/4 teaspoon baking powder
- Kosher salt
- Black pepper
- 2 large garlic cloves, minced
- Extra virgin olive oil
- 1 to 2 teaspoons harissa (optional), plus more for serving
- Toasted baguette, for serving (optional)

1. **Get ready.** Position a rack in the middle of your oven and preheat your oven to 350°F.
2. **Prep the veggies.** In the large bowl of food processor fitted with a blade, pulse the carrots until they're finely chopped or shredded. Transfer to a large mixing bowl. Pulse the onions in the food processor until finely chopped. Transfer to the bowl with the carrots and give your food processor a rinse.
3. **Prep the parsley.** Wipe the food processor dry, then add the parsley. Pulse until finely chopped, then mix with the carrot mixture.
4. **Mix.** In a medium mixing bowl whisk the eggs, milk, 3/4 teaspoon Ras el Hanout, baking powder, and a big dash of salt and pepper.
5. **Sauté.** In a 10-inch oven-safe skillet, heat 2 tablespoons olive oil over medium heat until shimmering. Add the carrot and onion mixture, along with the garlic, remaining 1/4 teaspoon Ras el hanout, and a big pinch of salt and pepper. Cook, stirring with a wooden spoon, until the mixture has softened and gained some color, about 10 minutes.
6. **Layer.** Stir in the harissa paste, then spread the carrot and onion mixture evenly on the bottom of the pan. Pour the egg mixture on top of the carrot mixture.
7. **Bake.** Transfer the skillet to the center rack or the heated oven. Bake until the eggs are fully set in the middle, about 15 minutes.
8. **Rest and enjoy.** Remove from the oven and allow the frittata to rest for 5 minutes before slicing. Garnish with a little parsley. If you'd like, serve with a toasted baguette and a bit more harissa in a small bowl to the side.



# Oven Baked Salmon

## *Baked Salmon In Foil*



4 servings



40 minutes

This baked salmon in foil is a fan-favorite for a reason! It comes together super quickly, and you'll love the bold Mediterranean flavors with garlic, fresh thyme, earthy paprika, and a buttery lemon sauce.

- 1 1/4 pound salmon fillet, cut into 4 equal portions
- Extra virgin olive oil
- Kosher salt
- Black pepper
- 15 garlic cloves, crushed or finely chopped, divided
- 4 fresh thyme springs (or 2-3 teaspoon dried thyme)
- 2 squash (like zucchini or yellow squash), sliced into half moons
- 1 large tomato, sliced into half moons
- 2 large green onions, both white and green parts sliced
- 2 tablespoons butter, melted
- 1 teaspoon paprika
- 1 large lemon, juiced
- 1/2 cup chopped fresh parsley leaves, stems discarded
- Lemon wedges, for serving

1. **Get ready.** Preheat your oven to 400°F. Cut 4 pieces of foil to be large enough to wrap the salmon, about 4 12-inches by 17-inches each. Spread them on a large sheet tray.
2. **Prep the salmon.** Drizzle olive oil generously over each of the salmon fillets, then place the salmon fillets, oiled side down, on the prepared foil sheets.
3. **Season.** Spread half of the crushed garlic over the salmon fillets, and season with a pinch of salt and pepper. Top each salmon with a sprig of thyme.
4. **Make the sauce.** In a small bowl, mix the remaining crushed garlic with the melted butter, 1/3 cup olive oil, lemon juice, paprika, and a pinch of salt and pepper.
5. **Dress the veggies.** Place veggies and sauce in a large bowl or tray and toss to combine.
6. **Wrap and bake.** Divide the vegetables equally over (or next to) the salmon fillets. Fold the foil over the salmon and vegetables and seal shut. Bake for 20-25 minutes, depending on how well-done you like your salmon.
7. **Unwrap and enjoy!** Use a spatula to carefully transfer the salmon and vegetable foil packets to individual serving plates. Serve with lemon wedges on the side for squeezing.



# Moroccan Meatballs

*with Carrot Salad*



4 servings



1 hour

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Moroccan meatballs, traditionally called *kefta*, are made with lean ground beef, boldly seasoned with Ras el Hanout, and served with a bright and crunchy carrot salad. You can serve this one on its own, but I love to load up a pita pocket with a drizzle of [Tzatziki sauce](#), [Tahini sauce](#) or Greek yogurt.

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- 1 slice white bread, toasted
- Water or milk, for soaking
- 1 1/4 pound lean ground beef or lamb
- 1 small red onion, grated
- 2 garlic cloves, minced
- Small handful fresh cilantro leaves and tender stems, chopped
- 3 teaspoon [Ras el hanout](#)
- 1/2 teaspoon ground ginger
- 1/2 teaspoon cayenne
- Kosher salt
- Black pepper
- 4 carrots, peeled
- 3 tablespoon orange juice
- Handful mint leaves, chopped
- [Extra virgin olive oil](#)

1. **Soak the bread.** Into a large mixing bowl cover the bread and water or milk. Let it soak until softened, just about a minute or so, then squeeze the liquid out of the bread, discard the liquid and return the bread to the bowl. Add the meat, onion, garlic, cilantro, Ras El Hanout, ginger, and cayenne. Sprinkle in a big pinch of kosher salt and black pepper. Mix until the meat mixture is combined.
2. **Roll.** Roll into bite-sized meatballs, about 1 tablespoon each. Arrange on a tray, wrap with plastic, and refrigerate for 30 minutes (this helps the meatballs keep their shape).
3. **Make the carrot salad.** While the meatballs are chilling, use a vegetable peeler to shave the carrots into ribbons (or you can slice them into very thin sticks.) Place in a medium mixing bowl along with the orange juice, mint leaves, and a good glug of olive oil. Season with a pinch of salt and pepper and toss to combine. Set in the fridge for now. Get any other sides for serving ready to go, like pita bread or rice and sauce or yogurt.
4. **Cook the meatballs.** Heat a large cast iron or frying skillet over medium heat. Drizzle the meatballs with extra virgin olive oil. When the pan is hot, cook the meatballs, turning occasionally, until they're cooked through and charred, about 7 minutes. Work in batches if needed to avoid overcrowding the pan.
5. **Serve.** Arrange the meatballs on a large platter. Spread the carrot salad along the side of the platter, along with any other fixings of your choice. Enjoy!



# Balela Salad

## *Mediterranean Chickpea Salad*



6 servings



10 minutes

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Balela salad is an ancient Middle Eastern chickpea salad. It is simple, wholesome, bright, and flavor-packed. A winner on all fronts!

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- 3 1/2 cups cooked or canned chickpeas, drained and rinsed
- 1/2 green bell pepper, chopped
- 1 jalapeno, finely chopped (optional)
- 2 1/2 cups grape or cherry tomatoes
- 3-5 green onions, chopped
- 1/2 cup sun dried tomatoes
- 1/3 cup pitted Kalamata olives
- 1/4 cup pitted green olives
- 1/2 cup chopped parsley leaves
- 1/2 cup chopped mint (or basil) leaves
- 1/4 cup extra virgin olive oil
- 2 tablespoons white wine vinegar
- 2 tablespoons lemon juice
- 1 garlic clove, minced
- 1 teaspoon sumac
- 1/2 teaspoon Aleppo pepper (optional)
- 1/4 to 1/2 teaspoon red pepper flakes (optional)
- Kosher salt
- Black pepper

1. **Mix the salad.** In a large bowl, mix the chickpeas, bell pepper, jalapeno (if using), tomatoes, green onion, sun-dried tomatoes, olives, and herbs.
2. **Make the dressing.** In a separate bowl or jar, add the olive oil, vinegar, lemon juice, garlic, sumac, Aleppo pepper, and red pepper flakes (if using). Season with salt and pepper to taste and whisk to combine.
3. **Dress.** Drizzle the dressing over the salad and mix gently to coat. Ideally, leave aside for 30 minutes before serving, or cover and refrigerate until you're ready to serve.
4. **Serve.** When you're ready to serve, give the salad a quick mix and taste to adjust seasoning if needed. Enjoy!



# Chicken Puttanesca

*with a Garlicky Tomato Sauce*



6 servings



45 minutes

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In this one-pan recipe, chicken is pan-seared until golden brown and crispy, then braised in a deeply savory, briny, and punchy puttanesca sauce. It's not at all "fishy," I promise! The anchovies melt into the sauce for umami goodness, but you can always start small and work your way up to 8. Serve with a side of crusty bread.

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- 3 pounds bone-in, skin-on chicken pieces
- Kosher salt
- Ground black pepper
- 1 teaspoon [Italian seasoning](#)
- 1 lemon, juiced
- 1/4 cup [extra virgin olive oil](#)
- 4-8 anchovy filets
- 5 large garlic cloves, minced
- 1 (28-ounce) can peeled whole San Marzano tomatoes
- 1/2 cup pitted Kalamata olives, sliced
- 3 tablespoons drained capers
- 2 teaspoons dried oregano
- 1 teaspoon red pepper flakes (optional)
- 1/2 cup chopped parsley leaves, for garnish

1. **Prep the chicken.** Use paper towels to pat the chicken pieces dry, then season well with kosher salt and black pepper on both sides. Rub some salt and pepper underneath the skin as well.
2. **Sear the chicken.** In a large nonstick skillet over medium-high heat, add 3 tablespoons of olive oil. Once the oil begins to shimmer, add the chicken, skin side down. Cook until the skin is crispy and golden brown, about 5-8 minutes. Flip and cook until the second side is golden brown as well, about 5 minutes more.
3. **Season the chicken.** Transfer the seared chicken to a large tray and sprinkle with Italian seasoning. Pour the lemon juice over the chicken. Set it aside for now.
4. **Melt the anchovies.** Turn the heat to medium. If the skillet is dry, add a little more olive oil. Add the anchovy filets and cook for about 2 minutes or so, pushing the anchovies around the skillet. They will kind of melt into the oil and infuse it with flavor.
5. **Finish the sauce.** Add the garlic and cook until fragrant, about 30 seconds. Add the tomatoes, half the olives, half the capers, the dried oregano and red pepper flakes (if using). Bring the sauce to a simmer over medium heat.
6. **Simmer the chicken.** Add the chicken back into the skillet, nestling it in the sauce. Spoon a bit of the sauce over the chicken. Cover part way, either with a lid or a splatter guard. Simmer until the chicken is fully cooked and tender, about 25-30 minutes. A thermometer in the thickest part of the chicken should read 165°F.
7. **Serve.** Garnish with the parsley and the remaining olives and capers and enjoy.



# Roasted Vegetables

*with Barley and Feta*



6 servings



50 minutes

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Easy roasted vegetable barley recipe, prepared Mediterranean style with fresh herbs, spices, citrus and extra virgin olive oil. Omit the feta for a vegan option.

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- 1 cup pearled barley, rinsed
  - 2 zucchini, diced
  - 1 red bell pepper, cored and diced
  - 1 yellow bell pepper, cored and diced
  - 1 medium red onion, diced
  - Kosher salt
  - Black pepper
  - 2 teaspoons baharat, divided
  - 3/4 teaspoons smoked paprika, divided
  - Extra virgin olive oil
  - 2 green onions, trimmed and chopped
  - 1 garlic clove, minced
  - 1 cup chopped fresh parsley
  - 2 tablespoons lemon juice
  - Feta, for garnish (optional)
  - Toasted pine nuts, for garnish (optional)
- **Get ready.** Preheat your oven to 425°F.
  - **Cook the barley.** In a medium saucepan over high heat, bring the barley and 2 1/2 cups water to a boil. Turn the heat to low, cover, and cook until the barley is cooked through (should be tender but maintains some chew), anywhere from 30 to 45 minutes.
  - **Roast the veggies.** While barley is cooking, place the zucchini, bell pepper, and onion on a large baking sheet. Season with a pinch of salt, pepper, 1 1/2 teaspoons baharat, and 1/2 teaspoon smoked paprika. Drizzle with olive oil and toss to coat. Spread evenly in one layer, then roast in the heated oven for 25 minutes.
  - **Finish the barley.** When barley is ready, drain any excess water. Transfer to a large mixing bowl and season with 1/2 teaspoon baharat spice, 1/4 teaspoon smoked paprika, and salt and pepper to taste. Toss to combine.
  - **Mix.** To the bowl, add the roasted veggies, scallions, garlic, parsley, lemon juice, and a good drizzle of olive oil. Toss to combine.
  - **Finish and serve.** If you like, top with feta and pine nuts. Serve warm, at room temperature, or cold! Enjoy.



# Sheet-Pan Baked Halibut

*with Green Beans and Cherry Tomatoes*



6 servings



20 minutes

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You'll love this simple baked halibut recipe with colorful vegetables tossed in a citrus and olive oil sauce! Perfect for busy weeknights because it comes together in 20 minutes or less. Feel free to substitute with any meaty, mild white fish.

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- 2 lemons, zested and juiced
- 1 cup extra virgin olive oil
- 1 1/2 tablespoons minced garlic
- 2 teaspoons chopped dill
- 1 teaspoon all natural seasoned salt, plus more for garnish
- 1/2 teaspoon ground black pepper
- 1 teaspoon dried oregano
- 1/2 to 3/4 teaspoon ground coriander
- 1 pound green beans, trimmed
- 1 pound cherry tomatoes
- 1 large yellow onion, sliced into half moons
- 1 1/2 pounds halibut fillet, slice into 1 1/2-inch pieces

1. **Get ready.** Set one rack near the top of your oven and one rack near the middle, then preheat to 425°F.
2. **Make the sauce.** In a large mixing bowl, whisk together the lemon juice, zest, olive oil, garlic, dill, salt, pepper, oregano, and coriander.
3. **Dress the veggies.** To the bowl, add the green beans, tomatoes, and onion and toss to coat. With a large slotted spoon or spatula, transfer the vegetables to a large baking sheet. Keep the vegetables to one side or one half of the baking sheet and make sure they are spread out in one layer.
4. **Dress the halibut.** Now add the halibut fillet strips to the remaining sauce and toss to coat. Transfer the halibut to the baking sheet next to the vegetables and pour any remaining sauce on top.
5. **Season and bake.** Lightly sprinkle everything with a little more seasoned salt. Bake in the hot oven for 15 minutes, then transfer the baking sheet to the top rack and broil for another 3 minutes or so, watching carefully. The cherry tomatoes should begin to pop under the broiler.
6. **Enjoy!** When ready, remove the baked halibut and vegetables from the oven. Serve immediately.

# Thank You!

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Thank you so much for being a cherished part of our Mediterranean Dish community. I hope these past 30 days have brought you joy, new go-to recipes, memories around the table, and maybe even introduced you to a new spice or flavor!

The best part? This is just the beginning! I hope I've shown that eating the Mediterranean way does not need to be intimidating. It's filled with all the flavor and comfort, with recipes that will nourish your body and spirit.

To continue on your journey, check out my cookbook, [The Mediterranean Dish, 120 Bold and Healthy Recipes You'll Make on Repeat](#). And stop by [our site](#) to explore easy, weeknight-friendly breakfasts, lunches, dinners, snacks, drinks, and more. We add new delicious recipes every week!

My greatest joy comes from hearing about the positive impact The Mediterranean Dish has had on people's lives. Please keep in touch!

To your joy and your health,  
Suzy

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I'd like to empower you with all the essentials to live & cook the Mediterranean way. As my gift to you, use code TMD10 at checkout for 10% off your first order from [our shop](#)!

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