

# THE *Complete* MEDITERRANEAN HEALTHY DIET COOKBOOK

Broad Spectrum Of  
Mediterranean-inspired

**Dishes**

**HEART  
FRIENDLY  
RECIPES**



**7 DAY  
MEAL-PLAN**

**80** AWESOME  
RECIPES

**BEGINNER  
FRIENDLY GUIDE**

# CHARITY CHIDI

## **Copyright**

All rights reserved. No part of this publication may be republished in any form or by any means, including photocopying, scanning or otherwise without prior written permission to the copyright holder

Copyright © 2023 Charity Chidi



# TABLE OF CONTENTS

---

## INTRODUCTION

### CHAPTER 1: BREAKFAST DELIGHTS

1. [Classic Greek Yogurt Parfait](#)
2. [Tomato and Feta Breakfast Casserole](#)
3. [Olive Oil Granola with Nuts and Dried Fruits](#)
4. [Spinach and Feta Omelette](#)
5. [Mediterranean Shakshuka](#)
6. [Whole Grain Breakfast Bowl with Fresh Fruit](#)
7. [Smoked Salmon and Dill Cream Cheese Toast](#)
8. [Mediterranean Vegetable Frittata](#)
9. [Almond and Honey Overnight Oats](#)
10. [Greek-style Breakfast Burrito](#)

### CHAPTER 2: FRESH SALADS AND APPETIZERS

1. [Greek Salad with Kalamata Olives and Feta](#)
2. [Caprese Salad with Balsamic Glaze](#)
3. [Hummus Trio: Classic, Roasted Red Pepper, and Olive Tapenade](#)
4. [Stuffed Grape Leaves \(Dolmas\)](#)
5. [Tzatziki and Pita Bread Platter](#)
6. [Roasted Red Pepper and Walnut Dip](#)
7. [Baba Ganoush with Fresh Herbs](#)
8. [Artichoke and Sundried Tomato Bruschetta](#)
9. [Mediterranean Cucumber Cups with Tuna Salad](#)
10. [Roasted Eggplant and Red Pepper Spread](#)

### **CHAPTER 3:**

#### **VIBRANT VEGETABLE DISHES**

1. [Ratatouille: Provençal Vegetable Medley](#)
2. [Grilled Mediterranean Eggplant with Herbs](#)
3. [Spanakopita: Spinach and Feta Phyllo Pie](#)
4. [Roasted Mediterranean Veggies with Balsamic Drizzle](#)
5. [Stuffed Bell Peppers with Quinoa and Herbs](#)
6. [Lemon and Herb Roasted Zucchini](#)
7. [Garlic Sautéed Swiss Chard](#)
8. [Roasted Fennel with Citrus Glaze](#)
9. [Mediterranean Stuffed Portobello Mushrooms](#)
10. [Green Beans with Cherry Tomatoes and Garlic](#)

### **CHAPTER 4:**

#### **SEAFOOD SENSATIONS**

1. [Lemon Herb Grilled Salmon](#)
2. [Garlic and Rosemary Baked Cod](#)

3. [Shrimp and Orzo Salad with Lemon Vinaigrette](#)
4. [Mediterranean-style Fish Tacos](#)
5. [Calamari and Olive Skewers](#)
6. [Grilled Swordfish with Fresh Herb Pesto](#)
7. [Baked Red Snapper with Mediterranean Salsa](#)
8. [Tuna and White Bean Salad](#)
9. [Octopus Salad with Citrus and Olives](#)
10. [Spiced Grilled Sardines](#)

## **CHAPTER 5:**

### **POULTRY AND MEAT DELICACIES**

1. [Chicken Souvlaki with Tzatziki](#)
2. [Lamb Kebabs with Mint-Yogurt Sauce](#)
3. [Mediterranean Stuffed Chicken Breasts](#)
4. [Beef and Vegetable Kabobs](#)
5. [Greek-style Meatballs \(Keftedes\) with Tomato Sauce](#)
6. [Lemon and Rosemary Roast Chicken](#)
7. [Braised Lamb with Olives and Tomatoes](#)
8. [Grilled Turkey Burgers with Feta and Spinach](#)
9. [Herb-marinated Grilled Pork Tenderloin](#)
10. [Chicken and Chorizo Paella](#)

## **CHAPTER 6:**

### **WHOLESOME GRAINS AND LEGUMES**

1. [Greek Lemon Rice Pilaf](#)
2. [Quinoa and Roasted Vegetable Bowl](#)
3. [Mediterranean Lentil Soup](#)
4. [Chickpea and Spinach Stew](#)
5. [Feta and Olive Stuffed Pasta Shells](#)

6. [Farro Salad with Roasted Vegetables and Feta](#)
7. [Barley and Herb-stuffed Bell Peppers](#)
8. [Bulgur and Chickpea Salad with Lemon-Herb Dressing](#)
9. [White Bean and Tomato Bruschetta](#)
10. [Lentil and Brown Rice Casserole](#)

## **CHAPTER 7:**

### **DECADENT DESSERTS**

1. [Baklava: Honey and Nut Pastry](#)
2. [Orange and Olive Oil Cake](#)
3. [Greek Yogurt Cheesecake with Mixed Berries](#)
4. [Fig and Almond Tart](#)
5. [Pistachio and Honey Semifreddo](#)
6. [Honey and Yogurt Parfait with Fresh Berries](#)
7. [Lemon and Almond Biscotti](#)
8. [Olive Oil and Rosemary Shortbread Cookies](#)
9. [Sesame and Honey Pastries \(Sesame Bars\)](#)
10. [Ricotta and Honey Stuffed Dates](#)

## **CHAPTER 8:**

### **CONDIMENTS AND SAUCES**

1. [Lemon-Herb Vinaigrette](#)
2. [Traditional Greek Tzatziki Sauce](#)
3. [Romesco Sauce with Red Peppers and Almonds](#)
4. [Olive Tapenade with Herbs and Garlic](#)
5. [Basil Pesto with Pine Nuts](#)
6. [Garlic and Lemon Hummus](#)
7. [Cilantro and Mint Chimichurri](#)

8. [Yogurt and Dill Cucumber Sauce](#)
9. [Red Onion and Balsamic Jam](#)
10. [Roasted Red Pepper Coulis](#)

[\*\*CONCLUSION\*\*](#)

[\*\*MEAL PLAN\*\*](#)

[\*\*INGREDIENT INDEX\*\*](#)

[\*\*RECIPE INDEX\*\*](#)

# INTRODUCTION

---

## **Welcome to the Mediterranean Lifestyle**

Step into a World of Flavor: Welcome to the Mediterranean Lifestyle! In a whirlwind of diet trends and fleeting health crazes, a timeless treasure trove of wellness wisdom exists—the Mediterranean diet. But wait, this is no ordinary diet. It's an odyssey through taste, a celebration of the senses, and a lifelong adventure into the heart of nourishment. Join us as we unfurl the sails of flavour and set course for the Mediterranean, where food isn't just sustenance but a symphony of life, love, and living well.

Picture yourself strolling down cobbled streets under a warm sun, with the aroma of olive oil and herbs dancing on the breeze. Imagine sitting at a table groaning under the weight of vibrant dishes, each plate telling a story of generations past; This isn't just eating; it's an immersion into a world where culinary artistry meets wholesome living.

As you delve into the pages of this book, you're not just learning about a diet; you're opening a treasure chest of traditions. From the sun-soaked vineyards of Italy to the azure coasts of Greece and from the vibrant markets of

Morocco to the cozy kitchens of Spain, the Mediterranean diet isn't a regimented rulebook—it's a passport to an indulgent way of life. It's the harmonious marriage of hearty grains, luscious fruits, heart-healthy fats, and a sprinkle of indulgence. It's a diet backed by centuries of wisdom and modern science—a diet that's as friendly to your taste buds as it is to your well-being.

So, if you're tired of quick fixes and empty promises and're ready to swap the crash diets for a lifelong adventure, fasten your seatbelt and turn the page. Let's explore the Mediterranean together, unravel its secrets, and embrace a lifestyle as captivating as it is good for you. Welcome to the Mediterranean lifestyle—a voyage of flavour, a journey to well-being, and an invitation to savour life's most straightforward, profound pleasures.

## **BENEFITS OF THE MEDITERRANEAN DIET**

Indeed, the Mediterranean diet is renowned for its numerous health benefits, which stem from its emphasis on whole foods, lean proteins, healthy fats, and an abundance of fruits and vegetables. Let's explore some of these benefits in detail:

**1. Heart Health:** One of the best-studied advantages that can be attributed to this Mediterranean eating plan is the positive effect in promoting heart health. The Mediterranean diet is rich in monounsaturated fats that are heart-healthy and that are found in olive oil which may help reduce dangerous cholesterol (LDL) while boosting the good cholesterol (HDL). Consuming fatty fish like mackerel and salmon is rich in omega-3 fatty acids, which is known to lower inflammation and decrease the risk of developing heart diseases.

**2. Reduced Risk of Chronic Diseases:** A diet that follows the Mediterranean lifestyle has been linked with lower risks of developing chronic illnesses, such as the type 2 diabetic, stroke and some types of cancer. The high levels of antioxidants, fibre as well as nutrients found in vegetables, fruits and whole grains contribute to the

**3. Weight Management:** The Mediterranean diet isn't about strict calorie counting; it focuses on whole, nutrient-dense foods. The diet's emphasis on fibre-rich foods, lean proteins, and healthy fats can help promote satiety, reduce overeating, and contribute to sustainable weight loss and management.

**4. Brain Health:** The diet's omega-3 fatty acids, found in fatty fish and nuts, have been linked to improved cognitive function and a reduced risk of cognitive decline as we age. Additionally, the antioxidants present in fruits and vegetables may help protect brain cells from oxidative stress.

**5. Gut Health:** The Mediterranean diet is rich in fibre from whole grains, fruits, and vegetables. This fibre promotes a healthy gut microbiome, crucial in digestion, immune function, and mood regulation.

**6. Inflammation Reduction:** Chronic inflammation is seen in various diseases. The Mediterranean diet's emphasis on anti-inflammatory foods, such as olive oil, fatty fish, and different colourful fruits and vegetables, can help mitigate inflammation in the body.

**7. Improved Blood Sugar Control:** The diet's balanced approach to carbohydrates, emphasizing whole grains and low-glycemic index foods, can contribute to better blood sugar control and insulin sensitivity, reducing the risk of type 2 diabetes.

**8. Longevity:** Regions that traditionally follow the Mediterranean diet have been associated with higher life expectancies. Combining nutrient-rich foods and healthy fats and focusing on social interactions and physical activity contributes to longevity.

**9. Cancer Prevention:** The Mediterranean diet's high intake of antioxidant-rich foods, such as tomatoes, berries, and leafy greens, may help protect cells from damage and reduce the risk of certain cancers.

**10. Balanced Approach:** The Mediterranean diet isn't about deprivation but encourages a balanced eating approach. Occasional indulgences are accepted, fostering a healthier relationship with food and reducing the risk of binge eating.

In the Mediterranean diet into your lifestyle can yield many benefits beyond nutrition. It's not just a diet—it's a holistic approach to well-being that celebrates the pleasures of food, the importance of social connections, and the nurturing of both body and soul.

## **GETTING STARTED: KEY PRINCIPLES AND GUIDELINES**

The Mediterranean diet isn't just a list of do's and don'ts; it's a timeless tapestry woven with culinary wisdom, cultural heritage, and a celebration of life's simplest pleasures. As you embark on this culinary journey, let's unravel the essential principles and guidelines that define the Mediterranean way of eating.

**1. Abundance of Plant-Based Foods:** The Mediterranean diet involves various fruits, vegetables, whole grains, legumes, nuts, and seeds. These colourful, nutrient-rich offerings form the foundation of your meals, providing a symphony of vitamins, minerals, and antioxidants.

**2. Embrace Healthy Fats:** Healthy fats reign supreme in the Mediterranean diet, with extra-virgin olive oil taking centre stage. This liquid gold is a treasure trove of monounsaturated fats that nurture your heart, skin, and overall well-being. Nuts, seeds, and fatty fish contribute their share of omega-3 fatty acids, adding depth to the richness of your diet.

**3. Lean Proteins:** While the Mediterranean diet is not strictly vegetarian, it places lean proteins on a pedestal.

Poultry, fish, and plant-based proteins like beans and legumes are embraced, with red meat taking on a more supporting role.

**4. Whole Grains:** Bid adieu to refined grains and usher in the era of whole grains. Think farro, quinoa, whole wheat, and bulgur—these grains are both nourishing and satiating, ensuring a sustained release of energy.

**5. Dairy in Moderation:** Dairy finds its place in moderation, with the Mediterranean diet favouring options like yoghurt and cheese. These dairy delights add a creamy touch while contributing to a balanced nutrient intake.

**6. Pinnacle of Flavor: Herbs and Spices:** The Mediterranean diet is a symphony of flavours, and herbs and spices hold the conductor's baton. Basil, oregano, rosemary, and thyme infuse your dishes with not just taste but a healthful dose of antioxidants too.

**7. Say Yes to Seafood:** Fatty fish like salmon, sardines, and mackerel are stars of the Mediterranean plate. Bursting with omega-3 fatty acids, these aquatic treasures protect your heart and brain while delighting your palate.

**8. Social Eating:** Meals are meant to be savoured, shared, and celebrated in the Mediterranean tradition. The social aspect of dining is cherished, encouraging mindful eating and fostering connections with loved ones.

**9. Sip Smartly:** Raise your glass to the Mediterranean sipping method. Red wine, enjoyed in moderation and often with meals, contributes heart-protective antioxidants.

**10. Sweets with Grace:** Sweets are a treat enjoyed occasionally and in modest portions. Fresh fruits and honey often take the spotlight, replacing refined sugars with natural sweetness.

**11. Physical Activity:** The Mediterranean lifestyle isn't just about what's on your plate—it's about staying active. Regular physical activity, whether a stroll or a dance session, complements the diet's holistic approach to well-being.

**12. Mindful Enjoyment:** The Mediterranean diet isn't just about the food—it's about the experience. Savour every

bite, engage all your senses, and relish the journey of nourishing your body and soul.

The Mediterranean diet isn't a strict regimen; it's a flexible framework that adapts to your preferences and lifestyle. It's a melody of wholesome foods, shared meals, and joyful living that echoes through generations. So, as you embrace these principles and guidelines, remember that the true beauty of the Mediterranean diet lies in its ability to become not just a way of eating but a way of life—a journey that brings health, pleasure, and connection to your table.



# CHAPTER 1:

## BREAKFAST DELIGHTS

---

### 1. CLASSIC GREEK YOGURT PARFAIT

#### Ingredients:

- 1 cup Greek yoghurt
- ½ cup mixed berries (blueberries, strawberries, raspberries)
- ¼ cup granola
- 1 tablespoon honey
- 1 teaspoon chopped nuts (almonds, walnuts)

#### Preparation:

1. start with a layer of Greek yoghurt in a glass or a bowl.
2. Add a layer of mixed berries.
3. Sprinkle granola over the berries.
4. Drizzle honey over the granola.

5. Repeat the layers until the glass is filled, ending with a sprinkle of chopped nuts.

## **2. TOMATO AND FETA BREAKFAST CASSEROLE**

### **Ingredients:**

- 6 eggs
- 1 cup diced tomatoes (canned or fresh)
- ½ cup crumbled feta cheese
- ½ cup chopped spinach
- 1 tablespoon olive oil
- Salt and pepper to taste

### **Preparation:**

1. Preheat the oven to 350°F (175°C) and grease a baking dish.
2. heat olive oil and sauté chopped spinach in a skillet until wilted.
3. whisk eggs and season with salt and pepper in a bowl.

4. Spread diced tomatoes in the baking dish, followed by sautéed spinach.
5. Pour the whisked eggs evenly over the vegetables.
6. Sprinkle crumbled feta cheese on top.
7. Bake for 20-25 minutes until the eggs are set and the cheese is golden.

### **3. OLIVE OIL GRANOLA WITH NUTS AND DRIED FRUITS**

#### **Ingredients:**

- 2 cups rolled oats
- ½ cup mixed nuts (almonds, walnuts, pecans), chopped
- ¼ cup dried fruits (raisins, cranberries, apricots), chopped
- ¼ cup honey
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon vanilla extract

**Preparation:**

1. Preheat the oven to 325°F (165°C) and line a baking sheet with parchment paper.
2. combine rolled oats, chopped nuts, and dried fruits in a mixing bowl.
3. In a small saucepan, warm honey and olive oil over low heat until combined.
4. Remove from heat and stir in vanilla extract.
5. Pour the honey and olive oil mixture over the oat mixture and mix well to coat.
6. Spread the mixture evenly on the prepared baking sheet.
7. Bake for about 20-25 minutes, stirring occasionally, until golden and crispy.
8. Allow to cool completely before storing in an airtight container.

**4. SPINACH AND FETA OMELETTE**

**Ingredients:**

- 3 eggs

- 1 cup fresh spinach, chopped
- ¼ cup crumbled feta cheese
- 1 tablespoon olive oil
- Salt and pepper to taste

**Preparation:**

1. In a bowl, beat the eggs until well-mixed—season with salt and pepper.
2. Heat olive oil in a non-stick skillet over medium heat.
3. Add chopped spinach to the skillet and sauté until wilted.
4. Pour the beaten eggs into the skillet, swirling to distribute evenly.
5. Let the eggs cook undisturbed for a minute, then gently lift the edges with a spatula to let uncooked eggs flow underneath.
6. Once the omelette is mainly set, sprinkle crumbled feta cheese over one-half.
7. Fold the other half of the omelette over the cheese, creating a half-moon shape.

8. Cook for another minute until the cheese melts and the omelette is fully cooked.

## **5. MEDITERRANEAN SHAKSHUKA**

### **Ingredients:**

- 2 tablespoons olive oil
- 1 onion, diced
- 1 red bell pepper, diced
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ½ teaspoon ground coriander
- ¼ teaspoon cayenne pepper (adjust to taste)
- 1 can (14 oz) diced tomatoes
- 4-6 eggs
- Salt and pepper to taste
- Fresh parsley or cilantro, chopped (for garnish)

**Preparation:**

1. Heat olive oil in a skillet over medium heat.
2. Sauté diced onion and red bell pepper until softened.
3. Add minced garlic, ground cumin, paprika, coriander, and cayenne pepper. Cook for another minute until fragrant.
4. Pour in the diced tomatoes (with their juices) and season with salt and pepper.
5. Simmer the tomato mixture for 10-15 minutes until it thickens.
6. Create small wells in the tomato mixture with a spoon and add an egg into each well.
7. Cover the skillet and let the eggs cook for 5-7 minutes until the whites are set but the yolks are still slightly runny.
8. Garnish with chopped parsley or cilantro.

**6. WHOLE GRAIN BREAKFAST BOWL WITH FRESH FRUIT**

**Ingredients:**

- ½ cup cooked whole grains (quinoa, farro, bulgu)

- ½ cup mixed fresh fruits (berries, banana, kiwi)
- 2 tablespoons Greek yoghurt
- 1 tablespoon chopped nuts (almonds, walnuts)
- 1 teaspoon chia seeds
- 1 teaspoon honey or maple syrup (optional)

**Preparation:**

1. Start with cooked and cooled whole grains in a bowl.
2. Arrange mixed fresh fruits on top of the grains.
3. Add a dollop of Greek yoghurt in the centre.
4. Sprinkle chopped nuts and chia seeds over the bowl.
5. Drizzle honey or maple syrup over the top for extra sweetness if desired.

**7. SMOKED SALMON AND DILL CREAM CHEESE TOAST**

**Ingredients:**

- 2 slices whole-grain bread, toasted
- 2-3 tablespoons cream cheese
- 2-3 slices smoked salmon
- Fresh dill, chopped
- Lemon zest

**Preparation:**

1. Spread a layer of cream cheese on each toasted bread slice.
2. Top with slices of smoked salmon.
3. Sprinkle chopped fresh dill over the salmon.
4. Garnish with a sprinkle of lemon zest.

**8. MEDITERRANEAN VEGETABLE FRITTATA**

**Ingredients:**

- 6 eggs
- ½ cup chopped spinach

- ½ cup diced tomatoes
- ¼ cup diced red bell pepper
- ¼ cup diced red onion
- ¼ cup crumbled feta cheese
- 2 tablespoons fresh basil, chopped
- Salt and pepper to taste
- Olive oil for cooking

**Preparation:**

1. Preheat the oven to 350°F (175°C).
2. whisk eggs and season with salt and pepper in a bowl.
3. Heat olive oil in an oven-safe skillet over medium heat.
4. Sauté diced red onion and red bell pepper until softened.
5. Add chopped spinach and diced tomatoes to the skillet. Cook for a few minutes until the spinach wilts.
6. Pour the whisked eggs over the vegetables in the skillet.
7. Sprinkle crumbled feta cheese and chopped fresh basil evenly.

8. Cook on the stovetop for a couple of minutes until the edges are set.

9. Transfer the skillet to the preheated oven and bake for 10-15 minutes until the frittata is fully set.

## **9. ALMOND AND HONEY OVERNIGHT OATS**

### **Ingredients:**

- ½ cup rolled oats
- ½ cup almond milk (or any milk of your choice)
- 1 tablespoon chia seeds
- 1 tablespoon almond butter
- 1 teaspoon honey
- Sliced almonds for topping
- Fresh berries for topping

### **Preparation:**

1. combine rolled oats, almond milk, chia seeds, almond butter, and honey in a jar or container. Mix well.

2. Seal the container and refrigerate overnight or for at least 4 hours.
3. stir the oats well before serving and adjust the consistency with more almond milk if needed.
4. Top with sliced almonds and fresh berries.

## **10. GREEK-STYLE BREAKFAST BURRITO**

### **Ingredients:**

- 1 whole-wheat tortilla
- 2 eggs, scrambled
- ¼ cup diced tomatoes
- 2 tablespoons crumbled feta cheese
- 1 tablespoon chopped fresh parsley
- Salt and pepper to taste

### **Preparation:**

1. Warm the whole-wheat tortilla slightly.
2. In a bowl, scramble the eggs and season with salt and pepper.

3. Place the scrambled eggs on the tortilla.
4. Top with diced tomatoes, crumbled feta cheese, and chopped fresh parsley.
5. Roll up the tortilla into a burrito.



## **CHAPTER 2:**

### **FRESH SALADS AND APPETIZERS**

---

#### **1. GREEK SALAD WITH KALAMATA OLIVES AND FETA:**

##### **Ingredients:**

- Ripe tomatoes, diced
- Cucumber, sliced
- Red onion, thinly sliced
- Kalamata olives, pitted
- Feta cheese, crumbled
- Fresh oregano leaves
- Extra-virgin olive oil
- Red wine vinegar
- Salt and pepper to taste

**Preparation:**

1. combine diced tomatoes, sliced cucumbers, and thinly sliced red onions in a large salad bowl.
2. Add the pitted Kalamata olives and crumbled Feta cheese to the bowl.
3. Drizzle extra-virgin olive oil and red wine vinegar over the salad.
4. Toss the ingredients gently to combine, ensuring not to crush the Feta cheese.
5. To taste, Sprinkle with fresh oregano leaves, salt, and pepper.
6. Serve immediately as a refreshing and colourful appetizer.

**2. CAPRESE SALAD WITH BALSAMIC GLAZE:**

**Ingredients:**

- Fresh mozzarella cheese, sliced
- Ripe tomatoes, sliced
- Fresh basil leaves

- Balsamic glaze
- Extra-virgin olive oil
- Salt and pepper to taste

**Preparation:**

1. Arrange alternating slices of fresh mozzarella cheese and ripe tomatoes on a serving platter.
2. Tuck fresh basil leaves between the cheese and tomato slices.
3. Drizzle extra-virgin olive oil over the salad.
4. Drizzle balsamic glaze in a decorative pattern.
5. Sprinkle with salt and pepper to taste.
6. Serve immediately as a light and elegant appetizer.

**3. HUMMUS TRIO: CLASSIC, ROASTED RED PEPPER AND OLIVE TAPENADE:**

**Ingredients:**

- Chickpeas (canned or cooked), drained

- Tahini
- Lemon juice
- Garlic cloves
- Olive oil
- Salt and cumin to taste
- Roasted red peppers
- Kalamata olives
- Fresh parsley

### **Preparation:**

#### **1. Classic Hummus:**

- In a food processor, blend chickpeas, tahini, lemon juice, garlic, olive oil, salt, and cumin until smooth. Adjust seasoning to taste.

#### **2. Roasted Red Pepper Hummus:**

- Add roasted red peppers to a portion of the classic hummus and blend until smooth.

#### **3. Olive Tapenade Hummus:**

- Blend Kalamata olives and fresh parsley in the food processor until finely chopped. Mix this into another portion of the classic hummus.

Serve the three variations with pita bread, vegetable sticks, or crackers.

#### **4. STUFFED GRAPE LEAVES (DOLMAS):**

##### **Ingredients:**

- Grape leaves (fresh or jarred), blanched
- Rice
- Ground lamb or beef (optional)
- Onion, finely chopped
- Fresh dill, chopped
- Fresh mint, chopped
- Lemon juice
- Olive oil
- Salt and pepper to taste

**Preparation:**

1. Mix rice, chopped onion, fresh dill, fresh mint, lemon juice, olive oil, and salt in a bowl.
2. If using, incorporate ground lamb or beef into the mixture.
3. Place a grape leaf on a flat, shiny side down.
4. Add a small amount of the rice mixture to the centre of the leaf.
5. Fold in the sides and roll up the leaf, creating a small package.
6. Repeat with the remaining grape leaves and mixture.
7. Arrange the stuffed grape leaves in a pot, seam side down.
8. Add water to cover the dolmas, then cover and simmer until the rice is cooked.

Serve warm as an exquisite appetizer.

**5. TZATZIKI AND PITA BREAD PLATTER:**

**Ingredients:**

- Greek yoghurt
- Cucumber, grated and drained
- Garlic, minced
- Fresh dill, chopped
- Lemon juice
- Extra-virgin olive oil
- Salt and pepper to taste
- Pita bread, cut into triangles

**Preparation:**

1. In a bowl, combine Greek yoghurt, grated cucumber, minced garlic, chopped dill, lemon juice, olive oil, salt, and pepper.
2. Mix well to create the creamy Tzatziki dip.
3. Arrange the Tzatziki dip and pita bread triangles on a platter.

**6. ROASTED RED PEPPER AND WALNUT DIP:**

**Ingredients:**

- Roasted red peppers (jarred or homemade)
- Walnuts
- Breadcrumbs
- Garlic, minced
- Lemon juice
- Ground cumin
- Smoked paprika
- Olive oil
- Salt and pepper to taste

**Preparation:**

1. In a food processor, blend roasted red peppers, walnuts, breadcrumbs, minced garlic, lemon juice, ground cumin, smoked paprika, olive oil, salt, and pepper until smooth.

Serve with toasted pita bread, crackers, or vegetable sticks.

## **7. BABA GANOUSH WITH FRESH HERBS:**

### **Ingredients:**

- Eggplants
- Garlic, minced
- Tahini
- Lemon juice
- Fresh parsley, chopped
- Fresh mint, chopped
- Extra-virgin olive oil
- Salt and pepper to taste

### **Preparation:**

1. Roast the eggplants until the skin is charred and the flesh is soft.
2. Scoop out the eggplant flesh and place it in a bowl.
3. Add minced garlic, tahini, lemon juice, chopped parsley, chopped mint, olive oil, salt, and pepper.

4. Mash and mix the ingredients until they form a creamy consistency. Adjust the seasoning to your taste.

Serve the Baba Ganoush with fresh pita bread, vegetable crudités, or as a spread.

## **8. ARTICHOKE AND SUNDRIED TOMATO BRUSCHETTA:**

### **Ingredients:**

- Baguette slices
- Artichoke hearts, chopped
- Sundried tomatoes, chopped
- Red onion, finely chopped
- Fresh basil, chopped
- Balsamic vinegar
- Olive oil
- Salt and pepper to taste

### **Preparation:**

1. Toast the baguette slices until they are golden and crispy.
2. mix chopped artichoke hearts, chopped sundried tomatoes, finely chopped red onion, chopped fresh basil, balsamic vinegar, olive oil, salt, and pepper in a bowl.
3. Spoon the mixture onto the toasted baguette slices.

## **9. MEDITERRANEAN CUCUMBER CUPS WITH TUNA SALAD:**

### **Ingredients:**

- English cucumbers
- Canned tuna, drained
- Red bell pepper, finely chopped
- Red onion, finely chopped
- Kalamata olives, pitted and chopped
- Feta cheese, crumbled
- Fresh dill, chopped
- Lemon juice
- Olive oil

- Salt and pepper to taste

**Preparation:**

1. Cut English cucumbers into thick slices and scoop out the centres to create small cups.
2. Mix drained tuna, finely chopped red bell pepper, finely chopped red onion, chopped Kalamata olives, crumbled Feta cheese, chopped fresh dill, lemon juice, olive oil, salt, and pepper.
3. Fill each cucumber cup with the tuna salad mixture.

**10. ROASTED EGGPLANT AND RED PEPPER SPREAD:**

**Ingredients:**

- Eggplants
- Red bell peppers
- Garlic cloves, peeled
- Lemon juice
- Tahini

## MEDITERRANEAN HEALTHY DIET COOKBOOK

- Ground cumin
- Extra-virgin olive oil
- Salt and pepper to taste

**Preparation:**

1. Roast eggplants and red bell peppers until they are tender, and their skins are charred.
2. Allow them to cool, peel the skins and remove the seeds.
3. In a food processor, blend the roasted eggplant, roasted red peppers, peeled garlic cloves, lemon juice, tahini, ground cumin, olive oil, salt, and pepper until smooth.

Serve as a dip with pita bread, crackers, or vegetable sticks.



## CHAPTER 3: VIBRANT VEGETABLE DISHES

---

### 1. RATATOUILLE: PROVENÇAL VEGETABLE MEDLEY

#### **Ingredients:**

- 1 eggplant, cubed
- 1 zucchini, sliced
- 1 yellow bell pepper, diced
- 1 red bell pepper, diced
- 1 onion, chopped
- 3 cloves garlic, minced
- 3 tomatoes, chopped
- 2 tbsp olive oil
- 1 tsp dried thyme
- 1 tsp dried rosemary
- Salt and pepper to taste

- Fresh basil leaves, chopped

**Preparation:**

1. Heat olive oil in a large pot over medium heat. Add chopped onion and minced garlic, and sauté until fragrant and translucent.

2. Add the diced eggplant, bell peppers, and zucchini. Cook for about 5 minutes until they start to soften.

3. Stir in the chopped tomatoes, dried thyme, rosemary, salt, and pepper. Allow the mixture to simmer for 20-25 minutes, stirring occasionally.

4. Remove from heat Once the vegetables are tender and the flavours have melded.

5. Garnish with fresh chopped basil before serving. Ratatouille can be served as a side dish or on its own.

**2. GRILLED MEDITERRANEAN EGGPLANT WITH HERBS**

**Ingredients:**

- 2 medium eggplants, sliced

- 3 tbsp olive oil

- 2 cloves garlic, minced
- 1 tbsp fresh oregano, chopped
- 1 tbsp fresh thyme, chopped
- Salt and pepper to taste
- Lemon wedges for serving

**Preparation:**

1. Preheat the grill to medium-high heat.
2. mix olive oil, minced garlic, chopped oregano, chopped thyme, salt, and pepper in a bowl.
3. Brush both sides of the eggplant slices with the herb-infused olive oil mixture.
4. Grill the eggplant slices for 2-3 minutes per side until they are tender and have excellent grill marks.
5. Remove from the grill and serve with lemon wedges.

**3. SPANAKOPITA: SPINACH AND FETA PHYLLO PIE**

**Ingredients:**

- 10 oz fresh spinach, chopped
- 1 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 oz feta cheese, crumbled
- 1/4 cup fresh dill, chopped
- Salt and pepper to taste
- 8-10 sheets of phyllo dough
- 1/2 cup unsalted butter, melted

**Preparation:**

1. Heat olive oil in a pan over medium heat. Add chopped onion and minced garlic. Sauté until onions are translucent.
2. Add the chopped spinach and cook until wilted. Remove from heat and let it cool.
3. Combine the cooked spinach mixture, crumbled feta cheese, chopped dill, salt, and pepper in a bowl.
4. Preheat the oven to 375°F (190°C).

5. Brush a baking dish with melted butter. Layer 4-5 sheets of phyllo dough in the dishware, brushing each layer with butter.
6. Spread the spinach and feta mixture evenly over the phyllo layers.
7. Layer another 4-5 sheets of phyllo dough on top, brushing each layer with butter.
8. Bake in the preheated oven for 25-30 minutes or until the phyllo is golden and crispy.
9. Allow to cool slightly before slicing and serving.

#### **4. Roasted MEDITERRANEAN VEGGIES WITH BALSAMIC DRIZZLE**

##### **Ingredients:**

- 2 cups cherry tomatoes
- 1 red onion, sliced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 zucchini, sliced

- 1 eggplant, cubed
- 3 tbsp olive oil
- Salt and pepper to taste
- 2 tbsp balsamic vinegar
- Fresh basil leaves, chopped

**Preparation:**

1. Preheat the oven to 400°F (200°C).
2. In a large bowl, toss the cherry tomatoes, sliced onion, bell peppers, zucchini, and eggplant with olive oil, salt, and pepper.
3. Spread the vegetables on a baking sheet in a single layer.
4. Roast in the oven for about 20-25 minutes or until the vegetables are tender and slightly caramelized.
5. Drizzle balsamic vinegar over the roasted veggies and sprinkle with chopped basil before serving.

## **5. STUFFED BELL PEPPERS WITH QUINOA AND HERBS**

### **Ingredients:**

- 4 bell peppers, any colour
- 1 cup quinoa, cooked
- 1 cup black beans, drained and rinsed
- 1 cup corn kernels
- 1 cup diced tomatoes
- 1 tsp cumin
- 1 tsp chilli powder
- Salt and pepper to taste
- 1/2 cup shredded cheddar cheese (optional)
- Fresh cilantro, chopped

### **Preparation:**

1. Preheat the oven to 375°F (190°C).
2. Cut the tops off the bell peppers and remove the seeds and membranes.

3. mix cooked quinoa, black beans, corn, diced tomatoes, cumin, chili powder, salt, and pepper in a bowl.
4. Stuff each bell pepper with the quinoa mixture and place them in a baking dish.
5. If using cheese, sprinkle shredded cheddar over the stuffed peppers.
6. Cover the baking dish with aluminum foil and bake for 25-30 minutes until the peppers are tender.
7. Remove the foil and bake for 5 minutes to melt the cheese (if using).
8. Garnish with chopped fresh cilantro before serving.

## **6. LEMON AND HERB ROASTED ZUCCHINI**

### **Ingredients:**

- 4 zucchinis, sliced
- 3 tbsp olive oil
- Zest and juice of 1 lemon
- 2 cloves garlic, minced
- 1 tsp dried oregano

- 1 tsp dried thyme
- Salt and pepper to taste
- Fresh parsley, chopped

**Preparation:**

1. Preheat the oven to 375°F (190°C).
2. Add olive oil, lemon zest, lemon juice, minced garlic, dried oregano, dried thyme, salt, and pepper in a bowl.
3. Toss the sliced zucchini in the lemon-herb mixture until coated.
4. Spread the zucchini slices on a baking sheet in a single layer.
5. Roast in the preheated oven for about 15-20 minutes or until the zucchini is tender and slightly golden.
6. Garnish with chopped fresh parsley before serving.

**7. GARLIC SAUTEED SWISS CHARD**

**Ingredients:**

- 1 bunch Swiss chard, stems removed and leaves chopped

- 2 tbsp olive oil
- 3 cloves garlic, minced
- Crushed red pepper flakes (optional)
- Salt and pepper to taste
- Lemon wedges for serving

**Preparation:**

1. Heat olive oil in a large skillet over medium heat.
2. Add minced garlic and sauté for about 1 minute until fragrant.
3. Add a pinch for some heat if using red pepper flakes.
4. Add the chopped Swiss chard leaves to the skillet. Sauté until the leaves are wilted and tender.
5. Season with salt and pepper to taste.
6. Squeeze lemon juice over the sautéed Swiss chard before serving.

**8. ROASTED FENNEL WITH CITRUS GLAZE**

**Ingredients:**

- 2 fennel bulbs, trimmed and sliced
- 2 tbsp olive oil
- Salt and pepper to taste
- Zest and juice of 1 orange
- 2 tbsp honey
- Fresh dill, chopped

**Preparation:**

1. Preheat the oven to 400°F (200°C).
2. Toss sliced fennel with olive oil, salt, and pepper.
3. Spread the fennel slices on a baking sheet in a single layer.
4. Roast in the preheated oven for 15-20 minutes or until the fennel is tender and caramelized.
5. Mix orange zest, orange juice, and honey in a bowl to create the citrus glaze.
6. Drizzle the citrus glaze over the roasted fennel.

7. Garnish with chopped fresh dill before serving.

## **9. MEDITERRANEAN STUFFED PORTOBELLO MUSHROOMS**

### **Ingredients:**

- 4 large Portobello mushrooms, stems removed
- 1 cup cooked quinoa
- 1 cup baby spinach, chopped
- 1/2 cup roasted red peppers, chopped
- 1/4 cup crumbled goat cheese
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper to taste
- Balsamic glaze for drizzling

### **Preparation:**

1. Preheat the oven to 375°F (190°C).
2. Combine cooked quinoa, chopped spinach, roasted red peppers, crumbled goat cheese, minced garlic, olive oil, dried oregano, salt, and pepper in a bowl.
3. Place the Portobello mushrooms on a baking sheet.
4. Fill each mushroom cap with the quinoa mixture, pressing down gently.
5. Bake in the preheated oven for about 20-25 minutes or until the mushrooms are tender and the filling is heated.
6. Drizzle balsamic glaze over the stuffed mushrooms before serving.

## **10. GREEN BEANS WITH CHERRY TOMATOES AND GARLIC**

### **Ingredients:**

- 1 lb green beans, trimmed
- 1 cup cherry tomatoes, halved
- 3 cloves garlic, minced
- 2 tbsp olive oil

- 1 tbsp balsamic vinegar
- Salt and pepper to taste
- Fresh basil leaves, chopped

**Preparation:**

1. Bring a pot of salted water to a boil. Add the green beans and blanch for about 2 minutes until they are bright green and slightly tender. Drain and set aside.
2. In a large skillet, heat olive oil over medium heat.
3. Add minced garlic and sauté for about 1 minute until fragrant.
4. Add the halved cherry tomatoes and cook for 2-3 minutes until they soften.
5. Toss in the blanched green beans and sauté for another 2-3 minutes.
6. Drizzle balsamic vinegar over the green beans and tomatoes and season with salt and pepper to taste.
7. Garnish with chopped fresh basil before serving.



# CHAPTER 4:

## SEAFOOD SENSATIONS

---

### 1. LEMON HERB-GRILLED SALMON

#### **Ingredients:**

- 4 salmon fillets
- Juice and zest of 1 lemon
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp fresh thyme, chopped
- 1 tsp fresh rosemary, chopped
- Salt and pepper to taste
- Lemon slices for garnish

#### **Preparation:**

1. mix lemon juice, lemon zest, olive oil, minced garlic, chopped thyme, chopped rosemary, salt, and pepper in a bowl.

2. Place the salmon fillets in a resealable plastic bag and pour the marinade over them. Seal the bag and marinate in the refrigerator for 30 minutes.
3. Preheat the grill to medium-high heat.
4. Remove the salmon fillets from the marinade and grill for 4-5 minutes on each side or until cooked to your desired level of doneness.
5. Garnish with lemon slices before serving.

## **2. GARLIC AND ROSEMARY BAKED COD**

### **Ingredients:**

- 4 cod fillets
- 3 tbsp olive oil
- 4 cloves garlic, minced
- 1 tbsp fresh rosemary, chopped
- Juice of 1 lemon
- Salt and pepper to taste

### **Preparation:**

1. Preheat the oven to 400°F (200°C).
2. Add olive oil, minced garlic, chopped rosemary, lemon juice, salt, and pepper in a bowl.
3. Place the cod fillets in a baking dish and brush them with garlic and rosemary.
4. Bake in the preheated oven for 15-20 minutes or until the cod is opaque and flakes easily with a fork.
5. Serve with additional lemon wedges if desired.

### **3. SHRIMP AND ORZO SALAD WITH LEMON VINAIGRETTE**

#### **Ingredients:**

- 1 cup orzo pasta, cooked and cooled
- 1 lb large shrimp, cooked and peeled
- 1 cup cherry tomatoes, halved
- 1 cup cucumber, diced
- 1/2 cup red onion, finely chopped
- 1/4 cup feta cheese, crumbled
- 1/4 cup fresh parsley, chopped

- 2 tbsp olive oil
- Juice of 1 lemon
- Salt and pepper to taste

**Preparation:**

1. In a large bowl, combine cooked and cooled orzo, cooked shrimp, cherry tomatoes, diced cucumber, chopped red onion, crumbled feta cheese, and chopped parsley.
2. Whisk together olive oil, lemon juice, salt, and pepper in a separate bowl to create the lemon vinaigrette.
3. Pour the lemon vinaigrette over the salad and toss to coat all the ingredients.
4. Refrigerate the salad for at least 30 minutes before serving to allow the flavours to meld.

**4. MEDITERRANEAN-STYLE FISH TACOS**

**Ingredients:**

- 1 lb white fish fillets (such as cod or tilapia)
- 1 tsp paprika
- 1/2 tsp ground cumin

- 1/2 tsp dried oregano
- Salt and pepper to taste
- 8 small corn tortillas
- 1 cup shredded lettuce
- 1/2 cup diced tomatoes
- 1/4 cup diced red onion
- 1/4 cup chopped fresh cilantro
- 1/4 cup crumbled feta cheese
- 1/4 cup plain Greek yoghurt
- Lime wedges for serving

**Preparation:**

1. Preheat a skillet over medium-high heat.
2. Mix paprika, ground cumin, dried oregano, salt, and pepper in a bowl. Rub the spice mixture over both sides of the fish fillets.
3. Cook the fish fillets on each side for about 3-4 minutes until they are cooked through and flaky.
4. Warm the corn tortillas in a dry skillet or oven.

5. Assemble the tacos by placing shredded lettuce on each tortilla, followed by a cooked fish fillet.
6. Top with diced tomatoes, red onion, chopped cilantro, crumbled feta cheese, and a dollop of Greek yoghurt.
7. Serve with lime wedges for squeezing over the tacos.

## **5. CALAMARI AND OLIVE SKEWERS**

### **Ingredients:**

- 1 lb calamari tubes, cleaned and sliced into rings
- 1 cup mixed olives (such as Kalamata and green olives)
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp dried oregano
- Zest and juice of 1 lemon
- Salt and pepper to taste
- Fresh parsley, chopped

### **Preparation:**

1. Preheat the grill to medium-high heat.
2. mix olive oil, minced garlic, dried oregano, lemon zest, lemon juice, salt, and pepper in a bowl.
3. Thread the calamari rings and olives onto skewers, alternating between calamari and olives.
4. Brush the skewers with the olive oil mixture.
5. Grill the skewers on each side for 2-3 minutes until the calamari is opaque and slightly charred.
6. Sprinkle with chopped fresh parsley before serving.

## **6. GRILLED SWORDFISH WITH FRESH HERB PESTO**

### **Ingredients:**

- 4 swordfish steaks
- 1/4 cup fresh basil leaves
- 1/4 cup fresh parsley leaves
- 2 cloves garlic
- 1/4 cup pine nuts
- 1/2 cup grated Parmesan cheese

- 1/2 cup olive oil
- Juice of 1 lemon
- Salt and pepper to taste

**Preparation:**

1. Preheat the grill to medium-high heat.
2. In a food processor, combine fresh basil, fresh parsley, garlic, pine nuts, Parmesan cheese, olive oil, lemon juice, salt, and pepper. Blend until smooth to create the herb pesto.
3. Brush both sides of the swordfish steaks with the herb pesto.
4. Grill the swordfish steaks for 4-5 minutes on each side or until they are cooked through and have grill marks.
5. Serve the grilled swordfish steaks with an extra drizzle of herb pesto.

**7. BAKED RED SNAPPER WITH  
MEDITERRANEAN SALSA**

**Ingredients:**

- 4 red snapper fillets
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp dried oregano
- Salt and pepper to taste
- 1 cup diced cucumber
- 1 cup diced tomatoes
- 1/2 cup diced red onion
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh mint
- Juice of 1 lemon
- 2 tbsp olive oil

**Preparation:**

1. Preheat the oven to 375°F (190°C).
2. Place the red snapper fillets in a baking dish.

3. mix olive oil, minced garlic, dried oregano, salt, and pepper in a bowl. Brush the mixture over the fish fillets.
4. Bake the red snapper fillets in the preheated oven for about 15-20 minutes or until they are cooked through and flaky.
5. Mix diced cucumber, tomatoes, red onion, chopped parsley, chopped mint, lemon juice, and olive oil to create the Mediterranean salsa.
6. Serve the baked red snapper fillets with a generous spoonful of Mediterranean salsa.

## **8. TUNA AND WHITE BEAN SALAD**

### **Ingredients:**

- 2 cans (5 oz each) of tuna, drained
- 2 cans (15 oz each) of white beans, drained and rinsed
- 1/2 cup diced red onion
- 1/2 cup diced celery
- 1/4 cup chopped fresh parsley
- 2 tbsp capers, drained

- 1/4 cup olive oil
- Juice of 1 lemon
- Salt and pepper to taste

**Preparation:**

1. flake the drained tuna with a fork in a large bowl.
2. Add drained and rinsed white beans, diced red onion, diced celery, chopped parsley, and capers to the bowl.
3. whisk olive oil, lemon juice, salt, and pepper in a small bowl to create the dressing.
4. Pour the dressing over the tuna and white bean mixture. Toss to combine all the ingredients.
5. Refrigerate the salad for at least 30 minutes before serving to allow the flavours to meld.

**9. OCTOPUS SALAD WITH CITRUS AND OLIVES**

**Ingredients:**

- 2 lbs octopus tentacles, cleaned
- 1/2 cup mixed olives, pitted and chopped

- 1/2 cup diced red onion
- 1/4 cup chopped fresh parsley
- Zest and juice of 1 orange
- Zest and juice of 1 lemon
- 1/4 cup olive oil
- Salt and pepper to taste

**Preparation:**

1. Preheat a pot of water to a gentle simmer.
2. Add the cleaned octopus tentacles to the simmering water and cook for 45-60 minutes until tender. Drain and let them cool slightly.
3. Once the octopus is cool enough to handle, chop the tentacles into bite-sized pieces.
4. In a bowl, combine chopped octopus, chopped olives, diced red onion, chopped parsley, orange zest, lemon zest, orange juice, lemon juice, olive oil, salt, and pepper.
5. Toss to mix all the ingredients.
6. Refrigerate the octopus salad for at least 30 minutes before serving to allow the flavours to meld.

## **10. SPICED GRILLED SARDINES**

### **Ingredients:**

- 8 whole sardines, cleaned and gutted
- 2 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp ground coriander
- 1/4 tsp cayenne pepper
- Salt and pepper to taste
- 2 tbsp olive oil
- Lemon wedges for serving

**Preparation:**

1. Preheat the grill to medium-high heat.
2. mix ground cumin, smoked paprika, ground coriander, cayenne pepper, salt, and pepper in a bowl.
3. Brush the cleaned sardines with olive oil and rub the spice mixture over them, inside and out.
4. Grill the sardines on each side for 2-3 minutes until they are cooked and have excellent grill marks.
5. Serve the grilled sardines with lemon wedges for squeezing.



# CHAPTER 5:

## POULTRY AND MEAT DELICACIES

---

### 1. CHICKEN SOUVLAKI WITH TZATZIKI

#### **Ingredients:**

- 1 lb boneless chicken breast, cubed
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp dried oregano
- Juice of 1 lemon
- Salt and pepper to taste
- Pita bread or flatbreads
- Tzatziki sauce for serving (see below)

#### **Preparation:**

1. mix olive oil, minced garlic, dried oregano, lemon juice, salt, and pepper in a bowl.

2. Toss the cubed chicken in the marinade and let it marinate for at least 30 minutes.
3. Preheat a grill or grill pan over medium-high heat.
4. Thread the marinated chicken onto skewers and grill for 4-5 minutes on each side or until well cooked.
5. Serve the chicken souvlaki on pita bread or flatbreads, drizzled with tzatziki sauce.

### **Tzatziki Sauce:**

#### **Ingredients:**

- 1 cup Greek yoghurt
- 1/2 cucumber, grated and drained
- 2 cloves garlic, minced
- 1 tbsp fresh dill, chopped
- 1 tbsp lemon juice
- Salt and pepper to taste

#### **Preparation:**

1. combine Greek yoghurt, grated cucumber, minced garlic, chopped dill, lemon juice, salt, and pepper in a bowl.
2. Mix well and refrigerate for at least 30 minutes before serving.

## **2. LAMB KEBABS WITH MINT-YOGURT SAUCE**

### **Ingredients:**

- 1 lb lamb, cubed
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp ground coriander
- Salt and pepper to taste
- Mint-yogurt sauce for serving (see below)

### **Preparation:**

1. Mix olive oil, minced garlic, ground cumin, coriander, salt, and pepper in a bowl.
2. Toss the cubed lamb in the marinade and let it marinate for at least 30 minutes.

3. Preheat a grill or grill pan over medium-high heat.
4. Thread the marinated lamb onto skewers and grill for 4-5 minutes on each side or until cooked to your preference.
5. Serve the lamb kebabs with mint-yogurt sauce.

### **Mint-Yogurt Sauce:**

#### **Ingredients:**

- 1 cup Greek yoghurt
- 2 tbsp fresh mint, chopped
- 1 tbsp lemon juice
- Salt and pepper to taste

#### **Preparation:**

1. combine Greek yoghurt, chopped mint, lemon juice, salt, and pepper in a bowl.
2. Mix well and refrigerate for at least 30 minutes before serving.

## **3. MEDITERRANEAN STUFFED CHICKEN BREASTS**

**Ingredients:**

- 4 boneless chicken breasts
- 1 cup baby spinach, chopped
- 1/2 cup sun-dried tomatoes, chopped
- 1/2 cup feta cheese, crumbled
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper to taste

**Preparation:**

1. Preheat the oven to 375°F (190°C).
2. mix chopped baby spinach, chopped sun-dried tomatoes, crumbled feta cheese, minced garlic, olive oil, dried oregano, salt, and pepper in a bowl.
3. Make a horizontal slit in each chicken breast to create a pocket.
4. Stuff each chicken breast with the spinach, sun-dried tomato, and feta mixture.

5. Secure the opening with toothpicks if necessary.
6. Season the outside of the chicken breasts with salt and pepper.
7. Heat an oven-safe skillet over medium-high heat. Add a bit of olive oil.
8. Sear the stuffed chicken breasts for 2-3 minutes on each side until golden brown.
9. Transfer the skillet to the preheated oven and bake for 15-20 minutes or until the chicken is cooked.

#### **4. BEEF AND VEGETABLE KABOBS**

##### **Ingredients:**

- 1 lb beef (sirloin or tenderloin), cubed
- 1 red bell pepper, cut into chunks
- 1 yellow bell pepper, cut into chunks
- 1 red onion, cut into chunks
- 1 zucchini, sliced
- 2 tbsp olive oil
- 2 cloves garlic, minced

## MEDITERRANEAN HEALTHY DIET COOKBOOK

- 1 tsp dried thyme
- Salt and pepper to taste
- Skewers

**Preparation:**

1. mix olive oil, minced garlic, dried thyme, salt, and pepper in a bowl.
2. Toss the beef cubes in the marinade and let them marinate for at least 30 minutes.
3. Preheat a grill or grill pan over medium-high heat.
4. Thread the marinated beef cubes and assorted vegetables onto skewers.
5. Grill the kabobs for 3-4 minutes on each side or until the beef is cooked to your preference and the vegetables are slightly charred.

**5. GREEK-STYLE MEATBALLS (KEFTEDES)  
WITH TOMATO SAUCE**

**Ingredients:**

- 1 lb ground beef or lamb
- 1/2 cup breadcrumbs
- 1/4 cup onion, grated
- 2 cloves garlic, minced

- 1/4 cup fresh parsley, chopped
- 1/2 tsp dried oregano
- 1/4 tsp ground cumin
- Salt and pepper to taste
- Olive oil for frying
- Tomato sauce for serving (see below)

**Preparation:**

1. combine ground beef or lamb, breadcrumbs, grated onion, minced garlic, chopped parsley, dried oregano, ground cumin, salt, and pepper in a bowl.
2. Mix the ingredients well and shape the mixture into small meatballs (keftedes).
3. Heat olive oil in a skillet over medium heat.
4. Fry the meatballs in batches until they are browned on all sides and cooked through.
5. Serve the meatballs with tomato sauce.

**Tomato Sauce:**

**Ingredients:**

- 1 can (14 oz) crushed tomatoes
- 2 cloves garlic, minced
- 1 tsp dried basil
- 1 tsp dried oregano
- Salt and pepper to taste

**Preparation:**

1. heat a bit of olive oil over medium heat in a saucepan.
2. Add minced garlic and sauté for about 1 minute until fragrant.
3. Add crushed tomatoes, dried basil, dried oregano, salt, and pepper.
4. Simmer the sauce for 10-15 minutes to let the flavours meld.

**6. LEMON AND ROSEMARY ROAST CHICKEN**

**Ingredients:**

- 1 whole chicken (about 4-5 lbs)
- 1 lemon, sliced
- 4-6 sprigs of fresh rosemary
- 4 cloves garlic, peeled and smashed
- 2 tbsp olive oil
- Salt and pepper to taste

**Preparation:**

1. Preheat the oven to 375°F (190°C).
2. Place lemon slices, fresh rosemary sprigs, and smashed garlic cloves in the chicken cavity.
3. Rub the outside of the chicken with olive oil, salt, and pepper.
4. Place the chicken in a roasting pan.
5. Roast the chicken in the oven for about 1.5 to 2 hours or until the internal temperature reaches 165°F (74°C) and the skin is golden brown and crispy.
6. Let the chicken rest for a few minutes before carving.

## **7. BRAISED LAMB WITH OLIVES AND TOMATOES**

### **Ingredients:**

- 2 lbs boneless lamb stew meat, cubed
- 2 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 can (14 oz) diced tomatoes
- 1 cup pitted Kalamata olives
- 1 cup chicken or beef broth
- Salt and pepper to taste
- Fresh parsley, chopped for garnish

### **Preparation:**

1. In a large pot, heat olive oil over medium-high heat.
2. Add chopped onion and minced garlic. Sauté until the onion is translucent.

3. Add cubed lamb and brown on all sides.
4. Stir in dried thyme, oregano, diced tomatoes (with juices), Kalamata olives, and broth.
5. Season with salt and pepper to taste.
6. Bring the mixture to a simmer, then reduce the heat to low, cover, and let it simmer for about 1.5 to 2 hours until the lamb is tender.
7. Garnish with chopped fresh parsley before serving.

## **8. GRILLED TURKEY BURGERS WITH FETA AND SPINACH**

### **Ingredients:**

- 1 lb ground turkey
- 1 cup baby spinach, chopped
- 1/2 cup crumbled feta cheese
- 2 cloves garlic, minced
- 1 tsp dried oregano
- Salt and pepper to taste
- Burger buns

- Lettuce, tomato slices, red onion slices for toppings

**Preparation:**

1. mix ground turkey, chopped baby spinach, crumbled feta cheese, minced garlic, dried oregano, salt, and pepper in a bowl.
2. Shape the mixture into burger patties.
3. Preheat a grill or grill pan over medium-high heat.
4. Grill the turkey burgers on each side for 4-5 minutes or until they are cooked through.
5. Serve the turkey burgers on buns with your preferred toppings.

**9. HERB-MARINATED GRILLED PORK  
TENDERLOIN**

**Ingredients:**

- 2 pork tenderloins
- 1/4 cup olive oil
- 2 cloves garlic, minced

- 1 tbsp fresh rosemary, chopped
- 1 tbsp fresh thyme, chopped
- Juice of 1 lemon
- Salt and pepper to taste

**Preparation:**

1. mix olive oil, minced garlic, chopped rosemary, chopped thyme, lemon juice, salt, and pepper in a bowl.
2. Place the pork tenderloins in a resealable plastic bag and pour the marinade over them. Seal the bag and marinate in the refrigerator for 1-2 hours.
3. Preheat the grill to medium-high heat.
4. Remove the pork tenderloins from the marinade and grill for about 15-20 minutes, turning occasionally, until they are cooked through and have grill marks.
5. Let the pork rest for a few minutes before slicing.

**10. CHICKEN AND CHORIZO PAELLA**

**Ingredients:**

- 2 boneless chicken breasts, cubed
- 1 cup chorizo sausage, sliced
- 1 cup Arborio rice
- 1 onion, chopped
- 1 red bell pepper, diced
- 1 cup frozen peas
- 3 cloves garlic, minced
- 1 tsp saffron threads (optional)
- 1 tsp paprika
- 1/2 tsp dried thyme
- 4 cups chicken broth
- 1 cup diced tomatoes
- 1 lemon, cut into wedges
- Olive oil for cooking
- Salt and pepper to taste

**Preparation:**

1. Heat olive oil over medium heat in a large paella pan or wide skillet.
2. Add cubed chicken and sliced chorizo. Cook until the chicken is browned, and the chorizo is slightly crispy. Remove from the pan and set aside.
3. add chopped onion and diced red bell pepper in the same pan. Sauté until the onion is translucent.
4. Add Arborio rice and minced garlic. Cook for a few minutes until the rice is coated with oil and slightly toasted.
5. If using saffron, dissolve saffron threads in a warm chicken broth and add to the rice. Otherwise, you can use a bit of turmeric for colour.
6. Stir in paprika, dried thyme, and diced tomatoes.
7. Pour in the chicken broth and bring the mixture to a simmer.
8. Return the cooked chicken and chorizo to the pan.
9. Cook the paella for about 15-20 minutes, adding more broth as needed, until the rice is cooked and has absorbed most of the liquid.
10. Stir in frozen peas and cook for an additional 5 minutes.
11. Season with salt and pepper to taste.

12. Serve the paella with lemon wedges for squeezing.



# CHAPTER 6:

## WHOLESOME GRAINS AND LEGUMES

---

### 1. GREEK LEMON RICE PILAF

#### **Ingredients:**

- 1 cup long-grain white rice
- 2 cups chicken or vegetable broth
- Juice and zest of 1 lemon
- 2 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tsp dried oregano
- Salt and pepper to taste
- Fresh parsley, chopped for garnish

#### **Preparation:**

1. In a pot, heat olive oil over medium heat. Add chopped onion and minced garlic. Sauté until the onion is translucent.
2. Add rice to the pot and stir for a couple of minutes until the rice is coated with the oil.
3. Pour in chicken or vegetable broth and bring to a boil.
4. Reduce the heat to low, cover the pot, and let the rice simmer for 15-20 minutes until the liquid is absorbed and the rice is cooked.
5. Fluff the cooked rice with a fork and stir in lemon zest, lemon juice, dried oregano, salt, and pepper.
6. Garnish with chopped fresh parsley before serving.

## **2. QUINOA AND ROASTED VEGETABLE BOWL**

### **Ingredients:**

- 1 cup quinoa, rinsed and drained
- 2 cups water or vegetable broth
- Assorted vegetables (such as bell peppers, zucchini, eggplant, and cherry tomatoes)

- 3 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp dried thyme
- Salt and pepper to taste
- Lemon wedges for serving

**Preparation:**

1. Preheat the oven to 400°F (200°C).
2. Toss the assorted vegetables with olive oil, minced garlic, dried thyme, salt, and pepper.
3. Spread the vegetables on a baking sheet and roast in the preheated oven for about 20-25 minutes or until they are tender and slightly caramelized.
4. While roasting the vegetables, rinse the quinoa under cold water and drain.
5. In a pot, combine quinoa and water or vegetable broth. Bring to a boil, then reduce the heat to low, cover, and simmer for about 15 minutes until the quinoa is cooked and the liquid is absorbed.

6. Fluff the cooked quinoa with a fork and arrange it in bowls.
7. Top the quinoa with the roasted vegetables and serve with lemon wedges.

### **3. MEDITERRANEAN LENTIL SOUP**

#### **Ingredients:**

- 1 cup dried green or brown lentils, rinsed and drained
- 1 onion, chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 1 can (14 oz) diced tomatoes
- 6 cups vegetable broth
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 bay leaf
- 2 cups baby spinach
- Juice of 1 lemon
- Salt and pepper to taste



**Preparation:**

1. In a large pot, heat olive oil over medium heat. Add chopped onion, diced carrots, and diced celery. Sauté until the vegetables are tender.
2. Add minced garlic, dried thyme, and dried oregano. Sauté for another minute.
3. Pour in vegetable broth, diced tomatoes (with juices), and rinsed lentils.
4. Add a bay leaf and bring the soup to a boil. Reduce the heat, cover, and let the soup simmer for 25-30 minutes until the lentils are tender.
5. Stir in baby spinach and let it wilt.
6. Remove the bay leaf and stir in lemon juice.
7. Season with salt and pepper to taste before serving.

**4. CHICKPEA AND SPINACH STEW**

**Ingredients:**

- 2 cans (15 oz each) of chickpeas, drained and rinsed
- 1 onion, chopped

- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp smoked paprika
- 1/4 tsp cayenne pepper (adjust to taste)
- 1 can (14 oz) diced tomatoes
- 4 cups vegetable broth
- 4 cups baby spinach
- Salt and pepper to taste
- Fresh cilantro, chopped for garnish

**Preparation:**

1. In a pot, heat olive oil over medium heat. Add chopped onion, minced garlic, and diced red bell pepper. Sauté until the vegetables are tender.
2. Add cumin, coriander, smoked paprika, and cayenne pepper. Sauté for another minute.

3. Pour in diced tomatoes (with juices), drained chickpeas, and vegetable broth.
4. Bring the stew to a simmer and cook for 15-20 minutes to allow the flavours to meld.
5. Stir in baby spinach and let it wilt.
6. Season with salt and pepper to taste.
7. Garnish with chopped fresh cilantro before serving.

## **5. FETA AND OLIVE STUFFED PASTA SHELLS**

### **Ingredients:**

- 1 box of jumbo pasta shells
- 8 oz feta cheese, crumbled
- 1/2 cup Kalamata olives, pitted and chopped
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh basil, chopped
- 1 egg
- 1 can (14 oz) diced tomatoes
- 2 cups marinara sauce

- Salt and pepper to taste

**Preparation:**

1. Cook the jumbo pasta shells according to the package instructions. Drain and let them cool.
2. mix crumbled feta cheese, chopped Kalamata olives, chopped fresh parsley, chopped fresh basil, and an egg in a bowl.
3. Stuff each cooked pasta shell with the feta and olive mixture.
4. In a separate bowl, mix diced tomatoes and marinara sauce.
5. Spread a bit of the tomato sauce mixture in the bottom of a baking dish.
6. Arrange the stuffed pasta shells in the baking dish.
7. Pour the remaining tomato sauce mixture over the shells.
8. Bake in a preheated oven at 375°F (190°C) for about 25-30 minutes until the pasta is heated and the sauce is bubbly.
9. Season with salt and pepper to taste before serving.

**6. FARRO SALAD WITH ROASTED VEGETABLES AND FETA**

**Ingredients:**

- 1 cup farro, rinsed and drained
- 2 cups water or vegetable broth
- Assorted vegetables (such as bell peppers, cherry tomatoes, and red onion)
- 3 tbsp olive oil
- 2 tsp balsamic vinegar
- 1/2 cup crumbled feta cheese
- Fresh basil, chopped
- Salt and pepper to taste

**Preparation:**

1. Preheat the oven to 400°F (200°C).
2. Toss the assorted vegetables with olive oil, balsamic vinegar, salt, and pepper.
3. Spread the vegetables on a baking sheet and roast in the preheated oven for about 20-25 minutes or until they are tender and slightly caramelized.

4. Rinse the farro under cold water and drain while roasting vegetables.
5. In a pot, combine farro and water or vegetable broth. Bring to a boil, then reduce the heat to low, cover, and simmer for 25-30 minutes until the farro is cooked and the liquid is absorbed.
6. Fluff the cooked farro with a fork and let it cool slightly.
7. combine the roasted vegetables, cooked farro, crumbled feta cheese, and chopped fresh basil in a bowl.
8. Drizzle with a bit more olive oil if desired.
9. Season with salt and pepper to taste before serving.

## **7. BARLEY AND HERB-STUFFED BELL PEPPERS**

### **Ingredients:**

- 4 large bell peppers
- 1 cup pearl barley, rinsed and drained
- 2 cups vegetable broth
- 1 onion, chopped
- 2 cloves garlic, minced

- 1 carrot, diced
- 1/2 cup chopped fresh parsley
- 1/4 cup chopped fresh mint
- 1/4 cup chopped fresh dill
- 1/2 cup crumbled feta cheese
- Juice of 1 lemon
- Olive oil for cooking
- Salt and pepper to taste

**Preparation:**

1. Preheat the oven to 375°F (190°C).
2. Cut the tops off the bell peppers and remove the seeds and membranes.
3. In a pot, heat olive oil over medium heat. Add chopped onion, minced garlic, and diced carrot. Sauté until the vegetables are tender.
4. Add the pearl barley and cook for a couple of minutes until the barley is slightly toasted.

5. Pour in vegetable broth and bring to a boil. Reduce the heat to low, cover, and let the barley simmer for 30-35 minutes until it is cooked and the liquid is absorbed.

6. Remove the pot from the heat and stir in chopped fresh parsley, chopped fresh mint, chopped fresh dill, crumbled feta cheese, and lemon juice.

7. Season with salt and pepper to taste.

8. Stuff the cooked barley mixture into the hollowed bell peppers.

9. Place the stuffed peppers in a baking dish and bake in the preheated oven for about 25-30 minutes until the peppers are tender.

## **8. BULGUR AND CHICKPEA SALAD WITH LEMON-HERB DRESSING**

### **Ingredients:**

- 1 cup bulgur, rinsed and drained
- 2 cups water or vegetable broth
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cucumber, diced

- 1 red bell pepper, diced
- 1/4 cup chopped red onion
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh mint
- 1/4 cup chopped fresh dill
- Juice of 1 lemon
- 3 tbsp olive oil
- Salt and pepper to taste

**Preparation:**

1. Rinse the bulgur under cold water and drain.
2. In a pot, combine bulgur and water or vegetable broth. Bring to a boil, then reduce the heat to low, cover, and let the bulgur simmer for 10-12 minutes until it is cooked and the liquid is absorbed.
3. Fluff the cooked bulgur with a fork and let it cool slightly.
4. In a large bowl, combine cooked bulgur, drained chickpeas, diced cucumber, red bell pepper, chopped red

onion, chopped fresh parsley, chopped fresh mint, and chopped fresh dill.

5. whisk together lemon juice, olive oil, salt, and pepper in a separate bowl to create the dressing.

6. Pour the dressing over the bulgur and chickpea mixture and toss to combine.

7. Season with additional salt and pepper if needed.

## **9. WHITE BEAN AND TOMATO BRUSCHETTA**

### **Ingredients:**

- 1 can (15 oz) white beans, drained and rinsed
- 1 cup cherry tomatoes, halved
- 1/4 cup red onion, finely chopped
- 1/4 cup chopped fresh basil
- 2 cloves garlic, minced
- 2 tbsp balsamic vinegar
- 2 tbsp olive oil
- Salt and pepper to taste

- Baguette slices, toasted

**Preparation:**

1. combine drained white beans, halved cherry tomatoes, finely chopped red onion, chopped fresh basil, and minced garlic in a bowl.
2. whisk balsamic vinegar, olive oil, salt, and pepper in a separate bowl to create the dressing.
3. Pour the dressing over the white bean and tomato mixture and toss to coat.
4. Let the mixture marinate for about 15-20 minutes to allow the flavours to meld.
5. Spoon the white bean and tomato mixture onto toasted baguette slices to create bruschetta.

**10. LENTIL AND BROWN RICE CASSEROLE**

**Ingredients:**

- 1 cup dried green or brown lentils, rinsed and drained
- 1 cup brown rice

- 4 cups vegetable broth
- 1 onion, chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 2 cloves garlic, minced
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 can (14 oz) diced tomatoes
- 1 cup grated Parmesan cheese
- Salt and pepper to taste

**Preparation:**

1. In a pot, heat olive oil over medium heat. Add chopped onion, diced carrots, diced celery, and minced garlic. Sauté until the vegetables are tender.
2. Stir in dried thyme and dried oregano.
3. Add lentils, brown rice, diced tomatoes (with juices), and vegetable broth to the pot.

4. Bring the mixture to a boil, then reduce the heat to low, cover, and let the casserole simmer for 30-40 minutes until the lentils and rice are cooked and the liquid is absorbed.
5. Stir in grated Parmesan cheese and season with salt and pepper to taste.
6. Preheat the oven to 375°F (190°C).
7. Transfer the lentil and rice mixture to a baking dish.
8. Bake in the preheated oven for about 20-25 minutes until the top is golden brown and slightly crispy.



# CHAPTER 7:

## DECADENT DESSERTS

---

### 1. BAKLAVA: HONEY AND NUT PASTRY

#### Ingredients:

- 1 package phyllo dough (16 oz), thawed
- 2 cups mixed nuts (walnuts, pistachios, almonds), finely chopped
- 1 cup unsalted butter, melted
- 1 tsp ground cinnamon
- 1/2 tsp ground cloves
- 1 cup granulated sugar
- 1 cup water
- 1/2 cup honey
- 1 tsp vanilla extract

#### Preparation:

1. Preheat the oven to 350°F (175°C).
2. mix the finely chopped nuts, ground cinnamon, and ground cloves in a bowl.
3. Brush a baking dish with melted butter.
4. Place a sheet of phyllo dough in the baking dish and brush it with melted butter. Repeat with about 5-6 sheets.
5. Spread a layer of the nut mixture over the phyllo dough.
6. Continue layering phyllo sheets, brushing each with melted butter and adding nut mixture until all the nuts are used.
7. Top with a final layer of 5-6 phyllo sheets, brushing each with melted butter.
8. cut the baklava into diamond or square shapes using a sharp knife.
9. Bake in the preheated oven for about 45-50 minutes or until the baklava is golden brown and crispy.
10. While the baklava is baking, prepare the syrup. Combine granulated sugar, water, honey, and vanilla extract in a saucepan. Bring to a boil, then reduce the heat and simmer for 10-15 minutes until the syrup thickens slightly.

11. Once the baklava is done baking, immediately pour the warm syrup over the hot baklava.

12. Allow the baklava to cool and soak in the syrup before serving.

## **2. ORANGE AND OLIVE OIL CAKE**

### **Ingredients:**

- 2 cups all-purpose flour
- 1 1/2 cups granulated sugar
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 cup Greek yoghurt
- 3/4 cup olive oil
- 3 large eggs
- Zest and juice of 2 oranges
- 1 tsp vanilla extract
- Powdered sugar for dusting

**Preparation:**

1. Preheat the oven to 350°F (175°C). Grease and flour a cake pan.
2. Whisk the flour, granulated sugar, baking powder, baking soda, and salt in a bowl.
3. Mix Greek yoghurt, olive oil, eggs, orange zest, orange juice, and vanilla extract in another bowl.
4. Gradually add the wet ingredients to the dry ingredients, mixing until combined.
5. Pour the batter into the prepared cake pan and smooth the top.
6. Bake in the preheated oven for about 40-45 minutes or until a toothpick inserted into the centre comes out clean.
7. Let the cake cool in the pan for about 10 minutes, then transfer it to a wire rack to cool completely.
8. Dust the cooled cake with powdered sugar before serving.

**3. GREEK YOGURT CHEESECAKE WITH MIXED BERRIES**

**Ingredients:**

- 1 1/2 cups graham cracker crumbs
- 1/4 cup unsalted butter, melted
- 16 oz cream cheese, softened
- 1 cup Greek yoghurt
- 1 cup granulated sugar
- 3 large eggs
- 1 tsp vanilla extract
- Mixed berries (strawberries, blueberries, raspberries) for topping

**Preparation:**

1. Preheat the oven to 325°F (160°C). Grease a springform pan.
2. In a bowl, mix graham cracker crumbs and melted butter. Press the mixture into the bottom of the prepared pan to form the crust.
3. In a separate bowl, beat cream cheese until smooth and creamy.

4. Add Greek yoghurt, granulated sugar, eggs, and vanilla extract to the cream cheese. Beat until well combined and smooth.
5. Pour the cream cheese mixture over the crust in the pan.
6. Bake in the preheated oven for about 45-50 minutes or until the edges are set and the centre is slightly jiggly.
7. Turn off the oven and leave the cheesecake inside with the door ajar for about 1 hour to cool gradually.
8. Refrigerate the cheesecake for at least 4 hours or overnight.
9. Before serving, top the cheesecake with mixed berries.

#### **4. FIG AND ALMOND TART**

##### **Ingredients:**

- 1 sheet puff pastry, thawed
- 1 cup almond meal
- 1/2 cup granulated sugar
- 2 large eggs
- 1/2 tsp almond extract
- 8-10 fresh figs, halved

- 2 tbsp honey
- Sliced almonds for garnish

**Preparation:**

1. Preheat the oven to 375°F (190°C). Grease a tart pan.
2. Roll out the puff pastry sheet to fit the tart pan. Press the pastry into the pan and trim any excess.
3. In a bowl, whisk together almond meal, granulated sugar, eggs, and almond extract until smooth
4. Pour the almond mixture into the prepared tart shell.
5. Arrange the halved figs on top of the almond mixture.
6. Bake in the preheated oven for 25-30 minutes or until the tart is golden brown and the filling is set.
7. While the tart is still warm, brush the figs with honey and sprinkle sliced almonds on it.
8. Let the tart cool before serving.

**5. PISTACHIO AND HONEY SEMIFREDDO**

**Ingredients:**

- 1 cup shelled pistachios, finely chopped
- 1/2 cup honey
- 4 large eggs
- 1 cup heavy whipping cream
- 1 tsp vanilla extract

**Preparation:**

1. Line a loaf pan with plastic wrap, leaving some overhang on the sides.
2. In a heatproof bowl, whisk together chopped pistachios and honey. Place the bowl over a pot of simmering water (double boiler) and heat the mixture while whisking constantly until warm to the touch. Remove from heat.
3. In a separate bowl, beat eggs until pale and fluffy.
4. Gradually whisk the warm pistachio and honey mixture into the beaten eggs.
5. Place the bowl back over the pot of simmering water and whisk the mixture until it thickens and becomes custard-like. Remove from heat.
6. Let the pistachio custard cool to room temperature.

7. Wash the heavy whipping cream and vanilla extract in another bowl until soft peaks form.
8. Gently fold the whipped cream into the pistachio custard until well combined.
9. Pour the mixture into the prepared loaf pan and smooth the top.
10. Cover with the overhanging plastic wrap and freeze for at least 6 hours or until firm.
11. Before serving, remove the semifreddo from the loaf pan, slice, and serve.

## **6. HONEY AND YOGURT PARFAIT WITH FRESH BERRIES**

### **Ingredients:**

- 2 cups Greek yoghurt
- 1/4 cup honey
- 1 cup mixed berries (strawberries, blueberries, raspberries)
- Granola for topping

**Preparation:**

1. Mix Greek yoghurt and honey in a bowl until well combined.
2. Layer the honey yoghurt, mixed berries, and granola in serving glasses or bowls.
3. Repeat the layers until the glasses are filled.
4. Serve the parfaits immediately or refrigerate until ready to serve.

**7. LEMON AND ALMOND BISCOTTI**

**Ingredients:**

- 2 cups all-purpose flour
- 1 cup granulated sugar
- 1 tsp baking powder
- 1/4 tsp salt
- Zest of 2 lemons
- 1 cup almonds, toasted and coarsely chopped
- 3 large eggs

- 1 tsp vanilla extract

**Preparation:**

1. Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. whisk the flour, granulated sugar, baking powder, and salt in a bowl.
3. Stir in the lemon zest and chopped almonds.
4. In a separate bowl, beat eggs and vanilla extract until well combined.
5. Gradually add the egg mixture to the dry ingredients, mixing until a dough forms.
6. Divide the dough and shape each half into a log on the prepared baking sheet.
7. Bake in the preheated oven for 25-30 minutes or until the logs are firm and lightly golden.
8. Remove the logs from the oven and let them cool for 15-20 minutes.
9. Reduce the oven temperature to 325°F (160°C).

10. Using a serrated knife, slice the logs diagonally into biscotti.

11. Place the biscotti on the baking sheet and bake for 15-20 minutes or until golden and crispy.

12. Let the biscotti cool completely before serving.

## **8. OLIVE OIL AND ROSEMARY SHORTBREAD COOKIES**

### **Ingredients:**

- 1 cup all-purpose flour
- 1/3 cup granulated sugar
- 1/4 cup olive oil
- 1/2 tsp vanilla extract
- 1 tbsp fresh rosemary, finely chopped
- Pinch of salt

### **Preparation:**

1. Preheat the oven to 325°F (160°C). Line a baking sheet with parchment paper.

2. mix olive oil, granulated sugar, vanilla extract, and finely chopped rosemary in a bowl.
3. Gradually add the flour and salt, mixing until a dough forms.
4. Roll out the dough on a floured surface and cut out cookies using your desired cookie cutter shape.
5. Place the cookies on the prepared baking sheet.
6. Bake in the preheated oven for about 12-15 minutes or until the edges are lightly golden.
7. Cool the cookies on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.

## **9. SESAME AND HONEY PASTRIES (SESAME BARS)**

### **Ingredients:**

- 1 cup sesame seeds
- 1/2 cup honey
- 1/2 cup granulated sugar
- 1/4 cup water
- 1 tsp lemon juice

- 1/2 tsp vanilla extract

**Preparation:**

1. Preheat the oven to 350°F (175°C). Grease a baking dish.
2. Spread the sesame seeds on a baking sheet and toast them in the preheated oven for about 8-10 minutes until they are fragrant and lightly golden.
3. combine honey, granulated sugar, water, and lemon juice in a saucepan.
4. Cook the mixture over medium heat, stirring occasionally, until it reaches a temperature of 250°F (121°C) on a candy thermometer.
5. Remove the saucepan from the heat and stir the toasted sesame seeds and vanilla extract.
6. Quickly pour the mixture into the prepared baking dish and spread it evenly.
7. Let the sesame mixture cool and harden.
8. Once hardened, cut the sesame mixture into bars or squares.

## **10. RICOTTA AND HONEY STUFFED DATES**

### **Ingredients:**

- Medjool dates, pitted
- Ricotta cheese
- Honey
- Chopped nuts (such as walnuts, almonds) for garnish

### **Preparation:**

1. Gently open the pitted Medjool dates to create a small pocket.
2. Fill each date with a spoonful of ricotta cheese.
3. Drizzle honey over the ricotta-filled dates.
4. Garnish with chopped nuts on top.
5. Serve the stuffed dates as a delightful sweet treat.





## CHAPTER 8: CONDIMENTS AND SAUCES

---

### 1. LEMON-HERB VINAIGRETTE

#### **Ingredients:**

- 1/4 cup extra-virgin olive oil
- 2 tbsp lemon juice
- 1 tsp Dijon mustard
- 1 clove garlic, minced
- 1 tbsp fresh herbs (such as parsley, thyme, or basil), chopped
- Salt and pepper to taste

#### **Preparation:**

1. whisk together lemon juice, Dijon mustard, minced garlic, chopped fresh herbs, salt, and pepper in a bowl.

2. Gradually drizzle in the extra-virgin olive oil while whisking continuously to emulsify the vinaigrette.
3. Taste and adjust the seasoning if needed.
4. Use the lemon-herb vinaigrette to dress salads, grilled vegetables, or as a marinade for meats.

## **2. TRADITIONAL GREEK TZATZIKI SAUCE**

### **Ingredients:**

- 1 cup Greek yoghurt
- 1 cucumber, grated and drained
- 2 cloves garlic, minced
- 1 tbsp fresh dill, chopped
- 1 tbsp fresh mint, chopped
- 1 tbsp extra-virgin olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste

### **Preparation:**

1. Grate the cucumber and squeeze out excess moisture using a clean kitchen towel.
2. combine grated and drained cucumber, minced garlic, chopped fresh dill, chopped fresh mint, extra-virgin olive oil, lemon juice, salt, and pepper in a bowl.
3. Gently fold in Greek yoghurt until well combined.
4. Taste and adjust the seasoning if needed.
5. Refrigerate the tzatziki sauce for at least an hour before serving to allow the flavours to meld.
6. Serve the tzatziki sauce as a dip, spread, or accompaniment to various dishes.

### **3. ROMESCO SAUCE WITH RED PEPPERS AND ALMONDS**

#### **Ingredients:**

- 2 red bell peppers, roasted and peeled
- 1/2 cup almonds, toasted
- 2 cloves garlic
- 2 tbsp tomato paste

## MEDITERRANEAN HEALTHY DIET COOKBOOK

- 2 tbsp red wine vinegar
- 1 tsp smoked paprika
- 1/4 cup extra-virgin olive oil
- Salt and pepper to taste

**Preparation:**

1. combine roasted red bell peppers, toasted almonds, garlic, tomato paste, red wine vinegar, and smoked paprika in a food processor.
2. Pulse until the ingredients are roughly chopped.
3. With the food processor running, gradually drizzle in the extra-virgin olive oil until the sauce is smooth and well combined.
4. Taste and adjust the seasoning if needed.
5. Use the romesco sauce as a dip, for grilled meats or vegetables, or as a flavorful condiment.

**4. OLIVE TAPENADE WITH HERBS AND GARLIC**

**Ingredients:**

- 1 cup pitted black olives (Kalamata or similar)
- 2 cloves garlic
- 2 tbsp capers
- 1/4 cup fresh parsley, chopped
- 2 tbsp fresh thyme, chopped

- 1/4 cup extra-virgin olive oil
- Juice of 1 lemon
- Salt and pepper to taste

**Preparation:**

1. combine pitted black olives, garlic, capers, chopped fresh parsley, and chopped fresh thyme in a food processor.
2. Pulse until the ingredients are finely chopped and well-mixed.
3. While the food processor is running, gradually drizzle in the extra-virgin olive oil and lemon juice until the tapenade reaches your desired consistency.
4. Taste and adjust the seasoning if needed.
5. Use the olive tapenade as a spread on bread, a topping for grilled meats or fish, or a flavour enhancer for pasta dishes.

**5. BASIL PESTO WITH PINE NUTS**

**Ingredients:**

- 2 cups fresh basil leaves

- 1/2 cup grated Parmesan cheese
- 1/4 cup pine nuts, toasted
- 2 cloves garlic
- 1/2 cup extra-virgin olive oil
- Salt and pepper to taste

**Preparation:**

1. combine fresh basil leaves, grated Parmesan cheese, toasted pine nuts, and garlic in a food processor.
2. Pulse until the ingredients are finely chopped and well-mixed.
3. With the food processor running, gradually drizzle in the extra-virgin olive oil until the pesto is smooth and well combined.
4. Taste and adjust the seasoning if needed.
5. Use the basil pesto as a sauce for pasta, a spread on sandwiches, a topping for bruschetta, or a flavorful addition to roasted vegetables.

**6. GARLIC AND LEMON HUMMUS**

**Ingredients:**

- 2 cups cooked chickpeas (canned or cooked from dried)
- 1/4 cup tahini
- 2 cloves garlic
- Juice of 1 lemon
- 1/4 cup extra-virgin olive oil
- Salt and pepper to taste
- Water (if needed to adjust consistency)

**Preparation:**

1. combine cooked chickpeas, tahini, garlic, and lemon juice in a food processor.
2. Pulse until the ingredients are roughly chopped.
3. With the food processor running, gradually drizzle in the extra-virgin olive oil until the hummus is smooth and creamy.
4. If needed, add a little water to adjust the consistency to your preference.
5. Taste and adjust the seasoning if needed.

6. Serve the garlic and lemon hummus as a dip, spread, or accompaniment to pita bread, vegetables, or crackers.

## **7. CILANTRO AND MINT CHIMICHURRI**

### **Ingredients:**

- 1 cup fresh cilantro leaves
- 1/2 cup fresh mint leaves
- 2 cloves garlic
- 1/4 cup red wine vinegar
- 1/2 cup extra-virgin olive oil
- Pinch of red pepper flakes (optional)
- Salt and pepper to taste

### **Preparation:**

1. In a food processor, combine fresh cilantro leaves, fresh mint leaves, garlic, red wine vinegar, and red pepper flakes (if using).
2. Pulse until the ingredients are finely chopped and well-mixed.

3. With the food processor running, gradually drizzle in the extra-virgin olive oil until the chimichurri is well combined.
4. Taste and adjust the seasoning if needed.
5. Use cilantro and mint chimichurri as a sauce for grilled meats, vegetables, or marinade.

## 8. YOGURT AND DILL CUCUMBER SAUCE

### **Ingredients:**

- 1 cucumber, grated and drained
- 1 cup Greek yoghurt
- 1 clove garlic, minced
- 1 tbsp fresh dill, chopped
- 1 tbsp lemon juice
- Salt and pepper to taste

### **Preparation:**

1. Grate the cucumber and squeeze out excess moisture using a clean kitchen towel.
2. combine grated and drained cucumber, Greek yoghurt, minced garlic, chopped fresh dill, lemon juice, salt, and pepper in a bowl.
3. Gently mix until well combined.
4. Taste and adjust the seasoning if needed.
5. Refrigerate the yoghurt and dill cucumber sauce for at least an hour before serving.

6. Serve the sauce as a refreshing dip, dressing, or topping.

## **9. RED ONION AND BALSAMIC JAM**

### **Ingredients:**

- 2 red onions, thinly sliced
- 1/4 cup balsamic vinegar
- 2 tbsp brown sugar
- 2 tbsp olive oil
- Salt and pepper to taste

### **Preparation:**

1. In a skillet, heat olive oil over medium heat.
2. Add thinly sliced red onions and sauté until they soften and caramelize.
3. Add balsamic vinegar and brown sugar to the skillet.
4. Cook, stirring occasionally, until the mixture thickens and the onions become jam-like.
5. Season with salt and pepper to taste.
6. Remove from heat and let the jam cool before serving.

7. Use the red onion and balsamic jam as a condiment for sandwiches, burgers, or cheese platters.

## **10. ROASTED RED PEPPER COULIS**

### **Ingredients:**

- 2 red bell peppers, roasted and peeled
- 1 clove garlic
- 2 tbsp extra-virgin olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste

### **Preparation:**

1. combine roasted red bell peppers, garlic, extra-virgin olive oil, and lemon juice in a blender or food processor.
2. Blend until the ingredients are smooth and well combined.
3. Taste and adjust the seasoning if needed.
4. If the coulis is too thick, thin it out with a bit of water.

5. Strain the coulis through a fine-mesh sieve if a smoother texture is desired.
6. Use the roasted red pepper coulis as a sauce for grilled meats, fish, or vegetables or a flavorful drizzle for various dishes.

# CONCLUSION

## EMBRACING THE MEDITERRANEAN LIFESTYLE: BEYOND THE COOKBOOK

---

As you reach the end of this culinary journey through the Mediterranean Diet Recipes Cookbook, you've not only explored a diverse array of delectable dishes but also gained a deeper understanding of the Mediterranean lifestyle and its holistic approach to health and well-being. This concluding section invites you to extend your journey beyond the recipes, embracing the essence of the Mediterranean way of life as you create lasting health and culinary habits.

The Mediterranean lifestyle extends far beyond the boundaries of your kitchen. It's a way of living that balances wholesome nutrition, physical activity, social connections, and a profound appreciation for simple pleasures. Through the chapters of this cookbook, you've discovered the art of combining fresh and nutrient-rich ingredients to craft mouthwatering meals inspired by the Mediterranean region. Now, let's take a moment to reflect on how these culinary experiences can be woven into your daily life for lasting positive impacts.

## **CREATING LASTING HEALTH AND CULINARY HABITS:**

**1. Variety and Balance:** The Mediterranean Diet emphasizes a diverse range of foods, ensuring you receive a spectrum of nutrients. Continue to embrace this principle by incorporating a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats into your meals.

**2. Fresh and Local:** Opt for fresh, locally sourced ingredients whenever possible. This supports local farmers and ensures you enjoy produce at its peak flavour and nutritional value.

**3. Mindful Eating:** Embrace the Mediterranean practice of savouring meals slowly and mindfully. Take time to relish each dish's flavours, textures, and aromas. This not only enhances your eating experience but also helps regulate your appetite.

**4. Cooking at Home:** Experiment with the recipes you've discovered in this cookbook and use them as a foundation for creating your own Mediterranean-inspired dishes. Cooking at home allows you to control ingredients, portion sizes, and cooking methods.

**5. Physical Activity:** The Mediterranean lifestyle is more than just food; it emphasizes staying active. Engage in regular physical activity that you enjoy, whether it's walking, swimming, dancing, or practising yoga. The goal

is to keep busy and make movement a natural part of your routine.

**6. Social Connections:** Meals are often shared in the Mediterranean culture, fostering solid social bonds. Invite friends and family to join you for meals, creating a sense of connection and community around your table.

**7. Hydration and Mindful Drinking:** Don't forget the importance of staying hydrated with water, herbal teas, and perhaps an occasional glass of red wine, if you choose. Practice mindful drinking and moderation.

**8. Rest:** Prioritize restful sleep and stress reduction. Adequate sleep and stress management are vital components of the Mediterranean lifestyle that contribute to overall well-being.

**9. Appreciation of Nature:** The Mediterranean lifestyle encourages spending time outdoors and cultivating a sense of awe for the beauty of nature. Incorporate walks in nature, picnics, and outdoor activities into your routine.

**10. Culinary Creativity:** As you become more familiar with Mediterranean flavours and ingredients, feel empowered to experiment and create unique dishes that align with this nutritious and flavorful approach.

By incorporating these principles into your life, you're not merely adopting a diet – you're embracing a lifestyle linked to numerous health benefits, including heart health, weight management, and longevity. The Mediterranean Diet Recipes Cookbook is just the beginning of your journey toward well-being, and we encourage you to continue exploring, experimenting, and relishing the joy of Mediterranean living.

Thank you for joining us on this enriching culinary adventure. May your journey toward health, vitality, and culinary delight flourish, guided by the spirit of the Mediterranean lifestyle.

# 1WEEK MEDITERRANEAN DIET MEAL PLAN:

---

## DAY 1:

- **Breakfast:** Olive Oil Granola with Nuts and Dried Fruits
- **Lunch:** Greek Salad with Kalamata Olives and Feta
- **Dinner:** Lemon Herb Grilled Salmon with Roasted Mediterranean Veggies
- **Snack:** Sliced Veggies with Hummus

## DAY 2:

- **Breakfast:** Whole Grain Breakfast Bowl with Fresh Fruit
- **Lunch:** Mediterranean Lentil Soup
- **Dinner:** Chicken Souvlaki with Tzatziki, Quinoa, and Grilled Zucchini
- **Snack:** Handful of Mixed Nuts

## DAY 3:

- Breakfast: Almond and Honey Overnight Oats
- Lunch: Tuna and White Bean Salad
- **Dinner:** Ratatouille with Garlic Sautéed Swiss Chard
- Snack: Greek Yogurt Cheesecake with Mixed Berries

#### **DAY 4:**

- **Breakfast:** Greek-style Breakfast Burrito
- **Lunch:** Mediterranean Cucumber Cups with Tuna Salad
- **Dinner:** Beef and Vegetable Kabobs with Greek Lemon Rice Pilaf
- **Snack:** Stuffed Grape Leaves (Dolmas)

#### **DAY 5:**

- **Breakfast:** Smoked Salmon and Dill Cream Cheese Toast
- **Lunch:** Caprese Salad with Balsamic Glaze
- **Dinner:** Lamb Kebabs with Mint-Yogurt Sauce, Quinoa, and Greek Salad
- **Snack:** Olive Tapenade with Whole Wheat Pita



**DAY 6:**

- **Breakfast:** Tomato and Feta Breakfast Casserole
- **Lunch:** Chickpea and Spinach Stew
- **Dinner:** Grilled Swordfish with Fresh Herb Pesto, Lemon Herb Roasted Zucchini
- **Snack:** Greek Yogurt with Honey and Chopped Nuts

**DAY 7:**

- **Breakfast:** Classic Greek Yogurt Parfait
- **Lunch:** Mediterranean Stuffed Portobello Mushrooms
- **Dinner:** Spiced Grilled Sardines with Mediterranean Orzo Salad
- **Snack:** Carrot Sticks with Hummus

Feel free to customize this meal plan further to align with your preferences and dietary requirements. Enjoy the rich flavors and health benefits of the Mediterranean Diet as you savor these delightful dishes throughout Week 2.

# RECIPE INDEX

---

## **Chapter 1: Breakfast Delights**

1. Classic Greek Yogurt Parfait
2. Tomato and Feta Breakfast Casserole
3. Olive Oil Granola with Nuts and Dried Fruits
4. Spinach and Feta Omelette
5. Mediterranean Shakshuka
6. Whole Grain Breakfast Bowl with Fresh Fruit
7. Smoked Salmon and Dill Cream Cheese Toast
8. Mediterranean Vegetable Frittata
9. Almond and Honey Overnight Oats
10. Greek-style Breakfast Burrito

## **Chapter 2: Fresh Salads and Appetizers**

1. Greek Salad with Kalamata Olives and Feta
2. Caprese Salad with Balsamic Glaze
3. Hummus Trio: Classic, Roasted Red Pepper and Olive Tapenade
4. Stuffed Grape Leaves (Dolmas)
5. Tzatziki and Pita Bread Platter
6. Roasted Red Pepper and Walnut Dip
7. Baba Ganoush with Fresh Herbs
8. Artichoke and Sundried Tomato Bruschetta
9. Mediterranean Cucumber Cups with Tuna Salad
10. Roasted Eggplant and Red Pepper Spread

## **Chapter 3: Vibrant Vegetable Dishes**

1. Ratatouille: Provençal Vegetable Medley
2. Grilled Mediterranean Eggplant with Herbs
3. Spanakopita: Spinach and Feta Phyllo Pie
4. Roasted Mediterranean Veggies with Balsamic Drizzle
5. Stuffed Bell Peppers with Quinoa and Herbs
6. Lemon and Herb Roasted Zucchini
7. Garlic Sautéed Swiss Chard
8. Roasted Fennel with Citrus Glaze
9. Mediterranean Stuffed Portobello Mushrooms
10. Green Beans with Cherry Tomatoes and Garlic

#### **Chapter 4: Seafood Sensations**

1. Lemon Herb-Grilled Salmon
2. Garlic and Rosemary Baked Cod
3. Shrimp and Orzo Salad with Lemon Vinaigrette
4. Mediterranean-style Fish Tacos
5. Calamari and Olive Skewers
6. Grilled Swordfish with Fresh Herb Pesto
7. Baked Red Snapper with Mediterranean Salsa
8. Tuna and White Bean Salad
9. Octopus Salad with Citrus and Olives
10. Spiced Grilled Sardines

#### **Chapter 5: Poultry and Meat Delicacies**

1. Chicken Souvlaki with Tzatziki
2. Lamb Kebabs with Mint-Yogurt Sauce
3. Mediterranean Stuffed Chicken Breasts
4. Beef and Vegetable Kabobs
5. Greek-style Meatballs (Keftedes) with Tomato Sauce
6. Lemon and Rosemary Roast Chicken
7. Braised Lamb with Olives and Tomatoes

8. Grilled Turkey Burgers with Feta and Spinach
9. Herb-marinated Grilled Pork Tenderloin
10. Chicken and Chorizo Paella

### **Chapter 6: Wholesome Grains and Legumes**

1. Greek Lemon Rice Pilaf
2. Quinoa and Roasted Vegetable Bowl
3. Mediterranean Lentil Soup
4. Chickpea and Spinach Stew
5. Feta and Olive Stuffed Pasta Shells
6. Farro Salad with Roasted Vegetables and Feta
7. Barley and Herb-stuffed Bell Peppers
8. Bulgur and Chickpea Salad with Lemon-Herb Dressing
9. White Bean and Tomato Bruschetta
10. Lentil and Brown Rice Casserole

### **Chapter 7: Decadent Desserts**

1. Baklava: Honey and Nut Pastry
2. Orange and Olive Oil Cake
3. Greek Yogurt Cheesecake with Mixed Berries
4. Fig and Almond Tart
5. Pistachio and Honey Semifreddo
6. Honey and Yogurt Parfait with Fresh Berries
7. Lemon and Almond Biscotti
8. Olive Oil and Rosemary Shortbread Cookies
9. Sesame and Honey Pastries (Sesame Bars)
10. Ricotta and Honey Stuffed Dates

### **Chapter 8: Condiments and Sauces**

1. Lemon-Herb Vinaigrette
2. Traditional Greek Tzatziki Sauce

3. Romesco Sauce with Red Peppers and Almonds
4. Olive Tapenade with Herbs and Garlic
5. Basil Pesto with Pine Nuts
6. Garlic and Lemon Hummus
7. Cilantro and Mint Chimichurri
8. Yogurt and Dill Cucumber Sauce
9. Red Onion and Balsamic Jam
10. Roasted Red Pepper Coulis

# INGREDIENT INDEX

---

## **Fruits and Vegetables:**

- Berries (blueberries, strawberries, raspberries)
- Tomatoes
- Spinach
- Red bell pepper
- Onion
- Garlic
- Fresh basil
- Fresh parsley
- Lemon
- Eggplant
- Zucchini
- Swiss chard
- Fennel
- Green beans
- Cherry tomatoes
- Red onion
- Mixed fresh fruits (bananas, kiwi)

## **Dairy and Dairy Alternatives:**

- Greek yoghurt
- Feta cheese
- Cream cheese
- Almond milk

## **Proteins:**

- Eggs

- Smoked salmon
- Shrimp
- Cod
- Swordfish
- Red snapper
- Tuna
- Octopus
- Chicken
- Lamb
- Beef
- Turkey
- Chorizo

**Nuts and Seeds:**

- Mixed nuts (almonds, walnuts, pecans)
- Chopped nuts (almonds, walnuts)
- Chia seeds
- Sliced almonds
- Pistachios

**Grains and Legumes:**

- Rolled oats
- Whole grains (quinoa, farro, bulgur)
- Whole-wheat tortilla
- Pasta shells
- Lentils
- Chickpeas
- Barley
- Rice (for pilaf)
- Orzo

**Breads and Baking:**

- Whole-grain bread
- Phyllo dough

**Condiments and Flavorings:**

- Olive oil (extra-virgin)
- Honey
- Balsamic glaze
- Ground cumin
- Paprika
- Ground coriander
- Cayenne pepper
- Vanilla extract

**Spreads and Dips:**

- Hummus (classic, roasted red pepper, olive tapenade)
- Tzatziki sauce
- Roasted red pepper and walnut dip
- Baba ganoush

**Sauces and Marinades:**

- Lemon-herb vinaigrette
- Romesco sauce
- Basil pesto
- Cilantro and mint chimichurri
- Yogurt and dill cucumber sauce
- Red onion and balsamic jam
- Roasted red pepper coulis

**Sweeteners and Flavor Enhancers:**

- Honey
- Maple syrup (optional)

This ingredient index provides readers with an easy-to-reference list of the key ingredients used throughout your

cookbook. It will help them quickly locate the necessary items to create these delicious Mediterranean-inspired dishes.

Feel free to adjust and modify the recipes and chapters to suit your preferences and the goals of your cookbook.