



# THE MEDITERRANEAN DIET COOKBOOK

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Healthy and Easy  
Mediterranean Recipes  
for Eating Well

**ALBERTO FERRARI**

**The Mediterranean Diet  
Cookbook:  
Healthy and Easy  
Mediterranean Recipes for  
Eating Well**

**Alberto Ferrari**

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# Introduction

“Eating Right and Eating Smart” is the new lifestyle choice of the millennials. The true essence of life can be experienced, when one is at their optimum physical wellness. People are becoming more aware of what they are eating, recognizing the potential health risks they put themselves on by neglecting their everyday diet. Wellness is not just a word that you can read somewhere and forget, you have to constantly seek it and maintain it in order to lead a healthy lifestyle.

If you are new to the Mediterranean diet, then you should know that this particular diet has been recommended by nutritionists from around the globe since it replenishes our body with all the essential nutrients. The diet is a perfect way to maintain an ideal combination of proteins, vitamins, anti-oxidants, dietary fibers, healthy fats, and vital minerals in every meal. And everyone knows that balanced nutrition is the key to excellent health.

## What is Mediterranean diet

As the name suggests, the Mediterranean diet is all about the food culture shared in the countries belonging to the Mediterranean region of Europe and Middle East. The name comes from the Mediterranean Sea, and the countries around it, including Greece, Spain, and Italy. These countries along with Morocco are known as the Mediterranean region. Communities living in this region have common gastronomical values, which promote consumption of wholesome foods and reduced dependency on unhealthy processed foods. It is all about making smart food choices to lead a better life - that is one of the fundamentals of the Mediterranean diet, one of the healthiest diets around the world.

## History & Food Culture

Ancient Romans paved a crucial path in shaping the history of the Mediterranean diet. The origin of the diet is believed to be around the Middle Ages though, when the first food traditions were praised in the poems of local writers.

Ancient Romans were fond of forming their diet around plenty of fish, fruits, vegetables, olives, bread and wine. Their love for simple yet flavorful foods has spread around the Mediterranean region and gave rise to their unique food culture.

Ancel Benjamin, an American scientist, was one of the first to examine health benefits of the diet and recommend it to his patients. Later, many physicians and nutritionists began studying the diet and concluded that it is beneficial in improving heart health by reducing bad cholesterol levels and controlling high blood pressure.

Today, thousands of people across the world are getting inspired by the Mediterranean food culture and initiate changes in their dietary habits, with a clear perspective for better health and happier life in the long run. The simplicity in preparation paired with the wholesomeness and deliciousness of the meals is what has made so many people fall in love with this diet, though it even can't be classified as a diet, but more like healthy nutrition choices.

The Mediterranean diet is based on consuming heart-healthy unrefined oils, whole grains, loads of vegetables and greens, wholesome fruits, fish and seafood, beans, legumes, poultry and many other healthy food groups. Due to their focus on health-friendly dietary foods, people living in the region are reported to have healthier life with increased life expectancy and are less prone to critical health diseases.

## Health Benefits

Smart food choices combined with the simplicity of food preparation do have their merits and this diet is no exception. It offers a myriad of health benefits to its loyal followers.

- Wholesome diet pattern helps to improve heart health by reducing the level of bad cholesterol and preventing abnormally high blood pressure. It prevents many heart diseases by supplying the body with heart-healthy fats. And better heart health is associated with increased life expectancy.
- Reduced appetite level resulting from consumption of whole foods helps keep your calorie levels under control. The diet helps to deliver natural weight loss by reducing the dependency on junk foods and increasing the consumption of healthy unprocessed foods.
- Mineral-rich foods contribute to better bone health and prevent conditions such as osteoporosis, which is linked with fragile bone health.
- Increased supply of essential nutrients and antioxidants helps to boost energy levels, promote mental clarity, improve memory functions, and increase concentration.
- The diet also helps to improve immune strength and overall health to prevent critical diseases such as diabetes, Alzheimer's, and certain types of cancers.

## About the Book

The book acts as a complete guide and includes everything that you need to know about the Mediterranean diet. It covers a glimpse of history of the diet, valuable insights about the food culture along with a list of foods to eat and avoid. The book offers exclusive recipes covering authentic Mediterranean meals such as Breads, Antipasti, Snacks,

Soups, Salads, Pasta, Pizza, Fish & Seafood, Poultry & Meat, Beans, Grains, & Desserts. Each recipe is accompanied with details about its micronutrients and easy to follow cooking directions.

## Mediterranean Food Dictionary

On the Mediterranean diet, certain foods are restricted at all, some foods are allowed in moderation, while the entire focus being on a special set of healthy foods. This section covers the basis of the diet along with what you should eat and what to avoid.

### The Diet Code

Mediterranean diet follows its own code, which has made it one of the healthiest diets around the world. Below you will find the key components or elements that form the basis of the diet.

- Plant-based foods including fresh vegetables, fruits, whole grains, spices, and herbs are the heart of this diet, covering around 60-70% of the daily foods to eat. They are rich in minerals, antioxidants and fiber, and thus provide anti-inflammatory properties to help keep your intestinal tract healthy. In addition, they minimize the risk of chronic diseases and reduce food cravings by being very satiating, due to a wise combination of healthy fats, proteins and good carbohydrates.
- Legumes and beans are also an important part of the diet. They are rich in energy-boosting protein and healthy fibers, as well as such nutrients as iron. Rich in healthy poly- and monounsaturated fats and a variety of nutrients like selenium and zinc, **nuts, and seeds** are also included in the diet in moderate amounts.
- Instead of using salt, **spices and herbs** are to be used to add different flavors. Excessive salt (rich with sodium) is proven to increase blood pressure, which then becomes a reason for developing many

cardiovascular disorders.

- Butter is less preferred, and is usually replaced with healthier fats like **coconut oil, ghee, canola oil and extra virgin olive oil**. Eggs and dairy products including cheese, yogurt, etc. are present in the diet as well since they are a wonderful source of protein to add to the meals along with vital bone-friendly minerals (calcium and potassium)
- **Olive oil** is the most often used oil in the Mediterranean diet, especially when it comes to salad dressing, dips, etc. In addition, Olive oil is considered heart-friendly as it contains high levels of antioxidants and monounsaturated fatty acids. You need to make sure to differentiate between the different types of olive oils, as they have different peak burning temperature, which makes extra virgin olive oil not suitable for frying, or baking at more than 320 degrees F.
- Consumption of organically-grown poultry, fish and seafood (rich with omega-3 fatty acids) is encouraged in the Mediterranean being a healthy source of animal-derived protein, and macronutrient properties (high contents of iron, vitamin d, vitamin B and others). However, consuming red meat is restricted to a few times per month.
- Being physically active is highly emphasized as it improves overall health. It is advised to accompany the diet with regular mild to moderate exercising along with getting sufficient amount of sleep at night (not less than 8 hours). An exercise schedule can include anything from a brisk walk, jogging, aerobics, to gym sessions. Pick an exercise/physical activity that suits you and that can also be a sport such as tennis or swimming. Such

routine changes aid in achieving maximum results from combining healthy food with healthy lifestyle habits.

- Sharing meals with friends and family is something that enhances food satisfaction. Mediterranean food culture shares values of spending good time with friends and family around the dining table. Drinking a glass of red wine with your dinner is a popular tradition of the countries belonging to the Mediterranean region, but that is totally optional. When consumed in very moderation, wine delivers many health benefits without any adverse health effects.
- Proper body hydration is quite important, no matter which diet you are following. Drink plenty of water to get maximum benefits from the diet as it helps reducing food cravings along with maintaining ideal body temperature.

## **Best Foods to Eat**

### **Fruits & Vegetables**

Healthy fruit choices are strawberries, grapes, figs, peaches, bananas, pears, dates, melons, oranges, apples, etc., while healthy vegetable choices are kale, broccoli, tomatoes, spinach, carrots, avocado, cucumbers, cauliflower, brussels sprouts, etc. Healthy tubers are good choices such as turnips, sweet potatoes, potatoes, yams, etc.

### **Healthy Fats Sources**

Olives, avocado, flax seeds, coconut oil and extra-virgin olive oil.

### **Herbs and Spices**

Mint, sage, rosemary, nutmeg, pepper, turmeric, cinnamon, basil, garlic, etc.

## **Nuts and Seeds**

Macadamia nuts, walnuts, almonds, cashews, hazelnuts, sesame seeds, pumpkin seeds, sunflower seeds, etc.

## **Whole Grains & Beans**

Buckwheat, corn, barley, brown rice, whole oats, rye, whole wheat pasta, whole grain bread, peas, all types of beans, pulses, chickpeas, lentils, etc.

## **Fish and Seafood**

Shrimp, trout, salmon, mackerel, sardines, tuna, crab, clams, mussels, oysters, etc.

## **Eggs & Dairy**

Yogurt and all types of low-fat cheese etc.

## **Poultry**

Grass-fed chicken and turkey

## **Foods To Avoid**

- Refined grain foods such as white bread, white pasta and all commercial bakery products including cakes, brownies, muffins, breads etc.
- Sugar-based products such as candies, soda, commercial beverages, fruit juices, energy drinks, ice creams, etc.
- All commercial processed foods including packaged snacks, chips, fried foods etc.
- Processed meats such as hot dogs, sausages, luncheon meat etc.
- Refined oils and trans fat loaded foods such as commercial fried foods, margarine, cottonseed oil, canola oil, soybean oil, etc.

# **Chapter 1:**

## **Antipasti & Snacks**

## Cheddar Potato Crisps

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**Preparation Time:** 10 min. | **Serves:** 4

### **Ingredients:**

1 cup Greek yogurt (unsweetened)

1/2 cup grated cheddar cheese

6 red potatoes, thinly sliced

1/2 cup chives

3 slices ham

Cooking oil or spray as required

Salt and black pepper to taste

### **Directions:**

1. Take the potatoes; sprinkle with salt and black pepper.
2. Cover and place in the refrigerator for 30 minutes.
3. Heat a grill at medium temperature setting.
4. Spray the potato slices with cooking oil, place over a baking sheet and grill for about 2 minutes.
5. Flip and grill for 2 more minutes. Add the ham slices to the baking sheet and grill for one minute.
6. Add the potato and ham in a serving bowl. Top with the chives, yogurt and grated cheese as desired.

### **Nutritional Values (Per Serving):**

Calories - 494 | Fat - 18g | Carbohydrates - 46g | Fiber - 9g |  
Protein - 24g

## Rosemary Bulgur Appetizer

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**Preparation Time:** 25-30 min. **Serves:** 6

### **Ingredients:**

- ½ cup couscous
- 2 tablespoons olive oil
- 1 ¾ cup onions, chopped
- 2 cups vegetable broth
- 1 cup bulgur
- 1 tablespoon chives, chopped
- 1 tablespoon parsley, chopped
- ¼ teaspoon rosemary, chopped

### **Directions:**

1. Over medium stove flame; heat the oil in a skillet or saucepan (preferably medium size).
2. Sauté the onions until softened and translucent, stir in between.
3. Add the bulgur and 1 ½ cups vegetable broth; simmer the mixture until the bulgur is tender.
4. Remove it from the heat and fluff with a fork.
5. In another skillet or saucepan, heat the remaining vegetable broth and simmer. Add the oil and

couscous. Stir and cook this until your couscous is tender. Fluff it with a fork.

6. In a mixing bowl, combine the bulgur and couscous. Add the rosemary, chives and parsley on top. Season it with black pepper and salt.
7. Serve as an appetizer or light meal.

**Nutritional Values (Per Serving):**

Calories - 182 |Fat - 6g|Carbohydrates - 28g|Fiber - 4g|Protein - 8g

## Mediterranean Chickpea Snack

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**Preparation Time:** 30 min. **Serves:** 2

### **Ingredients:**

½ teaspoon garlic powder

1 can (10 ounce) chickpeas, rinsed and drained

½ teaspoon dried basil

1 teaspoon extra-virgin olive oil

¼ teaspoon sea salt

1 teaspoon Nutritional Yeast

¼ teaspoon red pepper flakes

### **Directions:**

1. Preheat the oven to 450°F. Line a baking pan with a parchment paper. Grease it with some refined coconut oil or avocado oil (You can also use cooking spray)
2. Combine the chickpeas, seasonings, and oil in a mixing bowl.
3. Arrange the chickpeas in the pan. Roast the chickpeas for about 10 minutes. Toss and keep roasting for 10 more minutes.
4. Serve warm.

**Nutritional Values (Per Serving):**

Calories - 321|Fat - 8g|Carbohydrates - 42g|Fiber - 12g|Protein - 22g

## **Pita Wedges with Almond Bean Dip**

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**Preparation Time:** 10-15 min. **Serves:** 5-6

### **Ingredients:**

8 ounces beet, cubed  
5 garlic cloves, peeled  
 $\frac{1}{4}$  cup almond, slivered  
15  $\frac{1}{2}$  ounces garbanzo beans  
 $\frac{3}{4}$  cup extra-virgin olive oil  
1  $\frac{1}{2}$  tablespoons red wine vinegar  
Whole-wheat pita wedges to serve

### **Directions:**

1. In a saucepan or deep skillet, boil the beet in sufficient quantity of water until it is tender. Drain, peel, cut in cubes and blend in a food processor.
2. Add the garbanzo beans, almonds, oil, and garlic and blend everything well until smooth. Add the red wine and blend for one more minute.
3. Season with black pepper and salt. Chill in the refrigerator. Serve with pita wedges.

### **Nutritional Values (Per Serving):**

Calories - 356|Fat - 21g|Carbohydrates - 23g|Fiber - 6g|Protein - 6g

## Mediterranean Chickpea Spread

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**Preparation Time:** 8-10 min. **Serves:** 4

### **Ingredients:**

2 cups chickpeas (canned or pre-soaked and cooked)

2 tablespoons lemon juice

1/2 teaspoon cumin

2 cloves garlic, minced

4 teaspoons olive oil

Salt to taste

Ground cinnamon (optional)

### **Directions:**

1. In a mixing bowl, add the chickpeas; mash thoroughly using a fork (you can also use a blender).
2. Add the olive oil, garlic and lemon juice. Combine well; top with some cinnamon.
3. Serve with vegetable sticks, whole-wheat crackers, or whole-wheat pita wedges.

### **Nutritional Values (Per Serving):**

Calories - 412|Fat - 11g|Carbohydrates - 34g|Fiber -  
14g|Protein - 20g

# **Chapter 2:**

## **Salads & Vegetables**

## Turkey Yogurt Salad

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**Preparation Time:** 20-25 min. **Serves:** 4

### **Ingredients:**

2 cups cucumber, sliced  
1 teaspoon ground cumin  
1 tablespoon ginger, peeled and chopped  
 $\frac{1}{4}$  cup cilantro, chopped  
 $\frac{1}{2}$  teaspoon ground cinnamon  
2 teaspoon ground coriander  
1 tablespoon lemon juice  
1 pound ground turkey  
2 tablespoons rice vinegar  
 $\frac{1}{2}$  cup Greek yogurt  
 $\frac{1}{4}$  cup parsley, chopped  
Pita wedges to serve  
Ground black pepper and salt, to taste

### **Directions:**

1. Preheat your grill at medium temperature setting. Grease the grill plates with some avocado oil.

2. In a mixing bowl, mix the turkey, cilantro,  $\frac{1}{4}$  cup parsley, ginger, coriander, cumin, salt and cinnamon.
3. Combine well and prepare patties from the mixture. Cook them on the grill pan until golden-brown and cooked through.
4. In a mixing bowl, mix the cucumber and vinegar. In another bowl, mix the yogurt, parsley, lemon juice and pepper.
5. Arrange the patties and add the cucumber salad on the side. Top with the yogurt sauce. Serve with the pita wedges.

**Nutritional Values (Per Serving):**

Calories - 281|Fat - 9g|Carbohydrates - 24g|Fiber - 2g|Protein - 26g

## Minty Bulgur Salad

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**Preparation Time:** 30 min. **Serves:** 4

### **Ingredients:**

1/3 cup olive oil

1 cup green onions, chopped

1 cup parsley, chopped

1 cup bulgur

1 cucumber, peeled, seeded and chopped

1/3 cup lemon juice

1/4 cup mint, chopped

3 tomatoes, chopped

1 2/3 cups boiling water

Ground black pepper and salt, to taste

### **Directions:**

1. In a mixing bowl, combine the bulgur and boiling water. Cover the bowl and set aside for 30 minutes.
2. Add all the other ingredients into a large salad bowl. Season with black pepper and salt; combine and add the bulgur, mix again.

3. Cover it and refrigerate for an hour and serve chilled.

**Nutritional Values (Per Serving):**

Calories - 224|Fat - 13g|Carbohydrates - 18g|Fiber - 4g|Protein - 5g

## Halibut Fennel Salad

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**Preparation Time:** 10-15 min. **Serves:** 4

### **Ingredients:**

2 cloves garlic, minced

4 halibut fillets

2 tablespoons lemon juice

5 teaspoons extra-virgin olive oil

1 teaspoons ground coriander

½ teaspoon ground cumin

2 cups fennel bulbs, thinly sliced

¼ cup red onion, thinly sliced

1 tablespoon parsley

1 teaspoon thyme

Ground black pepper and salt, to taste

### **Directions:**

1. In a mixing bowl, combine the coriander, salt, cumin and pepper.
2. Take 1 ½ teaspoon of this herbs blend; combine it with 2 teaspoons of olive oil and garlic.
3. Rub the fish with the garlic and herbs mix.

4. Over a medium stove flame; heat the oil in a skillet or saucepan (preferably of medium size).
5. Fry the fish until cooked well.
6. In mixing bowl, mix the remaining spice mix, 2 teaspoons olive oil, fennel and other remaining ingredients.
7. Serve the salad with the cooked fish.

**Nutritional Values (Per Serving):**

Calories - 193 | Fat - 7g | Carbohydrates - 12g | Fiber - 3g | Protein - 24g

## Arugula Avocado Salad

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**Preparation Time:** 5-10 min. **Serves:** 4

### **Ingredients:**

¼ cup olive oil

¼ cup pine nuts

1 cup cherry tomatoes

4 cups chopped arugula

1 avocado, peeled, pitted and sliced

¼ cup parmesan cheese, grated

1 tablespoon vinegar

Ground black pepper and salt, to taste

### **Directions:**

1. In a mixing bowl, combine all the ingredients together, except the avocado.
2. Mix well. Serve the fresh salad with avocado slices and enjoy!

### **Nutritional Values (Per Serving):**

Calories - 258|Fat - 23g|Carbohydrates - 16g|Fiber - 4g|Protein - 11g

## Baked Broccoli Cheese

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**Preparation Time:** 35 min. **Serves:** 4

### **Ingredients:**

2 heads broccoli, cut into florets

1 lemon, zested & juiced

2 teaspoons garlic, minced

2 tablespoons olive oil

½ cup parmesan cheese, grated

Sea salt to taste

### **Directions:**

1. Preheat your oven to 400°F (200°C). Take a baking sheet, line it with parchment paper. Grease it with some avocado oil. (You can also use cooking spray)
2. In a mixing bowl, combine the broccoli, garlic, lemon zest, lemon juice, olive oil and sea salt.
3. Add the mixture onto the baking sheet and top with the Parmesan cheese. Bake for 8-10 minutes, until the broccoli is tender.
4. Serve warm.

### **Nutritional Values (Per Serving):**

Calories - 326|Fat - 12g|Carbohydrates - 28g|Fiber -  
18g|Protein - 31g

# **Chapter 3:**

## **Wholesome Pastas**

## Artichoke Chicken Pasta

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**Preparation Time:** 20-25 min. **Serves:** 5-6

### **Ingredients:**

2 cloves garlic, crushed

2 lemons, wedged

2 tablespoons lemon juice

14 ounces artichoke hearts, chopped

1-pound chicken breast fillet, diced

½ cup feta cheese, crumbled

1 tablespoon olive oil

16 ounces whole-wheat (gluten-free) pasta of your choice

3 tablespoons parsley, chopped

½ cup red onion, chopped

2 teaspoons oregano

1 tomato, chopped

Ground black pepper and salt, to taste

### **Directions:**

1. Pour the water into a deep saucepan and boil it. Add the pasta and some salt; cook it as per package directions. Drain the water and set aside the pasta.
2. Over medium stove flame, heat the oil in a skillet or saucepan (preferably of medium size).
3. Sauté the onions and garlic until softened and translucent, stir in between.
4. Add the chicken and cook until it is no longer pink.
5. Mix in the tomatoes, artichoke hearts, parsley, feta cheese, oregano, lemon juice and the cooked pasta.
6. Combine well and cook for 3-4 minutes, stirring frequently.
7. Season with black pepper and salt. Garnish with lemon wedges and serve warm.

**Nutritional Values (Per Serving):**

Calories - 486|Fat - 10g|Carbohydrates - 42g|Fiber - 9g|Protein - 37g

## Spinach Beef Pasta

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**Preparation Time:** 30-40 min. **Serves:** 4

### **Ingredients:**

1  $\frac{1}{4}$  cups uncooked orzo pasta

$\frac{3}{4}$  cup baby spinach

2 tablespoons olive oil

1  $\frac{1}{2}$  pounds beef tenderloin

$\frac{3}{4}$  cup feta cheese

2 quarts water

1 cup cherry tomatoes, halved

$\frac{1}{4}$  teaspoon salt

### **Directions:**

1. Rub the meat with pepper and cut into small cubes.
2. Over medium stove flame; heat the oil in a deep saucepan (preferably of medium size).
3. Add and stir-fry the meat until it is evenly brown.
4. Add the water and boil the mixture; stir in the orzo and salt.

5. Cook the mixture for 7-8 minutes. Add the spinach and cook until it wilts.
6. Add the tomatoes and cheese; combine and serve warm.

**Nutritional Values (Per Serving):**

Calories - 334 | Fat - 13g | Carbohydrates - 36g | Fiber - 6g | Protein - 16g

## Asparagus Parmesan Pasta

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**Preparation Time:** 25-30 min. **Serves:** 2-3

### **Ingredients:**

1 teaspoon extra-virgin olive oil

1 teaspoon lemon juice

$\frac{3}{4}$  cup whole milk

$\frac{1}{2}$  bunch asparagus, trimmed and cut into small pieces

$\frac{1}{2}$  cup parmesan cheese, grated

2 tablespoons garlic, minced

2 tablespoons almond flour

2 teaspoons whole grain mustard

4 ounces whole-wheat penne pasta

1 teaspoon tarragon, minced

Ground black pepper and salt, to taste

**Directions:**

1. Pour the water into a deep saucepan and boil it. Add the pasta and some salt; cook it as per package directions. Drain the water and set aside the pasta.
2. Take another pan, pour 8 cups of water and let it come to boiling. Add the asparagus and boil until it is soft. Drain and set aside.
3. In a mixing bowl, combine the milk, flour, mustard, black pepper and salt. Set aside.
4. Over medium stove flame, heat the oil in a skillet or saucepan (preferably of medium size).
5. Sauté the garlic until softened and fragrant, stirring in between.
6. Add the milk mixture and let it simmer. Add the tarragon, lemon juice and lemon zest; mix to combine.
7. Add the cooked pasta, asparagus, and simmer until the sauce thickens, stirring frequently.
8. Top with parmesan cheese and serve warm.

**Nutritional Values (Per Serving):**

Calories - 402|Fat - 31g|Carbohydrates - 33g|Fiber - 6g|Protein - 44g

## Mussels Linguine Delight

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**Preparation Time:** 20-25 min. **Serves:** 4-5

### **Ingredients:**

1 pound mussels, cleaned and debearded

1 tablespoon olive oil

½ teaspoon oregano

½ teaspoon basil, chopped

1 clove garlic, minced

1 lemon, wedges

8 ounces whole-wheat linguine pasta

1 pinch pepper flakes, crushed

1 (14.5 ounces) can tomatoes, crushed

¼ cup white wine

### **Directions:**

1. Pour the water into a deep saucepan and boil it. Add the pasta and some salt; cook it as per package directions. Drain the water and set aside the pasta.
2. Over a medium stove flame; heat the oil in a skillet or saucepan (preferably medium size).

3. Sauté the garlic until softened and fragrant, stir in between.
4. Add the tomatoes, basil, pepper flakes and oregano. Reduce the heat and simmer the mix.
5. Add the mussels, wine and increase the heat. Cook for 3-5 minutes.
6. Wait for the mussels to cook and open. Mix in the pasta.
7. Garnish with the parsley; serve with some lemon wedges on the side.

**Nutritional Values (Per Serving):**

Calories - 634|Fat - 15g|Carbohydrates - 36g|Fiber - 7g|Protein - 39g

## Arugula Pasta Soup

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**Preparation Time:** 15-20 min. **Serves:** 6

### **Ingredients:**

7 ounces chickpeas, rinsed

4 eggs, lightly beaten

2 tablespoons lemon juice

3 cups arugula, chopped

6 tablespoons parmesan cheese

6 cups chicken broth

1 pinch of nutmeg

1 bunch scallions, sliced (greens and whites sliced separately)

1 1/3 cups whole-wheat pasta shells

2 cups water

Ground black pepper, to taste

### **Directions:**

1. In a cooking pot or deep saucepan, combine the pasta, scallion whites, chickpeas, water, broth and

nutmeg.

2. Heat the mixture; cover and bring to a boil.
3. Take off the lid and simmer the mixture for about 4 minutes. Add the arugula and cook until it is wilted.
4. Mix in the eggs and season with black pepper and salt.
5. Mix in the lemon juice and scallion greens. Top with the parmesan cheese; serve warm.

**Nutritional Values (Per Serving):**

Calories - 317|Fat - 7g|Carbohydrates - 32g|Fiber - 6g|Protein - 38g

# **Chapter 4:**

## **Beans, Grains & Rice**

## Hearty Spinach Beans

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**Preparation Time:** 30-35 min. **Serves:** 4

### **Ingredients:**

10 ounces chopped spinach

12 ounces garbanzo beans

½ teaspoon cumin

1 tablespoon olive oil

4 minced garlic cloves

½ diced onion

½ teaspoon salt

### **Directions:**

1. Over medium stove flame; heat the oil in a skillet or saucepan (preferably of medium size).
2. Sauté the onions, garlic until softened and translucent for 4-5 minutes, stir in between.
3. Stir in the spinach, cumin, salt, and beans; cook the mixture until the beans get softened.
4. Mash the beans, stir everything and serve warm.

**Nutritional Values (Per Serving):**

Calories - 156 | Fat - 4g | Carbohydrates - 24g | Fiber - 6g | Protein - 13g

## Spiced Lima Beans

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**Preparation Time:** 25 min. **Serves:** 4

### **Ingredients:**

- 4 cloves garlic, minced
- 2 tablespoons extra-virgin olive oil
- 2 cups chopped onions
- 1 teaspoon dried oregano
- 1 teaspoon ground cinnamon
- 2 14-ounce cans diced tomatoes
- 2 10-ounce packs baby lima beans
- ½ teaspoon crushed red pepper, or to taste

### **Directions:**

1. Over medium stove flame; heat the oil in a skillet or saucepan (preferably of medium size).
2. Sauté the onions, garlic until softened and translucent for 5-6 minutes, stir in between.
3. Add the cinnamon, red pepper, oregano, tomatoes, and lima beans.
4. Mix to combine everything and simmer for 12-15 minutes, stirring often. Serve warm.

**Nutritional Values (Per Serving):**

Calories - 318|Fat - 11g|Carbohydrates - 53g|Fiber - 12g|Protein - 14g

## Garlic White Beans

---



**Preparation Time:** 30 min. **Serves:** 3

**Ingredients:**

24-ounce can rinsed white beans, drained

2 quarts vegetable stock

1 tablespoon olive oil

3 medium tomatoes, drained, peeled and chopped

1 1/2 onion, chopped

4 garlic cloves

Salt to taste

1 large handful of fresh basil

Juice from 2 lemons

Ground pepper to taste

**Directions:**

1. Over medium stove flame; heat the oil in a skillet or saucepan (preferably of medium size).

2. Sauté the onions and garlic until softened and translucent, stir in between.
3. Mix in the beans and tomatoes; simmer for 5 minutes.
4. Add the remaining ingredients; stir thoroughly and simmer for 5 minutes more. Serve warm.

**Nutritional Values (Per Serving):**

Calories - 318 | Fat - 8g | Carbohydrates - 53g | Fiber - 9g | Protein - 17g

## Couscous Cauliflower Lunch

---



**Preparation Time:** 15-20 min. **Serves:** 4

### **Ingredients:**

3 cups cauliflower florets

½ cup dates, chopped

Olive oil and red wine vinegar to taste

1 shallot, sliced

1 pinch cinnamon

1 ½ cups couscous

Ground black pepper and salt, to taste

### **Directions:**

1. Cook the couscous in boiling water until it gets tender. Drain the water and rinse the couscous in cold water. Drizzle with some olive oil and toss well.
2. Over medium stove flame, heat the oil in a skillet or saucepan (preferably of medium size).
3. Add and cook the cauliflower until the florets turn tender. Season with black pepper and salt.
4. Mix in the dates and a pinch of cinnamon.

5. Combine the cauliflower mix with the couscous in a mixing bowl. Drizzle with the vinegar and top it with some parsley. Season with black pepper and salt, to taste.
6. Serve warm.

**Nutritional Values (Per Serving):**

Calories - 214|Fat - 7g|Carbohydrates - 49g|Fiber - 7g|Protein - 8g

## Spinach Rice Medley

---



**Preparation Time:** 15-20 min. **Serves:** 4

### **Ingredients:**

2 ½ tablespoon olive oil

1 onion, chopped

1 pound spinach, chopped

1/3 cup brown rice, uncooked

2 tablespoons dill

½ lemon, juiced

1 teaspoon mint, chopped

1 tablespoon tomato paste (optional)

2/3 cups water

Ground black pepper and salt, to taste

### **Directions:**

1. In a deep saucepan or cooking pot, combine the lemon juice, 1 teaspoon of olive oil and spinach.
2. Cook until the spinach wilts. Drain and set aside.
3. Over medium stove flame, heat the oil in a skillet or saucepan (preferably of medium size).

4. Sauté the onions until soft and translucent, stir in between.
5. Add the spinach, water, mint and dill; stir and boil the mix.
6. Add the rice and season with black pepper and salt. Simmer until the rice is cooked well; serve warm.

**Nutritional Values (Per Serving):**

Calories - 166 | Fat - 5g | Carbohydrates - 23g | Fiber - 6g | Protein - 6g

# **Chapter 5:**

## **Wholesome Soups**

## Chicken Rice Soup

---



**Preparation Time:** 40-45 min. **Serves:** 4

### **Ingredients:**

1/2 cup brown or basmati rice, uncooked

1/4 cup fresh lemon juice

2 chopped carrots

1 boneless, skinless whole chicken breast

6 cups chicken broth

6 tablespoons chopped mint leaves

1/2 cup water

Salt and ground black pepper to taste

### **Directions:**

1. In a cooking pot or deep saucepan, combine the water, 1/2 cup broth and salt to taste. Bring to a boil and mix in the rice.
2. Reduce the heat to low and simmer the mix 20-25 minutes.
3. Add the remaining broth, carrots, and chicken and simmer the soup for 10-12 minutes more. Season with black pepper and salt to taste. Sprinkle with mint and serve warm.

**Nutritional Values (Per Serving):**

Calories - 213 | Fat - 4g | Carbohydrates - 21g | Fiber - 2g | Protein - 22g

## Green Veggie Soup

---



**Preparation Time:** 40-45 min. **Serves:** 7-8

### **Ingredients:**

- 12 ounces green beans, cut into ½-inch pieces
- 2 cloves garlic, minced
- 2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 4 cups chopped kale
- 2 medium zucchini, chopped
- 4 Roma tomatoes, seeded and chopped
- 2 stalks celery, chopped
- 8 cups low-sodium chicken broth or vegetable broth
- 2 (15-ounce) cans cannellini beans, rinsed
- 2 teaspoons red-wine vinegar
- ¾ teaspoon salt
- ½ teaspoon ground pepper
- 8 teaspoons prepared basil pesto

**Directions:**

1. Over medium stove flame; heat the oil in a cooking pot or deep saucepan (preferably of medium size).
2. Add the carrot, green beans, celery, onion, and garlic. Cook the vegetables for 5-7 minutes. Stir frequently.
3. Add the broth. Boil the mixture, reduce the heat and simmer until the vegetables turn soft. Add the cannellini beans, kale, zucchini, tomatoes, vinegar, salt, and pepper. Combine and simmer until the zucchini is tender.
4. Serve with the pesto sauce on top.

**Nutritional Values (Per Serving):**

Calories - 227|Fat - 8g|Carbohydrates - 26g|Fiber - 8g|Protein - 13g

## Spinach Fagioli Soup

---



**Preparation Time:** 65-70 min. **Serves:** 8

### **Ingredients:**

14 ounces chicken broth

1 tablespoon garlic, minced

1 teaspoon garlic powder

½ pound whole-wheat seashell pasta

14 ounces spinach, chopped

8 slices cooked bacon, crumbled

½ teaspoon basil

14 ounces beans

1 tablespoon parsley

8 ounces tomato sauce

20 ounces canned tomatoes, diced

3 cups water

Ground black pepper and salt, to taste

### **Directions:**

1. In a deep saucepan or cooking pot, combine the beans, tomatoes, tomato sauce, spinach, garlic, chicken broth, garlic, garlic powder, parsley, bacon, basil, water, black pepper and salt.
2. Boil the mixture; cover and simmer for 60 minutes.
3. Add the pasta, stir and cook until the pasta is ready. Serve warm.

**Nutritional Values (Per Serving):**

Calories - 356 | Fat - 6g | Carbohydrates - 52g | Fiber - 9g | Protein - 20g

## Cashew Sweet Potato Soup

---



**Preparation Time:** 30-35 min. **Serves:** 4

### **Ingredients:**

2 medium sweet potatoes, peeled and cut into small cubes

½ small onion, chopped

2 tablespoons olive or avocado oil

¼ chili powder

½-inch piece fresh ginger, peeled and grated

¼ teaspoon cinnamon

1/8 teaspoon cloves

¼ teaspoon allspice

½ cup cashews, soaked overnight and drained

3 cups low-sodium vegetable or chicken broth

### **Directions:**

1. Add the potatoes in a heat-safe bowl and microwave on high heat setting for 7-8 minutes, or until they are mostly cooked.
2. Over medium stove flame, heat the oil in a skillet or saucepan (preferably of medium size).

3. Sauté the onions and spices until the onion is soft and translucent, stir in between.
4. Add the broth, sweet potatoes, and cashews, and cook until the sweet potatoes get very soft.
5. Blend the soup using a blender or food processor until very smooth. Serve warm.

**Nutritional Values (Per Serving):**

Calories - 318|Fat - 17g|Carbohydrates - 24g|Fiber - 3g|Protein - 8g

## Kale Carrot Lentil Soup

---



**Preparation Time:** 25 min. **Serves:** 3-4

### **Ingredients:**

3 garlic cloves, diced

1/3 cup flat leaf parsley leaves

1 tablespoon thyme leaves

32 ounces low-salt vegetable broth

3 carrots, diced

1 onion, diced

3 celery ribs, sliced

1 bay leaf

1/2 bunch kale, stemmed, chopped, and rinsed

1/2 pound lentils, sorted and rinsed

### **Directions:**

1. Over medium stove flame; combine all the ingredients (except the kale) in a cooking pot or deep saucepan (preferably of medium size).

2. Cover and boil the mixture, then simmer for 10 minutes.
3. Add the kale and cook for 8-10 minutes until veggies get softened and carrot turns tender.
4. Blend the soup using your blender or food processor until very smooth. Serve warm.

**Nutritional Values (Per Serving):**

Calories - 267 | Fat - 8g | Carbohydrates - 46g | Fiber - 8g | Protein - 13g

# **Chapter 6:**

## **Fish & Seafood**

## Salmon Caper Grilled Feast

---



**Preparation Time:** 25-30 min. **Serves:** 4

### **Ingredients:**

- 3 tablespoons olive oil
- 2 slices whole-grain bread
- 2 cubed tomatoes
- 1 Medium cucumber
- 8 Kalamata olives, chopped
- 3 tablespoons red wine vinegar
- 1 tablespoon capers
- ¼ teaspoon ground pepper
- 1 sliced red onion
- ¼ cup sliced basil
- 1 pound salmon
- ½ teaspoon kosher salt

### **Directions:**

1. Preheat your grill to high heat setting. Coat with some avocado oil.

2. Mix the olive oil, olives, vinegar, capers and 1/8 teaspoon of black pepper in a mixing bowl.
3. Add the tomato and bread cubes, cucumber, onion, and basil. Combine well and set aside.
4. Season the salmon with black pepper and salt. Grill on both sides for 4-5 minutes on each side.
5. Serve the salmon with the salad.

**Nutritional Values (Per Serving):**

Calories - 262 | Fat - 11g | Carbohydrates - 17g | Fiber - 3g | Protein - 23g

## Potato Tuna Stew

---



**Preparation Time:** 40-45 min. **Serves:** 6

### **Ingredients:**

- 2 pounds Albacore tuna
- 2 1/4 pounds potatoes, peeled and cut in chunks
- 1 onion, chopped
- 4 cloves garlic, chopped
- 1 cup white wine
- 3 tablespoons olive oil
- 2 red or green peppers, cut in strips
- 18 ounces diced tomatoes
- 1/2 cup water
- 2 teaspoons sweet paprika
- Red pepper flakes, to taste
- Sea salt and black pepper, to taste

### **Directions:**

1. In a cooking pot, heat the oil.
2. Sauté the garlic, onion and peppers until softened.

3. Add the sweet paprika, red pepper flakes, tomatoes, dash of black pepper and salt; combine and simmer for 3-4 minutes.
4. Stir in the potatoes, wine and water; boil and cook for 12-15 minutes until the potatoes are tender.
5. Add the fish without stirring, cover, and simmer for 5-10 minutes until the fish is cooked well.
6. Serve warm.

**Nutritional Values (Per Serving):**

Calories - 347|Fat - 7g|Carbohydrates - 36g|Fiber - 5g|Protein - 41g

## Mediterranean Olive Cod

---



**Preparation Time:**15-20 min. **Serves:** 6

### **Ingredients:**

½ cup green olives, chopped

¼ cup onion, finely chopped

1 dash paprika

1 dash cayenne pepper

15 cherry tomatoes, halved

1 tablespoon olive oil

6 cod fillets

1 cup tomato sauce

¼ cup marinated vegetables of your choice, coarsely chopped

2-3 prawns (optional)

Ground black pepper and salt, to taste

### **Directions:**

1. Over medium stove flame, heat the oil in a skillet or saucepan (preferably of medium size).

2. Sauté the onions and garlic until softened and translucent, stir in between.
3. Add the cherry tomatoes and tomato sauce; simmer the mix.
4. Mix in the green olives, cayenne pepper, paprika, marinated vegetables, black pepper and salt.
5. Add the cod fillets and cook until cooked well and easy to flake. Add the prawns with shells; combine and serve warm.

**Nutritional Values (Per Serving):**

Calories - 125 | Fat - 7g | Carbohydrates - 12g | Fiber - 1g | Protein - 23g

## Brown Rice Mackerel

---



**Preparation Time:** 20-25 min. **Serves:** 6

### **Ingredients:**

3 cloves garlic, finely chopped

1/2 teaspoon sweet paprika powder

4 tablespoons olive oil

12 slices lemon

4 mackerel fillets

Sea salt and ground black pepper to taste

Cooking spray as required

Cooked brown rice to serve

### **Directions:**

1. Preheat your oven to 400degrees F. Line a baking pan with parchment paper. Grease it with some avocado oil. (You can also use cooking spray)
2. Coat mackerel fillets (from both sides) with some olive oil.
3. Arrange them one by one skin side down in the baking pan. Season with black pepper, salt and

sweet paprika.

4. Top with the garlic and lemon slices.
5. Cook the fillets in the oven for 15-20 minutes. Serve with brown rice.

**Nutritional Values (Per Serving):**

Calories - 243|Fat - 15g|Carbohydrates - 4g|Fiber - 0g|Protein - 23g

## Flounder Bean Stew

---



**Preparation Time:** 15-20 min. **Serves:** 4

### **Ingredients:**

- ½ teaspoon coriander
- 1 teaspoon ground fennel
- 1 pound flounder fillet, cubed
- 1 tablespoon extra-virgin olive oil
- 14 ounces great northern beans
- 1 ½ cups clam juice
- 2 cloves garlic, crushed
- 1 cup onion, chopped
- ½ teaspoon orange rind, grated
- ¼ teaspoon saffron threads, crushed
- 1 thyme sprig
- 1 bunch fresh thyme
- 14.5 ounces canned tomatoes, diced
- 1 ½ cups water
- Salt, to taste

### **Directions:**

1. Over medium stove flame, heat the oil in a skillet or saucepan (preferably of medium size).
2. Sauté the fennel, onion, coriander and thyme until softened.
3. Add the orange rind and saffron; combine and mix in the water, tomatoes and clam juice.
4. Boil the mix and reduce the heat. Simmer for about 5 minutes and mix in the fish and beans.
5. Season with salt and simmer for about 5-6 minutes, stirring carefully.
6. Serve with a dash of thyme.

**Nutritional Values (Per Serving):**

Calories - 463|Fat - 8g|Carbohydrates - 58g|Fiber - 5g|Protein - 19g

## Honey Yogurt Scallops

---



**Preparation Time:** 25 min. **Serves:** 4

### **Ingredients:**

- 1 teaspoon lime zest
- 1 tablespoon lemon zest
- 2 teaspoons orange zest
- 2 teaspoons olive oil
- 1 shallot, minced
- 20 sea scallops, cleaned
- 1 tablespoon basil, chopped
- ½ cup orange juice
- 2 tablespoons lemon juice
- 2 tablespoons honey
- 1 tablespoon plain Greek yogurt
- ½ teaspoon sea salt

### **Directions:**

1. Over medium stove flame, heat the oil in a skillet or saucepan (preferably of medium size).

2. Sauté the shallot until softened and translucent, stir in between.
3. Add the scallops; brown for 5 minutes until tender.
4. Mix in the zests, basil, lemon juice and orange juice. Simmer the mixture for 2-3 minutes.
5. Mix in the yogurt, honey and sea salt. Simmer on low heat for 4-5 minutes; stir and serve warm.

**Nutritional Values (Per Serving):**

Calories - 204 | Fat - 4g | Carbohydrates - 16g | Fiber - 1g | Protein - 26g

## Olive Baked Fish

---



**Preparation Time:** 30 min. **Serves:** 4

### **Ingredients:**

1/8 teaspoon ground black pepper

2 tablespoons olive oil

1 small green pepper, sliced

1/2 small red onion

1/4 cup feta cheese

4 (6-ounce) cod fillets

1/4 cup pitted greek olives, sliced

1/4 teaspoon salt

1 (8-ounce) can tomato sauce

### **Directions:**

1. Preheat your oven at 400°F (200°C).
2. Line a baking pan with parchment paper. Grease it with some avocado oil. (You can also use cooking spray)
3. Add the cod into the pan. Brush the top with the olive oil, and sprinkle with black pepper and salt.

Add the green peppers, onion, and olives on top of the fish and then cover with the tomato sauce and some cheese.

4. Bake for 18-20 minutes until the fish is flaky.
5. Serve warm.

**Nutritional Values (Per Serving):**

Calories - 268 | Fat - 16g | Carbohydrates - 9g | Fiber - 3g | Protein - 24g

## Feta Salmon Burgers

---



**Preparation Time:** 25-30 min. **Serves:** 4

### **Ingredients:**

1-pound skinless salmon fillets, cut into 2-inch pieces

½ cup panko crumbs

1 medium egg white

½ cup cucumber slices

¼ cup feta cheese, crumbled

Ground black pepper and salt to taste

Whole-grain or whole-wheat buns of your choice

### **Directions:**

1. Add the salmon, panko crumbs and egg white to your blender; ground until the salmon is well chopped.
2. Season with black pepper and salt. Prepare four patties from the mix.
3. Preheat your grill to medium-high temperature. Coat with some avocado oil.

4. Grill the patties on both sides until evenly brown.
5. Make the burgers using the patties, toppings of your choice, cucumber, feta, and whole-grain buns.

**Nutritional Values (Per Serving):**

Calories - 163|Fat - 5g|Carbohydrates - 13g|Fiber - 1|Protein - 26g

# **Chapter 7:**

## **Poultry & Meat**

## Arugula Fig Chicken

---



**Preparation Time:** 15-20 min. **Serves:** 4

### **Ingredients:**

2 teaspoons cornstarch

2 clove garlic, crushed

$\frac{3}{4}$  cup Mission figs, chopped

$\frac{1}{4}$  cup black or green olives, chopped

1 bag baby arugula

$\frac{1}{2}$  cup chicken broth

8 skinless chicken thighs

2 teaspoons olive oil

2 teaspoons brown sugar

$\frac{1}{2}$  cup red wine vinegar

Ground black pepper and salt, to taste

### **Directions:**

1. Over medium stove flame, heat the oil in a skillet or saucepan (preferably of medium size).

2. Add the chicken, sprinkle with some salt and cook until evenly brown. Set it aside.
3. Add and sauté the garlic.
4. In a mixing bowl, combine the vinegar, broth, cornstarch and sugar. Add the mixture into the pan and simmer until the sauce thickens.
5. Add the figs and olives; simmer for a few minutes. Serve warm with chopped arugula on top.

**Nutritional Values (Per Serving):**

Calories - 364 | Fat - 14g | Carbohydrates - 29g | Fiber - 5g | Protein - 31g

## Greek Turkey Burgers

---



**Preparation Time:** 15-20 min. **Serves:** 4

### **Ingredients:**

- 1/3 cup feta cheese, crumbled
- 1 teaspoon dill
- 1 egg white
- 7 ounces roasted red bell peppers, sliced
- ½ cup breadcrumbs
- 4 whole-wheat buns
- ¾ cup mint, chopped
- 1 cup red onion, sliced
- 1 pound ground turkey
- 2 tablespoons lemon juice
- Canola oil as needed
- 4 Iceberg salad leaves

### **Directions:**

1. In a mixing bowl, beat the egg whites. Add the mint, breadcrumbs, onions, feta cheese, lemon juice, dill

- and turkey; combine well.
2. Form 4 patties from the mixture.
  3. Over medium stove flame, heat the oil in a skillet or saucepan (preferably of medium size).
  4. Add the patties and cook them until evenly brown on both sides.
  5. Serve the patties in the buns topping them with roasted peppers and iceberg leaves.

**Nutritional Values (Per Serving):**

Calories - 362 | Fat - 13g | Carbohydrates - 38g | Fiber - 4g | Protein - 33g

## Cashew Broccoli Chicken

---



**Preparation Time:** 25-30 min. **Serves:** 5-6

### **Ingredients:**

- ½ cup carrots, chopped
- 1/3 cup unsalted cashews
- 3 green onions, chopped
- 1 cup sugar snap peas
- 1 red bell pepper, chopped
- 2 cups broccoli florets
- 1 pound chicken breasts, cubed
- 1 tablespoon olive oil
- 3 cloves garlic, crushed

### **Sauce:**

- 1 teaspoon sesame oil
- 2 tablespoons honey
- 3 tablespoons peanut butter
- 3 tablespoons water

1 tablespoon crushed ginger

4 tablespoons soy sauce

**Directions:**

1. In a mixing bowl, add the sauce ingredients and mix them together.
2. Over medium stove flame, heat the oil in a skillet or saucepan (preferably of medium size).
3. Add the chicken and cook it until evenly brown; season with garlic, salt, and black pepper.
4. Add the broccoli, snap peas, bell pepper, and carrots and fry for 5-6 minutes, stirring often.
5. Add the sauce and combine well. Add in the cashews, mix and serve warm.

**Nutritional Values (Per Serving):**

Calories - 235|Fat - 9g|Carbohydrates - 21g|Fiber - 4g|Protein - 26g

## Mediterranean White Wine Chicken

---



**Preparation Time:** 35-40 min. **Serves:** 4

### **Ingredients:**

3 cloves garlic, minced

½ cup diced onion

3 cups tomatoes, chopped

2 teaspoons olive oil

4 skinless, boneless chicken breast halves

½ cup + 2 tablespoons white wine

1 tablespoon chopped basil

¼ cup chopped parsley

2 teaspoons chopped thyme

Ground black pepper and salt to taste

### **Directions:**

1. Over medium stove flame, heat the oil and 2 tablespoons white wine in a skillet or saucepan (preferably of medium size).
2. Add the chicken and fry until evenly brown. Set it aside.

3. Add the garlic and sauté for 30 seconds. Add the onion and sauté for 2-3 minutes.
4. Mix in the tomatoes and bring the mixture to a simmer.
5. Reduce the heat and mix in  $\frac{1}{2}$  cup white wine; simmer the mix for 10 minutes and add the basil and thyme. Cook for another 5 minutes.
6. Add the chicken; combine and cook over low heat for 7-10 minutes. Add the parsley on top. Season with black pepper and salt.
7. Serve warm.

**Nutritional Values (Per Serving):**

Calories - 293 | Fat - 8g | Carbohydrates - 14g | Fiber - 3g | Protein - 36g

## Mediterranean Feta Chicken

---



**Preparation Time:** 40-45 min. **Serves:** 4

### **Ingredients:**

2 tablespoons olive oil

1 cup crumbled feta cheese

2 (6-ounce) boneless and skinless chicken breast halves

1 teaspoon Greek seasoning

1/3 cup chopped sun-dried tomatoes

### **Directions:**

1. Preheat your oven to 375°F-190°C. Line a baking pan with parchment paper. Grease it with some avocado oil. (You can also use cooking spray)
2. Mix the feta cheese and tomatoes in a mixing bowl.
3. Coat the chicken with olive oil and season with the seasoning. Add the cheese mixture and roll up chicken breasts. Secure with a toothpick, pinning them.
4. Place the chicken into the pan; bake for 25-30 minutes. Remove the toothpicks and serve warm.

### **Nutritional Values (Per Serving):**

Calories - 204|Fat - 14g|Carbohydrates - 9g|Fiber -  
1g|Protein - 19g

## Lamb Veggie Lettuce Wraps

---



**Preparation Time:** 15-20 min. **Serves:** 4

### **Ingredients:**

2 teaspoons garlic, minced

1 teaspoon ground cinnamon

½ cup cucumber, chopped

¼ cup red pepper hummus or your choice of hummus

2 tablespoons mint leaves, torn

1 onion, finely chopped

2 teaspoons olive oil

6 ounces ground lamb

8 lettuce leaves

½ cup parsley, chopped

1 tablespoon pine nuts, toasted

½ cup tomato, chopped

¼ cup Greek yogurt

Ground black pepper and salt, to taste

**Directions:**

1. Over medium stove flame, heat the oil in a skillet or saucepan (preferably of medium size).
2. Sauté the onions until softened and translucent, stir in between.
3. Add the lamb and cook until evenly brown. Set aside.
4. In a mixing bowl, mix the parsley, cucumber and tomato. Add the cooked lamb and onion.
5. In another bowl, mix the yogurt and hummus.
6. Arrange the lettuce leaves and add the lamb on top. Add the hummus and yogurt dressing on top. Sprinkle the mint and pine nuts over the dressing.
7. Serve fresh.

**Nutritional Values (Per Serving):**

Calories - 198 | Fat - 11g | Carbohydrates - 21g | Fiber - 4g | Protein - 12g

## Green Olive Beef

---



**Preparation Time:** 35-40 min. **Serves:** 4-5

### **Ingredients:**

- 1 pound beef loin
- 2 tablespoons whole-grain mustard
- 4 tablespoons extra virgin olive oil
- 4 shallots, finely chopped
- 1 cup white wine
- 16 black and green olives, chopped
- Salt and ground black pepper to taste

### **Directions:**

1. Preheat your oven at 400°F (200°C).
2. Line a baking pan with parchment paper. Grease it with avocado oil. (You can also use cooking spray)
3. In the pan, add the meat and shallots. Roast for 30-35 minutes.
4. Take out and season with salt and black pepper to taste.
5. Pour the wine on top and add the mustard and olives; bake for 2-3 more minutes.

6. Slice the meat and add the wine sauce over; serve warm.

**Nutritional Values (Per Serving):**

Calories - 376|Fat - 6g|Carbohydrates - 48g|Fiber - 8g|Protein - 31g

## Lamb Yogurt Pita Meal

---



**Preparation Time:** 20-25 min. **Serves:** 4

### **Ingredients:**

- 1 pound boneless leg of lamb, cubed
- 2 teaspoons olive oil
- 4 homemade pita breads
- 1 ½ cups cucumber, finely chopped
- 1 teaspoon garlic, minced
- 1 tablespoon lemon juice
- 1 tablespoon rosemary, chopped
- 6 ounces Greek yogurt
- Ground black pepper and salt, to taste

### **Directions:**

1. In a mixing bowl, combine the lamb, garlic and rosemary. Season with black pepper and salt. Set aside.

2. Over medium stove flame, heat the oil in a skillet or saucepan (preferably of medium size).
3. Add the lamb mixture and fry until evenly brown and cooked well.
4. In a mixing bowl, combine the cucumber, yogurt and lemon juice. Season it with black pepper and salt.
5. Over the pitas, add the lamb mixture and yogurt dressing. Serve and enjoy.

**Nutritional Values (Per Serving):**

Calories - 423|Fat - 17g|Carbohydrates - 38g|Fiber - 6g|Protein - 24g

# **Chapter 8:**

## **Breads & Pizzas**

## Mediterranean Olive Bread

---



**Preparation Time:** 50-60 min. **Serves:** 8-10

### **Ingredients:**

1 ½ cup warm water

3 cups whole-wheat flour (you can also use buckwheat flour)

3-4 Mediterranean black olives, pitted or chopped

5 sun dried tomatoes, chopped

½ teaspoon salt

½ teaspoon yeast

### **Directions:**

1. Combine the yeast and lukewarm water in a mixing bowl. Set aside for 15-20 minutes.
2. In another mixing bowl, combine the salt and flour. Add the yeast and 1 cup water into the center. Knead to prepare elastic dough; keep kneading until the ingredients are mixed well with each other.
3. Lightly coat it with some oil and place in a bowl. Cover the bowl and set aside for 2 hours (or overnight) to settle and rise.

4. Take out the dough, punch, add the tomatoes and olives; knead it again.
5. Place the dough on a lightly floured surface; cover it and set aside for 2 more hours to settle well.
6. Preheat your oven to 400°F (200°C). Take a baking pan or bread pan, line it with parchment paper. Grease it with some avocado oil. (You can also use cooking spray)
7. Place the dough into the greased bread pan, shape into a loaf, and bake for 30-35 minutes until lightly-brown.
8. Cool down for a while; take out the baked loaf. Slice and serve!

**Nutritional Values (Per Serving):**

Calories - 187|Fat - 2g|Carbohydrates - 36g|Fiber - 11g|Protein - 6g

## Homemade Mediterranean Pita Breads

---



**Preparation Time:** 30-40 min. **Serves:** 6-8

### **Ingredients:**

1/2 teaspoon honey

1/2 teaspoon salt

Water as needed

2 1/2 cups whole-grain flour

Avocado oil for coating

1/4 ounce dried yeast

### **Directions:**

1. Combine the yeast and 1/4 cup lukewarm water in a mixing bowl. Set aside for 15-20 minutes.
2. In another mixing bowl, combine the salt and flour. Add the yeast and 1 cup water into the center. Knead to prepare elastic dough; keep kneading until the ingredients are mixed well with each other.
3. Lightly coat it with some oil and place in a bowl. Cover the bowl and set aside for 2 hours (or overnight) to settle and rise.

4. Take out the dough, punch and knead it again. Divide into small balls and using your hands, flatten them to make small round discs.
5. Place them on a lightly floured surface; cover and set aside for 2 more hours to settle well.
6. Preheat your oven at 400°F (200°C). Take a baking sheet, line it with parchment paper. Grease it with some avocado oil. (You can also use cooking spray)
7. Place the discs on the sheet and bake for 6-8 minutes until lightly-brown. The pita breads will rise to create a hollow inside space.
8. Serve with any toppings of your choice.

**Nutritional Values (Per Serving):**

Calories - 128|Fat - 1g|Carbohydrates - 24g|Fiber - 3g|Protein - 6g

## Cheesy Arugula Pizza

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**Preparation Time:** 15-20 min. **Serves:** 6-7

### **Ingredients:**

- 1 ½ tablespoons lemon juice
- 2 tablespoons mozzarella cheese
- 2 tablespoons parmesan cheese
- 1 tablespoon cornmeal
- 9 ounces artichoke hearts, coarsely chopped
- 1 ½ cups arugula, chopped
- 1 medium whole-wheat pizza crust
- 4 slices prosciutto
- 2 tablespoons prepared pesto sauce

### **Directions:**

1. Preheat your oven at 400°F (200°C). Take a baking sheet, line it with parchment paper. Grease it with some avocado oil. (You can also use cooking spray)
2. Spread some cornmeal over the baking sheet
3. Place the pizza crust on the baking sheet. Spread the pesto sauce and sprinkle mozzarella cheese on

- top. Bake for 5 minutes.
4. Take out and add the artichokes and lemon juice; then add the prosciutto and parmesan on top and bake until the top is light brown for 6-8 minutes.
  5. Top with the arugula. Slice and serve!

**Nutritional Values (Per Serving):**

Calories - 286|Fat - 23g|Carbohydrates - 32g|Fiber - 7g|Protein - 22g

## Broccoli Cheese Burst Pizza

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**Preparation Time:** 25-30 min. **Serves:** 6-7

### **Ingredients:**

1 cup mozzarella cheese, shredded

2/3 cup ricotta cheese

2 teaspoons avocado oil

1 large whole-wheat pizza crust

1/4 cup basil, chopped

1 1/2 cups broccoli florets, chopped

1/2 teaspoon garlic powder

Cornmeal (for dusting)

1 1/2 cups corn kernels

Ground black pepper and salt, to taste

### **Directions:**

1. Preheat your oven at 400°F (200°C). Take a baking sheet, line it with parchment paper. Grease it with some avocado oil. (You can also use cooking spray)
2. Spread some cornmeal over the baking sheet

3. In a mixing bowl, combine the corn, broccoli, ricotta, mozzarella, scallions, garlic powder, basil, black pepper and salt.
4. Place the pizza crust on the baking sheet. Add the topping mixture on top and bake until the top is light brown, for 12-15 minutes.
5. Slice and serve warm!

**Nutritional Values (Per Serving):**

Calories - 417|Fat - 11g |Carbohydrates - 53g |Fiber - 8|Protein - 19g

## Mozzarella Bean Pizza

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**Preparation Time:** 15-20 min. **Serves:** 6-7

### **Ingredients:**

- 2 tablespoons cornmeal
- 1 cup mozzarella
- 1/3 cup barbecue sauce
- 1 roma tomato, diced
- 1 cup black beans
- 1 cup corn kernels
- 1 medium whole-wheat pizza crust

### **Directions:**

1. Preheat your oven at 400°F (200°C). Take a baking sheet, line it with parchment paper. Grease it with some avocado oil. (You can also use cooking spray)
2. Spread some cornmeal over the baking sheet
3. In a bowl, mix together the tomatoes, corn and beans.

4. Place the pizza crust on the baking sheet. Spread the sauce on top; add the topping, and top with the cheese and bake until the cheese melts and the crust edges are golden-brown for 12-15 minutes.
5. Slice and serve warm.

**Nutritional Values (Per Serving):**

Calories - 223 | Fat - 4g | Carbohydrates - 41g | Fiber - 6g | Protein - 8g

# **Chapter 9:**

## **Desserts**

## Orange Dessert Cups

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**Preparation Time:** 15-20 min. **Serves:** 4

### **Ingredients:**

2 tablespoons honey

2 teaspoons honey

2 tablespoons low-fat milk

1/2 teaspoon vanilla

1/2 teaspoon cinnamon

1/2 teaspoon allspice

1/4 teaspoon nutmeg

1 cup ricotta cheese, shredded

1 cup cream cheese

3 large navel oranges, membrane along the sections removed

Basil leaves for garnish

### **Directions:**

1. In a blender or food processor, blend the ricotta, cream cheese, 2 teaspoons of honey, milk, vanilla,

- and cinnamon to prepare smooth cream.
2. Pour the cream into 4 dessert cups, cover with a piece of foil or paper, and refrigerate for a few hours until chilled.
  3. Take a skillet or saucepan, heat 2 tbsp honey until it melts.
  4. Add the spices and orange slices; combine and caramelize for 3-4 minutes. Set aside and cool down.
  5. Top each dessert cup with the honey orange topping and add a basil leaf. Serve and enjoy!

**Nutritional Values (Per Serving):**

Calories - 381|Fat - 23g|Carbohydrates - 33g|Fiber - 8g|Protein - 14g

## Honey Almond Figs

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**Preparation Time:** 10 min. **Serves:** 4-5

### **Ingredients:**

2 tablespoons raw honey

10 almonds, chopped

2 ounces goat cheese, shredded

5 figs, halved

### **Directions:**

1. Preheat your oven at 360°F (180°C). Take a baking sheet, line it with parchment paper. Grease it with avocado oil. (You can also use cooking spray)
2. Place your figs on the sheet with the cut side up. Stuff each fig with  $\frac{1}{2}$  teaspoon of goat cheese and a teaspoon of chopped almonds.
3. Bake for 2-3 minutes. Serve with the honey drizzled on top.

### **Nutritional Values (Per Serving):**

Calories - 207|Fat - 13g|Carbohydrates - 22g|Fiber - 5g|Protein - 8g

## Berry Oats Delight

---



**Preparation Time:** 50 min. **Serves:** 6

### **Ingredients:**

3 cups mixed berries, frozen

1 cup rolled oats

2 tablespoons brown sugar

1 tablespoon coconut flour

2 tablespoons coconut oil or ghee butter

### **Directions:**

1. Preheat your oven at 400°F (200°C). In a cast-iron skillet (10-inch), add the berries forming an even layer.
2. In a mixing bowl, combine the oats, brown sugar and flour.
3. Sprinkle the oat mixture on top of the berries. Top with the coconut oil or ghee, and bake for 45-50 minutes until the crust turns brown.
4. Serve the dessert warm.

### **Nutritional Values (Per Serving):**

Calories - 157|Fat - 6g|Carbohydrates - 22g|Fiber -  
4g|Protein - 3g

## Frozen Fruit Delight

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**Preparation Time:** 10 min. **Serves:** 2

### **Ingredients:**

- 1 teaspoon honey
- 3 cups raspberries, frozen
- 1 mango, peeled and pitted
- 1 peach, peeled and pitted

### **Directions:**

1. In a blender or food processor, add the ingredients and blend to puree. Add more water if it's too thick.
2. Place in the freezer for 40-60 minutes to chill.
3. Serve chilled garnished with ground cinnamon.

### **Nutritional Values (Per Serving):**

Calories - 162|Fat - 2g|Carbohydrates - 28g|Fiber - 8g|Protein - 4g

## Conclusion

I want to thank all the readers for purchasing and showing their interest in this book that is close to my heart. When the world is out there on a health-improving mission, why anyone of us should hold back ourselves from achieving what we truly deserve. A healthy lifestyle is something that we all merit for sure.

I've been a huge supporter of the Mediterranean diet ever since I first tried it. I started following it a few years back and I am delighted to have this opportunity to tell everyone how it helped me regain the control of my health. The diet has a great influence on my energy levels as I hardly remember the last time I felt exhausted and drained. It has helped me tremendously in achieving my fitness goals and more importantly, I feel in the safe-zone and pretty confident that I won't be dealing with those life-hazardous health disorders.

When I started following the diet, my weight started shredding slowly but progressively. While it can't reduce your weight overnight, yet it can make you feel like you are in control of your weight as it surely reduces your food cravings. Nutrient-dense Mediterranean diet is complete in all forms and offers a real solution to achieve fitness goals.

As always, cooking is an interpretation, so you can add any Mediterranean-friendly ingredients to the recipes covered in the book. It helps to create new flavors that you like and gives your own flavor touch to make your meals memorable.

Lastly, if you enjoyed this book, I would be grateful if you can spend a minute of your valuable time to leave a short review on Amazon. Your honest feedback would be greatly appreciated.

Best of luck in all your endeavors!

Happy Mediterranean Cooking!

With Love, Alberto Ferrari

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