

MEDITERRANEAN
DIET
COOKBOOK

**20
21**



**1 WEEK MEAL
PLAN INCLUDED**

100 Quick & Easy Recipes
for Beginners

KIMBERLEY SWEET

CONTENTS

INTRODUCTION 1

- MEDITERRANEAN FOOD HIGHLIGHTS.-3
- WHEN WE SAY MEDITERRANEAN DIET, WHAT COMES TO MIND?-4
- WHAT DOES THE MEDITERRANEAN DIET BASE ON?-4
- BENEFITS OF MEDITERRANEAN DIET-5
- MUST-HAVE MEDITERRANEAN FOODS-6
- FOODS TO AVOID ON MEDITERRANEAN DIET-8

BREAKFAST RECIPES 9

- DATE SMOOTHIE-10
 - BANANA OAT SMOOTHIE-11
 - BLUEBERRY & PEAR SMOOTHIE-12
 - FRUITY BEET SMOOTHIE-13
 - AVOCADO TOAST-14
 - SMOKED SALMON TOAST-15
- 

- . YOGURT & POMEGRANATE BOWL-16
- . YOGURT BERRIES BOWL-17
- . YOGURT BOWL WITH CARAMELIZED FIGS-18
- . OVERNIGHT OATMEAL-19
- . OATMEAL & YOGURT BOWL-20
- . BARLEY PORRIDGE-21
- . DRIED FRUIT QUINOA PORRIDGE-22
- . CINNAMON QUINOA PORRIDGE-23
- . BAKED QUINOA-24
- . BANANA PANCAKES-25
- . YOGURT WAFFLES-26
- . FRUITY MUFFINS-27
- . CHEESY VEGGIE MUFFINS-28
- . ZUCCHINI BREAD-29
- . POTATO OMELET-30
- . VEGGIE OMELET-31
- . SHAKSHUKA-32
- . SPINACH FRITTATA-33



• SPINACH & TOMATO SCRAMBLE-34

POULTRY RECIPES

35

• ROASTED WHOLE CHICKEN-36

• HERBED CHICKEN THIGHS-37

• BRAISED CHICKEN THIGHS-38

• LEMONY CHICKEN BREASTS-39

• FIG GLAZED CHICKEN BREAST-40

• CHICKEN MARSALA-41

• CHICKEN PICCATA-42

• CHICKEN CACCIATORE-43

• BRUSCHETTA CHICKEN-44

• CHICKEN PARMIGIANA-45

• CREAMY CHICKEN-46

• CHICKEN & OLIVES CASSEROLE-47

• MARINATED CHICKEN BAKE-48

• CHICKEN SANDWICHES-49

• CHICKEN SHAWARMA-50

• CHICKEN FLATBREAD PIZZA-51

• CHICKEN RISOTTO-52



- . CHICKEN & ORZO SOUP-53
- . TURKEY MEATLOAF-54
- TURKEY MEATBALLS SOU-55

MEAT RECIPES

56

- . PESTO STEAK-57
 - . STEAK WITH CHEESE SAUCE-58
 - . STUFFED STEAK-59
 - . BRAISED BEEF-60
 - . BEEF BURGERS-61
 - . BEEF MEATBALLS-62
 - . LAMB CHOPS-63
 - . ROASTED LEG OF LAMB-64
 - . BRAISED LAMB SHANKS-65
 - . LAMB PITA POCKETS-66
 - . BEEF FILLED ZUCCHINI CANNELLONI-67
 - . LAMB KOFTAS-68
 - . ROSEMARY PORK CHOPS-69
 - . SAUSAGE WITH BELL PEPPERS-70
 - . PORK STEW-71
- 

FISH & SEAFOOD RECIPES 72

- HERBED SALMON-73
- WALNUT CRUSTED SALMON-74
- TUNA WITH OLIVES-75
- TILAPIA PICCATA-76
- PARMESAN TILAPIA-77
- TILAPIA CASSEROLE-78
- GARLICKY SHRIMP-79
- SHRIMP WITH ZUCCHINI NOODLES-80
- MUSSELS WITH TOMATOES & WINE-81
- SEAFOOD STEW-82

VEGETARIAN & VEGAN RECIPES 83

- WATERMELON SALAD-84
- CAPRESE SALAD-85
- VEGGIE SALAD-86
- QUINOA SALAD-87
- TOMATO SOUP-88



- . ZUCCHINI SOUP-89
- . LENTIL & QUINOA SOUP-90
- . CHICKPEAS STEW-91
- . RATATOUILLE-92
- . STUFFED ZUCCHINI-93
- . CHEESY VEGGIE BAKE-94
- . CHEESY BEANS & RICE CASSEROLE-95
- . ASPARAGUS RISOTTO-96
- . CHICKPEAS FALAFEL-97
- . VEGGIE PIZZA-98
- . TOMATO PASTA-99
- . VEGGIE BOLOGNESE PASTA-100
- . BAKED ZITI-101
- . HERBED FOCACCIA-102
- . TOMATO BRUSCHETTA-103

DESSERT RECIPES 104

- . FROZEN STRAWBERRY YOGURT-105
- . PISTACHIO ICE-CREAM-106
- . CHOCOLATE GELATO-107

- 5FRUITY YOGURT PARFAIT-108
- CHOCOLATE MOUSSE-109
- BAKLAVA-110
- FIG CAKE-111
- CHOCOLATE CAKE-112
- CHOCOLATE QUINOA BROWNIES-113
- POACHED PEARS-114

MEAL PLAN FOR 1 WEEK 115

CONVERSION TABLES 116

CONCLUSION 119

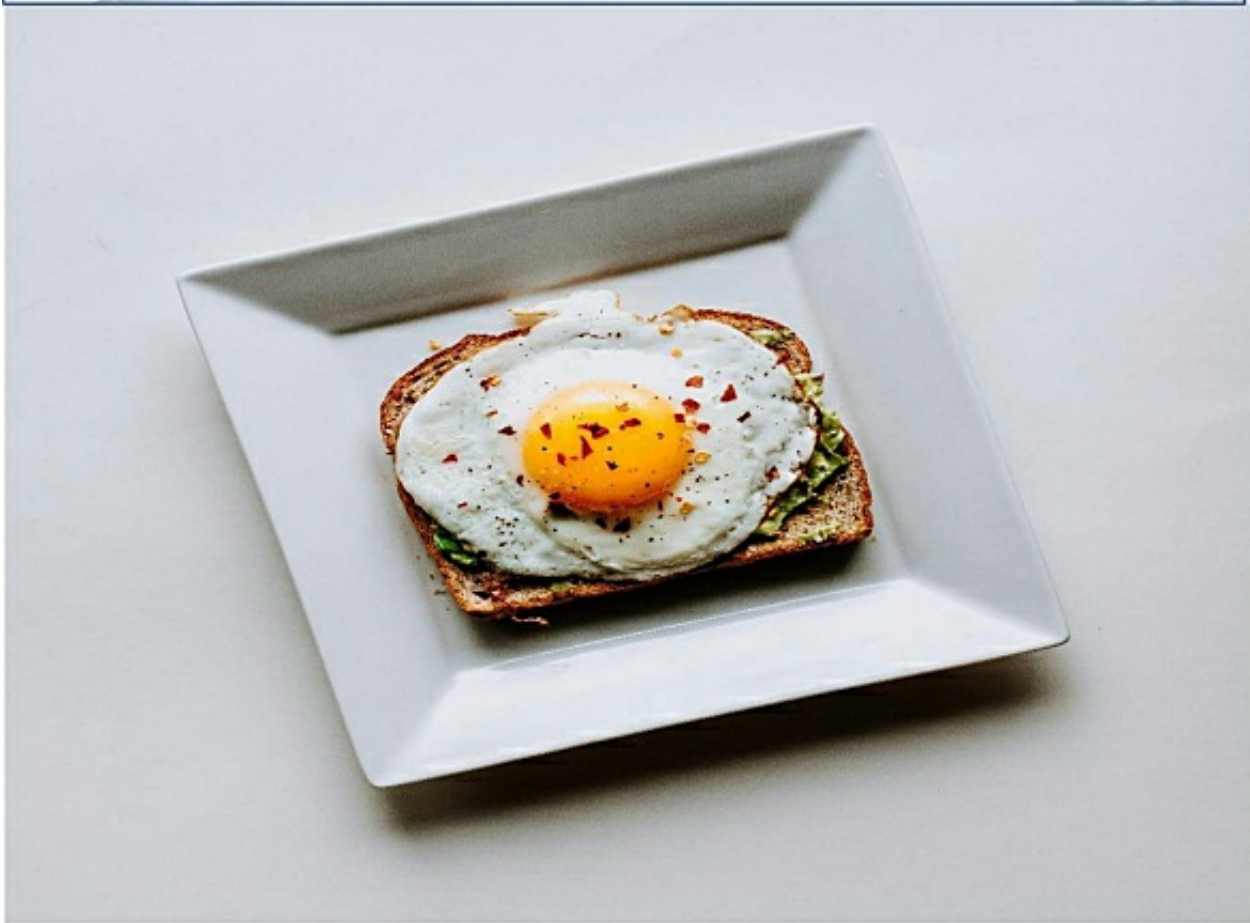




INTRODUCTION



Do you love to eat delicious and nutritious meals all the time? Then you must be familiar with the Mediterranean diet! Yes! This centuries-old Mediterranean-inspired cuisine is just as famous for its obvious health benefits as for its exotic flavors. People from around the World turn to the Mediterranean diet to detox their minds and bodies from the harmful aspects of unhealthy food. Let's face it, we live in the age of processed food where everything is canned for convenience, but it has cost us our health. So, it's about time to switch to a healthy and straightforward dietary approach to optimize good health with the help of the Mediterranean diet. Learn more about this diet and experience all our flavorful recipes from this comprehensive Mediterranean diet cookbook.



Mediterranean Food Highlights

Desserts

Turkish delight, baklava, and halwa are very popular. Baklava is considered a healthy dish that is cooked with almonds, pistachios, or walnuts. Various cooking methods make it a versatile option. Typically honey is used, but some variants are made of milk or fresh cream instead. Additional flavors can be added to bring extra delight to the desserts with a fruity fragrance and taste.

Gyro

A meat dish cooked on a vertical rotisserie spit, the gyro is one of the most recognizable Greek foods in America. It's also a common fast food in Greece.

Kebabs

This delightful dish is trendy in many Asian countries. It consists of spiced meat wrapped on skewers and cooked over an open flame. It can be eaten with or wrapped in bread, or baked into casseroles or stews.

Menemen

This is a traditional Turkish dish commonly eaten for breakfast. It includes eggs, tomatoes, green peppers, and spices such as black and red pepper. Herbs can also be added to the scrambled mixture before it is all fried in sunflower or olive oil.

Meze

This Syrian cuisine signifies a collection of various small dishes as an appetizer. It can include many dishes such as baba ghanoush, hummus, kibbeh, muhammara, and many more.

Pita Bread

Pita bread has been made for more than ten thousand years. It has been a Greek staple since the twelfth century. It is best baked on a baking stone or tile that creates an air pocket in the middle of the dough. It is most commonly Greek, but Asians and Americans also use it alongside a meal or with curry.

Stuffed Grape Vine Leaves

This is a Greek, vegan, healthy, and delicious food. It is made with vine grape leaves, stuffed with tasty tomato, onion, or minced meat, shaped as roles, and boiled until firm and tender.

Shawarma

These days everyone is familiar with this name. It is the most popular Syrian street food. Shaved meat with some sauces rolled into soft bread can be found on every food street around the globe.

When We Say *Mediterranean Diet*, What Comes to Mind?

Mediterranean diet is a way of eating based on the eating patterns of countries bordering the Mediterranean Sea. Now it also comes with a metaphor, because when we say *Mediterranean diet*, it means a healthy eating plan that focuses on improving heart health and preventing chronic diseases. It is a highly beneficial diet that many people could adopt to promote a disease-free life. Typically, it is high in vegetables, fruits, beans, whole grains, fish, nuts, and seeds. These foods are unprocessed and rich in olive oil. And red wine is one of the most recognizable healthy drinks. One glass a day is typically recommended. Many people find this to be a very fun thing to know about the Mediterranean diet.

Different countries have their cuisines. Greeks eat differently from Italians, who eat differently from the Turkish or Syrians, but what they all have in common are the principles they follow. This is the reason for their strong hands and active working lifestyles. Nutritionists found that the residents of the Mediterranean Basin have a low incidence of heart disease, a generally long life, and they rarely suffer from modern diseases like diabetes and high cholesterol. After many studies, the discoveries have revealed that their health was directly related to the diet structure of the basin.

What Is the Mediterranean Diet Based On?

It is based on a large number of fruits, vegetables, potatoes, whole grains, beans, nuts, seeds.

1. Local and seasonal fresh fruits and vegetables should be used as ingredients as much as possible to avoid the loss of trace elements and antioxidant components.
2. Use vegetable oils containing unsaturated fatty acids instead of animal oils containing saturated fatty acids or various margarines. Olive oil is an especially good choice.
3. Fat accounts for up to 35% of the total dietary energy and saturated fatty acids only account for less than 7% to 8%.
4. Dairy products such as cheese and yogurt should be used in moderation and preferably low-fat.
5. Fish or poultry should be included at least twice a week. Research shows that these are rich in nutrients.
6. Have no more than 7 eggs per week.
7. Reduce intake of desserts, sweets, honey, and pastries.
8. Red meat should be consumed at most several times a month. The total amount should not exceed 450 grams. Use lean meat whenever possible.
9. Red wine can be enjoyed in moderation, preferably with meals. Typically two cups for an average-sized man and one cup for an average-sized woman is recommended.
10. The Mediterranean diet also symbolizes the principle of proper proportions and balance, an optimistic attitude towards life, a healthy lifestyle, and regular exercise.

Benefits of the Mediterranean

Last year it was voted the number one diet for the first time by the U.S. News and World report. This is a huge achievement because there is a lot of recognizable food in the world.

Delay Aging

No one can achieve immortality, but it is possible to increase your lifespan by maintaining your health, which is largely dependent on your food choices. British and American researchers have found that the Mediterranean diet and regular exercise will result in an increased lifespan. As we know Mediterranean diet contains vegetables, fruits, nuts, and beans, which are rich in nutrients like vitamins A, C, and E. they are low in saturated fats, free of dietary cholesterol, and high in dietary fiber.

Prevent Heart Disease

Studies have resulted in interesting discoveries regarding regional characteristics. One of the researchers, Dr. Linton Harris of Monash University in Melbourne, Australia, and his colleagues noticed that Mediterranean-born immigrants and residents have lower heart disease mortality rates than those born in Australia. This discovery caused them to investigate the mystery between diet and heart disease mortality in people from various countries. According to the data collected, people who eat traditional Mediterranean food have a 30% lower risk of dying from cardiac disease than those who do not often eat Mediterranean food.

Help Prevent Diabetes

Diabetes is estimated to be present in 9.3% of the population, and its presence is growing. At least one person per family has diabetes. Researchers have found that food used in the Mediterranean Basin also helps prevent type 2 diabetes. The fruits, vegetables, pasta, olive oil, and nuts included in the Mediterranean diet can greatly reduce the risk of developing diabetes.

Prevent Impotence

Studies have estimated almost 80% of erectile dysfunction patients are afflicted because of vascular diseases. The Mediterranean diet reduces the risk of developing vascular disease, which also prevents infertility in men.

Prevent Parkinson's and Alzheimer's Diseases

Medical researchers noted recently that a low-fat, high-fiber diet can significantly reduce the deterioration caused by Alzheimer's disease. This has been shown to decrease the risk of developing dementia by almost 72%.

Protect the Brain from Vascular Damage

An article in the "Journal of Neurology" reported that the Mediterranean diet may strengthen the brain and protect it from vascular damage, as well as reducing the risk of memory loss and strokes.

Weight Control

Maintaining health and physical appearance is a priority in life. Based on your doctor's recommendations, you can plan what foods to eat to achieve and maintain a healthy weight. An overweight person can reduce weight by controlling diet and consistently exercising. With the Mediterranean diet, you can improve your weight while enjoying delicious food and wine.

Must-Have Mediterranean Foods

When you are on the Mediterranean diet, you have a world of options available to you. Everything fresh and organic is the right fit for this diet. Based on its place of origin, this diet recommends the following highly nutritious food:

Fruits and Vegetables

These foods mainly consist of vitamins, minerals, antioxidants, and fiber. The dietary structure of various countries differs, but there is one vegetable shared by all the world: Tomatoes can suppress the oxidation of cholesterol and reduce the risk of a heart attack. And they contain lycopene, an anti-cancer nutrition, which aids in prevention of colon, rectal, prostate, and stomach cancers.

Whole Grains

Whole grains include barley, corn, rice, oats, wheat, and many others. Processing and cooking should be simple to prevent fibers, minerals, and vitamins from being destroyed. Most snacks and processed food use wheat. The method of processing is important. Pasta, noodles, and bread are usually cooked using whole grains, which contain carbohydrates. Carbohydrates do not have many nutrients, but they convert into glucose when entering the body, which can be beneficial. The whole world recognizes pasta, an Italian ingredient, and often uses it as an appetizer or starter. Pasta is an integral part of many traditional Mediterranean recipes, and helps ensure the body gains enough fuel without getting fat.

Olive Oil

Spain, which is one of the Mediterranean countries, is the king of producing olives and olive oil. The Mediterranean diet relies heavily on olive oil, which is the most delightful gift of nature to the world. Olive oil is the core of many cures. Residents of that region are generally in the habit of eating raw olives as well as using olive oil for cooking, baking, and mixing vegetables and salads. Olive oil, which is rich in unsaturated fatty acids, is a very nourishing oil that helps lower cholesterol levels. It can thin the blood and helps in preventing blood clots in arteries, which directly cause blockage, heart attack, and arteriosclerosis.

Nuts, Beans, and Seeds

These are a basic source of healthy fat, fiber, and protein. Beans may release sugar into the blood slowly and steadily. If 25 grams of legume protein is consumed every day, harmful blood cholesterol and triglycerides can be reduced. A fair amount of soy protein is also helpful in the treatment of cancer, diabetes, and kidney disease.

Greek Yogurt and Cheese

The calcium in dairy products like these can boost bone strength.

Seafood

Fish and shrimp are the most common seafood in the world. Not only in Mediterranean cuisine, but for all who live by the sea. Seafood contains a huge amount of healthy protein. Tuna, herring, sardines, salmon, and bream are enriched with omega-3 fatty acids. Linolenic acid helps prevent sudden death caused by cardiac disease.

Eggs

The egg is a source of high-quality protein. It should be a part of the diet plan of a person who does not eat meat.

Red Wine

Red wine is good for the heart. There is a need to fake a happy and open-minded mood while drinking.

Water

There is no doubt life depends on water. It's the source of life for every living organism. A fair amount of water should be consumed every day to maintain physical and mental health.



Foods to Avoid on the Mediterranean Diet

The Mediterranean diet is all about eating healthily. It may not restrict the use of certain food items that other diets dismiss, but it does discourage unhealthy food items such as:

Heavily Processed Foods:

Many foods are canned and stored after been processed. Avoiding or limiting heavily processed food means reducing intake of things like frozen meals with a heavy amount of added sodium. A report published by BMJ stated that regularly eating processed foods causes a higher risk of death.

Added Sugars:

All processed and market-bought products are loaded with sugar, including table sugar, soda, ice cream, candies, and many others.

Refined grains:

Refined grains have low fiber content and higher carb content. Hence they are not healthy enough to use on this diet. Examples include pasta made with refined wheat, white bread, etc.

Processed Meats:

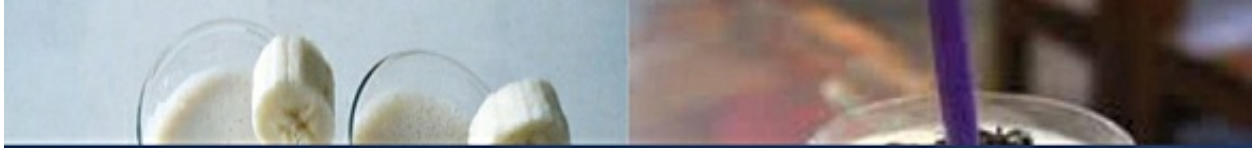
The Mediterranean diet only recommends the use of lean red meats, which are not processed. Processed meat is full of preservatives and does not offer as many nutrients as fresh meat.

Trans Fats:

Whether it's margarine or another form of trans fats, they all are completely unhealthy, and they must be avoided to keep your cholesterol level controlled and your heart healthy.

Alcohol:

There is a solid need to limit the intake of alcohol. Choose your alcoholic drinks very carefully and be sure to take note of the quality and percentage of alcohol in it.



BREAKFAST RECIPES



Smoothie



Serves: 2



Prep Time: 10

Ingredients:

6 Medjool dates, pitted and chopped roughly
1 C. plain Greek yogurt
2 tbsp. almond butter
1 C. fresh apple juice
½ C. ice cubes



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Instructions:

1. In a high-speed blender, add all the ingredients and pulse until smooth and creamy.
2. Transfer the smoothie into 2 serving glasses and serve immediately.

Serving Suggestion: Serve with the topping of extra chopped dates.

Variation Tip: You can add 3-4 tbsp. of oats in this smoothie.

Nutrition Information per Serving:

Calories per serving: 447; Carbohydrates: 79.6g; Fiber: 7g
Protein: 13.1g; Fat: 10.7g;

Banana Oat Smoothie



Serves: 2



Prep Time: 10



Ingredients:

1½ frozen bananas, peeled and sliced
½ C. old-fashioned oats
2 tbsp. peanut butter
1 tbsp. chia seeds
1½ tbsp. honey
1½ C. unsweetened almond milk
¼ C. ice cubes

Instructions:

1. In a high-speed blender, add all the ingredients and pulse until smooth and creamy.
2. Transfer the smoothie into 2 serving glasses and serve immediately.

Serving Suggestion: Serve with a sprinkling of cinnamon.

Variation Tip: You can use whole milk instead of almond milk.

Nutrition Information per Serving:

Calories per serving: 340; Carbohydrates: 53.8g; Fiber: 7.3g Protein: 9.1g; Fat: 13.5g;



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Blueberry & Pear Smoothie



Serves: 2



Prep Time: 10



Ingredients:

1 pear, peeled, cored and chopped
1 C. frozen blueberries
2 Medjool dates, pitted
3 tbsp. raw cashews
1 tbsp. hemp seeds
1¼ C. chilled water

Instructions:

1. In a high-speed blender, add all the ingredients and pulse until smooth and creamy.
2. Transfer the smoothie into 2 serving glasses and serve immediately.

Serving Suggestion: Serve with the topping of fresh blueberries.

Variation Tip: Apple can be replaced with pear.

Nutrition Information per Serving:

Calories per serving: 240; Carbohydrates: 42.1g;
Fiber: 6g Protein: 4.8g; Fat: 8.1g;
Fiber: 7.3g Protein: 9.1g; Fat: 13.5g;



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Fruity Beet Smoothie



Serves: 2



Prep Time: 10



Ingredients:

1 small beet, peeled and chopped
1 C. mixed frozen berries
¼ C. frozen pineapple
2 tsp. honey
¼ C. plain non-fat Greek yogurt
½ C. milk

Instructions:

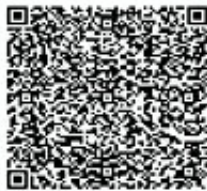
1. In a high-speed blender, add all the ingredients and pulse until smooth and creamy.
2. Transfer the smoothie into 2 serving glasses and serve immediately.

Serving Suggestion: Serve with the sprinkling of cinnamon.

Variation Tip: Feel free to add fruit of your choice.

Nutrition Information per Serving:

Calories per serving: 142; Carbohydrates: 27.6g;
Fiber: 3.8g Protein: 5.2g; Fat: 1,6g;



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Avocado Toast



Serves: 2

Prep Time: 15 minutes

Cooking Time: 8 minutes



Ingredients:

1 large avocado, peeled, pitted and chopped roughly
¼ tsp. fresh lemon juice
2 tbsp. fresh mint leaves, chopped finely
Salt and freshly ground black pepper, to taste
4 large rye bread slices
2 hard-boiled eggs, peeled and sliced



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Instructions:

1. In a bowl, add the avocado and with a fork, mash roughly.
2. Add the lemon juice, mint, salt and black pepper and stir to combine well and Set aside.
3. Heat a non-stick frying pan on medium-high heat and toast 2 slices for about 2 minutes per side.
4. Repeat with the remaining slices.
5. Spread the avocado mixture over each slice evenly.
6. Top with boiled eggs and serve immediately.

Serving Suggestion: Serve with the topping of fresh pomegranate seeds.

Variation Tip: Boiled eggs can be replaced with poached eggs too.

Nutrition Information per Serving:

Calories per serving: 400; Carbohydrates: 33.6g; Fiber: 10g
Protein: 11.9g; Fat: 25.7g;

Smoked Salmon Toast


Prep Time: 10 minutes


Cooking Time: 6 minutes


Serves: 1



Ingredients:

1 tsp. white vinegar
2 eggs
2 bread slices, toasted
3½ oz. smoked salmon
Salt and freshly cracked black pepper, to taste



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Instructions:

1. Fill a small pan with water about one-third full and bring to a boil over high heat.
2. Stir in the vinegar and reduce the heat to medium-low.
3. In a small bowl, crack 1 egg and gently slide into the simmering water.
4. Lightly poach for about 2-3 minutes.
5. With a slotted spoon, transfer the egg into a bowl of chilled water for about 10 seconds to stop the cooking.
6. Now, transfer the egg onto a paper towel-lined plate to drain.
7. Repeat with the remaining egg.
8. Arrange the bread slices onto serving plates.
9. Top each slice with smoked salmon, followed by 1 poached egg
10. Sprinkle with salt and black pepper and serve immediately.

Serving Suggestion: Serve with the garnishing of scallions.

Variation Tip: Serve eggs at room temperature.

Nutrition Information per Serving:

Calories per serving: 376; Carbohydrates: 26g; Fiber: 1.2g
Protein: 33g; Fat: 14.7g

Yogurt & Pomegranate Bowl



Prep Time: 10 minutes



Serves: 2



Ingredients:

2 C. plain Greek yogurt
¾ C. fresh pomegranate seeds
2 tsp. honey

Instructions:

1. Divide the yogurt into 2 serving bowls evenly and top with pomegranate seeds
2. Drizzle with honey and serve.

Serving Suggestion: Serve with the garnishing of fresh mint.

Variation Tip: Maple syrup can be replaced with honey.

Nutrition Information per Serving:

Calories per serving: 241; Carbohydrates: 32.4g; Fiber: 0.5g
Protein: 14.4g; Fat: 3g;



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Yogurt Berries Bowl



Prep Time: 10 minutes



Serves: 4



Ingredients:

½ C. fresh strawberries, hulled and sliced
¼ C. fresh blueberries
¼ C. fresh raspberries
2½ C. plain Greek yogurt, divided
¼ C. walnuts, chopped



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Instructions:

1. In a bowl, mix together the berries.
2. In 4 serving bowls, divide the yogurt evenly.
3. Top with berries and walnuts and serve immediately.

Serving Suggestion: Serve with the drizzling of honey.

Variation Tip: You can use nuts of your choice.

Nutrition Information per Serving:

Calories per serving: 172; Carbohydrates: 15.2g; Fiber: 1.6g
Protein: 10.9g; Fat: 6.6g;

Yogurt Bowl with Caramelized Figs



Prep Time: 7 minutes

Cook Time: 10 minutes

Serves: 4



Ingredients:

3 tbsp. honey, divided
8 oz. fresh figs, halved
2 C. plain Greek yogurt
¼ C. pistachios, chopped



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Instructions:

1. In a medium skillet, add 1 tbsp. of the honey over medium heat and cook for about 1-2 minutes or until heated.
2. In the skillet, place the figs, cut sides down and cook for about 5 minutes or until caramelized.
3. Remove from the heat and set aside for about 2-3 minutes.
4. Divide the yogurt into serving bowls and top each with the caramelized fig halves.
5. Sprinkle with pistachios.
6. Drizzle each bowl with the remaining honey and serve.

Serving Suggestion: Serve with the sprinkling of cinnamon.

Variation Tip: You can add the vanilla extract.

Nutrition Information per Serving:

Calories per serving: 296; Carbohydrates: 58.9g;
Fiber: 6g Protein: 9.7g; Fat: 3.8g;

Overnight Oatmeal



Prep Time: 10 Minutes



Serves: 1



Ingredients:

½ C. unsweetened almond milk
1 tbsp. maple syrup
¾ C. old-fashioned oats
¼ C. fresh strawberries, hulled and sliced



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Instructions:

1. In a small bowl, add the milk and maple syrup and mix until well combined.
2. Place the oats into a 1-pint Mason jar and top with almond milk mixture.
3. Cover the jar and refrigerate overnight.
4. In the morning, top the oatmeal with strawberry slices and serve immediately.


Serving Suggestion: You can add ¼ C. of plain Greek yogurt in the oatmeal just before serving.

Variation Tip: Maple syrup can be replaced with honey.


Nutrition Information per Serving:

Calories per serving: 309; Carbohydrates: 57.7g; Fiber: 7.2g Protein: 8.2g; Fat: 6.4g;


Oatmeal & Yogurt Bowl



Cooking Time: 10 minutes



Cook Time: 10 minutes



Serves: 2



Ingredients:

2 C. water
1 C. old fashioned oats
5 oz. plain Greek yogurt
1-2 tbsp. honey
4 tbsp. fresh blueberries
2 tbsp. walnuts, chopped



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Instructions:

1. In a pan, add the water over medium heat and bring to a boil.
2. Stir in the oats and cook for about 5 minutes, stirring occasionally.
3. Remove the pan of oats from the heat and stir in the honey and yogurt.
4. Divide the oatmeal into serving bowls evenly.
5. Top each bowl with the blueberries and walnuts and serve.

Serving Suggestion: Serve with the drizzling of more honey.

Variation Tip: You can use full-fat coconut milk instead of yogurt.

Nutrition Information per Serving:

Calories per serving: 453; Carbohydrates: 70.7g;
Fiber: 16.8g Protein: 16.1g; Fat: 10.7g;

Barley Porridge



Prep Time: 30 minutes



Cooking Time: 15 minutes

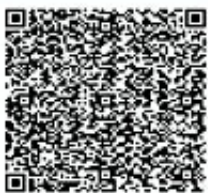


Serves: 4



Ingredients:

3 C. water
1 C. pearl barley
Kosher salt, to taste
2 C. mixed fresh berries
1½ tbsp. fresh orange juice
2 tsp. chia seeds
1 tsp. honey
1 C. warm almond milk



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Instructions:

1. In a pan, add the water, barley and a pinch of salt over medium-high heat and bring to a boil.
2. Reduce the heat to low and simmer, covered for about 25-30 minutes or until all the liquid is absorbed, stirring occasionally.
3. Meanwhile, for berry compote: in another small pan, add the berries, orange juice, chia seeds, orange zest and honey over medium heat and cook for about 10 minutes, stirring occasionally.
4. Remove from the heat and set aside to cool slightly.
5. In 4 serving bowls, divide the barley and almond milk and stir to combine.
6. Top each with berry compote and serve immediately.

Serving Suggestion: Serve with the garnishing of your favorite nuts.

Variation Tip: Make sure to use freshly squeezed orange juice.

Nutrition Information per Serving:

Calories per serving: 246; Carbohydrates: 52g; Fiber: 11g Protein: 6.1g; Fat: 2.2g;

Dried Fruit Quinoa Porridge



Prep Time: 10 minutes



Cook Time: 10 minutes



Serves: 4



Ingredients:

1 C. uncooked red quinoa, rinsed and drained
2 C. water
8 dried apricot halves, cut into bite-sized pieces
8 dried figs, cut into bite-sized pieces
¼ C. walnuts, chopped
1 tsp. ground cinnamon
2 C. milk



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Instructions:

1. In a large pan, add the quinoa and water over medium heat and bring to a boil.
2. Reduce the heat to low and simmer, covered for about 15 minutes or until all the liquid is absorbed, stirring occasionally.
3. Meanwhile, in a large bowl, add the apricots, figs, walnuts and cinnamon and mix well.
4. Remove the pan of quinoa from the heat and with a fork, fluff it.
5. Add the quinoa into the bowl of dried fruit mixture and toss to coat well.
6. Divide the quinoa mixture into 4 mason jars and top each with ½ C. of the almond milk.
7. Cover the jars and refrigerate overnight before serving.

Serving Suggestion: Serve with the drizzling of honey or maple syrup.

Variation Tip: Rinse the quinoa thoroughly.

Nutrition Information per Serving:

Calories per serving: 395; Carbohydrates: 66.5g; Fiber: 8.9g Protein: 9.9g; Fat: 10.5g;

Cinnamon Quinoa Porridge


Prep Time: 15 minutes


Cooking Time: 10 minutes


Serves: 2



Ingredients:

½ C. uncooked quinoa, rinsed and drained
½ C. skim milk
½ C. water
½ tsp. vanilla extract
½ tsp. ground cinnamon
1 tbsp. honey
¼ C. fresh strawberries, hulled and sliced
1 small banana, peeled and sliced
2 tsp. cashews, chopped



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Instructions:

1. In a pan, add the quinoa, milk, water, vanilla extract and cinnamon over medium heat and bring to a boil.
2. Reduce the heat to medium-low and simmer, covered for about 10-15 minutes or until all the liquid is absorbed, stirring occasionally.
3. Remove from the heat and stir in the honey.
4. Divide the quinoa mixture into serving bowls evenly
5. Serve with the topping of blackberries.

Serving Suggestion: Serve with a splash of milk.
Variation Tip: You can use milk of your choice.

Nutrition Information per Serving:

Calories per serving: 290; Carbohydrates: 55.3g;
Fiber: 5.3g Protein: 9.3g; Fat: 4.2g

Baked Quinoa



Prep Time: 1 hour 19 minutes



Cooking Time: 15 minutes



Serves: 6



Instructions:

1. In the bottom of a 2½-3-quart casserole dish, add the mashed bananas, maple syrup, molasses, vanilla extract, cinnamon and salt and mix until well combined.
2. Add the quinoa and almond milk and mix until well combined.
3. Cover the casserole dish and refrigerate overnight.
4. Preheat the oven to 350 °F.
5. Remove the casserole dish from the refrigerator and with a fork, beat the quinoa mixture well.
6. With a piece of foil, cover the casserole dish and bake for about 1-1¼ hours or until all the liquid is absorbed and the top of the quinoa is set.
7. Now, set the oven to broiler on high.
8. Remove the foil and sprinkle the top of the quinoa mixture with sliced almonds.
9. With a spatula, press the almonds into the quinoa mixture lightly.
10. Broil for about 2-4 minutes.
11. Remove from the oven and set aside to cool for about 10 minutes before serving.

Serving Suggestion: Serve with the topping of milk.

Variation Tip: You can add more spices.

Nutrition Information per Serving:

Calories per serving: 294; Carbohydrates: 57.7g; Fiber: 5.6g Protein: 6.2g; Fat: 5.6g;

Serving Suggestion: Serve with the topping of milk.

Variation Tip: You can add more spices.

Nutrition Information per Serving:

Calories per serving: 294; Carbohydrates: 57.7g; Fiber: 5.6g Protein: 6.2g; Fat: 5.6g;

Ingredients:

3 C. ripe bananas, peeled and mashed
¼ C. pure maple syrup
¼ C. molasses
2 tsp. vanilla extract
1 tbsp. ground cinnamon
½ tsp. salt
1 C. uncooked red quinoa, rinsed and drained
2½ C. unsweetened vanilla almond milk
¼ C. slivered almonds



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Banana Pancakes



Prep Time: 15 minutes



Cooking Time: 45 minutes



Serves: 6



Ingredients:

1½ C. rolled oats
2 eggs
1 ripe banana, peeled
¼ C. maple syrup plus extra for drizzling
2 tbsp. olive oil
1 tsp. vanilla extract
2 tsp. baking powder
2 tbsp. water



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Instructions:

1. In a high-speed blender, add all the ingredients and pulse until smooth.
2. Transfer the oatmeal mixture into a bowl.
3. Heat a greased non-stick skillet over medium heat.
4. Place about 1/3 C. of the mixture and with a spatula, spread in an even circle.
5. Cook for about 4-5 minutes.
6. Flip and cook for about 3-4 minutes.
7. Repeat with the remaining mixture.

Serving Suggestion: Serve with the drizzling of extra maple syrup.

Variation Tip: Make sure to use a non-stick pan for cooking.

Nutrition Information per Serving:

Calories per serving: 206; Carbohydrates: 30.3g;
Fiber: 3.1g Protein: 5.6g; Fat: 8g;

Yogurt Waffles



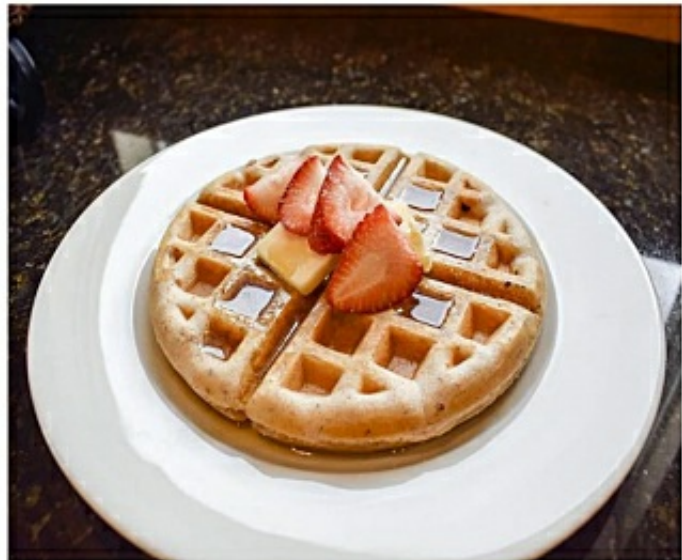
Prep Time: 10 minutes



Cooking Time: 24 minutes



Serves: 6



Ingredients:

2 C. all-purpose flour
1 tbsp. plus 2 tsp. baking powder
1 tsp. ground cinnamon
¼ tsp. sea salt
2 large eggs
1¼ C. milk
2/3 C. plain Greek yogurt
2 tsp. honey
1 tsp. vanilla extract



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Instructions:

1. In a bowl, mix together the flour, baking powder, cinnamon and salt.
2. In another large bowl, add the remaining ingredients and beat until well combined.
3. Add the flour mixture and mix until well combined and smooth.
4. Preheat the waffle iron and then grease it.
5. Place 1/3-½ C. of the mixture into preheated waffle iron and cook for about 4 minutes or until golden brown.
6. Repeat with the remaining mixture.
7. Serve warm.

Serving Suggestion: Serve with the drizzling of maple syrup.

Variation Tip: You can use milk of your choice.

Nutrition Information per Serving:

Calories per serving: 233; Carbohydrates: 39.8g;
Fiber: 1.4g Protein: 9.7g; Fat: 3.5g

Fruity Muffins



Prep Time: 15 minutes



Cooking Time: 22 minutes



Serves:6



Ingredients:

1 C. whole-wheat pastry flour
1 C. oats
1/3 C. sugar
1 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1 egg, beaten lightly
3/4 C. natural applesauce
1 C. low-fat buttermilk
1 1/4 tsp. vanilla extract
1 C. fresh blueberries
1/4 C. dates, pitted and chopped
3/4 C. walnuts, toasted and chopped roughly
1/4 C. boiling water

Instructions:

1. Preheat the oven to 375 °F. Grease a 12 C. muffin tin.
2. In a bowl, mix together the flour, oats, baking powder, baking soda and salt.
3. In another large bowl, add the egg, applesauce, buttermilk and vanilla extract and beat until well combined.
4. Add the flour mixture and mix until just combined.
5. Gently fold in the blueberries, dates and walnuts.
6. Add the water and gently stir to combine.
7. Set the mixture aside for about 10-15 minutes.
8. Place the mixture into the prepared muffin C. evenly.
9. Bake for about 20-22 minutes or until a toothpick inserted in the center comes out clean.
10. Remove from the oven and place the muffin tin onto a wire rack to cool for about 5 minutes.
11. Carefully invert the muffins onto the wire rack to cool completely before serving.

Serving Suggestion: Serve with the sprinkling of cinnamon.

Variation Tip: If you want to use frozen blueberries, then thaw them before using.

Nutrition Information per Serving:

Calories per serving: 347; Carbohydrates: 53g; Fiber: 4.6g
Protein: 10.4g; Fat: 11.5g;

Cheesy Veggie Muffins



Prep Time: 15 minutes



Cooking Time: 12 minutes



Serves: 6



Instructions:

1. Preheat the oven to 375 °F. Grease 24 C. of mini muffin tins.
2. In a bowl, add the half-and-half, eggs, salt and black pepper and beat until well combined.
3. In another large bowl, add the vegetables and Asiago cheese and mix well.
4. Place the egg mixture into the prepared muffin C. about $\frac{3}{4}$ of full.
5. Place the vegetable mixture over egg mixture evenly and top with the remaining egg mixture.
6. Sprinkle each C. with feta and parsley evenly.
7. Bake for about 12 minutes or until eggs are done completely.
8. Remove from the oven and place the muffin tin onto a wire rack to cool for about 5 minutes.
9. Carefully invert the muffins onto a platter and serve warm.

Serving Suggestion: Serve with fresh greens.

Variation Tip: Half-and-half can be replaced with cream.

Nutrition Information per Serving:

Calories per serving: 138; Carbohydrates: 3.5g;
Fiber: 0.9g Protein: 9.3g; Fat: 10g;

Ingredients:

$\frac{1}{4}$ C. half-and-half
6 large eggs
Salt and freshly ground black pepper, to taste
 $\frac{1}{2}$ C. sun-dried tomatoes in oil, drained and chopped
 $\frac{1}{3}$ C. canned olives, drained, pitted and quartered
 $\frac{1}{4}$ C. bottled sweet red peppers, drained and chopped
 $\frac{1}{4}$ C. canned artichokes in oil, drained and sliced thinly
 $\frac{1}{4}$ C. Asiago cheese, shredded
 $\frac{1}{4}$ C. feta cheese, crumbled
 $\frac{1}{4}$ C. fresh parsley, chopped



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Zucchini Bread



Prep Time: 15 minutes



Cookp Time: 10 minutes



Serves: 12



Instructions:

Ingredients:

1 C. whole-wheat flour
1 C. white unbleached all-purpose flour
1 tsp. baking powder
1 tsp. baking soda
1½ tsp. ground cinnamon
½ tsp. salt
2 large eggs
½ C. granulated sugar
½ C. plain non-fat Greek yogurt
¼ C. honey
6 tbsp. coconut oil, melted and cooled
2 medium zucchini, shredded and squeezed



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1. Preheat the oven to 325 °F. Line a 9x5-inch loaf pan with two sheets of parchment paper.
2. In a large bowl, mix together the flours, baking powder, baking soda, cinnamon and salt.
3. In another large bowl, add the eggs, sugar, yogurt, honey and oil and beat until well combined.
4. Add the zucchini and stir to combine.
5. Add the flour mixture and mix until just combined.
6. Place the mixture into the prepared loaf pan evenly.
7. Bake for about 60-70 minutes or until a toothpick inserted in the center comes out clean.
8. Remove the loaf pan from oven and place onto a wire rack to cool for at least 10-15 minutes.
9. Carefully invert the bread onto the rack to cool completely.
10. With a sharp knife, cut the bread loaf into desired sized slices and serve.

Serving Suggestion: Serve with your favorite jam.

Variation Tip: Make sure to squeeze the zucchini to remove moisture.

Nutrition Information per Serving:

Calories per serving: 213; Carbohydrates: 32.4g;
Fiber: 1.1g Protein: 4.2g; Fat: 8g;

Potato Omelet



Prep Time: 10 minutes



Cooking Time: 15 minutes



Serves: 4



Ingredients:

½ C. olive oil
½ lb. potatoes, sliced thinly
Salt and freshly ground black pepper, to taste
1 large onion, sliced thinly
4 eggs
2 tomatoes, peeled, seeded and chopped roughly
2 scallions, chopped



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Instructions:

1. In a large skillet, heat the oil over medium-high heat and cook the potatoes with a little salt and black pepper for about 3-4 minutes or until golden brown and crisp.
2. Stir in the onion and cook for about 5 minutes, stirring occasionally.
3. Meanwhile, in a bowl, add the eggs, salt and black pepper and beat well.
4. Add the egg mixture into the skillet with potato mixture and gently stir to combine.
5. Reduce heat to low and cook until eggs begin to set on the bottom.
6. With a spatula, carefully flip the omelet and cook until eggs are set.
7. Serve warm with the garnishing of tomato and scallion.

Serving Suggestion: Serve with buttered toasts.

Variation Tip: Use a rubber spatula.

Nutrition Information per Serving:

Calories per serving: 347; Carbohydrates: 15.7g;
Fiber: 3.1g Protein: 7.6g; Fat: 29.8g;

Veggie Omelet



Prep Time: 15 minutes



Cooking Time: 15 minutes



Serves:4



Ingredients:

1 tsp. olive oil
2 C. fresh fennel bulbs, sliced thinly
¼ C. canned artichoke hearts, rinsed, drained and chopped
¼ C. green olives, pitted and chopped
1 Roma tomato, chopped
6 eggs
Salt and freshly ground black pepper, to taste
½ C. goat cheese, crumbled



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Instructions:

1. Preheat the oven to 325 °F.
2. In a large ovenproof skillet, heat the oil over medium-high heat and sauté the fennel bulb for about 5 minutes.
3. Stir in the artichoke, olives and tomato and cook for about 3 minutes.
4. Meanwhile, in a bowl, add the eggs, salt and black pepper and beat until well combined.
5. Place the egg mixture over veggie mixture and stir to combine.
6. Cook for about 2 minutes.
7. Sprinkle with the goat cheese evenly and immediately transfer the skillet into the oven.
8. Bake for about 5 minutes or until eggs are set completely.
9. Remove from the oven and carefully transfer the omelet onto a cutting board.
10. Cut into desired sized wedges and serve.

Serving Suggestion: Serve alongside the caramelized onions.

Variation Tip: Feel free to use veggies of your choice.

Nutrition Information per Serving:

Calories per serving: 225; Carbohydrates: 6.6g; Fiber: 2.3g
Protein: 15.3g; Fat: 15.8g;

Shakshuka



Prep Time: 15 minutes



Cooking Time: 50 minutes



Serves: 4



Ingredients:

2 tbsp. butter
4 small yellow onions, sliced
½ C. plum tomatoes, chopped finely
1 garlic clove, minced
4 large eggs
3 oz. feta cheese, crumbled
Salt and freshly ground black pepper, to taste
2 tbsp. fresh dill, minced



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Instructions:

1. In a large cast-iron skillet, melt the butter over medium-low heat and stir in the onions, spreading in an even layer.
2. Reduce the heat to low and cook for about 30 minutes, stirring after every 5-10 minutes.
3. Add the sun-dried tomatoes and garlic and cook for about 2-3 minutes, stirring frequently.
4. With the spoon, spread the mixture in an even layer.
5. Carefully, crack the eggs over onion mixture and sprinkle with the feta cheese, salt, and black pepper.
6. Cover the skillet tightly and cook for about 10-15 minutes or until desired doneness of the eggs.
7. Serve hot with the garnishing of the parsley.

Serving Suggestion: Serve with buttered toasts.

Variation Tip: Feta cheese can be replaced with goat cheese.

Nutrition Information per Serving:

Calories per serving: 217; Carbohydrates: 10.1g; Fiber: 7.2g Protein: 10.8g; Fat: 2g;

Spinach Frittata



Prep Time: 15 minutes



Cooking Time: 20 minutes



Serves: 4



Ingredients:

4 tbsp. extra-virgin olive oil, divided
1 (5-oz.) package baby spinach
1 bunch scallions, sliced
Salt and freshly ground black pepper, to taste
8 large eggs
4 tbsp. whole-wheat breadcrumbs, divided
 $\frac{3}{4}$ C. water
 $\frac{1}{2}$ C. feta cheese, crumbled



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Instructions:

1. Preheat the oven to 450 °F.
2. In a medium ovenproof skillet, heat 2 tbsp. of oil over medium-high heat and cook the spinach and scallions for about 4 minutes, stirring frequently.
3. Stir in the salt and black pepper and remove from the heat.
4. In a large bowl, add the eggs, 2 tbsp. of breadcrumbs, water and $\frac{1}{2}$ tsp. of salt and beat until well combined.
5. Add the feta cheese and egg mixture into the skillet and mix well.
6. Spread the remaining breadcrumbs on top evenly.
7. Transfer the skillet into the oven and bake for about 15 minutes or until the top becomes golden.
8. Remove from the oven and set aside for about 5 minutes before serving.
9. Cut the frittata into equal-sized wedges serve.

Serving Suggestion: Serve with your favorite fresh salad.

Variation Tip: You can use greens of your choice in this frittata.

Nutrition Information per Serving:

Calories per serving: 351; Carbohydrates: 8.5g; Fiber: 1.4g
Protein: 17.4g; Fat: 28.5g;

Spinach & Tomato Scramble



Prep Time: 10 minutes



Cooking Time: 8 minutes



Serves: 2



Ingredients:

1 tbsp. olive oil
1 C. fresh baby spinach
1/3 C. tomato, chopped
3 eggs, beaten
2 tbsp. feta cheese, cubed
Salt and freshly ground black pepper, to taste



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Instructions:

1. In a large frying pan, heat the oil over medium heat and sauté the spinach and tomatoes for about 4 minutes.
2. Add the eggs and cook for about 1 minute, stirring continuously.
3. Stir in the feta and cook for about 2 minutes or until set.
4. Stir in the salt and black pepper and remove from the heat.
5. Serve immediately.

Serving Suggestion: Serve with the topping of tomato sauce.

Variation Tip: Use a silicone spatula.

Nutrition Information per Serving:

Calories per serving: 188; Carbohydrates: 2.6g; Fiber: 0.7g Protein: 10.3g; Fat: 15.7g;



POULTRY RECIPES

Roasted Whole Chicken



Prep Time: 15 minutes



Prep Time: 15 minutes



Serves: 6



Ingredients:

¼ C. extra-virgin olive oil
3 garlic cloves, minced
2 tsp. fresh lemon zest, grated finely
2 tsp. dried oregano, crushed
1 tsp. paprika
1 tsp. ground cayenne pepper
1 tsp. ground cumin
½ tsp. ground fennel seeds
Salt and freshly ground black pepper, to taste
1 (3-lb.) frying chicken, neck and giblets removed

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Instructions:

1. In a large bowl, add all the ingredients except the chicken and mix well.
2. Add the chicken and coat with the mixture generously.
3. Refrigerate to marinate overnight, turning occasionally.
4. Preheat the oven to 425 degrees F.
5. Remove the chicken from the bowl and arrange in a roasting pan.
6. Coat the chicken with marinade.
7. With a kitchen string, tie the legs and tuck the wings back under the body.
8. Roast for about 10 minutes.
9. Now, reduce the temperature of the oven to 350 degrees F and roast for about 1½ hours.
10. Remove from the oven and place the chicken onto a cutting board for about 10 minutes before carving.
11. With a sharp knife, cut the chicken into desired sized pieces and serve.

Serving Suggestion: Serve with roasted vegetables.

Variation Tip: Adjust the ratio of spices according to your taste.

Nutrition Information per Serving:

Calories per serving: 422; Carbohydrates: 1.5g; Fiber: 0.5g
Protein: 66.1g; Fat: 15.5g

Herbed Chicken Thighs



Prep Time: 10 minutes



Cooking Time: 13 minutes



Serves: 6



Ingredients:

2 tbsp. olive oil, divided
1 tbsp. fresh lemon juice
1 tbsp. lemon zest, grated
2 tsp. dried oregano
1 tsp. dried thyme
1 tsp. dried rosemary
Salt and freshly ground black pepper, to taste
1½ lb. chicken thighs, trimmed

Instructions:

1. Preheat the oven to 420 degrees F.
2. In a large bowl, add 1 tbsp. of the oil, lemon juice, lemon zest, dried herbs, salt and black pepper and mix well.
3. Add the chicken thighs and coat with the mixture generously.
4. Refrigerate to marinate for at least 20 minutes.
5. In an oven-proof skillet, heat the remaining oil over medium-high heat and sear the chicken thighs for about 2-3 minutes.
6. Immediately, transfer the skillet into the oven and bake for about 6-10 minutes.
7. Serve hot.

Serving Suggestion: Serve alongside the roasted veggies.

Variation Tip: You can use herbs of your choice.

Nutrition Information per Serving:

Calories per serving: 388; Carbohydrates: 1g; Fiber: 0.5g Protein: 49.4g; Fat: 19.7g;

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Braised Chicken Thighs



Prep Time: 15 minutes



Cooking Time: 55 minutes



Serves: 6



Instructions:

Ingredients:

6 (8-oz.) bone-in chicken thighs
Salt and freshly ground black pepper, to taste
2 tbsp. olive oil
½ of onion, sliced
3 C. chicken broth
½ tsp. ground turmeric
8 sprigs fresh dill
2 tbsp. fresh lemon juice
½ tbsp. fresh dill, chopped

1. Sprinkle the chicken thighs with salt and black pepper.
2. In a large non-stick skillet, heat the olive oil over high heat.
3. Place the chicken thighs in skillet, skin side down and cook for about 3-4 minutes.
4. With a slotted spoon, transfer the thighs onto a plate.
5. In the same skillet, add onion over medium heat and sauté for about 4-5 minutes.
6. Return the thighs in skillet, skin side up with broth, turmeric, salt and black pepper.
7. Place the dill sprigs and over thighs and bring to a boil.
8. Reduce the heat to medium-low and simmer, covered for about 40-45 minutes, coating the thighs with cooking liquid.
9. Discard the thyme sprigs and stir in the lemon juice.
10. Serve hot with the topping of chopped dill.

Serving Suggestion: Serve with cooked rice.

Variation Tip: Cook the chicken thighs until it reaches an internal temperature of 165° F.

Nutrition Information per Serving:

Calories per serving: 499; Carbohydrates: 2.3g; Fiber: 0.4g
Protein: 68.4g; Fat: 22.3g;

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Lemony Chicken Breasts



Prep Time: 15 minutes



Cook Time: 12 minutes



Serves: 4



Ingredients:

4 (4-oz.) boneless, skinless chicken breast halves
3 garlic cloves, chopped finely
3 tbsp. fresh parsley, chopped
3 tbsp. olive oil
3 tbsp. fresh lemon juice
1 tsp. paprika
½ tsp. dried oregano
Salt and freshly ground black pepper, to taste



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Instructions:

1. With a fork, pierce chicken breasts several times.
2. In a large bowl, add all the ingredients except the chicken breasts and mix until well combined.
3. Add the chicken breasts and coat with the marinade generously.
4. Refrigerate to marinate for about 2-3 hours.
5. Preheat the grill to medium-high heat. Grease the grill grate.
6. Remove the chicken from bowl and shake off excess marinade.
7. Place the chicken breasts onto the grill and cook for about 5-6 minutes per side.
8. Remove from the grill and transfer the chicken breasts onto the serving plate.
9. Serve hot.

Serving Suggestion: Serve alongside the steamed veggies.
Variation Tip: make sure to clean the grill grate before greasing.

Nutrition Information per Serving:

Calories per serving: 229; Carbohydrates: 1.6g; Fiber: 0.5g
Protein: 24.5g; Fat: 13.76g;

Fig Glazed Chicken Breast



Prep Time: 15 minutes



Cooking Time: 20 minutes



Serves: 4



Ingredients:

4 (6-oz.) boneless, skinless chicken breast halves
1½ tbsp. fresh thyme leaves, chopped and divided
Salt and freshly ground black pepper, to taste
2 tbsp. olive oil, divided
¼ C. onion, chopped
½ C. dried figs, chopped finely
½ C. low-sodium chicken broth
¼ C. balsamic vinegar
2 tsp. low-sodium soy sauce

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Instructions:

1. Season the chicken breast halves with 1½ tsp. of thyme, salt and black pepper evenly.
2. In a large non-stick skillet, heat 1 tbsp. of the oil over medium-high heat and cook the chicken for about 6 minutes per side.
3. With a slotted spoon, transfer the chicken onto a plate and with a piece of foil, cover to keep warm.
4. In the same skillet, heat the remaining oil over medium heat and sauté the onion for about 3 minutes.
5. Stir in the figs, broth, vinegar and soy sauce and simmer for about 3 minutes.
6. Stir in the remaining thyme and salt and remove from the heat.
7. Cut chicken breast halves into long slices diagonally.
8. Serve the chicken sliced with the topping of fig sauce.

Serving Suggestion: Serve with steamed potatoes.

Variation Tip: Select chicken breasts with a pinkish hue.

Nutrition Information per Serving:

Calories per serving: 462; Carbohydrates: 19g; Fiber: 3.3g
Protein: 50.8g; Fat: 19.9g;

Chicken Marsala



Prep Time: 15 minutes



Cooking Time: 30 minutes



Serves: 4



Instructions:

Ingredients:

½ C. all-purpose flour
1 tsp. garlic powder
Salt and freshly ground black pepper, to taste
4 (4-oz.) boneless, skinless chicken breasts
2 tbsp. olive oil
3 tbsp. unsalted butter, divided
8 oz. fresh Cremini mushrooms, sliced
4 garlic cloves, minced
¾ C. dry Marsala wine
1¼ C. low-sodium chicken broth
¾ C. heavy cream
2 tbsp. fresh parsley, chopped

3. In a shallow bowl, mix together the flour, garlic powder, salt and black pepper.
4. Coat the chicken breasts with the flour mixture evenly and then shake off excess.
5. In a 12-inch skillet, heat oil and 2 tbsp. of butter over medium-high heat and cook the chicken breasts in 2 for about 3-4 minutes per side.
6. With a slotted spoon, transfer the chicken breasts onto a warm plate and cover with a piece of foil to keep warm.
7. In the same skillet, melt the remaining butter and cook the mushrooms for about 2-3 minutes, stirring frequently.
8. Add the garlic and cook for about 1 minute, stirring continuously.
9. Stir in the Marsala and the broth and simmer for about 10-15 minutes.
10. Stir in the chicken and cream and cook for about 3 minutes.
11. Serve immediately with the garnishing of parsley.

Serving Suggestion: Serve with pasta of your choice.

Variation Tip: You can use mushrooms of your choice.

Nutrition Information per Serving:

Calories per serving: 547; Carbohydrates: 17.6g; Fiber: 1.2g
Protein: 37.8g; Fat: 32.7g

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Chicken Piccata



Prep Time: 15 minutes



Cooking Time: 10 minutes



Serves: 4



Instructions:

Ingredients:

¼ C. all-purpose flour
¼ C. Parmesan cheese, grated
¼ tsp. red pepper flakes
Salt and freshly ground black pepper, to taste
4 (4-oz.) boneless chicken cutlets
3 tbsp. unsalted butter, divided
1 shallot, peeled and finely diced
2 garlic cloves, minced
¼ C. capers, drained
¾ C. chicken broth
¼ C. fresh lemon juice

1. In a large shallow bowl, add the almond flour, Parmesan Cheese, red pepper flakes, salt and black pepper and mix well.
2. Coat the chicken with the flour mixture evenly.
3. In a skillet, melt half of the butter over medium heat and cook the chicken pieces for about 3-5 minutes per side.
4. With a slotted spoon, transfer the chicken pieces onto a plate and cover with a piece of foil to keep warm.
5. In the same skillet, melt the remaining butter over medium heat and sauté the shallot and garlic for about 3 minutes.
6. Stir in the capers, broth and lemon juice and cook for about 5 minutes.
7. Remove from the heat and pour over the chicken breasts.
8. Serve immediately.

Serving Suggestion: Serve with fresh greens.

Variation Tip: Make sure to use unsalted butter.

Nutrition Information per Serving:

Calories per serving: 259; Carbohydrates: 7.4g; Fiber: 0.6g

Protein: 30.3g; Fat: 11.9g;

Calories per serving: 547; Carbohydrates: 17.6g; Fiber: 1.2g

Protein: 37.8g; Fat: 32.7g;

Chicken Cacciatore



Prep Time: 15 minutes



Cooking Time: 1¼ hours



Serves: 4



Instructions:

1. Season the chicken thighs with salt and black pepper evenly.
2. In a heavy cast-iron skillet, heat 2 tbsp. of oil over medium-high heat and sear the chicken thighs for about 3-4 minutes per side.
3. With a slotted spoon, transfer the chicken thighs onto a plate.
4. In the same skillet, heat the remaining oil over medium heat and sauté the onion and garlic for about 4-5 minutes.
5. Add the carrot, bell peppers, mushrooms and herbs and cook for about 5 minutes.
6. Add the wine and cook for about 2-3 minutes, scraping up the browned bits from the bottom of the skillet.
7. Add the tomatoes, tomato paste, salt and black pepper and stir to combine.
8. Add the chicken thighs and stir to combine.
9. Reduce heat to low and simmer, covered for about 40 minutes, stirring occasionally.
10. Stir in the olives and simmer for about 10 minutes.
11. Serve immediately.

Serving Suggestion: Serve with boiled rice.

Variation Tip: Pat the chicken thighs dry with a paper towel.

Nutrition Information per Serving:

Calories per serving: 488; Carbohydrates: 17.4g; Fiber: 4.5g

Protein: 53.5g; Fat: 21.5g;

Calories per serving: 547; Carbohydrates: 17.6g; Fiber: 1.2g

Protein: 37.8g; Fat: 32.7g;

Ingredients:

3 tbsp. olive oil, divided
6 (6-oz.) bone-in, skinless chicken thighs
Salt and freshly ground black pepper, to taste
1 medium onion, chopped
2 tbsp. garlic, minced
1 large carrot, peeled and sliced
2 small red bell peppers, seeded and chopped
10 oz. fresh mushrooms, sliced
4 tbsp. fresh basil, chopped
1 tsp. dried oregano
½ C. black olives, pitted
½ C. red wine
2½ (14-oz.) cans crushed tomatoes
2 tbsp. tomato paste

Bruschetta Chicken



Prep Time
15 Minutes.



Cooking Time
12 Minutes.



Serves
4

Ingredients:

2 (8-oz.) boneless, skinless chicken breasts, halved horizontally
2 tsp. garlic, minced
3 tsp. Italian seasoning
Salt, to taste
1 tbsp. butter
4 Roma tomatoes, chopped finely
3 garlic cloves, chopped finely
4 tbsp. fresh basil, shredded
2 tbsp. olive oil
½ C. Parmesan cheese, shredded

Instructions:

1. In a bowl, add the chicken, minced garlic, Italian seasoning and salt and mix well.
2. In a skillet, melt the butter over medium-high heat and sear the chicken breasts for about 6 minutes per side or until done completely.
3. Meanwhile, for topping: in a bowl, add remaining ingredients except for Parmesan cheese and mix.
4. Remove the skillet from the heat and divide the chicken breasts onto serving plates.
5. Serve immediately with the topping of the tomato mixture and Parmesan cheese.

Serving Suggestion: Serve

Variation Tip: Cherry tomatoes can be used instead of Roma tomatoes.

Nutrition Information per Serving:

Calories per serving: 380; Carbohydrates: 6.6g; Fiber: 1.6g Protein: 38g; Fat: 22.3g;
Calories per serving: 547; Carbohydrates: 17.6g; Fiber: 1.2g Protein: 37.8g; Fat: 32.7g;

Chicken Parmigiana



Prep Time: 15 minutes



Cook Time: 26 minutes



Serves: 4

Ingredients:

1 large egg, beaten
½ C. all-purpose flour
¼ C. Parmesan cheese, grated
½ tsp. dried parsley
½ tsp. paprika
½ tsp. garlic powder
Salt and freshly ground black pepper, to taste
4 (6-oz.) skinless, boneless chicken breasts
¼ C. olive oil
1½ C. marinara sauce
4 oz. mozzarella cheese, sliced thinly
cheese, shredded

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Instructions:

1. Preheat the oven to 375 degrees F.
2. In a shallow dish, place the beaten egg.
3. In another shallow dish, place the almond flour, Parmesan, parsley, spices, salt, and black pepper and mix well.
4. Dip each chicken breast into the beaten egg and then, coat with the flour mixture.
5. In a deep skillet, heat the oil over medium-high heat and fry the chicken breasts for about 3 minutes per side.
6. With a slotted spoon, transfer the chicken breasts onto a paper towel-lined plate to drain.
7. In the bottom of a casserole dish, place about ½ C. of marinara sauce and spread evenly.
8. Arrange the chicken breasts over marinara sauce in a single layer.
9. Top with the remaining marinara sauce, followed by mozzarella cheese slices.
10. Bake for about 20 minutes or until done completely.
11. Remove from the oven and serve hot with the garnishing of fresh parsley.

Serving Suggestion: Serve with fresh salad.

Variation Tip: Use best quality marinara sauce.

Nutrition Information per Serving:

Calories per serving: 542; Carbohydrates: 9g; Fiber: 3.3g
Protein: 54.2g; Fat: 33.2g;

Creamy Chicken



Prep Time: 15 Min



Cook Time: 25 minutes



Serves: 4



Instructions:

Ingredients:

1 tbsp. extra-virgin olive oil
4 boneless, skinless chicken breasts
Salt and freshly ground black pepper, to taste
2 garlic cloves, minced
1 tbsp. fresh thyme
¼ tsp. red pepper flakes, crushed
½ C. sun-dried tomatoes, chopped
¾ C. low-sodium chicken broth
½ C. heavy cream
¼ C. Parmesan cheese, grated



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1. Preheat the oven to 350 degrees F.
2. In a cast-iron skillet, heat the oil over medium-high heat and sear the chicken breasts with salt and black pepper for about 3 minutes per side.
3. With a slotted spoon, transfer the chicken breasts onto a plate.
4. In the same skillet, add garlic, thyme, and red pepper flakes and sauté for about 1 minute.
5. Stir in the sun-dried tomatoes, broth, heavy cream, Parmesan and salt and bring to a gentle boil.
6. Stir in the chicken breasts and transfer the skillet into the oven.
7. Bake for about 15 minutes or until chicken is cooked through.
8. Serve hot.

Serving Suggestion: Serve with hot cooked pasta.

Variation Tip: You can omit red pepper flakes.

Nutrition Information per Serving:

Calories per serving: 380; Carbohydrates: 2.5g; Fiber: 0.6g Protein: 44.1g; Fat: 20.8g;

Chicken & Olives Casserole



Prep Time: 15 minutes



Cook Time: 21 minutes



Serves: 4



Instructions:

1. Preheat the oven to 375 degrees F.
2. In a bowl, add the dried herbs, salt and black pepper and mix well.
3. Season the chicken with the herb mixture evenly.
4. In a cast-iron skillet, heat the oil over medium-high heat and cook the chicken for about 3 minutes per side.
5. With a slotted spoon, transfer the chicken breasts onto a plate.
6. In the same skillet, add the garlic, broth and lemon juice over medium heat and cook for about 5 minutes.
7. Remove from the heat and stir in the cooked chicken breasts.
8. Spread the olives, tomatoes and onions on top of the chicken mixture evenly.
9. Bake for about 8 minutes.
10. Sprinkle with cheese and bake for about 3-4 minutes.
11. Remove from the oven and set aside for about 5-10 minutes before serving.

Serving Suggestion: Serve with fresh greens.

Variation Tip: You can use olives of your choice.

Nutrition Information per Serving:

Calories per serving: 341; Carbohydrates:5.7g; Fiber: 1.5g Protein: 37.5g; Fat: 18.2g;

Ingredients:

1½ tsp. dried basil
Salt and freshly ground black pepper, to taste
2 (8-oz.) chicken breasts, cut in half lengthwise
1 tbsp. olive oil
2 garlic cloves, minced
1 C. chicken broth
1 tbsp. fresh lemon juice
1 C. cherry tomatoes, quartered
½ C. black olives, chopped finely
½ C. onion, chopped finely
½ C. feta cheese, crumbled

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Marinated Chicken Bake



Prep Time: 15 minutes



Cooking Time: 50 minutes



Serves: 4

Ingredients:

14 oz. black olives, pitted
4 oz. capers
3 garlic cloves, crushed
2 tbsp. fresh oregano, minced
Salt and freshly ground black pepper, to taste
1 bay leaf
¼ C. balsamic vinegar
¼ C. olive oil
4 (6-oz.) chicken drumsticks
2 tbsp. sugar
¾ C. chicken broth

Instructions:

1. For marinade: in a large baking dish, add the olives, capers, garlic, oregano, salt, black pepper, bay leaf, vinegar and oil and mix until well combined.
2. Add the chicken drumsticks and coat with the marinade generously.
3. Cover the baking dish and refrigerate overnight.
4. Remove from the refrigerator and set aside at room temperature for at least 1 hour before cooking.
5. Preheat the oven to 325 degrees F.
6. Remove the chicken breasts from the bowl and arrange in a baking dish in a single layer.
7. Spread the marinade over the chicken drumsticks in a single layer.
8. Place the broth around the chicken breasts.
9. Bake for about 50 minutes.
10. Remove from the oven and serve hot.

Serving Suggestion: Serve alongside a fresh salad.

Variation Tip: You can use seasoning of your choice.

Nutrition Information per Serving:

Calories per serving: 536; Carbohydrates: 10g; Fiber: 5.2g Protein: 49.5g; Fat: 33.7g;

Chicken Sandwiches



Prep Time: 15 minutes



Cooking Time: 25 minutes



Serves: 4



Instructions:

Ingredients:

14 (4-oz.) skinless, boneless chicken breast halves, cubed
1 tbsp. olive oil
1 tbsp. garlic, minced
1 tsp. red pepper flakes, crushed
Pinch of salt and ground black pepper
1 onion, chopped
1 yellow bell pepper, seeded and chopped
¼ C. capers, drained
¼ C. kalamata olives, pitted and chopped
1 C. cherry tomatoes, halved
½ lb. mozzarella cheese, shredded
1 C. feta cheese, crumbled
4 hoagie buns, split lengthwise and toasted
¼ C. iceberg lettuce, chopped

1. In a large bowl, add the chicken, garlic, oil, red pepper flakes, salt and black pepper and toss to coat well.
2. Heat a large pan over medium-high heat and cook the chicken mixture for about 5 minutes, stirring frequently.
3. Add the onion and bell pepper and cook for about 5 minutes.
4. Add the capers and olives and stir to combine.
5. Add the mozzarella cheese and stir until melted completely.
6. Remove from the heat and stir in the feta cheese.
7. Place the chicken mixture over bottom half of each bun and top with the lettuce.
8. Cover with top half of each bun and serve.

Serving Suggestion: Serve alongside the garlic aioli.

Variation Tip: You can substitute baby spinach with lettuce.

Nutrition Information per Serving:

Calories per serving: 539; Carbohydrates: 49.2g;
Fiber: 4.3g Protein: 40.2g; Fat: 20.5g;

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Chicken Shawarma



Prep Time: 15 minutes



Cook Time: 30 minutes



Serves: 6



Instructions:

1. For the chicken: in a large bowl, add the oil, lemon juice, garlic, and spices and mix well.
2. Add the chicken thighs and toss to coat.
3. Cover the bowl and refrigerate for at least 2 hours.
4. Preheat the oven to 425 degrees F. grease a large baking sheet.
5. Remove the bowl from the refrigerator and stir in the onion with chicken mixture.
6. Arrange the chicken thighs and onion onto the prepared baking sheet.
7. Bake for about 30 minutes.
8. Remove from the oven and place the chicken thighs onto a cutting board for about 5 minutes.
9. Cut the chicken thighs into thin slices.
10. Arrange the pita breads onto serving plates.
11. Top each pita with chicken, followed by baked onion, tomatoes and cucumber.
12. Roll each pita bread and serve.

Serving Suggestion: Serve alongside the yogurt sauce.

Variation Tip: You can use filling of your choice.

Nutrition Information per Serving:

Calories per serving: 626; Carbohydrates: 40.1g; Fiber: 2.8g Protein: 50.4g; Fat: 29g;

Ingredients:

½ C. extra-virgin olive oil
2 tbsp. fresh lemon juice
3 garlic cloves, minced
1 tsp. ground cumin
¼ tsp. ground cinnamon
¼ tsp. cayenne pepper
Salt and freshly ground black pepper,
to taste
2 lb. boneless skinless chicken thighs
1 large onion, thinly sliced
6 pita breads, warmed
2 tomatoes, chopped
1 cucumber, chopped

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Chicken Flatbread Pizza



Prep Time: 15 minutes



Cook Time: 10 minutes



Serves: 4



Instructions:

Ingredients:

2 flatbreads
1 tbsp. Greek vinaigrette
½ C. feta cheese, crumbled
¼ C. Parmesan cheese, grated
½ C. water-packed artichoke hearts, drained and chopped
½ C. black olives, pitted and sliced
½ C. cooked chicken breast, chopped
1/8 tsp. dried basil, crushed
1/8 tsp. dried oregano, crushed
Pinch of ground black pepper
1 C. part-skim mozzarella cheese, shredded

1. Preheat the oven to 400 degrees F.
2. Arrange the flatbreads onto a large ungreased baking sheet and coat each with vinaigrette.
3. Top each bread with the feta cheese, followed by the Parmesan, veggies and chicken.
4. Sprinkle with the dried herbs and black pepper.
5. Top each bread with the mozzarella cheese evenly.
6. Bake for about 8-10 minutes or until cheese is melted.
7. Remove from the oven and set aside for about 1-2 minutes before slicing.
8. Cut each flatbread into 2 pieces and serve.

Serving Suggestion: Serve with your favorite dipping sauce.

Variation Tip: Fee free to use veggies of your choice.

Nutrition Information per Serving:

Calories per serving: 196; Carbohydrates: 11.9g;
Fiber: 3.4g Protein: 14g; Fat: 10.7g;

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Chicken Risotto



Prep Time: 15 minutes



Cooking Time: 23 minutes



Serves: 3

Ingredients:

1 (6-oz.) chicken breast, chopped
Salt and freshly ground black pepper, to taste
2 tbsp. olive oil, divided
1 tsp. fresh lemon juice
2 tbsp. butter
1 onion, chopped
1 C. Arborio rice
4 C. chicken broth
½ C. frozen peas
2 tbsp. Parmesan cheese, grated

Instructions:

1. Season the chicken pieces with salt and black pepper.
2. In a small skillet, heat 1 tbsp. of oil over medium heat and cook the chicken pieces for about 5-7 minutes or until done completely.
3. Remove from the heat and stir in the lemon juice.
4. Transfer the chicken pieces onto a plate and with a piece of foil, cover to keep warm. Set aside.
5. In a pan, heat the remaining oil and butter over medium heat and sauté the onion for about 4-5 minutes.
6. Add the rice and cook for about 1 minute, stirring continuously.
7. Add one ladle of broth and cook until the liquid is absorbed, stirring continuously.
8. Repeat this process until all the broth is absorbed. (This process will take about 15-20 minutes).
9. Meanwhile, in another pan of salted water, boil the peas for about 10-15 minutes.
10. Drain the water and set aside.
11. In the pan of rice, stir in the chicken, peas, Parmesan, salt and black pepper and remove from the heat.
12. Serve immediately.

Serving Suggestion: Serve with the garnishing of parsley.

Variation Tip: Remember to thaw the peas.

Nutrition Information per Serving:

Calories per serving: 540; Carbohydrates: 58.8g; Fiber: 4g Protein: 25.9g; Fat: 21.5g;

Chicken & Orzo Soup



Prep Time: 15 minutes



Cooking Time: 20 minutes



Serves: 8



Instructions:

1. In a Dutch oven, heat the oil over medium heat and cook the chicken breasts with Greek seasoning and black pepper for about 4-5 minutes or until golden brown from both sides.
2. With a slotted spoon, transfer the chicken breasts onto a plate and set aside.
3. In the same pan, add the scallions and garlic and sauté for about 1 minute.
4. Add the wine and remove the brown bits from the bottom of pan.
5. Stir in the cooked chicken, olives, tomatoes, capers, oregano, basil and broth and bring to a boil.
6. Reduce the heat to low and simmer, covered for about 15 minutes.
7. Increase the heat to medium and again bring to a boil.
8. Stir in orzo and cook for about 8-10 minutes or until desired doneness of the pasta.
9. Stir in the lemon juice and parsley and serve hot.

Serving Suggestion: Serve alongside the bread.

Variation Tip: for an alcohol-free version, use broth instead of wine.

Nutrition Information per Serving:

Calories per serving: 298; Carbohydrates: 17.4g;
Fiber: 0.6g Protein: 31.4g; Fat: 10.1g;

Ingredients:

1 tbsp. olive oil
1½ lb. skinless, boneless chicken breasts, cubed
1 tbsp. Greek seasoning
freshly ground black pepper, to taste
4 scallions, sliced thinly
1 garlic clove, minced
¼ C. white wine
¼ C. olives, pitted and sliced
¼ C. sun-dried tomatoes, chopped
1 tbsp. capers, drained
1½ tsp. fresh oregano, minced
1½ tsp. fresh basil, minced
7 C. chicken broth
1½ C. uncooked orzo pasta
2 tbsp. fresh lemon juice
2 tsp. fresh parsley, chopped finely

Turkey Meatloaf



Prep Time: 15 minutes



Cook Time: 43 minutes



Serves: 4



Instructions:

Ingredients:

2 tsp. olive oil
½ C. red onion, chopped
1 tsp. garlic, minced
1 lb. ground turkey
1/3 C. feta cheese, crumbled
¼ C. panko breadcrumbs
½ C. roasted red peppers, chopped
¼ C. green olives, pitted and chopped
1 tbsp. fresh dill, chopped
2 tbsp. fresh parsley, chopped
2 tsp. dried oregano
Salt and freshly ground black pepper, to taste
1 egg
1 tbsp. milk

1. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.
2. In a non-stick skillet, heat the oil over medium heat and sauté the onion for about 2 minutes.
3. Add the garlic and sauté for 1 minute.
4. Remove from the heat and transfer the mixture into a large mixing bowl.
5. In the bowl, add the remaining ingredients and with your hands, mix until well combined.
6. Place the mixture onto the prepared baking sheet and with your hands, shape into a loaf.
7. Bake for about 30-40 minutes.
8. Remove from the oven and place the meatloaf aside for about 10 minutes before serving.
9. Cut the meatloaf into desired sized slices and serve.

Serving Suggestion: Serve with steamed green beans.

Variation Tip: You can use instant potato flakes instead of breadcrumbs.

Nutrition Information per Serving:

Calories per serving: 284; Carbohydrates: 6.4g; Fiber: 1.4g Protein: 26.5g; Fat: 15.8g;

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Turkey Meatballs Soup



Prep Time: 15 minutes



Cooking Time: 25 minutes



Serves: 6



Instructions:

1. For meatballs: in a bowl, add all the ingredients and mix until well combined.
2. Make small equal-sized balls from the mixture.
3. In a large soup pan, heat the oil over medium heat and sauté the onion for about 5-6 minutes.
4. Add the garlic and sauté for about 1 minute.
5. Add the broth and bring to a boil.
6. Carefully place the balls in the pan and bring to a boil.
7. Reduce the heat to low and simmer for about 10 minutes.
8. Stir in the kale and bring to a gentle simmer.
9. Simmer for about 2-3 minutes.
10. Slowly, add the beaten eggs, stirring continuously.
11. Stir in the cheese until melted.
12. Season with salt and black pepper and serve hot.

Serving Suggestion: Serve with crusty bread.

Variation Tip: Use leafy greens of your choice.

Nutrition Information per Serving:

Calories per serving: 317; Carbohydrates: 10.8g;
Fiber: 1.3g Protein: 32.7g; Fat: 16.6g;

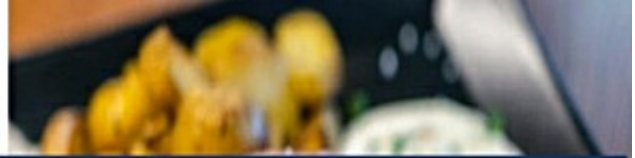
Ingredients:

For Meatballs:

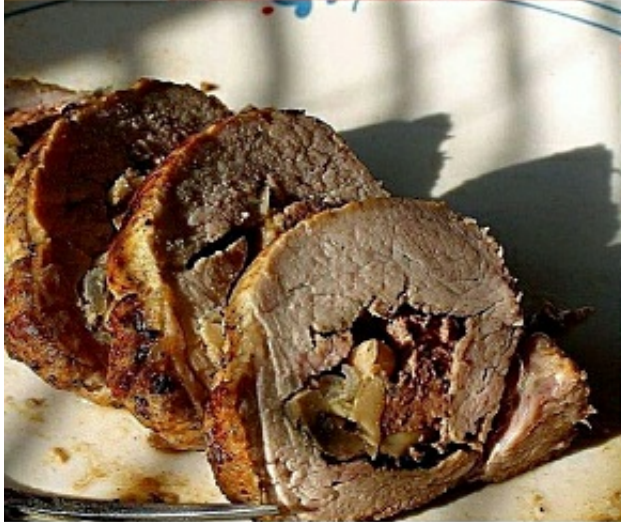
1 lb. lean ground turkey
1 garlic clove, minced
1 egg, beaten
¼ C. Parmesan cheese, grated
Salt and freshly ground black pepper, to taste

For Soup:

1 tbsp. olive oil
1 small yellow onion, chopped finely
1 garlic clove, minced
6 C. chicken broth
6 C. fresh kale, trimmed and chopped
2 eggs, beaten lightly
¼ C. Parmesan cheese, grated
Salt and freshly ground black pepper, to taste



MEAT RECIPES



Pesto Steak



Prep Time: 15 Minutes



Cook Time: 27 minutes



Serves: 3



Instructions:

1. Preheat the gas grill to medium heat. Lightly grease the grill grate.
2. In a bowl, add the oregano, garlic, lemon peel, red pepper flakes, salt and black pepper and mix well.
3. Rub the steak with garlic mixture evenly.
4. Place the steak onto the grill and cook, covered for about 12-17 minutes, flipping occasionally.
5. Remove from the grill and place the steak onto a cutting board for about 5 minutes.
6. With a sharp knife, cut the steak into desired sized slices.
7. Divide the steak slices onto serving plates and serve with the topping of pesto.

Serving Suggestion: Serve alongside the roasted Brussel sprout.

Variation Tip: The surface of the steak should be moist but not wet or sticky.

Nutrition Information per Serving:

Calories per serving: 448; Carbohydrates: 8.5g;
Fiber: 3.5g Protein: 50.9g; Fat: 27.5g;

Ingredients:

¼ C. fresh oregano, chopped
1½ tbsp. garlic, minced
1 tbsp. fresh lemon peel, grated
½ tsp. red pepper flakes, crushed
Salt and freshly ground black pepper, to taste
1 lb. (1-inch thick) boneless beef top sirloin steak
½ C. pesto

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Steak with Cheese Sauce



Prep Time: 15 minutes



Cooking Time: 1 hour



Serves: 6



Instructions:

1. In a pan, add the heavy cream over medium heat and bring to a boil.
2. Reduce the heat to low and simmer for about 1 hour, stirring occasionally.
3. Remove from the heat and immediately stir in the both cheeses, salt and black pepper until well combined.
4. Meanwhile, in a small bowl, mix together the onion powder, garlic powder, lemon pepper, salt and black pepper.
5. Season the steaks with seasoning mixture evenly.
6. Preheat the outdoor grill to medium-high heat. Grease the grill grate.
7. Place the steaks onto the grill and cook for about 4-5 minutes per side.
8. Remove the steaks from the grill and place onto a cutting board for about 5-10 minutes.
9. Cut each steak into desired sized slices and transfer onto serving plates evenly.
10. Top with the creamy sauce and serve hot.

Serving Suggestion: Serve with glazed carrots.

Variation Tip: You can adjust the ratio of lemon pepper seasoning according to your taste.

Nutrition Information per Serving:

Calories per serving: 617; Carbohydrates: 3.4g;
Fiber: 0.5g Protein: 51.6g; Fat: 43.7g;

Ingredients:

4 C. heavy cream
3 tbsp. Parmesan cheese, shredded
3 oz. Gorgonzola cheese, crumbled
Salt and freshly ground black pepper,
to taste
¼ tsp. onion powder
¼ tsp. garlic powder
Pinch of lemon pepper seasoning
4 (8-oz.) beef tenderloin steaks

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Stuffed Steak



Prep Time: 15 Minutes



Cook Time: 35 minutes



Serves: 6



Instructions:

1. In a large baking dish, add the oregano, lemon juice and oil and mix well.
2. Add the steak and coat with the marinade generously.
3. Refrigerate to marinate for about 4 hours, flipping occasionally.
4. Preheat the oven to 425 degrees F. Line a shallow baking dish with parchment paper.
5. Remove the steak from the baking dish.
6. Arrange the steak onto a cutting board.
7. Place the tapenade onto the steak evenly and top with the spinach, followed by the feta cheese.
8. Carefully roll the steak tightly to form a log.
9. With 6 kitchen string pieces, tie the log at 6 places.
10. Carefully cut the log between strings into 6 equal pieces, leaving the string in place.
11. Arrange the log pieces onto the prepared baking dish, cut-side up.
12. Bake for about 25-35 minutes.
13. Remove from the oven and set aside for about 5 minutes before serving.

Serving Suggestion: Serve with cheesy scalloped potatoes.

Variation Tip: make sure to use freshly squeezed lemon juice.

Nutrition Information per Serving:

Calories per serving: 395; Carbohydrates: 7.3g;
Fiber: 2.2g Protein: 48.8g; Fat: 18.2g;

Ingredients:

2 tbsp. dried oregano leaves
1/3 C. fresh lemon juice
2 tbsp. olive oil
1 (2-lb.) beef flank steak, pounded into 1/2-inch thickness
1/3 C. olive tapenade
1 C. frozen chopped spinach, thawed and squeezed
1/4 C. feta cheese, crumbled
Salt, to taste

Color Image QR code:



Braised Beef



Prep Time: 15 minutes



Cook Time: 1 hour 55 min



Serves: 8



Instructions:

1. In a large pan, heat the oil over medium-high heat and sear the beef cubes for about 4-5 minutes.
2. Add the celery, onions and garlic and cook for about 5 minutes, stirring frequently.
3. Stir in the remaining ingredients and bring to a boil.
4. Reduce heat to low and simmer, covered for about 1½-1¾ hours or until desired doneness of beef.
5. Serve hot.

Serving Suggestion: Serve alongside the boiled rice.

Variation Tip: You can use tomatoes of your choice.

Nutrition Information per Serving:

Calories per serving: 453; Carbohydrates: 12.1g;
Fiber: 3.3g Protein: 53.9g; Fat: 17.9g;

Ingredients:

¼ C. vegetable oil
3 lb. boneless beef chuck roast, cut into 1½-inch cubes
3 celery stalks, chopped
2 onions, chopped
4 garlic cloves, minced
2 (28-oz.) cans Italian-style stewed tomatoes
1 C. dry red wine
½ C. fresh parsley, chopped
1 tsp. dried oregano
Salt and freshly ground black pepper, to taste

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Beef Burgers



Prep Time: 15 minutes



Cooking Time: 14 minutes



Serves: 4

Ingredients:

1½ lb. ground beef
Salt and freshly ground black pepper, to taste
2 C. fresh spinach
½ C. mozzarella cheese, shredded
2 tbsp. Parmesan cheese,

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Instructions:

1. In a bowl, add the beef, salt and black pepper and mix until well combined.
2. Make 8 equal-sized patties from the mixture.
3. Arrange the patties onto a plate and refrigerate until using.
4. In a frying pan, add the spinach over medium-high heat and cook, covered for about 2 minutes or until wilted.
5. Drain the spinach and set aside to cool.
6. With your hands, squeeze the spinach to extract the liquid completely.
7. Place the spinach to a cutting board and then chop it.
8. In a bowl, add the chopped spinach and both cheese and mix well.
9. Place about ¼ C. of the spinach mixture in the center of 4 patties and top each with the remaining 4 patties.
10. With your fingers, press the edges firmly to seal the filling.
11. Then, press each patty slightly to flatten.
12. Heat a lightly greased grill pan over medium-high heat and cook the patties for about 5-6 minutes per side.
13. Serve hot.

Serving Suggestion: Serve alongside the fresh greens.

Variation Tip: Don't ever use frozen spinach in this recipe.

Nutrition Information per Serving:

Calories per serving: 338; Carbohydrates: 0.7g; Fiber: 0.3g
Protein: 54g; Fat: 11.9g;

Beef Meatballs



Prep Time: 15 minutes



Cooking Time: 28 minutes



Serves: 6



Instructions:

1. In a large bowl of cold water, soak the bulgur for about 30 minutes.
2. Drain the bulgur well and then squeeze with your hands to remove the excess water.
3. In a food processor, add the bulgur, beef, shallot, parsley, spices and salt and pulse until a smooth mixture is formed.
4. Transfer the mixture into a bowl and refrigerate, covered for about 30 minutes.
5. Remove from the refrigerator and make equal sized balls from the beef mixture.
6. In a large nonstick skillet, heat the oil over medium-high heat and cook the meatballs in 2 batches for about 13-14 minutes, flipping frequently.
7. Serve warm.

Serving Suggestion: Serve with a fresh salad.

Variation Tip: You can use onion instead of shallot.

Nutrition Information per Serving:

Calories per serving: 228; Carbohydrates: 15g; Fiber: 3.5g Protein: 25.4g; Fat: 7.4g;

Ingredients:

¾ C. uncooked bulgur
1 lb. ground beef
¼ C. shallots, minced
¼ C. fresh parsley, minced
½ tsp. ground allspice
½ tsp. ground cumin
½ tsp. ground cinnamon
¼ tsp. red pepper flakes, crushed
Salt, to taste
1 tbsp. olive oil

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Lamb Chops



Prep Time: 15 minutes



Cooking Time: 16 minutes



Serves: 8



Instructions:

1. In a large bowl, add all the ingredients except for chops and mix until well combined.
2. Add the chops and coat with the mixture generously.
3. Refrigerate to marinate for about 5-6 hours.
4. Preheat the gas grill to high heat. Grease the grill grate.
5. Place the lamb chops onto the grill and cook for about 6-8 minutes, flipping once halfway through.
6. Serve hot.

Serving Suggestion: Serve with baked potatoes.

Variation Tip: Choose lamb chops that have dried out edges and do not smell fresh should not be purchased.

Nutrition Information per Serving:

Calories per serving: 432; Carbohydrates: 0.5g;
Fiber: 0.2g Protein: 55.8g; Fat: 21.7g;

Ingredients:

1 tbsp. fresh mint leaves, chopped
1 tsp. garlic paste
1 tsp. ground allspice
½ tsp. ground nutmeg
½ tsp. ground green cardamom
¼ tsp. hot paprika
Salt and freshly ground black pepper,
to taste
4 tbsp. olive oil
2 tbsp. fresh lemon juice
2 racks of lamb, trimmed and
separated into 16 chops

Color Image QR code:



Roasted Leg of Lamb



Prep Time: 15 minutes



Cooking Time: 1½ hours



Serves: 8



Instructions:

Ingredients:

1/3 C. fresh parsley, minced
4 garlic cloves, minced
1 tsp. fresh lemon zest, finely grated
1 tbsp. ground coriander
1 tbsp. ground cumin
1 tbsp. smoked paprika
1 tbsp. red pepper flakes, crushed
½ tsp. ground allspice
1/3 C. olive oil
1 (5-lb.) bone-in leg of lamb, trimmed

1. In a large bowl, add all the ingredients except leg of lamb and mix well.
2. Coat the leg of lamb with marinade mixture generously.
3. With a plastic wrap, cover the leg of lamb and refrigerate to marinate for about 6-8 hours.
4. Remove from refrigerator and keep in room temperature for about 30 minutes before roasting.
5. Preheat the oven to 350 degrees F. Arrange the oven rack in the center of oven.
6. Arrange a lightly greased rack in the roasting pan.
7. Place the leg of lamb over rack into the roasting pan.
8. Roast for about 1¼-1½ hours, rotating the pan once halfway through.
9. Remove from oven and place the leg of lamb onto a cutting board for about 10-15 minutes.
10. With a sharp knife, cut the leg of lamb into desired size slices and serve.

Serving Suggestion: Serve with buttery mashed potatoes.

Variation Tip: Always slice the meat against the grain.

Nutrition Information per Serving:

Calories per serving: 610; Carbohydrates: 2g; Fiber: 0.7g
Protein: 80.1g; Fat: 29.6g;

Color Image QR code:



Braised Lamb Shanks



Prep Time: 15 minutes



Cooking Time: 3 hours 5 minutes



Serves: 6



Instructions:

1. Season the shanks with salt and black pepper.
2. In a Dutch oven, heat the oil over medium-high heat and cook the shanks in 2 in batches for about 8 minutes or until browned on all sides.
3. With a slotted spoon, transfer the shanks onto a plate.
4. In the same pan, add the carrots, onions and garlic and cook for about 10 minutes, stirring frequently.
5. Add the remaining ingredients and stir to combine.
6. Add the shanks and bring to a boil.
7. Reduce heat to medium-low and simmer, covered for about 2 hours.
8. Uncover the pan and simmer for about 20 minutes.
9. With a slotted spoon, transfer the shanks onto a platter and cover with a piece of foil to keep warm.
10. Place the pan over medium heat and cook for about 15 minutes or until thickened.
11. Pour sauce over shanks and serve.

Serving Suggestion: Serve with creamed mashed potatoes.

Variation Tip: Remember to remove the silver skin from the shanks.

Nutrition Information per Serving:

Calories per serving: 845; Carbohydrates: 18.4g; Fiber: 3.9g Protein: 98.9g; Fat: 30.4g;

Ingredients:

6 lamb shanks
Salt and freshly ground black pepper, to taste
2 tbsp. olive oil
3 large carrots, peeled and chopped
2 onions, chopped
10 garlic cloves, minced
1 (28-oz.) can whole peeled tomatoes with juice
1 (25-oz.) bottle red wine
1 (10½-oz.) can beef broth
1 (10½-oz.) can condensed chicken broth
5 tsp. fresh rosemary, chopped
2 tsp. fresh thyme, chopped

Color Image QR code:



Lamb Pita Pockets



Prep Time: 15 minutes



Cooking Time: 6 minutes



Serves: 4



Instructions:

1. In a bowl, mix together garlic, rosemary, salt and black pepper.
2. Add lamb pieces and toss to coat well.
3. In a large nonstick skillet, heat oil over medium-high heat and sear the lamb pieces for about 5-6 minutes or until desired doneness.
4. Meanwhile, in a bowl, mix together the cucumber, tomato, parsley, salt and black pepper.
5. Place the lamb pieces and cucumber mixture between all the pitas evenly and serve immediately.

Serving Suggestion: Serve with yogurt sauce.

Variation Tip: You can drizzle the veggie mixture with lemon juice.

Nutrition Information per Serving:

Calories per serving: 368; Carbohydrates: 39.5g;
Fiber: 5.9g Protein: 31g; Fat: 10.5g;

Ingredients:

2 garlic cloves, minced
1 tbsp. fresh rosemary, minced
Salt and freshly ground black pepper,
to taste
¼ lb. boneless leg of lamb, cut into
bite-sized pieces
2 tsp. olive oil
1½ C. cucumber, chopped finely
1 C. tomato, chopped
1 tbsp. fresh parsley,
4 whole-wheat pita breads, halved
and warmed

Color Image QR code:



Beef Filled Zucchini Cannelloni



Prep Time: 20 minutes



Cooking Time: 50 minutes



Serves: 7

Ingredients:

For Filling:

1 tsp. olive oil
1 oz. onion, chopped finely
2 lb. ground beef
1 garlic clove, minced
2½ C. marinara sauce, divided
Salt, to taste

For Cheese Sauce:

1 tbsp. butter
1 garlic clove, minced
1 C. heavy whipping cream
6 oz. cream cheese, softened
½ C. mozzarella cheese, shredded
¼ C. Parmesan cheese, grated
3 tbsp water

For Zucchini Cannelloni:

2 medium zucchinis, sliced lengthwise
2 oz. mozzarella cheese, shredded
¼ C. Parmesan cheese, grated

Instructions:

1. Preheat the oven to 400 degrees F.
2. For filling: in a skillet, heat the oil over medium heat and sauté the onion for about 2 minutes.
3. Add the beef and cook for about 5-6 minutes, breaking it up with a wooden spoon.
4. Drain the grease completely from beef mixture.
5. Stir in 2 C. of the marinara sauce and salt and simmer for about 5 minutes.
6. Remove from the heat and set aside.
7. For cheese sauce: in a clean non-stick saucepan, melt the butter over medium heat and sauté the garlic for about 1 minute.
8. Add the cream and cheeses and stir to combine.
9. Add the water and stir to combine.
10. Reduce the heat to low and cook until desired thickness is achieved, stirring continuously.
11. In the bottom of a baking dish, spread the remaining marinara sauce.
12. Place about 1/3 C. of the cheese sauce over the marinara sauce.
13. Arrange the zucchini slices onto a smooth surface.
14. Place about 1 tbsp. of filling mixture at one end of a zucchini slice and roll up.
15. Repeat with the remaining zucchini and filling mixture.
16. Arrange the zucchini rolls over the cheese sauce, filling facing upwards.
17. Place remaining cheese sauce on top evenly and sprinkle with mozzarella and Parmesan cheese.
18. Bake for about 25-30 minutes until cheese is bubbly.
19. Serve warm.

Serving Suggestion: Serve alongside the fresh greens.

Variation Tip: Use a mandoline to slice the zucchini.

Nutrition Information per Serving:

Calories per serving: 561; Carbohydrates: 16.5g; Fiber: 3.1g Protein: 50.7g; Fat: 31.9g

Lamb Koftas



Prep Time: 20 minutes



Cooking Time: 10 minutes



Serves: 6



Instructions:

1. In a large bowl, add all the ingredients and mix until well combined.
2. Make 12 equal-sized oblong patties.
3. In a large non-stick skillet, heat oil over medium-high heat and cook the patties for about 10 minutes or until browned from both sides, flipping occasionally.
4. Serve hot.

Serving Suggestion: Serve with yogurt dip.

Variation Tip: For the best result, grind your meat at home.

Nutrition Information per Serving:

Calories per serving: 170; Carbohydrates: 1.4g;
Fiber: 0.2g Protein: 21.7g; Fat: 8.1g;

Ingredients:

1 lb. ground lamb
2 tbsp. fat-free plain Greek yogurt
2 tbsp. onion, grated
2 tsp. garlic, minced
2 tbsp. fresh cilantro, minced
1 tsp. ground coriander
1 tsp. ground cumin
1 tsp. ground turmeric
Salt and freshly ground black pepper,
to taste
1 tbsp. olive oil

Color Image QR code:



Rosemary Pork Chops



Prep Time: 10 minutes



Cooking Time: 35 minutes



Serves: 4



Instructions:

1. Preheat oven to 425 degrees F. Arrange a rack into a foil-lined shallow roasting pan.
2. In a bowl, add the garlic, Rosemary, salt and black pepper and mix well.
3. Coat the chops with the rosemary mixture evenly.
4. Arrange the chops onto the rack in roasting pan.
5. Roast for about 10 minutes.
6. Now, reduce the temperature of oven to 350 degrees F and roast for about 25 minutes more.
7. Serve hot.

Serving Suggestions: Serve with your favorite dipping sauce.

Variation Tip: Don't cook chops straight from the refrigerator.

Nutrition Information per Serving:

Calories per serving: 550; Carbohydrates: 1.3g;
Fiber: 0.4g Protein: 34.8g; Fat: 42.4g;

Ingredients:

3 garlic cloves, minced
1 tbsp. fresh rosemary, minced
Salt and freshly ground black pepper, to taste
4 (6-oz.) (1/2-inch thick) boneless pork loin chops

Color Image QR code:



Sausage with Bell Peppers



Prep Time: 15 minutes



Cooking Time: 17 minutes



Serves: 6



Instructions:

1. In a large skillet, heat the oil over medium-high heat and cook sausage for about 8-10 minutes.
2. With a slotted spoon, transfer the sausage slices into a large bowl and set aside.
3. In the same skillet, add the bell peppers and garlic powder and sauté for about 3-5 minutes.
4. Stir in the sausage, salt and black pepper and cook for about 1-2 minutes.
5. Serve hot.

Serving Suggestion: Serve with fresh greens.

Variation Tip: You can use a colorful combo of bell peppers.

Nutrition Information per Serving:

Calories per serving: 416; Carbohydrates: 4.8g;
Fiber: 0.9g Protein: 22.2g; Fat: 33.9g;

Ingredients:

1 tbsp. olive oil
8 pork sausages, sliced
2 small red bell pepper, seeded and sliced thinly
2 small green bell pepper, seeded and sliced thinly
1 tsp. garlic powder
Salt and freshly ground black pepper, to taste

Color Image QR code:



Pork Stew



Prep Time: 15 minutes



Cooking Time: 3 hours 20 minutes



Serves: 6



Instructions:

1. Preheat the oven to 250 degrees F.
2. In a large pan of water, add the beans and cook for about 20 minutes.
3. Remove from the heat and drain the beans.
4. In a large casserole dish, place the beans and remaining all ingredients except for wine and stir to combine.
5. Cover the casserole dish and bake for about 2 hours.
6. Uncover and stir in the wine.
7. Bake for about 1 hour more.
8. Serve hot.

Serving Suggestion: Serve with crusty bread.

Variation Tip: You can use sausage of your choice.

Nutrition Information per Serving:

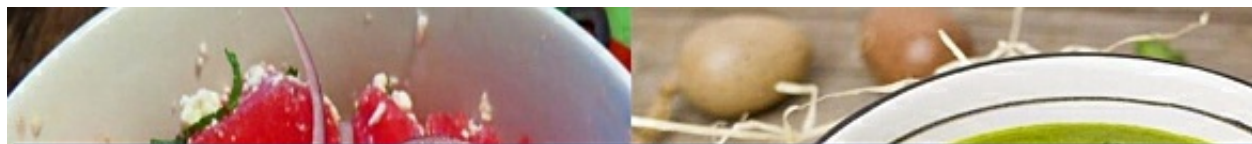
Calories per serving: 788; Carbohydrates: 56.4g; Fiber: 29.7g Protein: 59.4g; Fat: 43.6g;

Ingredients:

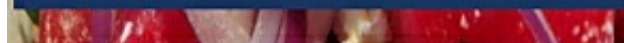
1 lb. dried Great Northern beans
3 C. chicken broth
1 onion, cut into chunks
1 (14-oz.) can crushed tomatoes
3 carrots, peeled and cut into 1/2-inch pieces
1/2 lb. partially cooked garlic sausage, sliced
1 lb. pork shoulder, cut into 1-inch chunks
1/2 lb. bacon, cut into 1/2-inch chunks
2 tbsp. fresh parsley
2 tbsp. fresh thyme
1 tsp. ground allspice
Salt and freshly ground black pepper, to taste
1 C. red wine

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FISH & SEAFOOD RECIPES



Herbed Salmon



Prep Time: 15 minutes



Cook Time: 13 minutes



Serves: 4

Ingredients:

¾ tsp. lemon-pepper seasoning
1 tsp. dried thyme
1 tsp. dried parsley
4 (5-oz.) salmon fillets
5 tbsp. fresh lemon juice, divided
10 tbsp. butter, divided
1 shallot, minced
5 tbsp. white wine, divided
1 tbsp. white wine vinegar
1 C. half-and-half
Salt and ground white pepper, to taste

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Instructions:

1. In a small bowl, mix together the lemon pepper seasoning and dried herbs.
2. In a shallow dish, place the salmon filets and rub with 3 tbsp. of lemon juice.
3. Season the non-skin side with herb mixture. Set aside.
4. In a skillet, melt 2 tbsp. of butter over medium heat, and sauté the shallot for about 2 minutes.
5. Stir in the remaining lemon juice, ¼ C. of wine and vinegar and simmer for about 2-3 minutes.
6. Stir in half-and-half, salt and white pepper and cook for about 2-3 minutes.
7. Add 4 tbsp. of butter and beat until well combined.
8. Remove from the heat and set aside, covered to keep warm.
9. In a wok, melt the remaining butter over medium heat.
10. Place the salmon in the skillet, herb side down and cook for about 1-2 minutes.
11. Transfer the salmon fillets onto a plate, herb side up.
12. In the skillet, add the remaining wine, scraping up the browned bits from bottom.
13. Place the salmon fillets into the wok, herb side up and cook for about 8 minutes.
14. Transfer the salmon fillets onto serving plates.
15. Top with pan sauce and serve.

Serving Suggestions: Serve with lemon slices.

Variation Tip: Fresh salmon should glisten, not look dull.

Nutrition Information per Serving:

Calories per serving: 546; Carbohydrates: 4,7g; Fiber: 0.3g
Protein: 29.9g; Fat: 44.7g;

Walnut Crusted Salmon



Prep Time: 15 minutes



Cook Time: 20 minutes



Serves: 2



Instructions:

1. Preheat the oven to 350 degrees F. Line a large baking sheet with parchment paper.
2. In a food processor, place the walnuts and pulse until chopped roughly.
3. Add the dill, lemon rind, garlic salt, black pepper, and butter and pulse until a crumbly mixture forms.
4. Place the salmon fillets onto the prepared baking sheet in a single layer, skin-side down.
5. Coat the top of each salmon fillet with Dijon mustard.
6. Place the walnut mixture over each fillet and gently press into the surface of salmon.
7. Bake for about 15-20 minutes.
8. Remove the salmon fillets from oven and transfer onto the serving plates.
9. Drizzle with the lemon juice and serve.

Serving Suggestions: Serve with steamed asparagus.

Variation Tip: walnuts can be replaced with pecans.

Nutrition Information per Serving:

Calories per serving: 691; Carbohydrates: 10.3g;
Fiber: 5.7g Protein: 49.8g; Fat: 54.3g;

Ingredients:

1 C. walnuts
1 tbsp. fresh dill, chopped
2 tbsp. fresh lemon rind, grated
½ tsp. garlic salt
Freshly ground black pepper, to taste
1 tbsp. butter, melted
3-4 tbsp. Dijon mustard
4 (3-oz.) salmon fillets
4 tsp. fresh lemon juice

Color Image QR code:



Tuna with Olives



Prep Time: 15 minutes



Cooking Time: 10 minutes



Serves: 4

Ingredients:

4 (6-oz.) (1-inch thick) tuna steaks
2 tbsp. extra-virgin olive oil, divided
Salt and freshly ground black pepper,
to taste
2 garlic cloves, minced
1 C. fresh tomatoes, chopped
1 C. dry white wine
2/3 C. green olives, pitted and sliced
1/4 C. capers, drained
2 tbsp. fresh thyme, chopped
1 1/2 tbsp. fresh lemon zest, grated
2 tbsp. fresh lemon juice
3 tbsp. fresh parsley, chopped

Instructions:

1. Preheat the grill to high heat. Grease the grill grate.
2. Coat the tuna steaks with 1 tbsp. of the oil and sprinkle with salt and black pepper.
3. Set aside for about 5 minutes.
4. For sauce: in a small skillet, heat the remaining oil over medium heat and sauté the garlic for about 1 minute.
5. Add the tomatoes and cook for about 2 minutes.
6. Stir in the wine and bring to a boil.
7. Add the remaining ingredients except for parsley and cook, uncovered for about 5 minutes.
8. Stir in the parsley, salt and black pepper and remove from the heat.
9. Meanwhile, grill the tuna steaks over direct heat for about 1-2 minutes per side.
10. Serve the tuna steaks hot with the topping of sauce.

Serving Suggestions: Serve with steamed green beans.

Variation Tip: Make sure you remove all the fish scales before cooking.

Nutrition Information per Serving:

Calories per serving: 468; Carbohydrates: 7.3g; Fiber: 2.3g Protein: 52.1g; Fat: 10.7g;

Tilapia Piccata



Prep Time: 10 minutes



Cooking Time: 8 minutes



Serves: 4

Ingredients:

3 tbsp. fresh lemon juice
2 tbsp. olive oil
2 garlic cloves, minced
½ tsp. lemon zest, grated
2 tsp. capers, drained
3 tbsp. fresh basil, minced and divided
4 (6-oz.) tilapia fillets
Salt and freshly ground black pepper, to taste

Instructions:

1. Preheat the broiler of the oven. Arrange an oven rack about 4-inch from the heating element.
2. Grease a broiler pan.
3. In a small bowl, add the lemon juice, oil, garlic and lemon zest and beat until well combined.
4. Add the capers and 2 tbsp. of basil and stir to combine.
5. Reserve 2 tbsp. of mixture in a small bowl.
6. Coat the fish fillets with remaining capers mixture and sprinkle with salt and black pepper.
7. Place the tilapia fillets onto the broiler pan and broil for about 3-4 minutes side.
8. Remove from the oven and place the fish fillets onto serving plates.
9. Drizzle with reserved capers mixture and serve with the garnishing of remaining basil.

Serving Suggestions: Serve with the topping of cheese.

Variation Tip: Make sure to pat dry the tilapia fillets completely before seasoning.

Nutrition Information per Serving:

Calories per serving: 206; Carbohydrates: 0.9g; Fiber: 0.2g Protein: 31.9g; Fat: 8.7g;

Parmesan Tilapia



Prep Time: 10 minutes



Cooking Time: 11 minutes



Serves: 4

Instructions:

1. Preheat the broiler of oven. Line a baking sheet with a greased piece of foil
2. Season the tilapia fillets with salt and black pepper lightly.
3. Arrange the tilapia fillets onto the prepared baking sheet in a single layer and top each with Parmesan cheese evenly.
4. Broil for about 10-11 minutes.
5. Remove from the oven and transfer the tilapia fillets onto the serving plates.
6. Drizzle with the melted butter and serve.

Serving Suggestion: Serve with steamed green beans.

Variation Tip: Try to use freshly grated Parmesan cheese.

Nutrition Information per Serving:

Calories per serving: 307; Carbohydrates: 0g; Fiber: 0g Protein: 48.1g; Fat: 13.2g;

Ingredients:

4 (6-oz.) tilapia filets
Salt and freshly ground black pepper,
to taste
½ C. Parmesan cheese, grated
2 tbsp. butter, melted

Tilapia Casserole



Prep Time: 10 minutes



Cook Time: 14 minutes



Serves: 4

Ingredients:

2 (14-oz.) cans diced tomatoes with basil and garlic with juice
1/3 C. fresh parsley, chopped and divided
1/4 tsp. dried oregano
1/2 tsp. red pepper flakes, crushed
4 (6-oz.) tilapia fillets
2 tbsp. fresh lemon juice
2/3 C. feta cheese, crumbled



Instructions:

1. Preheat the oven to 400 degrees F.
2. In a shallow baking dish, add the tomatoes, 1/4 C. of the parsley, oregano and red pepper flakes and mix until well combined.
3. Arrange the tilapia fillets over the tomato mixture in a single layer and drizzle with the lemon juice.
4. Place some tomato mixture over the tilapia fillets and sprinkle with the feta cheese evenly.
5. Bake for about 12-14 minutes.
6. Serve hot with the garnishing of remaining parsley.

Serving Suggestion: Serve with fresh baby greens.

Variation Tip: It is best to buy tilapia whole.

Nutrition Information per Serving:

Calories per serving: 246; Carbohydrates: 9.4g;
Fiber: 2.7g Protein: 37.2g; Fat: 7.4g

Color Image QR code:



Garlicky Shrimp



Prep Time: 15 minutes



Cooking Time: 6 minutes



Serves: 4



Instructions:

1. In a large skillet, heat the oil over medium heat and sauté the garlic slices for about 2 minutes or until golden brown.
2. With a slotted spoon, transfer the garlic slices into a bowl.
3. In the same skillet, add the shrimp, rosemary, red pepper flakes, salt and black pepper and cook for about 3-4 minutes, stirring frequently.
4. Stir in the lemon juice and remove from the heat.
5. Serve hot with a topping of the garlic slices.

Serving Suggestions: Serve with fresh salad.

Variation Tip: Avoid shrimp that smells like ammonia.

Nutrition Information per Serving:

Calories per serving: 202; Carbohydrates: 3.2g;
Fiber: 0.5g Protein: 26.1g; Fat: 9.1g;

Ingredients:

2 tbsp. olive oil
3 garlic cloves, sliced
1 lb. shrimp, peeled and deveined
1 tbsp. fresh rosemary, chopped
½ tsp. red pepper flakes, crushed
Salt and freshly ground black pepper,
to taste
1 tbsp. fresh lemon juice

Color Image QR code:



Shrimp with Zucchini Noodles



Prep Time: 15 minutes



Cooking Time: 10 minutes



Serves: 4

Instructions:

1. In a large skillet, melt the butter over medium-low heat and sauté the shrimp, salt, black pepper and red pepper flakes for about 4-6 minutes.
2. Stir in the garlic and cook for about 1 minute, stirring frequently.
3. Stir in the zucchini noodles, lemon juice, zest and broth and bring to a boil.
4. Cook for about 1 minute.
5. Serve hot with the topping of Parmesan and parsley.

Serving Suggestion: Serve with fresh salad.

Variation Tip: You can use seasoning of your choice.

Nutrition Information per Serving:

Calories per serving: 197; Carbohydrates: 9g; Fiber: 2.2g Protein: 26g; Fat: 7.5g;

Ingredients:

2 tbsp. butter
1 lb. large shrimp, peeled and deveined
Salt and freshly ground black pepper, to taste
¼ tsp. red pepper flakes, crushed
4 garlic cloves, minced
2 large zucchinis, spiralized with Blade C
2 tbsp. fresh lemon juice
1 tsp. fresh lemon zest, grated
¼ C. homemade chicken broth
4 tbsp. Parmesan cheese, grated
¼ C. fresh parsley, chopped

Mussels with Tomatoes & Wine



Prep Time: 15 minutes



Cook Time: 15 minutes



Serves: 6



Instructions:

1. In a large skillet, heat the oil over medium heat and sauté the celery, onion and garlic for about 5 minutes.
2. Add the tomato, honey and red pepper flakes and cook for about 10 minutes.
3. Meanwhile, in a large pan, add mussels and wine and bring to a boil.
4. Simmer, covered for about 10 minutes.
5. Transfer the mussel mixture into tomato mixture and stir to combine.
6. Season with salt and black pepper and remove from the heat.
7. Serve hot with the garnishing of basil.

Serving Suggestion: Serve with fresh veggie salad.

Variation Tip: Don't forget to clean the mussels thoroughly.

Nutrition Information per Serving:

Calories per serving: 244; Carbohydrates: 14.3g; Fiber: 1.5g Protein: 19.1g; Fat: 6g;

Ingredients:

1 tbsp. olive oil
2 celery stalks, chopped
1 onion, chopped
4 garlic cloves, minced
½ tsp. dried oregano, crushed
1 (15-oz.) can diced tomatoes
1 tsp. honey
1 tsp. red pepper flakes, crushed
2 lb. mussels, cleaned
2 C. white wine
Salt and freshly ground black pepper, to taste
¼ C. fresh basil, chopped

Color Image QR code:



Seafood Stew



Serves: 6



Prep Time: 15 minutes



Cooking Time: 25 minutes



Instructions:

1. In a large Dutch oven, heat oil over medium heat and sauté the onion for about 3-4 minutes.
2. Add garlic and red pepper flakes and sauté for about 1 minute.
3. Add tomatoes and cook for about 2 minutes.
4. Add wine, clam juice, tomato paste and salt and bring to a boil.
5. Reduce the heat to low and simmer, covered for about 10 minutes.
6. Stir in seafood and simmer, covered for about 6-8 minutes.
7. Stir in parsley and lemon zest and remove from heat.
8. Serve hot.

Serving Suggestion: Serve alongside the crusty bread.

Variation Tip: You can use seafood of your choice.

Nutrition Information per Serving:

Calories per serving: 263; Carbohydrates: 11g; Fiber: 1.3g Protein: 41.3g; Fat: 5g;

Ingredients:

1 tbsp. olive oil
1 medium onion, chopped finely
2 garlic cloves, minced
¼ tsp. red pepper flakes, crushed
½ lb. plum tomatoes, seeded and chopped
1/3 C. white wine
1 C. clam juice
1 tbsp. tomato paste
Salt, to taste
1 lb. large shrimp, peeled and deveined
1 lb. snapper fillets, cubed into 1-inch size
½ lb. sea scallops
1tbsp. dried parsley, crushed
1 tsp. fresh lemon zest, grated finely

Color Image QR code:





VEGETARIAN & VEGAN RECIPES



Watermelon Salad



Prep Time: 15 minutes



Serves: 6



Ingredients:

For Vinaigrette:

2 tbsp. fresh lime juice
2 tbsp. honey
1 tbsp. olive oil
Pinch of salt

For Salad:

1 (5-lb.) watermelon, peeled and cut into cubes
1 red onion, sliced
3 tbsp. fresh mint leaves, torn
½ C. feta cheese, crumbled

Instructions:

1. For vinaigrette: in a small bowl, all the ingredients and beat until well combined.
2. In a large bowl, add the watermelon, onion and mint and mix.
3. Place the vinaigrette and gently toss to coat.
4. Top with the feta cheese and serve.

Serving Suggestion: Serve this salad fresh.

Variation Tip: You can also add cucumber to this recipe.

Nutrition Information per Serving:

Calories per serving: 197; Carbohydrates: 36.7g;
Fiber: 2.1g Protein: 4.3g; Fat: 5.5g;

Color Image QR code:



Caprese Salad



Prep Time: 15 minutes



Serves: 4



Ingredients:

For Dressing:

½ C. fresh basil, chopped
2 garlic cloves, minced
4 tbsp. extra-virgin olive oil
2 tbsp. balsamic vinegar
Salt and freshly ground black pepper,
to taste

For Salad:

4 medium ripe tomatoes, cut into
slices
3 oz. mozzarella cheese, cubed
5 C. fresh baby spinach

Instructions:

1. For dressing: in a small blender, add all the ingredients and pulse until smooth.
2. For salad: in a large bowl, add all the ingredients and mix.
3. Place the dressing over salad and toss to coat well.
4. Serve immediately.

Serving Suggestion: Serve with the drizzling of lemon juice.

Variation Tip: You can use tomatoes of your choice.

Nutrition Information per Serving:

Calories per serving: 213; Carbohydrates: 7.1g;
Fiber: 2g Protein: 7.9g; Fat: 18.2g;

Color Image QR code:



Veggie Salad



Prep Time: 15 minutes



Serves: 6



Ingredients:

For Salad:

2 large cucumbers, peeled and sliced
3 large Roma tomatoes, sliced
1 C. fresh Kalamata olives, pitted and sliced
1 large red onion, sliced
1/3 cup mozzarella cheese, cubed

For Dressing:

1/4 C. olive oil
2 tbsp. fresh lemon juice
1 small garlic clove, minced finely
1/2 tsp. dried oregano, crushed
1/2 tsp. dried basil, crushed
Salt and freshly ground black pepper,
to taste

Instructions:

1. For salad: in a large serving bowl, add all the ingredients and mix well.
2. For dressing: in a small bowl, add all the ingredients and beat until well combined.
3. Place the dressing over the salad and gently toss to coat well.
4. Serve immediately.

Serving Suggestion: Serve this salad over a bed of fresh baby spinach.

Variation Tip: You can add olives of your choice in this salad.

Nutrition Information per Serving:

Calories per serving: 2146; Carbohydrates: 11.3g; Fiber: 2.9g Protein: 2.4g; Fat: 11.4g;

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Quinoa Salad



Prep Time: 15 minutes



Cook Time: 20 minutes



Serves: 4



Instructions:

Ingredients:

For Quinoa:

1¼ C. low-sodium vegetable broth
1 C. golden quinoa, rinsed and drained

For Salad:

1 seedless cucumber, chopped
8 small red radishes, trimmed and chopped
½ C. dates, pitted and chopped
¼ C. almonds, chopped
1 avocado, peeled, pitted and chopped

For Vinaigrette:

1 tbsp. fresh dill, minced
1 tsp. fresh lemon zest, grated finely
3 tbsp. extra-virgin olive oil
2 tbsp. fresh lemon juice
½ tbsp. balsamic vinegar
Salt and freshly ground black pepper, to taste

1. For quinoa: in a pan, add the broth and quinoa and bring to a boil.
2. Reduce the heat to low and simmer, covered for about 15 minutes or until all the liquid is absorbed.
3. Remove from the heat and set aside to cool completely.
4. In a large bowl, add the quinoa and all salad ingredients except avocado and mix well.
5. For vinaigrette: in another bowl, add all the ingredients and beat until well combined.
6. Pour the vinaigrette over salad and gently toss to coat well.
7. Serve with the topping of avocado.

Serving Suggestion: Serve with the topping of blue cheese.

Variation Tip: Don't forget to rinse the quinoa thoroughly.

Nutrition Information per Serving:

Calories per serving: 470; Carbohydrates: 53.8g;
Fiber: 9.66g Protein: 10.4g; Fat: 26.1g;

Tomato Soup



Prep Time: 15 minutes



Cook Time: 28 minutes



Serves: 8



Ingredients:

3 tbsp. olive oil
2 medium yellow onions, sliced thinly
Salt, to taste
3 tsp. curry powder
1 tsp. ground cumin
1 tsp. ground coriander
½ tsp. red pepper flakes
1 (15-oz.) can diced tomatoes with juice
1 (28-oz.) can plum tomatoes with juices
5½ C. vegetable broth
½ C. ricotta cheese, crumbled

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Instructions:

1. In a Dutch oven, heat the oil over medium-low heat and cook the onion with 1 tsp. of the salt for about 12 minutes, stirring occasionally.
2. Stir in the curry powder, cumin, coriander and red pepper flakes and sauté for about 1 minute.
3. Stir in the tomatoes with juices and broth and simmer for about 15 minutes.
4. Remove from the heat and with a hand blender, blend the soup until smooth.
5. Serve immediately with the topping of ricotta cheese.

Serving Suggestion: Serve with crusty bread.

Variation Tip: Use seasoning of your choice.

Nutrition Information per Serving:

Calories per serving: 135; Carbohydrates: 10.6g;
Fiber: 2.7g Protein: 6.9g; Fat: 7.9g;

Zucchini Soup



Prep Time: 15 minutes



Cook Time: 25 minutes



Serves: 8



Instructions:

1. In a large pan, heat the oil over medium-low heat and cook the zucchini and onion for about 4-5 minutes.
2. Add the garlic and cook for about 1 minute.
3. Stir in the broth and bring to a boil.
4. Reduce the heat to low and simmer for about 15 minutes.
5. Stir in the salt and black pepper and remove from the heat.
6. Remove from the heat and with an immersion blender, blend the soup until smooth.
7. Serve immediately.

Serving Suggestion: Serve with the topping of sour cream.

Variation Tip: Feel free to use spices of your choice.

Nutrition Information per Serving:

Calories per serving: 99; Carbohydrates: 7.5g; Fiber: 1.9g Protein: 5.8g; Fat: 5.7g;

Ingredients:

2 tbsp. olive oil
2½ lb. zucchinis, chopped
1 C. yellow onion, chopped
4 garlic cloves, chopped
7 C. vegetable broth
1/3 C. fresh basil, chopped
Salt and freshly ground black pepper,
to taste

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Lentil & Quinoa Soup



Prep Time: 15 minutes



Cooking Time: 1 hour



Serves: 4



Instructions:

1. In a large soup pan, mix together all ingredients except for cilantro over high heat and bring to a boil.
2. Reduce the heat to medium-low and simmer, covered for about 1:00 hour or until lentil becomes tender.
3. Serve hot with the garnishing of cilantro.

Serving Suggestion: Serve with the drizzling of lemon juice.

Variation Tip: Adjust the ratio of seasoning according to your choice.

Nutrition Information per Serving:

Calories per serving: 374; Carbohydrates: 47.3g;
Fiber: 17.7g Protein: 16.5g; Fat: 2.5g;

Ingredients:

½ C. red quinoa, rinsed
1 C. dry lentils
½ C. mushrooms, sliced
½ C. carrots, peeled and chopped
1 C. celery stalk, chopped
1 tbsp. ground ginger
1 tbsp. ground cumin
½ tbsp. chili powder
1 tsp. red pepper flakes, crushed
4 C. water
2 tbsp. fresh cilantro, chopped

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Chickpeas Stew



Prep Time: 15 minutes



Cook Time: 25 minutes



Serves: 3



Instructions:

Ingredients:

1 tbsp. extra-virgin olive oil
1 red bell pepper, seeded and julienned
3 scallions, sliced thinly
2 garlic cloves, minced
½ tsp. ground cumin
½ tsp. paprika
1 (28-oz.) can whole, peeled tomatoes, crushed
Pinch of brown sugar
Salt and freshly ground black pepper, to taste
½ C. low-sodium vegetable broth
2 C. canned chickpeas, rinsed and drained
2 tbsp. fresh parsley, minced
1 tsp. fresh lemon zest, grated

1. In a pan, heat the oil over medium heat and sauté the bell pepper, scallions, garlic, pan, cumin and paprika for about 4-5 minutes.
2. Stir in the tomatoes, brown sugar, salt, black pepper and broth and bring to a boil.
3. Simmer for about 20 minutes.
4. Stir in the chickpeas, parsley and lemon zest and simmer for about 10 minutes.
5. Serve hot.

Serving Suggestion: Serve with the drizzling of lemon juice.

Variation Tip: Adjust the ratio of spices according to your taste.

Nutrition Information per Serving:

Calories per serving: 309; Carbohydrates: 52.2g;
Fiber: 11.4g Protein: 12.1g; Fat: 7.5g;

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Ratatouille



Prep Time: 15 minutes



Cook Time: 45 minutes



Serves: 4



Instructions:

1. Preheat the oven to 375 degrees F.
2. In a bowl, add the tomato paste, 1 tbsp. of oil, onion, garlic, salt and black pepper and blend nicely.
3. In the bottom of a 10x10-inch baking dish, spread the tomato paste mixture evenly.
4. Arrange alternating vegetable slices, starting at the outer edge of the baking dish and working concentrically towards the center.
5. Drizzle the vegetables with the remaining oil and sprinkle with salt and black pepper, followed by the thyme.
6. Arrange a piece of parchment paper over the vegetables.
7. Bake for about 45 minutes.
8. Serve hot.

Serving Suggestion: Serve with favorite greens.

Variation Tip: Make sure to slice the vegetables in uniform slices.

Nutrition Information per Serving:

Calories per serving: 206; Carbohydrates: 26.4g;
Fiber: 8.4g Protein: 5.4g; Fat: 11.4g;

Ingredients:

6 oz. tomato paste
3 tbsp. olive oil, divided
½ onion, chopped
3 tbsp. garlic, minced
Salt and freshly ground black pepper,
to taste
¾ C. water
2 zucchinis, sliced into thin circles
1 eggplant, sliced into circles thinly
2 red bell peppers, seeded and sliced
into circles thinly
1 tbsp. fresh thyme leaves, minced
1 tbsp. fresh lemon juice

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Stuffed Zucchini



Prep Time: 15 minutes



Cooking Time: 18 minutes



Serves: 8



Instructions:

1. Preheat the oven to 350 degrees F. Grease a large baking sheet.
2. With a melon baller, scoop out the flesh of each zucchini half. Discard the flesh.
3. In a bowl, mix together bell pepper, olives, tomato, garlic, oregano and black pepper.
4. Stuff each zucchini half with veggie mixture evenly.
5. Arrange zucchini halves onto the prepared baking sheet and bake for about 15 minutes.
6. Now, set the oven to broiler on high.
7. Top each zucchini half with feta cheese and broil for about 3 minutes.
8. Serve hot.

Serving Suggestion: Serve with cherry tomatoes.

Variation Tip: Feta cheese can be replaced with goat cheese too.

Nutrition Information per Serving:

Calories per serving: 66; Carbohydrates: 6.4g; Fiber: 2g Protein: 3g; Fat: 3.2g;

Ingredients:

4 medium zucchinis, halved lengthwise
1 C. red bell pepper, seeded and minced
½ C. Kalamata olives, pitted and minced
½ C. tomatoes, minced
1 tsp. garlic, minced
1 tbsp. dried oregano, crushed
Salt and freshly ground black pepper, to taste
½ C. feta cheese, crumbled

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Cheesy Veggie Bake



Prep Time: 15 minutes



Cook Time: 50 minutes



Serves: 4



Instructions:

1. Preheat the oven to 375 degrees F. Lightly, grease a baking dish.
2. In a small food processor, place the eggs, $\frac{1}{2}$ C. of Parmesan, mozzarella, ricotta cheese, garlic powder and parsley and pulse until well combined.
3. Arrange the bell pepper halves into the prepared baking dish, cut side up.
4. Place the cheese mixture into each pepper half and top each with few spinach leaves.
5. With a fork, push the spinach leaves into cheese mixture.
6. With a piece of foil, cover the baking dish and bake for about 35-45 minutes.
7. Now, set the oven to broiler on high.
8. Top each bell pepper half with the remaining Parmesan cheese and broil for about 3-5 minutes.
9. Remove from the oven and serve hot.

Serving Suggestion: Serve alongside the fresh baby greens.

Variation Tip: Use room temperature eggs.

Nutrition Information per Serving:

Calories per serving: 191; Carbohydrates: 7g; Fiber: 1g Protein: 16.6g; Fat: 11.2g;

Ingredients:

4 large eggs
 $\frac{1}{2}$ C. plus 2 tbsp. Parmesan cheese, grated and divided
 $\frac{1}{2}$ C. mozzarella cheese, shredded
 $\frac{1}{2}$ C. ricotta cheese
1 tsp. garlic powder
 $\frac{1}{4}$ tsp. dried parsley
2 medium bell peppers, cut in half and seeded
 $\frac{1}{4}$ C. fresh baby spinach leaves

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Cheesy Beans & Rice Casserole



Prep Time: 15 minutes



Cooking Time: 15 minutes



Serves: 4



Instructions:

Ingredients:

1 (15-oz.) can cannellini beans, rinsed and drained
1 (15-oz.) can garbanzo beans, rinsed and drained
 $\frac{3}{4}$ C. uncooked instant rice
1 (14 $\frac{1}{2}$ -oz.) can stewed tomatoes, undrained
1 C. vegetable broth
1 tsp. Italian seasoning
 $\frac{1}{4}$ tsp. red pepper flakes, crushed
1 C. marinara sauce
 $\frac{1}{4}$ C. Parmesan cheese, grated

1. In a large skillet, add all ingredients except for marinara and Parmesan and stir to combine.
2. Place the pan over medium-high heat and bring to a boil.
3. Reduce the heat to low and simmer, covered or about 7-9 minutes or until rice is tender.
4. Stir in the marinara sauce and cook for about 2-3 minutes or until heated through, stirring occasionally.
5. Top with cheese and serve.

Serving Suggestion: Serve with the garnishing of fresh herbs.

Variation Tip: Make sure to rinse the beans properly.

Nutrition Information per Serving:

Calories per serving: 447; Carbohydrates: 81.3g; Fiber: 13.8g Protein: 18.6g; Fat: 5.6g;

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Asparagus Risotto



Prep Time: 15 minutes



Cooking Time: 45 minutes



Serves: 4



Instructions:

1. In a medium pan of boiling water, add the asparagus and cook for about 2-3 minutes.
2. Drain the asparagus and rinse under cold water. Set aside.
3. In a large pan, heat oil over medium heat and sauté the onion and garlic for about 4-5 minutes.
4. Add the rice and stir fry for about 2 minutes.
5. Add the lemon zest, juice and white wine and cook for about 2-3 minutes or until all the liquid is absorbed, stirring gently.
6. Add 1 C. of broth and cook until all the broth is absorbed, stirring occasionally.
7. Repeat this process by adding $\frac{3}{4}$ C. of broth at one time, stirring occasionally or until all the broth is absorbed. (This procedure will take about 20-30 minutes)
8. Stir in the cooked asparagus and remaining ingredients and cook for about 3-4 minutes.
9. Serve hot.

Serving Suggestion: Serve with arugula salad.

Variation Tip: Make sure to use fresh asparagus.

Nutrition Information per Serving:

Calories per serving: 241; Carbohydrates: 31.8g; Fiber: 2.6g Protein: 9.1g; Fat: 6.9g;

Ingredients:

15-20 asparagus spears, trimmed and chopped
2 tbsp. vegetable oil
1 C. onion, chopped
1 garlic clove, minced
1 C. Arborio rice
1 tbsp. fresh lemon zest, grated finely
2 tbsp. fresh lemon juice
 $\frac{1}{2}$ C. white wine
5 C. hot vegetable broth
 $\frac{1}{4}$ C. Parmesan cheese, shredded
Salt and freshly ground black pepper, to taste

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Chickpeas Falafel



Prep Time: 15 minutes



Cooking Time: 6 minutes



Serves: 8



Instructions:

Ingredients:

1 (15½-oz.) can chickpeas, rinsed and drained
1 garlic clove, chopped
½ C. fresh parsley, chopped roughly
¼ tsp. ground cumin
Salt and freshly ground black pepper, to taste
¼ C. all-purpose flour, divided
1 egg, beaten
2 tbsp. olive oil

1. In a food processor, add the chickpeas, garlic, parsley, cumin, salt and black pepper and pulse until chopped.
2. Transfer the mixture into a bowl.
3. Add 2 tbsp. of flour and egg and mix until well combined.
4. Make 8 equal-sized patties from the mixture.
5. In a shallow dish, place the remaining flour.
6. Coat the patties with the flour evenly and then shake off the excess.
7. In a large nonstick skillet, heat oil over medium-high heat and cook the patties for about 2-3 minutes per side or until golden brown.
8. Serve warm.

Serving Suggestion: Serve alongside the yogurt dip.

Variation Tip: Feel free to add seasoning of your choice.

Nutrition Information per Serving:

Calories per serving: 100; Carbohydrates: 11.1g;
Fiber: 2.1g Protein: 3.5g; Fat: 4.8g;

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Veggie Pizza



Prep Time: 15 minutes



Cooking Time: 10 minutes



Serves: 4



Instructions:

1. Preheat the oven to 350 degrees F.
2. Brush pizza crust with olive oil evenly.
3. Spread pesto over the pizza crust, leaving the edges.
4. Arrange the olives, sun-dried tomatoes, artichoke hearts, bell pepper over pesto and sprinkle with cheeses.
5. Place the pizza directly over the oven rack and bake for about 10 minutes or until cheese is melted.
6. Remove from the oven and set the pizza aside for about 5 minutes before slicing.
7. Cut into desired sized slices and serve.

Serving Suggestion: Serve with your favorite sauce.

Variation Tip: You can use veggies of your choice for topping.

Nutrition Information per Serving:

Calories per serving: 573; Carbohydrates: 28.5g;
Fiber: 3.g Protein: 21.7g; Fat: 42.7g;

Ingredients:

1 pre-made prepared pizza crust
1-2 tsp. olive oil
1 C. pesto sauce
1 C. artichoke hearts
1 C. sun-dried tomatoes
1 C. green bell pepper, seeded and sliced
½ C. Kalamata olives
4 oz. feta cheese, crumbled
2 oz. mozzarella cheese, shredded
1 oz. Asiago, shredded
1 oz. provolone cheese, shredded

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Tomato Pasta



Prep Time: 15 minutes



Cooking Time: 15 minutes



Serves: 4



Instructions:

1. In a large pan of lightly salted boiling water, add the pasta and cook for about 8-10 minutes or according to the package's directions.
2. Drain the pasta well.
3. In a large skillet, heat oil over medium heat and sauté the garlic for about 1 minute.
4. Stir in herbs and sauté for about 1 minute more.
5. Add the pasta and cook for about 2-3 minutes or until heated completely.
6. Fold in tomatoes and remove from heat.
7. Serve hot.

Serving Suggestion: Serve with the garnishing of fresh parsley.

Variation Tip: Don't put oil in water while cooking the pasta.

Nutrition Information per Serving:

Calories per serving: 301; Carbohydrates: 47.7g;
Fiber: 6.7g Protein: 8.5g; Fat: 8.9g;

Ingredients:

1 (8-oz.) package linguini pasta
2 tbsp. olive oil
1 tbsp. garlic, minced
1 tbsp. dried oregano, crushed
1 tbsp. dried basil, crushed
1 tsp. dried thyme, crushed
2 C. plum tomatoes, chopped

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Veggie Bolognese Pasta



Prep Time: 15 minutes



Cooking Time: 45 minutes



Serves: 6



Instructions:

1. In a large pan, heat oil over medium-high heat and sauté the carrots and onion for about 4-5 minutes.
2. Add the mushrooms, zucchini and garlic and cook and for about 5-6 minutes.
3. Stir in the wine and bring to a boil.
4. Cook for about 2-3 minutes or until all the liquid is absorbed.
5. Stir in the tomatoes, cheese, oregano and spices and bring to a boil. Reduce the heat to low and simmer, covered for about 25-30 minutes or until desired thickness.
6. Meanwhile, in a large pan of salted water, cook the rigatoni until al dente or according to the package's instructions.
7. Drain the rigatoni well.
8. Transfer the rigatoni onto serving plates and serve with the topping of sauce.

Serving Suggestion: Serve with your favorite salad.

Variation Tip: For more flavoring, add freshly grated nutmeg in the sauce.

Nutrition Information per Serving:

Calories per serving: 258; Carbohydrates: 40.5g; Fiber: 6g Protein: 10.4g; Fat: 5.4g;

Ingredients:

1 tbsp. olive oil
1 large sweet onion, chopped finely
2 medium carrots, peeled and chopped finely
½ lb. fresh mushrooms, chopped finely
1 large zucchini, chopped finely
3 garlic cloves, minced
½ C. dry red wine
1 (28-oz.) can crushed tomatoes with juices
1 (14½-oz.) can diced tomatoes with juices
½ C. Parmesan cheese, grated
½ tsp. dried oregano, crushed
½ tsp. freshly ground black pepper
1/8 tsp. red pepper flakes, crushed
4½ C. uncooked whole-wheat pasta

Baked Ziti



Prep Time: 15 minutes



Cooking Time: 1 hour 5 minutes



Serves: 4



Instructions:

1. Preheat the oven to 375 degrees F. Grease an 8-inch square baking dish.
2. In a large pan of the salted boiling water, add the pasta and cook for about 8-10 minutes.
3. Meanwhile, in a large bowl, add $\frac{3}{4}$ C. of spaghetti sauce, 1 C. of mozzarella cheese, cottage cheese, egg, dried herbs, garlic powder and black pepper and mix well.
4. Drain the pasta well and stir with the cheese mixture.
5. In the bottom of the prepared baking dish, spread $\frac{1}{4}$ C. of spaghetti sauce and top with the pasta mixture, followed by the remaining sauce and mozzarella cheese.
6. Cover the baking dish and bake for about 45 minutes.
7. Uncover and bake for about 5-10 minutes more.
8. Serve hot.

Serving Suggestion: Serve with the topping of Parmesan.

Variation Tip: You can use penne pasta in this recipe.

Nutrition Information per Serving:

Calories per serving: 291; Carbohydrates: 45.5g; Fiber: 1.1g Protein: 15.6g; Fat: 4.1g

Ingredients:

3 C. uncooked ziti pasta
1 $\frac{3}{4}$ C. meatless spaghetti sauce, divided
1 $\frac{1}{2}$ C. part-skim mozzarella cheese, shredded and divided
1 C. cottage cheese
1 large egg, lightly beaten
2 tsp. dried parsley flakes
 $\frac{1}{2}$ tsp. dried oregano
 $\frac{1}{4}$ tsp. garlic powder
Freshly ground black pepper, to taste

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Herbed Focaccia



Prep Time: 15 minutes



Cooking Time: 15 minutes



Serves: 12



Instructions:

1. Place flour, yeast, sugar, dried herbs, garlic powder, salt and black pepper and mix well.
2. Add water and vegetable oil and mix until a dough forms.
3. Place the dough onto a lightly floured surface and with your hands, knead until elastic.
4. Place the dough in a lightly greased bowl and turn to coat well.
5. With a damp cloth, cover the bowl and set aside in a warm place for 20 minutes.
6. Preheat the oven to 450 degrees F. Grease a baking sheet.
7. With your hands, punch the dough well.
8. Place the dough onto the prepared baking sheet and with your hands, pat into a ½-inch thick rectangle.
9. Coat the top of the dough with olive oil evenly and sprinkle with mozzarella cheese and Parmesan cheese.
10. Bake for about 15 minutes or until golden brown.
11. Remove the baking sheet from oven and place onto a wire rack to cool for about 5 minutes.
12. Now, invert the bread onto the wire rack.
13. With a sharp knife, cut the bread into desired-sized pieces and serve warm.

Serving Suggestion: Serve with the drizzling of melted butter.

Variation Tip: You can adjust the ratio of herbs according to your taste.

Nutrition Information per Serving:

Calories per serving: 148; Carbohydrates: 22.9g; Fiber: 1.1g
Protein: 4.2g; Fat: 4.3g;

Ingredients:

2¾ C. all-purpose flour
1 tbsp. active dry yeast
1 tsp. white sugar
2 tsp. dried herbs (oregano, basil), crushed
1 tsp. garlic powder
Salt, to taste
Pinch of freshly ground black pepper
1 C. water
1 tbsp. vegetable oil
2 tbsp. olive oil
1 C. mozzarella cheese, grated
1 tbsp. Parmesan cheese, grated

Tomato Bruschetta



Prep Time: 15 minutes



Cook Time: 1 minute 40 seconds



Serves:8



Instructions:

1. In a bowl, add the tomatoes, basil, garlic, and salt and gently toss them to coat.
2. Set aside for about 5-10 minutes.
3. Preheat the broiler of the oven. Grease a large baking sheet.
4. Arrange the bread slices onto the prepared baking sheet in a single layer.
5. Coat the top of each bread slice with a little oil and broil for about 1 minute.
6. Remove from the oven and top each slice with about 2 tbsp. of the tomato mixture, followed by the mozzarella cheese.
7. Broil for about 30-40 seconds more.
8. Remove from the oven and transfer onto a platter.
9. Set aside to cool for a few minutes before serving.

Serving Suggestion: Serve with a drizzling of balsamic vinegar.

Variation Tip: Try to squeeze out most of the juices and seeds from tomatoes before using.

Nutrition Information per Serving:

Calories per serving: 140; Carbohydrates: 20.4g;
Fiber: 1.1g Protein: 4.5g; Fat: 5.4g;

Ingredients:

2 C. fresh tomatoes, chopped
2 tbsp. fresh basil, chopped
4 garlic cloves, minced
Salt, to taste
1 crusty bread loaf, cut into 16 (3/4-inch thick) pieces
2 tbsp. olive oil
1 oz. mozzarella cheese, shredded

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DESSERT RECIPES



Frozen Strawberry Yogurt



Prep Time: 15 minutes



Serves: 16



Ingredients:

3 C. plain Greek yogurt
1 C. sugar
¼ C. fresh lemon juice
2 tsp. pure vanilla extract
Pinch of salt
1 C. fresh strawberries,
hulled and sliced

Instructions:

1. In a bowl, add all the ingredients except the strawberries and beat until smooth.
2. Transfer the yogurt mixture into an ice cream maker and process according to the manufacturer's directions, adding the strawberry slices in the last minute.
3. Now, transfer the mixture into an airtight container and freeze for about 3-4 hours.
4. Remove from the freezer and set aside at room temperature for about 10-15 minutes before serving.

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Serving Suggestion: Serve with the garnishing of fresh strawberries.

Variation Tip: Look for bright red strawberries with fresh green leaves.

Nutrition Information per Serving:

Calories per serving: 86; Carbohydrates: 16.7g; Fiber: 0.3g
Protein: 2.8g; Fat: 0.6g;

Pistachio Ice-Cream



Prep Time: 15 min



Cook Time: 15 min



Serves: 6

Ingredients:

2 C. whole milk
1 C. unsalted pistachios,
finely ground
 $\frac{3}{4}$ C. sugar, divided
 $\frac{1}{2}$ tsp. vanilla extract
5 egg yolks
 $\frac{1}{2}$ C. whole pistachios
 $\frac{1}{2}$ C. heavy cream

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Instructions:

1. In a pan, add all the milk, ground pistachios and $\frac{1}{4}$ C. of the sugar and bring to a boil, stirring frequently.
2. Stir in the vanilla extract and remove from the heat.
3. In a bowl, add the remaining sugar and egg yolks and beat well.
4. With a ladle, add some hot milk, stirring continuously until well combined.
5. Add the egg yolk mixture into the pan and mix well.
6. Place the pan over medium-low heat and cook for about 7-10 minutes, stirring frequently.
7. Remove from the heat and through a strainer, strain the mixture into a bowl.
8. Refrigerate the bowl for about 2 hours.
9. Remove from the refrigerator and stir in the heavy cream and whole pistachios.
10. Transfer the mixture into an ice cream maker and process according to the manufacturer's directions.
11. Now, transfer the mixture into an airtight container and freeze for about 2 hours before serving.

Serving Suggestion: Serve with the topping of chocolate chunks.

Variation Tip: Make sure to freeze the bowl of ice cream maker for at least 24 hours before making ice cream.

Nutrition Information per Serving:

Calories per serving: 372; Carbohydrates: 34.1g; Fiber: 1.5g
Protein: 8.5g; Fat: 24.5g

Chocolate Gelato



Prep Time: 15 min



Cook Time: 5 min



Serves: 4



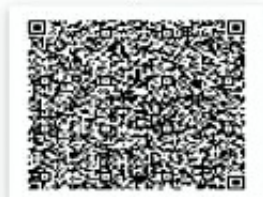
Instructions:

Ingredients:

1 C. heavy whipping cream
1/3 C. powdered sugar
1½ tbsp. unsweetened cocoa powder
2 large egg yolks
½ tsp. vanilla extract

1. In a pan, add the heavy whipping cream and sugar over medium-high heat and bring to a boil, stirring frequently.
2. Reduce the heat to low and simmer for about 1 minute.
3. Stir in the cocoa powder and cook for about 2 minutes, stirring continuously.
4. Remove from the heat and set aside to cool for about 5 minutes.
5. Meanwhile, in a bowl, add the egg yolks and vanilla extract and beat well.
6. Slowly add the cream mixture into the egg yolks mixture, beating continuously until slightly frothy.
7. Freeze for about 4-6 hours, stirring after every 1 hour.

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Serving Suggestion: Serve with the drizzling of chocolate syrup.

Variation Tip: Use best quality cocoa powder.

Nutrition Information per Serving:

Calories per serving: 176; Carbohydrates: 12.3g; Fiber: 0.7g Protein: 2.4g; Fat: 13.7g;

5Fruity Yogurt Parfait



Prep Time: 20 min



Cooking Time: 10 min



Serves: 4



Instructions:

Ingredients:

2 C. plain Greek yogurt
¼ C. honey
¼ C. water
2 tbsp. sugar
½ tsp. fresh lime zest, grated finely
¼ tsp. ground cinnamon
¼ tsp. vanilla extract
2 peaches, pitted and quartered
4 plums, pitted and quartered
¼ C. almonds, toasted and chopped

1. In a bowl, add the yogurt and honey and mix until well combined. Set aside.
2. In a pan, mix together the remaining ingredients except for almonds over medium heat and cook for about 8-10 minutes or until fruits becomes tender, stirring occasionally.
3. Remove from the heat and set aside at room temperature to cool.
4. Divide half of the yogurt mixture into 4 tall serving glasses evenly.
5. Divide the fruit mixture over yogurt evenly and top each with the remaining yogurt.
6. Garnish with almonds and serve.

Serving Suggestion: Serve with the sprinkling of extra cinnamon.

Variation Tip: You can use fruit of your choice.

Nutrition Information per Serving:

Calories per serving: 269; Carbohydrates: 48.5g; Fiber: 2.9g Protein: 9.5g; Fat: 4.9g;

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Chocolate Mousse



Prep Time: 15 min



Cook Time: 5 min



Serves: 4



Instructions:

Ingredients:

3½ oz. dark chocolate,
chopped
¾ C. milk
1 tbsp. honey
½ tsp. vanilla extract
2 C. plain Greek yogurt

7. In a pan, add the chocolate and milk over medium-low heat and cook for about 3-5 minutes or until chocolate melts, stirring continuously.
8. Add the honey and vanilla extract and stir to combine well.
9. Remove from the heat and set aside at room temperature to cool slightly.
10. In a large glass bowl, place the yogurt and chocolate mixture and gently stir to combine.
11. Refrigerate to chill for about 2 hours.
12. Serve with the topping of the raspberries and chocolate shaving.

Serving Suggestion: Serve with the garnishing of fresh berries.

Variation Tip: You can use non-dairy milk too.

Nutrition Information per Serving:

Calories per serving: 260; Carbohydrates: 30g; Fiber: 0.9g
Protein: 10.4g; Fat: 9.8g;

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Baklava



Prep Time: 20 min



Cook Time: 50 min



Serves: 18



Instructions:

1. Preheat the oven to 350 degrees F. Grease a 9x13-inch baking dish.
2. In a bowl, add the nuts and cinnamon and toss to coat well. Set aside.
3. Unroll the phyllo dough and cut in half.
4. Arrange 2 dough sheets into the prepared baking dish and coat with some butter.
5. Repeat with 8 dough sheets in layers and sprinkle with 2-3 tbsp. of nut mixture.
6. Repeat with remaining dough sheets, butter and nuts.
7. With a sharp knife, cut into diamond shapes all the way to the bottom of the baking dish.
8. Bake for about 50 minutes or until top becomes golden and crisp.
9. Meanwhile, for sauce: in a pan, add the sugar and water and cook until sugar is melted, stirring continuously.
10. Stir in the honey and vanilla extract and simmer for about 20 minutes.
11. Remove the baklava from oven and immediately place the sauce on top evenly.
12. Set aside to cool before serving.

Ingredients:

1 lb. mixed nuts (pistachios, almonds, walnuts), chopped
1 tsp. ground cinnamon
1 (16-oz.) package phyllo dough
1 C. butter, melted
1 C. white sugar
1 C. water
½ C. honey
1 tsp. vanilla extract

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Nutrition Information per Serving:

Calories per serving: 435; Carbohydrates: 43.5g; Fiber: 3.2g
Protein: 7.1g; Fat: 27.8g

Fig Cake



Prep Time: 15 min



Cook Time: 55 min



Serves: 8

Ingredients:

1½ C. unbleached all-purpose flour
¾ tsp. baking powder
Pinch of salt
1 tsp. fresh lemon zest, grated finely
2/3 C. sugar
2 large eggs
1/3 C. milk
¼ C. extra-virgin olive oil
4 tbsp. unsalted butter, melted
½ tsp. vanilla extract
10 oz. fresh figs, chopped

Instructions:

1. Preheat the oven to 350 degrees F. Arrange a rack in the center portion of the oven. Grease and then lightly, flour a 9-inch springform pan.
2. In a large bowl, sift together the flour, baking powder and salt.
3. Add the lemon zest and mix well.
4. In another bowl, add the sugar and eggs and with a hand mixer, beat until thick and pale yellow.
5. Add the milk, oil, butter and vanilla extract and beat until well combined.
6. Add the flour mixture and with a wooden spoon, mix until well combined.
7. Set aside for about 10 minutes.
8. In the bowl of the flour mixture, add about ¾ of the figs and gently, stir to combine.
9. Place the mixture into the prepared pan evenly and bake for about 15 minutes.
10. Remove from the oven and top the cake with the remaining figs evenly.
11. Bake for about 35-40 minutes or until top becomes golden brown.
12. Remove from the oven and place the pan onto a wire rack for about 10 minutes.
13. Carefully remove the cake from the pan and place onto the wire rack to cool completely.
14. Cut into desired sized slices and serve.

Serving Suggestion: Serve with the dusting of powdered sugar.

Variation Tip: Use eggs at room temperature.

Nutrition Information per Serving:

Calories per serving: 373; Carbohydrates: 60.1g; Fiber: 4.1g
Protein: 5.6g; Fat: 14.1g

Chocolate Cake



Prep Time: 15 min



Cook Time: 30 min



Serves: 4



Instructions:

1. Preheat the oven to 350 degrees F. and lightly grease. Line the bottom of a lightly greased 9-inch cake pan with parchment paper.
2. In a microwave-safe bowl, add the chocolate and oil and microwave for about 2 minutes, stirring after every 30 seconds.
3. Remove from the microwave and mix until smooth.
4. Set aside to cool for about 2 of minutes.
5. Add the sugar and beat until well combined.
6. Add the eggs, one at a time, beating well after each addition.
7. Add the vanilla extract and mix well.
8. In another bowl, add the cocoa powder, espresso powder and salt and mix well.
9. Add the cacao powder mixture into the chocolate mixture and mix until just combined.
10. Place the mixture into the prepared cake pan evenly.
11. Bake for about 25-28 minutes or until a skewer inserted in the center of comes out clean.
12. Remove from the oven and place the pan onto a wire rack to cool for about 10-15 minutes.
13. Carefully invert the cake and place onto the wire rack to cool completely before slicing.
14. Cut into desired sized slices and serve.

Nutrition Information per Serving:

Calories per serving: 291; Carbohydrates: 45.5g; Fiber: 1.1g
Protein: 15.6g; Fat: 4.1g;

Ingredients:

7 oz. dark chocolate,
chopped finely
½ C. olive oil
1 C. granulated sugar
5 large eggs
1 tsp. vanilla extract
4 tbsp. cocoa powder
1 tsp. espresso powder
¼ tsp. salt

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Chocolate Quinoa Brownies



Prep Time: 15 min



Cooking Time: 4 min



Serves: 20



Instructions:

Ingredients:

1 C. dry quinoa, rinsed
4 (4-oz.) semi-sweet
chocolate bars, chopped
1 tbsp. natural peanut butter
½ tsp. vanilla extract

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1. Heat a large, heavy-bottomed pan over medium-high heat.
2. Add the quinoa in 4 batches, ¼ C. at a time and for about 1 minute, swirling the pan continuously.
3. Transfer each batch of quinoa into a bowl.
4. Meanwhile, in a microwave-safe bowl, add the chocolate and microwave on High until melted, stirring after every 30 seconds.
5. In the bowl of quinoa, add the melted chocolate, peanut butter and vanilla extract and mix until well combined.
6. Place the mixture into a parchment paper-lined baking sheet evenly and with the back of a spoon, spread into ½-inch thickness.
7. Refrigerate until set completely.
8. Cut into desired sized squares and serve.

Serving Suggestion: Serve with the dusting of powdered sugar.

Variation Tip: make sure to rinse the quinoa properly.

Nutrition Information per Serving:

Calories per serving: 156; Carbohydrates: 20.6g; Fiber: 0.7g
Protein: 2.9g; Fat: 6.9g;

Poached Pears



Prep Time: 15 min



Cook Time: 35 min



Serves: 4



Instructions:

1. In a large saucepan, place all the ingredients except for pears over medium heat and bring to a boil, stirring continuously.
2. Remove from the heat and strain the mixture.
3. Return the wine mixture into the pan alongside the orange peel piece, cloves and cinnamon over medium-low heat.
4. Place the peeled pears into the pan and simmer for about 20-25 minutes, rotating the pears after every 5 minutes.
5. Remove the saucepan from heat and allow the pears to cool in the poaching liquid.
6. Carefully remove the pears from the poaching liquid and place onto a plastic wrap-lined plate.
7. Return the pan with the remaining liquid over medium-low heat and bring it to a gentle simmer.
8. Simmer for about 2-3 minutes or until the liquid thickens slightly.
9. Divide the pears onto serving plates and top each with a little syrup.

Serving Suggestion: Serve with the topping of whipped cream.

Variation Tip: To avoid discoloring, peel the pears just before placing in the pan

Nutrition Information per Serving:

Calories per serving: 334; Carbohydrates: 63.9g; Fiber: 6.7g
Protein: 1.1g; Fat: 0.4g;

Ingredients:

2 C. red wine
½ C. fresh orange juice
½ C. sugar
2 tsp. vanilla extract
1 large orange peel piece
8-0 whole cloves
1 cinnamon stick
4 medium bosc pears,
peeled

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MEAL PLAN FOR 1 WEEK

Days	Breakfast	Lunch	Dinner
1	Banana Oat Smoothie	Quinoa Salad	Seafood Stew
2	Cinnamon Quinoa Porridge	Beef Burgers	Cheesy Beans & Rice Casserole
3	Yogurt & Pomegranate Bowl	Lamb Pita Pockets	Chicken & Orzo Soup
4	Avocado Toast	Garlicky Shrimp	Steak with Cheese Sauce
5	Shakshuka	Tomato Pasta	Roasted Leg of Lamb
6	Yogurt Waffles	Lamb Koftas	Tilapia Casserole
7	Barley Porridge	Chicken Shawarma	Sausage with Bell Peppers

CONVERSION TABLES

Mass

Imperial (oz.)	Metric (g)
$\frac{1}{4}$ oz.	10g
$\frac{1}{2}$ oz.	15g
1oz.	30g
2oz.	60g
3oz.	90g
4oz.	125g
5oz.	155g
6oz.	185g
7oz.	220g
8oz.	250g
9oz.	280g
10oz.	315g
11oz.	345g
12oz.	375g
13oz.	410g
14oz.	440g
15oz.	470g
16oz./ 1lb.	500g
24oz./ $1\frac{1}{2}$ lb.	750g
32oz./ 2lb.	1kg
48oz./ 3 lb.	$1\frac{1}{2}$ kg

Cup & Spoon

Cup	Metric
¼ C.	60ml
1/3 C.	80ml
½ C.	125ml
1 C.	250ml
Spoon	Metric
¼ tsp.	1.25ml
½ tsp.	2.5ml
1 tsp.	5ml
2 tsp.	10ml
1 tbsp.	20ml

Liquid

Imperial	Metric
1 fluid oz.	30ml
2 fluid oz.	60ml
3½ fluid oz.	80ml
2¾ fluid oz.	100ml
4 fluid oz.	125ml
5 fluid oz.	150ml
6 fluid oz.	180ml
7 fluid oz.	200ml
8¾ fluid oz.	250ml
10½ fluid oz.	310ml
13 fluid oz.	375ml
15 fluid oz.	430ml
16 fluid oz.	475ml
17 fluid oz.	500ml
21½ fluid oz.	625ml
26 fluid oz.	750ml
35 fluid oz.	1L
44 fluid oz.	1¼ L
52 fluid oz.	1½ L
70 fluid oz.	2L
88 fluid oz.	2½ L

Oven Temperature

Centigrade	Fahrenheit
120 C	250 F
150 C	300 F
160C	325 F
180 C	350 F
190 C	375 F
200 C	400 F
230 C	450 F
250 C	500 F

CONCLUSION

The Mediterranean diet not just facilitates a healthy and sensible diet, also a tremendous and colorful diet culture, which condenses all aspects of the Mediterranean region from the table to planting, harvesting, processing, storage, fishery, and animal husbandry, cooking, and eating. Needed Skills, knowledge, and practice are making it an important part of customs and traditions, festivals, and celebrations. It's just a healthy diet plan for the World, but for Mediterranean people, this diet includes inherited customs of their ancestors and history. The diet is more than just the food. It reminds us about the communal aspect of meals: sharing them with others.

Mediterranean diet is a proven method to help you finally break through your vicious cycle or plateau and start feeling thinner and lighter, one that can help you painlessly build healthy eating habits without having to cook the same meal every day. Whether you're cooking for your family or just yourself, this diet ultimately helps you reach your goal weight and makes you feel energized than ever before. The Mediterranean diet is a tried and tested approach to nutrition that leads to small, sustainable changes in your life, without overwhelming yourself by cooking meals from scratch. Don't miss out on this incredible opportunity to adopt a healthier and happier lifestyle. You won't just feel better; you'll also look better!