

A report on
Mediterranean Diet Recipes
A taste bud teaser

This isn't just about pleasing your taste buds, this is about your WHOLE life!



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A Moussaka Recipe For You

One of my very favorite meals of all time. It never gets thrown away and puts a smile on every ones face at meal time. This traditional Mediterranean meal is a Greek dish and it includes not only traditional eggplant and lamb, but also potatoes for a tasty, comfort food casserole. It's as easy as pie too (excuse the food pun).

The Ingredients

- 3 eggplants
- 1/2 cup olive oil, plus additional for oiling the pan and the aluminum foil
- 1 medium onion, minced
- 2 garlic cloves, minced
- 1/2 pound ground lamb
- 2 tsp ground cinnamon
- 1 tsp ground cumin
- 1 tsp freshly ground black pepper
- 1-1/2 pounds baking potatoes, scrubbed
- 2 eggs, lightly beaten



Preparation

1. Slice the eggplant in half, then score the cut side with a sharp paring knife without breaking the skin. Heat a large skillet over high heat.
2. Mix in 2 tablespoons of the olive oil, then add two eggplant halves, cut side down. Sear for 1 minute, add 3 tablespoons water. Cover and reduce the heat to low. Steam the eggplant halves for 10 minutes. Set the halves aside to cool on a large platter and repeat with the remaining halves.
3. When the eggplant has cooled enough that you can handle it, scrape the pulp into a large bowl using a teaspoon, taking care not to break the skin. You should have 4 cups eggplant pulp. Reserve the skins,

discarding any additional pulp.

4. Then heat up a large skillet or saute pan over medium heat. Swirl in the remaining 2 tablespoons olive oil, then add the onion and cook until soft and fragrant, about 2 minutes, stirring frequently. Stir in the garlic. Cook for 30 seconds. Include the ground lamb and cook until lightly browned, about 2 minutes, stirring constantly.
5. Include the 4 cups eggplant pulp and the sweet vermouth. Mix well with a wooden spoon, then stir in the cinnamon, salt, cumin, and pepper. Continue cooking until the eggplant gives off its liquid and begins to coat the pan with a fine film, about 5 minutes, stirring constantly. Set aside to cool for at least 30 minutes. (The eggplant filling can be made up to this point a day in advance; cover tightly when cooled and refrigerate, then allow to come back to room temperature before proceeding.)
6. You can peel (some don't) the potatoes and cut them in half. Beginning with the cut side, cut off thin slices, using a sharp knife or a sturdy vegetable peeler. Place the potato slices in a large bowl of water as you work.
7. Boil a medium pot of water. Drain the potato slices and add them to the pot. Cook just until crisp, about 3 minutes. Drain — taking care, as they are fragile — and set aside.
8. Stir the eggs into the eggplant pulp mixture. Position the rack in the center of the oven and preheat the oven to 350 degrees F. Oil a 2-quart high-sided souffle dish with olive oil.
9. Put the eggplant skins in the souffle dish, skin side out, so that they meet and overlap on the bottom, then rise up along the insides of the dish. In other words, the eggplant skins should form a kind of “skin” around the moussaka as it bakes. Overlap them as necessary. If any tear, plug the hole with a small amount of the eggplant pulp mixture. Let the skins hang over the top of the souffle dish.
10. Place one-fifth of the potato slices on top of the eggplant skins on the bottom of the dish. Top with 1 cup eggplant pulp mixture. Build three more layers, then top with a final layer of potato slices. Fold the eggplant skins over to seal the dish. If the skins don't meet, it doesn't matter.
11. Slightly oil up (olive oil only) a 10-inch-long piece of foil. Place it, oiled side down, over the casserole and loosely seal it. Bake the moussaka for 1 hour 30 minutes. Let cool on a wire rack for 5 minutes, then serve.

Mediterranean Diet Breakfast Recipes

Breakfast Pizza: Manouche, Lebanon's Favorite Pastry

Serves 4

The Ingredients

For the dough

- 2 1/4 cups (500 g) flour
- 2 teaspoons salt
- 1 tablespoon sugar (not heaped)
- 1 teaspoon active dried yeast
- 1 tablespoon extra virgin olive oil
- 1 1/4 cup (30 cl) lukewarm water

For the zahtar or thyme mixture topping

- 4 cups wild thyme or 1 cup dried thyme " ground
- 1 cup sesame seeds " toasted
- 1 1/2 Mediterranean sumac berry " ground
- 1 tablespoon salt " ground
- 1/2 cup olive oil



Preparation time: 30 minutes

Cooking time: 7 to 10 minutes

Preparation

For the dough

1. Dissolve yeast in lukewarm water and set it aside for about 5 minutes.
2. Add flour to a mixing bowl. Add the salt and mix it well with your hands or a spoon. Add the sugar and mix it in well.

3. Add the olive oil and start kneading it with your hands. Slowly add the yeast water while you continue to knead. Place the dough on a lightly floured surface and knead it for ten minutes, or until you get an elastic, soft dough.
4. Grease the large bowl with some extra virgin olive oil and put the dough into it. Cover it and let it rise in a warm place without air drafts for between one and a half and two hours, or until it doubles in volume.
5. Punch down the dough and divide it into four balls. Allow them to rise for 30 more minutes.
6. Use your palms to flatten the dough balls. Roll out to about a circle of ten inch in diameter.

For the topping

1. Add the zaatar ingredients to a mortar bowl and pound and mix them well.
2. Blend the thyme mixture with the half-cup extra virgin olive oil until you get it to a creamy consistency.
3. Put the dough circles onto a baking sheet. Spread the mixture on top of the dough.
4. Preheat the oven to 400 Â°F (200 Â°C). Bake the breakfast pizza for seven to ten minutes.

Hummus Recipe With Sesame Paste

Serves 6 to 8 as appetizer

The Ingredients

- 2 cups (450 g) dry chick peas (garbanzo beans) – about 5 cups cooked
- 1/2 cup (8 tablespoons) tahini (sesame paste)
- 3/4 cup (12 tablespoons) lemon juice – freshly pressed
- 3 cloves garlic – peeled
- 1/2 teaspoon salt
- 1/4 cup water (use chickpea cooking water, if you have it available) – optional
- 2 or more tablespoons olive oil
- 2 tablespoons finely chopped flat Italian parsley – as garnish

Preparation time: 15 minutes

Cooking time: 15 minutes (not counting cooking the chick peas)

Preparation

1. Place the chick peas, tahini, fresh lemon juice, peeled garlic cloves and salt into a blender and blend them into a thick paste. Add more water as needed. Take care not to liquidize the garbanzo beans – they should have a texture.
2. A few minutes before serving the hummus, decorate it with the chopped parsley. Drizzle olive oil into the center.
3. Serve it at room temperature, or refrigerate for an hour and serve chilled.



Sweet Couscous With Nuts And Dates

Serves 8

The Ingredients

- 2 2/3 cups couscous (about 1 pound)
- 2 2/3 cups water
- 1/2 cup sugar
- 1/4 cup vegetable oil
- 1 1/2 cups chopped toasted mixed nuts (such as walnuts, blanched almonds, hazelnuts, pistachios and pine nuts)
- 1 8-ounce box pitted dates, cut into pieces
- 2 cups milk, hot
- Additional sugar

Preparation

1. Place couscous in a large bowl. Bring two and two-thirds cups of water, one-half cup sugar and oil to boil in a heavy large saucepan, stirring it to dissolve the sugar.
2. Pour mixture over couscous and stir it until well blended. Cover and let it stand for ten minutes. Fluff with a fork to separate grains. Mix the nuts and dates into the couscous.
3. Transfer couscous to a 9-baking dish that is at least two inches deep. Let cool. Cover with foil. This can be prepared four hours ahead. Let it stand at room temperature.
4. Preheat oven to 350°F. Bake the couscous until heated through, for about 20 minutes. Spoon into bowls. Serve, passing hot milk and additional sugar separately.



Mediterranean Diet Lunch Recipes

Mediterranean Pasta

Serves 4

The Ingredients

- 4 cups chopped tomato
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- 2 tablespoons chopped fresh basil
- 1/4 teaspoon salt
- 1/8 teaspoon crushed red pepper
- 1 clove garlic " minced
- 4 cups cooked angel hair pasta
- 1/4 cup crumbled feta cheese " (1 ounce)

Preparation

Combine all the ingredients cold except feta cheese. Divide the mixture evenly among 4 plates. Sprinkle with feta cheese and serve.



Tomato, Feta And Oregano Salad

The Ingredients

- 4 vine- ripened tomatoes
- 1/2 red onion, thinly sliced
- 120g of reduced fat feta cheese
- 1 tsp dried oregano
- 1 tbs olive oil
- 1 tbs red wine vinegar
- salt and fresh ground pepper to taste
- 12 black olives in brine, pitted and sliced

Preparation

1. Slice tomatoes thickly and arrange on a serving platter then scatter the red onion over the tomatoes and then crumble the feta cheese over the tomatoes.
2. In a small bowl whisk together oregano, olive oil and vinegar. Season to taste with the salt and the pepper. Drizzle the mixture over tomato salad and top with the sliced olives.



Farro Salad With Tomatoes And Herbs

Serves 6

The Ingredients

- 4 cups water
- 10 ounces farro (about 1 1/2 cups)
- 2 teaspoons salt, plus more to taste
- 1 pound tomatoes, seeded and chopped
- 1/2 sweet onion (recommended: Walla Walla) chopped
- 1/4 cup snipped fresh chives
- 1/4 cup finely chopped fresh Italian parsley leaves
- 1 large garlic clove, minced
- 2 tablespoons balsamic vinegar
- Freshly ground black pepper
- 1/4 cup extra-virgin olive oil



Preparation

1. Combine water and farro in a medium saucepan. Add 2 teaspoons of salt. Bring to a boil over high heat. Reduce the heat to medium-low. Cover and simmer until farro is tender, about 30 minutes. Drain well, and then transfer it to a large bowl to cool.
2. Add the tomatoes, onion, chives, and parsley to the farro, and toss it to combine.
3. In a medium bowl, whisk together the garlic, vinegar, salt, pepper, and olive oil. Add the vinaigrette to salad and toss to coat.
4. The salad can be refrigerated overnight. Bring to room temperature before serving for best results.

Mediterranean Diet Dinner Recipes

Curried Shrimp & Peppers

Serves 4

The Ingredients

- | | |
|---|-------------------------|
| 2 medium red bell peppers, cut into large pieces | 1 cup chopped onion |
| 1/2 pound unpeeled sweet potatoes, quartered | 2 garlic cloves, minced |
| 4 (not oil-packed) sun-dried tomato halves | 1/2 tsp sugar |
| 2 tsp Whole Foods Organic Extra Virgin Olive Oil | 1 cup sliced celery |
| 1 pound medium shrimp, shelled and deveined | 3 TB chopped cilantro |
| 1 medium green bell pepper, cut into 1" squares | 2 TB nonfat sour cream |
| 1/2 cup canned chicken broth diluted with 1/4 cup water, or | 2 TB curry powder |
| 3/4 cup homemade chicken broth | |

Prep Time: 40 minutes



1. In a saucepan, bring the red bell peppers, sweet potatoes, diluted chicken broth & sun-dried tomatoes to a boil over medium heat. Reduce heat and simmer until sweet potatoes are tender - 10 minutes.
2. Meanwhile in a large nonstick skillet, heat the oil over medium-high heat. Add onion and garlic, and brown it, stirring, until lightly browned, for about two minutes. Add curry powder and continue, stirring, until curry is fragrant, about 30 seconds. Remove the skillet from heat.
3. Reserving broth, transfer cooked sweet potatoes and red bell peppers to a food processor. Add sauted onion mixture and process it until smooth. Add reserved broth then process sauce until smooth.
4. Return sauce to the skillet and bring to a boil over medium-high heat. Add shrimp, green bell pepper and celery, and cook, stirring, until shrimp are cooked through, for about four to six minutes.
5. Stir the cilantro into the curry. Serve curry dolloped with sour cream.

Escarole And Bean Soup

The Ingredients

2 tablespoons olive oil
2 garlic cloves, chopped
1 pound escarole, chopped
Salt
4 cups low-salt chicken broth
1 (15-ounce) can cannellini beans, drained and rinsed
1 (1-ounce) piece Parmesan
Freshly ground black pepper
6 teaspoons extra-virgin olive oil



Preparation

1. Heat two tablespoons of olive oil in a heavy large pot over medium heat. Add the garlic and saute until it is fragrant, about 15 seconds. Add the escarole and saute it until wilted, about 2 minutes. Add a pinch of salt. Add the chicken broth, beans, and Parmesan cheese, then cover and simmer until the beans are heated through, about 5 minutes. Season this with salt and pepper, to taste.
2. Ladle the soup into 6 bowls. Drizzle 1 teaspoon extra-virgin olive oil over each, and serve with crusty bread.

Sensational Black Bean Soup

The Ingredients

- 1/2 cup chopped onion
- 12 cloves garlic, minced (2 tablespoons minced)
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon ground cumin
- 8 cups reduced-sodium chicken broth
- 3 15- to 16-ounce cans black beans, rinsed and drained
- 1 lemon, sliced 1/2 inch thick
- 1/2 cup snipped dried tomatoes (not oil-packed)
- 1 tablespoon chopped fresh oregano or 1 teaspoon dried oregano, crushed
- 1 1/2 teaspoons sherry vinegar or balsamic vinegar

Preparation

1. 1. In a 4-quart Dutch oven, cook onion and garlic in hot oil over medium heat until it is tender, stirring occasionally. Add cumin and cook and stir for 1 minute more. Add broth, beans, lemon slices, tomatoes, and oregano. Bring to boiling and reduce heat. Simmer, uncovered, for 15 minutes, stirring occasionally.
2. 2. Discard the lemon slices. Remove 3 cups of the soup mixture to a large heatproof bowl. Use an immersion blender or a potato masher to coarsely puree or mash the mixture in the bowl. Return to Dutch oven and bring it to a boil; reduce heat. Cook, uncovered, for 10 minutes more, stirring occasionally.
3. 3. Stir in vinegar and fresh oregano.



Mediterranean Diet Dessert Recipes

Honey Almond Peaches

The Ingredients

- 1 can halved peaches, rinsed
- 2 tablespoons honey
- 1/2 cup low-fat ricotta cheese
- 1/4 teaspoon cardamom
- 1/4 cup almonds

Preparation

1. Rinse the peach halves, and arrange them face up on baking sheet. Mix ricotta cheese thoroughly with honey and cardamom. Spoon the honey-ricotta mixture into the peach halves. Bake peaches at 400 degrees for about 15 minutes.
2. While the peaches are baking, grind almonds in a food processor until coarsely ground. Gently toast in a pan over medium heat.
3. After removing the peaches from the oven, sprinkle them with the course toasted almond meal.



Rolled Light Baklava

The Ingredients

1/4 lemon
3 tablespoons olive oil
3 tablespoons safflower oil
1 cup almonds
1/2 cup walnuts
1 1/2 tablespoons sugar
1/2 teaspoon ground cinnamon
1/4 teaspoon freshly grated nutmeg
1/2 pound kataifi (shredded phyllo-optional)
6 phyllo sheets, preferably thick (#7), or 10 if you are not using the kataifi

For the syrup

1 1/3 cups honey, preferably thyme honey
1 1/3 cups water
1 1/3 cups sugar
1/2 lemon
1 cinnamon stick
Lemon Liqueur (optional)



Preparation

1. Preheat the oven to 350°F.
2. Halve the lemon quarter. In a small saucepan, heat the oil with the lemon over low heat for five minutes without boiling. Let it cool completely and discard the lemon.
3. Meanwhile, spread one-half cup of the almonds on a baking sheet and lightly toast, about 6 minutes. Coarsely chop the toasted almonds, the walnuts and the remaining half cup raw almonds in a food processor. In a medium bowl, combine almonds and walnuts, sugar, cinnamon and nutmeg.
4. Divide the kataifi into thirds and place it in a large plastic bag to keep it from drying out. Stack the phyllo sheets on a work surface and cover them with plastic wrap and then a damp kitchen towel.
5. Next oil a large baking sheet. Lay 1 sheet of phyllo on the work surface and brush it lightly with the lemon oil. Lay 1 more sheet of phyllo on top and brush with oil. Sprinkle about 2 1/2-3 tablespoons of the almond mixture over the phyllo, leaving about 1 1/2 inches of the short side farthest from you uncovered.
6. Distribute one-third of the kataifi over the almond mixture, again leaving about 1 1/2 inches of the short

side farthest from you uncovered. Drizzle the kataifi with some oil and sprinkle about 2 1/2 tablespoons of the almond mixture evenly over it.

7. Next roll the baklava. Brush the phyllo border generously with oil. Starting with the short side nearest you, roll up the phyllo tightly like a jelly roll, while brushing the outside lightly with oil as you roll. Press to seal and turn the roll seam side down on the work surface. Cut the log into 10 equal pieces and then place the pieces cut side up about 1/2 inch apart on the baking sheet. Make 2 more logs (20 more baklava rolls) in the same manner if you are using the kataifi, or 4 smaller rolls if you are just using the phyllo sheets.
8. Bake the rolls on the middle rack of the oven until golden brown, about 30 minutes.
9. While it's baking, make the syrup. In a medium saucepan, combine honey, water, sugar, lemon and cinnamon stick. Bring it to a boil, stirring, and simmer until the sugar is completely dissolved. Let it cool until just warm; discard the lemon and cinnamon stick. Transfer the hot baklava rolls to a baking dish large enough to hold them tightly in a single layer and pour warmed syrup over them, making sure to cover each roll with some. Let it stand for 2 to 3 hours. Turn the rolls over, and if you like, drizzle with lemon liqueur. Cover, and let stand at room temperature for at least 1 day before serving.
10. Baklava rolls will keep in airtight containers for up to 2 weeks.
11. Makes 30 large, or 50 smaller baklava rolls

Fresh Fig And Anthotiro Pie

The Ingredients

- 2/3 cup butter
- 3/4 cup sugar
- 2 eggs
- 2/3 cup anthotiro or ricotta cheese
- 1 cup ground almonds
- 1 pound fresh figs quartered
- 1/4 cup pine nuts

Preparation

1. Preheat the oven at 300° F. Beat butter with the sugar in the mixer until it becomes fluffy. Add the eggs one at a time. Add the cheese, and the almonds. Pour the mixture in a tin or flame proof dish and spread the figs on the top.
2. Bake it for 30 minutes. Then sprinkle the pine nuts over the figs and bake for another 15 more minutes.



Mediterranean Diet Snack And Side Dish Recipes

Honey Curls

6 eggs
1 teaspoon vanilla extract
2 3/4 cups flour
1/3 cup vegetable oil
4 cups vegetable oil (for deep-frying)

For the syrup
2 cups honey
1 cup water
2 tablespoons granulated sugar



Preparation

For the Honey Curls

1. Beat the eggs well with vanilla extract. Add the flour slowly, kneading lightly. Add the 1/3 cup oil and mix well. Separate the dough into five sections.
2. Keep the unused portion covered to keep it from drying. Roll one part on floured board until it is paper thin. With a pastry wheel, cut into strips 2 inches wide and the length of pastry. Roll on a fork to form a circle. Drop into very hot oil in a deep fat fryer so that the dough will rise properly. Drain on absorbent paper. Dip Diples in hot syrup; sprinkle with cinnamon and nuts.

For the syrup

Boil for 10 to 15 minutes.

Polenta

The Ingredients

- 4 cups water
- 1 1/2 teaspoons salt
- 1 cup yellow cornmeal
- 1/4 cup (1/2 stick) butter or margarine
- 1/4 cup finely crumbled feta cheese
- 1/4 cup (1/2 stick) butter or margarine, melted
- 1 1/2 teaspoons dried basil
- 1 1/2 teaspoons dried rosemary
- 1/2 teaspoon minced garlic

Preparation

1. Bring water and salt to a boil in a heavy saucepan. Reduce heat to medium-low and gradually sprinkle in cornmeal, whisking constantly to prevent any lumps from forming. Gently boil 20 to 25 minutes, stirring often with a wooden spoon, until it is very thick, but still pourable. Remove this from heat and stir in 1/4 cup butter and cheese. Now, rinse a 15 1/2 x 10 1/2-inch jellyroll pan with cold water, and do not dry it. Spread hot Polenta evenly in the pan with a rubber spatula. Refrigerate at least 30 minutes or until firm.
2. Preheat oven to 350 degrees F and lightly grease a 13 x 9-inch baking dish.
3. Make 3 lengthwise and 5 crosswise cuts in Polenta to yield 15 squares. Arrange the polenta squares, slightly overlapping, in baking dish. Mix with 1/4 cup butter, basil, rosemary and garlic. Melt, then pour over polenta. Sprinkle with paprika. Bake 30 minutes.
4. Serve hot.



Eggplant Hummus

The Ingredients

- 1 large eggplant (about 1 1/4 pounds)
- 3 tablespoons olive oil, divided
- 1/2 cup drained canned garbanzo beans (chickpeas)
- 1 1/2 tablespoons fresh lemon juice
- 2 teaspoons (generous) tahini (sesame seed paste)*
- 1 garlic clove, minced
- 2 teaspoons chopped fresh parsley

Preparation

Preheat oven to 350°F. Cut eggplant in half lengthwise, then score flesh in a crisscross pattern at 1-inch intervals, 1/2 inch deep. Rub the cut sides with 1 1/2 tablespoons oil; sprinkle with salt. Place eggplant on rimmed baking sheet with the cut side down. Bake until tender, about 1 1/2 hours. Cool slightly, then scoop flesh into processor, but discard the skins. Add the garbanzo beans, remaining 1 1/2 tablespoons oil, lemon juice, tahini, and garlic; puree until the mixture is almost smooth. Transfer it to bowl; stir in parsley.



Bruschetta Recipe For The Taste Experts

Bruschetta is a popular favourite among many Mediterranean countries and has developed according to taste. You'll love this because it's so easy to prepare and it tastes great. There is a choice of cheeses because now many people are adopting Feta as a tasty alternative to Parmesan – you choose the cheese you prefer. I like both! This is one of the easiest Mediterranean diet recipes to prepare and is great when you're short on time, guests are coming or you're about to watch a good DVD with a friend. Here's how you do it.

The Ingredients

- 6 tomatoes, chopped
- 3 cloves garlic
- 1/4 cup extra virgin olive oil
- 1/4 cup fresh basil, no stems
- 1/4 teaspoon black pepper
- 1 French baguette
- 2 cups parmesan or feta cheese

Preparation

1. Preheat the oven for grilling.
2. In a bowl, mix the tomatoes, garlic, extra virgin olive oil, basil, & pepper. Let it sit for about 5 minutes.
3. Cut the baguette into thick slices. Place on a baking sheet, arrange the baguette slices in a single layer. Gril or broil for 11/2 minutes, until golden brown (light).
4. Divide the tomato mixture evenly over the baguette slices. Top the slices with your choice of cheese.
5. Grill or broil the cheese so it is just slightly melted. *Tip - I add slices of Kalumatta olives for taste*

