

# MEDITERRANEAN DIET

The Ultimate Guide to the  
Mediterranean Diet with Recipes



**Helen Howard**

# **TABLE OF CONTANTS**

---

## **INTRODUCTION**

## **BREAKFAST RECIPES**

- 1. Savory Muffins**
- 2. Farro Salad**
- 3. Cranberry and Dates Squares**
- 4. Lentils and Cheddar Frittata**
- 5. Tuna Sandwich**
- 6. Mediterranean Pita Breakfast**
- 7. Hummus Deviled Egg**
- 8. Smoked Salmon Scrambled Egg**
- 9. Buckwheat Apple-Raisin Muffin**
- 10. Pumpkin Bran Muffin**

## **APPETIZERS AND SNACKS**

- 11. Savory Muffins**
- 12. Farro Salad**
- 13. Cranberry and Dates Squares**
- 14. Lentils and Cheddar Frittata**

- 15. Tuna Sandwich**
- 16. Mediterranean Pita Breakfast**
- 17. Hummus Deviled Egg**
- 18. Smoked Salmon Scrambled Egg**
- 19. Buckwheat Apple-Raisin Muffin**
- 20. Pumpkin Bran Muffin**

### **MAIN DISH**

- 21. Perfect Pizza**
- 22. Margherita Model**
- 23. Portable Picnic**
- 24. Stuffed-Frittata**
- 25. Greek Flatbread**
- 26. Vermicelli Rice**
- 27. Fava Beans with Basmati Rice**
- 28. Buttered Fava Beans**

### **VEGETABLES AND SIDE DISHES**

- 29. Moussaka**
- 30. Vegetable-Stuffed Grape Leaves**
- 31. Grilled Eggplant Rolls**
- 32. Crispy Zucchini Fritters**
- 33. Cheesy Spinach Pies**
- 34. Cauliflower Steaks with Olive Citrus Sauce**

**35. Pistachio Mint Pesto Pasta**

**36. Burst Cherry Tomato Sauce with Angel Hair Pasta**

**37. Baked Tofu with Sun-Dried Tomatoes and Artichokes**

**38. Baked Mediterranean Tempeh with Tomatoes and Garlic**

## **SOUP AND STEW RECIPES**

**39. Squash and Turmeric Soup**

**40. Leek, Potato, and Carrot Soup**

**41. Bell Pepper Soup**

**42. Yucatan Soup**

## **MEAT RECIPES**

**43. Beef Corn Chili**

**44. Balsamic Beef Dish**

**45. Soy Sauce Beef Roast**

**46. Rosemary Beef Chuck Roast**

## **DESSERT RECIPES**

**47. Bananas Foster**

**48. Cranberry Orange Cookies**

**49. Key Lime Pie**

**50. Rhubarb Strawberry Crunch**

## **CONCLUSION**

# INTRODUCTION

The Mediterranean Diet is a diet that is rich in plant-based foods, like vegetables, fruits, nuts, seeds, beans and legumes, and olive oil. These foods are high in antioxidants, which are compounds that can protect your cells from damage. The Mediterranean diet is also high in fibre, which is a nutrient that helps keep your digestive system healthy. The Mediterranean diet has been shown to reduce the risk of heart disease, cancer, stroke, and Alzheimer's. It's also been shown to reduce the risk of cognitive decline, increase longevity, and improve mood and memory

That's how the Mediterranean "diet" becomes a Mediterranean "lifestyle" that closely resembles the people of the region. Greece's citizens lead an active lifestyle, engaging in some kind of physical activity on a regular basis. Reading, sailing, rowing, swimming, or hiking are all examples of physical activity that can be combined with a balanced plant-based diet to produce positive health outcomes. Physical exercise in today's world could include a trip to the gym or even a simple walk around the street. It doesn't have to be strenuous; the main thing is to include some kind of physical activity in your day so that you can reap the full benefits of this diet.

Before we get into a basic list of what you can and can't eat, it's important to note that the Mediterranean region is made up of several nations, each with its own distinct dietary preferences.

With this variety comes a wide range of recipes that you can use in your dishes as long as you stick to the Mediterranean diet's balanced principles. This gives you a general idea of which foods to include on your shopping list, and then you can start looking for recipes! What does a typical Mediterranean diet entail?

Whole grain bread, extra virgin olive oil, fresh fruits and vegetables, herbs and spices, nuts and seeds, fish and seafood can all be part of your diet. Poultry, cheese, eggs, and yogurt should be consumed in moderation.

- Red meat and organ meat should be consumed in moderation. Processed snacks, refined oils (canola or palm oil), refined grains (white bread), sugary beverages (juice, soda), processed meats (hot dogs, sausages, bacon), and trans fats should all be avoided.
- Water and wine should be consumed.

# BREAKFAST RECIPES

## 1. Savory Muffins



Preparation time: 9 minutes

Cooking Time: 15 minutes

Serving: 6

### **Ingredients**

- 9 ham slices
- 1/3 c. chopped spinach
- 1/4 c. crumbled feta cheese
- 1/2 c. chopped roasted red peppers
- Salt and black pepper
- 1½ tbsps. basil pesto

- 5 whisked eggs

### **Direction**

1. Grease a muffin tin. Use 1 ½ ham slices to line each of the muffin molds.
2. Except for black pepper, salt, pesto, and eggs, divide the rest of the ingredients into your ham cups.
3. Using a bowl, whisk together the pepper, salt, pesto, and eggs. Pour your pepper mixture on top.
4. Set oven to 400 F/204 C and bake for about 15 minutes.
5. Serve immediately.

**Nutrition** 109 Calories 6.7g Fat 9.3g Protein



## 2. Farro Salad



Preparation Time: 7 minutes

Cooking Time: 5 minutes

Serving: 2

### **Ingredient**

- 1 tbsp. olive oil
- Salt and black pepper
- 1 bunch baby spinach, chopped
- 1 pitted avocado, peeled and chopped
- 1 minced garlic clove
- 2 c. cooked farro
- ½ c. cherry tomatoes, cubed