

# The 30-Minute MEDITERRANEAN DIET COOKBOOK

Delicious Recipes to Increase Your  
Metabolism with Effortless Preparations



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# BREAKFAST RECIPES

## 1. Sun-dried Tomatoes Oats



Preparation Time: 10 minutes

Cooking Time: 25 minutes

Servings: 4

### **Ingredients**

- 3 c. water
- 1 c. almond milk
- 1 tbsp. olive oil
- 1 c. steel-cut oats
- ¼ c. chopped tomatoes, sun-dried
- A pinch of red pepper flakes

**Directions:**

1. Using a pan, add water and milk to mix. Set on medium heat and allow to boil. Set up another pan on medium-high heat. Warm oil and add oats to cook for 2 minutes.
2. Transfer to the first pan plus tomatoes then stir. Let simmer for approximately 20 minutes. Set in serving bowls and top with red pepper flakes. Enjoy.

**Nutrition** 170 Calories 17.8g Fat 1.5g Carbohydrates 10g Protein

## 2. Egg on Avocado



Preparation Time: 5 minutes

Cooking Time: 15 minutes

Servings: 6

### **Ingredients**

- 1 tsp. garlic powder
- ½ tsp. sea salt
- ¼ c. shredded Parmesan cheese
- ¼ tsp. black pepper
- 3 pitted avocados, halved
- 6 eggs

### **Directions:**

1. Ready the muffin tins and prepare the oven at 350 F/176 C. Split the avocado. To ensure that the egg would fit inside the cavity of the avocado, lightly scrape off 1/3 of the meat.
2. Place avocado on a muffin tin to ensure that it faces with the top-up. Evenly season each avocado with pepper, salt, and garlic powder. Add one egg on each avocado cavity and garnish tops with cheese. Set in your oven to bake until the egg white is set, about 15 minutes. Serve and enjoy.

**Nutrition** 252 Calories 20g Fat 2g Carbohydrates 5g Protein



### 3. Egg- Potato Hash



Preparation Time: 10 minutes

Cooking Time: 25 minutes

Servings: 2

#### **Ingredients**

- 1 zucchini, diced
- ½ c. chicken broth
- ½ lb. or 220 g cooked chicken
- 1 tbsp. olive oil