

MEDITERRANEAN DESTINATION RECIPES



SWEET ORANGE AND ONION SALAD WITH GREENS AND TOASTED ALMONDS

GOOD SOURCE OF FIBER

NUTRITIONAL INFORMATION: Serving size: 1 cup; Calories 130; Fat 10g (1g Saturated Fat); Protein 2g; Cholesterol 0mg; Calcium 40mg; Sodium 210mg; Fiber 2g; Carbohydrate 9g

BULGUR SALAD WITH CHICKPEAS AND ROASTED PEPPERS

HIGH IN PROTEIN AND FIBER

NUTRITIONAL INFORMATION: Serving size: $\frac{3}{4}$ cup; Calories 200; Fat 8 (1sat); Protein 7g; Cholesterol 0mg; Calcium 60mg; Sodium 180mg; Fiber 7g; Carbohydrate 29g

BERRIES WITH GREEK YOGURT AND HONEY

A GOOD SOURCE OF CALCIUM AND FAT FREE

NUTRITIONAL INFORMATION: Serving size: $\frac{3}{4}$ cup ($\frac{1}{2}$ cup yogurt and $\frac{1}{4}$ cup fruit), Calories 100; Fat 0; Protein 4g; Cholesterol 0mg; Calcium 110mg; Sodium 60mg; Fiber 1g; Carbohydrate 20g



MEDITERRANEAN DESTINATION RECIPES

SWEET ORANGE & ONION SALAD WITH GREENS & TOASTED ALMONDS - SERVES 6

INGREDIENTS:

4 cups Mesclun Greens
2 navel oranges or blood oranges, peeled and sliced in rounds
½ cup very thinly sliced sweet onion
2 tablespoons extra-virgin olive oil
20 black olives
¼ cup toasted slivered almonds

PREPARATION:

Cut peel and pith from oranges. Cut between membranes to release segments. Toss orange segments, onion, greens, and oil in large bowl to coat. Season salad generously to taste with salt and pepper. Toss with olives and toasted almonds.

BULGUR SALAD WITH CHICKPEAS AND ROASTED PEPPERS – SERVES 6-8

INGREDIENTS:

1 ½ cups fine-grain bulgur
3 cups water
3 tablespoons fresh lemon juice
1 teaspoon honey
1 teaspoon ground cumin
½ teaspoon cayenne pepper
¼ cup extra-virgin olive oil
1 can chickpeas, rinsed and drained
6 ounces drained jarred roasted red peppers, diced (about 1 cup)
¼ cup minced fresh parsley leaves

PREPARATION:

Add the bulgur and water to a medium saucepan and bring to a boil. Cover and simmer on low heat for 15 to 20 minutes. Remove from heat and let stand 10 minutes. Fluff with a fork.

As the bulgur cooks, whisk the lemon juice, honey, cumin, cayenne, and 1/2 teaspoon salt together in a small bowl. Whisk in the oil until the dressing is smooth. Add the chickpeas, roasted peppers, parsley and cooked bulgur to a large bowl and stir to combine. Drizzle the dressing over the bulgur mixture and toss to combine.

MIXED BERRIES AND GREEK YOGURT & HONEY– SERVES 6

INGREDIENTS:

1 ½ cups fresh berries
3 cups low fat Greek yogurt
1 tablespoon agave or honey (try wildflower or lavender)
2 tablespoons unsalted shelled pistachios, roughly chopped (optional)



MEDITERRANEAN DESTINATION RECIPES

PREPARATION:

Whip yogurt with a whisk until light and airy; toss fruit with yogurt, drizzle with the Agave, sprinkle with the pistachios; divide among 6 bowls and serve.

EQUIPMENT NEEDED

2 large mixing bowls

Small mixing bowl

1 medium saucepan with lid

Whisk

INGREDIENTS

Produce

- 4 cups Mesclun greens (or any mixed greens)
- 2 navel or blood oranges
- ½ sweet onion
- 1 lemon
- 1 bunch fresh parsley
- 1 ½ cups fresh berries

Dairy/Eggs

- 3 cups low-fat or nonfat plain Greek yogurt

Baking, Canned, and Non-perishables

- 20 black olives
- ¼ cup slivered almonds
- 6 tablespoons extra-virgin olive oil
- 1 ½ cups bulgur
- 1 tablespoon plus 1 teaspoon honey
- 1 teaspoon ground cumin
- ½ teaspoon cayenne pepper
- 1 (15-ounce) can garbanzo beans
- 6 ounces roasted red peppers
- 2 tablespoons shelled pistachios

MISE EN PLACE

Cooking along? Have the following items prepped in advance of the demo. Arrange all other ingredients at your workspace so they are readily accessible and have measuring utensils and equipment handy.

PRO TIP! Arrange your ingredients from left to right in order they appear in the recipe

SWEET ORANGE & ONION SALAD WITH GREENS & TOASTED ALMONDS:

- Slice the oranges and onion
- Toast the almonds (TIP! Place almonds in a nonstick pan over high heat and toss continuously for 2-3 minutes until almonds become lightly browned and fragrant)

BULGUR SALAD WITH CHICKPEAS AND ROASTED PEPPERS:

- Drain and rinse the chickpeas
- Dice the roasted red peppers
- Mince the parsley leaves

MIXED BERRIES AND GREEK YOGURT & HONEY:

- Chop the pistachios (TIP! Place the pistachios in a zip-top bag, remove the air, and seal the bag. Using a rolling pin or meat tenderizer, coarsely smash the pistachios)

