

## Mediterranean Recipes

### Mediterranean Hummus (Cooking Light)

- ¼ c. bottled roasted red bell peppers
- ¼ c. pitted kalamata olives
- 3 Tbsp. fresh lemon juice
- 2 tsp. extra virgin olive oil
- ¼ tsp. salt
- 1/8 tsp. black pepper
- 2 garlic cloves
- 1 (15 1/2 oz.) can chick peas (garbanzo beans)

Place all ingredients in food processor and process until smooth, scraping sides of bowl as needed. Store well-covered in refrigerator. Spread on cracker or pita triangle. Yield: 1 3/4 cup (serving size:2 Tbsp.)

Per serving=49 calories, 1.3 gm fat, 0.2 gm sat fat, 1.7 gm protein, 1.5 gm fiber, 171 mg sodium

### Tapenade (from 'The Mediterranean Diet')

- 1 ½ cups ripe olives
- ¼ cup capers
- ¼ cup water-packed tuna, drained (optional)
- ¼ cup extra virgin olive oil
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. brandy (optional)
- 2 cloves garlic, minced

In blender or food processor combine all ingredients and process to a chunky paste. If too dry for spreading, add additional olive oil. Keeps in refrigerator one week. Serve as dip for raw vegetables or spread on bread or crackers. Yield: 2 cups (serves 6-8)

Per serving=75 calories, 10 gm fat, 2 gm sat fat

### Spicy Vegetable Couscous (Culinary Journey to Mediterranean)

- 1 can (13 ¾ oz.) chicken broth
- 1 cup couscous
- 2 Tbsp. extra virgin olive oil
- 1 cup each chopped zucchini and red onion
- ½ cup grated carrots
- 1 clove garlic, minced
- 1 can garbanzo beans (chickpeas), rinsed and drained
- ½ tsp. each ground cumin, curry powder, salt and red pepper flakes

Bring broth to boil. Stir in couscous. Remove from heat. Let stand, covered, 5 minutes. Heat oil in large skillet. Add zucchini, onion, carrots and garlic; cook and stir 5 minutes or until tender.

Add beans, seasonings and couscous; cook and stir until thoroughly heated, about 2 minutes.

Makes 6 servings.

### Lebanese Lentils and Red Peppers (Culinary Journey to Mediterranean)

- 1 cup dry lentils
- ¾ cup chopped red pepper
- 1/3 cup chopped red onion
- 2 Tbsp chopped fresh mint (optional)
- 6 Tbsp. extra virgin olive oil
- 6 Tbsp. balsamic vinegar
- 2 cloves garlic, minced
- 8 oz. crumbled feta cheese

Place lentils in saucepan. Pour enough water over to cover by 2 inches. Cook on medium heat 30 minutes or until tender. Drain. Transfer to a bowl. Add red pepper, onion and mint. Refrigerate until ready to serve. Mix oil, vinegar and garlic. Pour over lentil mixture; mix ingredients lightly. Toss with cheese. Garnish with additional mint leaves, if desired. Makes 6 to 8 servings.

### Greek Salad (Culinary Journey to Mediterranean)

1 pkg. (10 oz.) mixed salad greens  
1 cup pitted ripe or Greek olives  
3 plum tomatoes, cut into chunks  
½ cup thinly sliced red onion  
½ medium cucumber, peeled and cut into chunks  
4 oz. crumbled feta cheese

#### Dressing:

½ cup extra virgin olive oil    ½ tsp. salt  
¼ cup fresh lemon juice       ¼ tsp. black pepper  
1 clove garlic, minced

For dressing mix all ingredients. Toss greens, olives, tomatoes, onion and cucumber. Toss with dressing. Sprinkle with cheese. Makes 6 servings.

### Herb-Roasted Mediterranean Vegetables (Culinary Journey to Mediterranean)

8 cups assorted vegetable pieces (such as cubed eggplant, zucchini, onion, carrots, peppers, and baby turnips)  
¼ cup extra virgin olive oil  
2 cloves garlic, minced  
2 tsp. dried rosemary leaves  
1 tsp. salt  
½ cup shredded Parmesan cheese (optional)

Toss vegetables with oil, garlic, rosemary and salt. Place in large shallow pan. Bake at 375 degrees for 40 minutes or until vegetables are tender, stirring once or twice during cooking.

Sprinkle with cheese if desired. Makes 6-8 servings.

### Zuppa di Pesce/Fish Soup (Culinary Journey to Mediterranean)

¼ cup extra virgin olive oil  
1 medium onion, chopped  
2 cloves garlic, minced  
1 can (28 oz.) Italian-style plum tomatoes, undrained  
½ cup dry white wine  
2 Tbsp. fresh basil leaves, minced (or 2 tsp. dried basil)  
2 lb. fish fillets, cut into chunks  
Shredded parmesan cheese, if desired

Heat oil in large saucepan. Add onion and garlic, cook and stir 4-5 minutes. Stir in tomatoes, wine and basil, breaking up tomatoes with back of spoon. Bring to boil. Reduce heat to medium-low and cook, uncovered, 10 minutes. Add fish. Simmer 10 minutes or until fish flakes easily with fork. Ladle into bowls and sprinkle with cheese and additional basil leaves, if desired.

Makes 4 to 6 servings.

### Chicken Espana (Culinary Journey to Mediterranean)

½ cup pitted ripe olives  
¼ cup extra virgin olive oil  
¼ cup red wine vinegar  
1 Tbsp. dried oregano leaves  
3 cloves garlic, minced  
1 chicken, cut-up  
¼ cup packed brown sugar  
¼ cup dry white wine  
2 Tbsp. chopped fresh parsley

Mix olives, oil, vinegar, oregano and garlic. Pour over chicken in large ziplock bag. Marinate in refrigerator 2 hours or overnight, turning occasionally. Arrange chicken with marinade in shallow baking dish. Sprinkle with brown sugar. Pour wine into pan. Bake at 350 degrees for 1 hour or until cooked through, basting every 20 minutes. Sprinkle with parsley. Makes 4 to 6 servings.