



# May Is Mediterranean Month...

## MAKE EACH DAY MEDITERRANEAN!

### TRY FLAVORED OILS

Try flavored oils for a change. Sample basil, lemon, or blood orange flavored oil at your next meal.

### MED DINNER PARTY

Having friends over for dinner? Start off with Mediterranean dips like baba ganoush, hummus, or tapenade with a bowl of luscious olives.

MON

TUE

WED

THU

FRI

SAT & SUN

### MED LUNCH ON A BUDGET

Need to tighten your food budget? Bring a Mediterranean soup—lentil, bean or minestrone—for your brown bag.

### REAP THE BENEFITS OF YOGURT

Use Greek yogurt instead of sour cream for dips, sauces, baked goods to slash calories and saturated fat.

### HEALTHY PASTA MEALS

A healthy pasta meal is the perfect meal on a plate—just chop the veggies, boil the pasta, and heat a fabulous pasta sauce.

### KIDS' SNACKS

Give your kids hummus or mash up an avocado to serve with carrot and celery sticks for after school snacks.

### OMEGA 3s

Look for fish that are high in Omega 3s: salmon, sardines, mackerel, albacore tuna, and herring.

### OLIVE OIL TASTING

Have your dinner guests sample three different olive oils and use their choice on their salad.

### GO VEGETARIAN

Go vegetarian for three days this week—use peanuts, nuts, and beans of all kinds to get your healthy and delicious protein.

### SPRING ART

Artichokes are native to the Mediterranean. You can grill, sauté, roast, or stuff them with rice or shrimp.

### OLIVE OIL AND HUMMUS

Try olive oil in place of butter on mashed potatoes—or add hummus to baked potatoes for a zesty taste!

### AGED BALSAMIC VINEGAR

Drizzle this wonderful condiment on chunks of Parmigiano-Reggiano or strawberries and enjoy its luscious flavor.

### HOST A WINE TASTING

Host a wine tasting! Sample two whites and two reds and see how they pair with your food.

### CHEESE COURSE

Cheese is not just for snacks or sandwiches. Think about serving a French cheese course instead of a sweet dessert.

### GREEK BREAKFAST

Imagine you are on a Greek island at breakfast time. Enjoy Greek yogurt, mixed with fruit, honey and nuts.

### GO NUTS

Sample peanuts and nuts as a snack, ground into sauces, or sprinkled on salads. They're rich sources of protein, fiber,

### AVOCADO SPREAD

Try substituting avocado spread or hummus on your morning toast today!

### ITALIAN TRATTORIA

Pretend you're having dinner in an Italian trattoria tonight. Sample recipes from the heart of Italy.

### RICE – A MED STANDARD

Try Italian risotto, Spanish paella, Greek dolmas or fragrant Turkish-style rice.

### FRUIT FOR DESSERT

Savor fresh fruit for dessert two or three days this week.

### POMEGRANATE FOR BREAKFAST

Try pomegranate juice for breakfast, instead of orange juice! You'll love its flavor burst.

### SPICE IT UP

High-flavor herbs and spices, like basil, give great flavor to food without any added salt or fat. They're also naturally high in antioxidants.

### TURKISH DINNER

Imagine this week you're staying alongside the Bosphorus in Istanbul. Check out new Turkish fish recipes for dinner.

### OLIVES

Try two new and different types of olives—enjoy one variety for a snack and incorporate the second into a salad or main dish.

### PORTOBELLO MUSHROOMS

Serve sliced on whole grain toast for lunch, or use them in place of a meat burger and enjoy as a veggie burger.

### TOMATOES

Tomatoes are staples in Mediterranean kitchens. Add them to salads and soups, or try roasting them with a bit of olive oil.