

7 - Day Spring Mediterranean Menu

*Recipes in **BLUE** are on the following pages

Monday

Breakfast

1 slice whole grain toast with $\frac{1}{2}$ avocado, mashed
Coffee or tea (optional milk/sugar)

Tuesday

Breakfast

1 cup whole-grain cereal with milk or yogurt and $\frac{1}{4}$ cup berries
Coffee or tea (optional milk/sugar)

Wednesday

Breakfast

Blueberry Smoothie
Coffee or tea (optional milk/sugar)

Thursday

Breakfast

1 cup sliced fruit
 $\frac{1}{2}$ cup Greek yogurt
1 slice whole-grain toast with 1 tablespoon peanut butter
Coffee or tea (optional milk/sugar)

Friday

Breakfast

1 cup whole-grain hot cereal with 1 tablespoon sliced almonds and 2 tablespoons raisins
Coffee or tea (optional milk/sugar)

Saturday

Breakfast

1 egg scrambled in 1 tablespoon extra-virgin olive oil
1 slice whole-grain toast with honey
Coffee or tea (optional milk/sugar)

Sunday

Breakfast

Greek Yogurt Parfait:
1 cup Greek yogurt with $\frac{1}{2}$ cup berries
Coffee or tea (optional milk/sugar)

Lunch

1 whole-wheat pita with garlic and herb spreadable cheese, sliced tomatoes and baby spinach
1 apple
Iced tea or water

Lunch

1 cup **Bulgur-Cucumber Salad**
1 wedge brie cheese with 3 whole-grain crackers
1 orange
Iced tea or water

Lunch

Mixed greens, $\frac{1}{2}$ red bell pepper, $\frac{1}{4}$ cup walnuts, $\frac{1}{4}$ cup olives, and 2 tablespoons **Mustard Vinaigrette**
Iced tea or water

Lunch

1 cup leftover **Pasta with Spinach & Beans**
1 cup mixed greens with 2 tablespoons of Parmigiano Reggiano
1 cup grapes
Iced tea or water

Lunch

Meze Plate:
2 tablespoons each: hummus, tabouleh, and tzatziki, plus 2 dolmas with whole grain pita
Iced tea or water

Lunch

2 slices whole-grain bread with **Walnut-Bean Spread**
1 cup sliced melon
Iced tea or water

Lunch

1 serving leftover **Lamb and Eggplant Pie**
1 cup roasted fennel and leeks
3 squares of dark chocolate
Iced tea or water

Dinner

Herb-Feta Baked Chicken
1 cup mixed greens with 1 tablespoon extra-virgin olive oil and lemon
1 glass of wine (optional)

Dinner

Slow-Cooker Salmon
1 cup roasted asparagus
 $\frac{1}{2}$ cup **Lemon Granita**
1 glass of wine (optional)

Dinner

Pasta with Spinach and Beans
1 steamed **Artichoke**
1 biscotti with $\frac{1}{2}$ cup berries
1 glass of wine (optional)

Dinner

Roasted Tri-Color Vegetables with Chicken Sausage
1 cup brown rice
 $\frac{1}{2}$ cup gelato
1 glass of wine (optional)

Dinner

Mediterranean Baked Fish
Mashed potatoes with kale and olive oil
3 squares of dark chocolate
1 glass of wine (optional)

Dinner

Lamb and Eggplant Pie
Arugula and baby spinach salad
Poached figs with biscotti
1 glass of wine (optional)

Dinner

Zucchini Couscous with grilled shrimp
1 piece crusty bread
1 cup berries with mascarpone
1 glass of wine (optional)

Recipes

MONDAY

~ Dinner ~

Herb-Feta Baked Chicken

Serves 4

Cooking chicken with herbs in a foil packet seals in the flavor and makes cleanup a snap. You can also put the sealed packets on a hot grill and cook, covered, for about 15 minutes.

Ingredients

2 garlic cloves, peeled
4 tablespoons extra-virgin olive oil
4 boneless, skinless chicken breast halves
Salt and freshly-ground black pepper to taste
4 medium potatoes, peeled and sliced
1 cup crumbled feta cheese
1 lemon, thinly sliced
4 sprigs fresh rosemary
4 sprigs fresh sage

Preparation

Preheat the oven to 350 ° F. From a roll of aluminum foil tear off four sheets, each large enough to completely enclose each chicken breast. Lightly grease or spray the sheets with olive oil. Place a chicken breast in the center of each sheet.

Combine the garlic and olive oil in a small bowl and mash with a fork to blend into a paste. Brush the top of each chicken breast with ¼ of the oil and garlic mixture, season with salt and pepper and top each with ¼ of the remaining ingredients.

Pull the foil up around each breast and crimp to form a sealed packet. Place the packets on a baking sheet and bake for 40 minutes, or until the chicken reaches 165 °F and the potatoes are tender. Carefully open each packet and using a spatula transfer the contents to a serving plate. Pour any juices over the top.

An Oldways recipe

Recipes

TUESDAY

~ Lunch ~

Bulgur-Cucumber Salad

Serves 4

This recipe was originally created using milo, or sorghum. The version below substitutes bulgur, which is easier to find and yields an equally delicious Mediterranean grain salad.

Ingredients

2 cups water
1 cup #2 medium or #3 coarse bulgur
1/4 cup chopped fresh oregano
2 scallions, white and tender green parts, chopped
1/4 cup extra- virgin olive oil
3 tablespoons freshly squeezed lemon juice
1 tablespoon grated lemon zest
1 cup chopped English cucumbers
1/3 cup toasted pine nuts
1 cup crumbled feta cheese
1/4 teaspoon ground red pepper
1 teaspoon sea salt

Preparation

Bring the water and a pinch of salt to a boil in a large saucepan. Add the bulgur, cover the pan, and cook over low heat for 15 minutes. Remove from the heat and let sit, covered, for 10 minutes, or until all the water is absorbed and the bulgur is the consistency of cooked rice. Cool the bulgur to room temperature, fluffing occasionally with a fork.

In a medium bowl, combine the oregano, scallions, olive oil, lemon juice, lemon zest, cucumbers, pine nuts, feta cheese, red pepper, and salt.

Add the cooked bulgur and toss to combine. Season to taste with additional salt and red pepper.

Recipe courtesy of Jesse Cool for The Oldways Table

Nutritional Analysis:

Per Serving: Cal: 467, Fat: 39g, Sodium: 1005mg, Carb: 42 g, Protein: 13g

CHECK>>SODIUM IS HIGH

Recipes

TUESDAY

~ Dinner ~

Slow-Cooker Salmon with Basil and Lemon

Serves 6

Here's an easy way to prepare salmon ahead of time and guarantee it will be moist and tender.

Ingredients

1 large red onion, thinly sliced
1/4 cup dry white wine
1 cup water
1 thick salmon fillet (about 2 pounds)
cut into 6 serving pieces
1 tablespoon extra-virgin olive oil
Salt and freshly ground black pepper
2 tablespoons fresh lemon juice
6 large fresh basil leaves

Preparation

Scatter the onion slices in a large slow cooker. Add the wine and water. Rinse the salmon pieces and pat dry. Rub the flesh side with the oil and sprinkle with salt and pepper to taste. Arrange the salmon pieces skin side down in the slow cooker. Sprinkle them with the lemon juice and basil. Cover and cook on low for 1 to 1 1/2 hours, or until the salmon is cooked to taste. Serve hot or cold.

Recipe by Michele Scicolone, from The Italian Slow Cooker (Houghton Mifflin Harcourt).

~ Dessert ~

Lemon Granita

Serves 4

Icy cold and tart, this refreshing dessert is the perfect finish for a fine meal.

Ingredients

4 large lemons
1 1/2 cups water
1/2 cup superfine sugar
4 small mint sprigs

Preparation

Zest 2 of the lemons and squeeze the juice from all 4. Combine the lemon juice, water, and sugar in a heavy saucepan over medium heat and cook, stirring, for about 1 minute, until the sugar dissolves. Stir in the zest and pour the mixture into a metal bowl. Let cool slightly, then chill for about 2 hours. Strain out the zest and freeze in an ice-cream maker or put the bowl in the freezer and scrape it every 30 minutes or so for about 4 hours, until it is slightly slushy. Spoon into small dishes and garnish with mint sprigs.

An Oldways recipe

Recipes

WEDNESDAY

~ Breakfast ~

Blueberry Smoothie

Serves 2

Keep a bag of frozen wild blueberries in the freezer so you always have the fruit on hand for this “instant” breakfast treat. Substitute strawberries, papaya, or mango to mix it up.

Ingredients

1 cup blueberries, fresh or frozen
1 banana, peeled
1 cup milk
1 cup Greek yogurt

Preparation

Combine all ingredients in a blender or food processor and blend until smooth.

An Oldways recipe

~ Lunch ~

Mustard Vinaigrette

Keep a container of this versatile dressing on hand for drizzling on green salads or vegetables. Add a tablespoon of chopped fresh basil, tarragon, or capers to vary the flavor.

Ingredients

4 tablespoons extra-virgin olive oil
2 garlic cloves, peeled and diced
1 heaping teaspoon Dijon mustard
Juice of 1 lemon
Salt and freshly ground black pepper to taste

Preparation

Combine all ingredients in a jar with a tight-fitting lid and shake well.

An Oldways recipe

Recipes

WEDNESDAY

~ Dinner ~

Pasta with Spinach and Beans

Serves 4-6

This winning combination provides a complete meal in one bowl. It comes together quickly, so have all the ingredients prepared and ready for the last-minute combining.

Ingredients

8 ounces rotini or ziti
2 tablespoons extra-virgin olive oil
2 garlic cloves, minced
1 can (15 ounces) cannellini beans, rinsed and drained
4 cups chopped baby spinach leaves
1 cup (4 ounces) shredded Asiago cheese
Salt and freshly ground black pepper to taste

Preparation

Cook the pasta in boiling water according to the package directions. While the pasta cooks, heat the olive oil in a skillet and sauté the garlic over medium heat for 3 minutes, stirring frequently. Add the beans, reduce the heat to low, and cook, stirring occasionally, until the pasta is ready. Drain the pasta in a colander in the sink and immediately put the spinach in the bottom of the hot pasta pot. Pour the drained pasta on top, add the beans and garlic, and sprinkle with the cheese. Cover and let the mixture sit for 2 minutes. Turn out into a large serving bowl, season with salt and pepper, toss, and serve.

An Oldways recipe

Steamed Artichokes

Serves 4

The traditional way to eat steamed artichokes is to pull one artichoke leaf out at a time and scrape the tender meat from the bottom of the leaf with your teeth. Be sure to remove the thistle-like choke in the center of the artichoke before enjoying the meaty heart.

Ingredients

4 whole artichokes

Preparation

Wash the artichokes under cold running water. Cut off the stems at the base and remove the small bottom leaves. Stand the artichokes upright in a deep saucepan large enough to hold them snugly. Add 1 teaspoon of salt and two to three inches of boiling water.

Cover and boil for gently 35 to 45 minutes or until the base can be pierced easily with fork. (Add a little more boiling water, if needed.) Turn the artichokes upside down to drain and serve hot.

Recipe courtesy of the Artichoke Advisory Board

Recipes

THURSDAY

~ Dinner ~

Roasted Tricolor Vegetables with Chicken Sausage

Serves 6-8

Get into the habit of roasting a tray of vegetables at least once a week. Go for a variety of colors. Start with the root vegetables and squash, which need the longest cooking time. Experiment with other vegetables to determine the best time to add them to the mix.

Ingredients

2 carrots, peeled and sliced on the diagonal
1 sweet potato, peeled and chopped
1 small winter squash, peeled and chopped
3 tablespoons extra-virgin olive oil
2 red bell peppers, cored, seeded, and chopped
2 green bell peppers, cored, seeded, and chopped
1 package precooked chicken sausage, sliced
Salt and pepper to taste

Preparation

Heat the oven to 425 ° F. Arrange the carrots, sweet potato, and squash on a baking sheet and toss with 2 tablespoons of the olive oil.

Bake for 10 minutes. Turn with a spatula. Add the peppers and sausage and drizzle with the remaining tablespoon of olive oil. Bake for 10 minutes longer, or until all vegetables are fork tender and the sausage is heated through.

Season with salt and pepper, transfer to a serving bowl, toss, and serve hot, warm, or cold.

An Oldways recipe

Recipes

FRIDAY

~ Dinner ~

Mediterranean Baked Fish

Serves 4

Get into the habit of serving fish to your family at least once a week. It's a good source of protein and will expose your kids to the world beyond burgers

Ingredients

1 pound fresh halibut, cod, or salmon
2 teaspoons olive oil
1 teaspoon dried thyme
1/4 cup grated Parmesan cheese

Preparation

Heat the oven to 425 degrees F. Place the fish in a flat baking dish, skin side down. Rub both sides with olive oil. Sprinkle the top with the thyme and cheese.

Bake for 10 minutes, or until the fish flakes easily with a fork. Serve immediately.

An Oldways recipe

Recipes

SATURDAY

~ Dinner ~

Lamb and Eggplant Pie

Serves 6-8

Here's a great meal to make when you're expecting out-of-town guests who may arrive late. The flavors simply meld together as it sits in the oven. If you wish to make a vegetarian version, substitute 1 cup of cooked barley or bulgur for the lamb.

Ingredients

2 eggplants	1/4 cup diced fresh mint
1 tablespoon plus 1/4 cup extra-virgin olive oil	Approximately 4 cups tomato sauce
1 onion, diced	1/2 cup grated Parmesan cheese
1/2 pound ground lamb	

Preparation

Peel the eggplants and cut them into 1/4-inch-thick slices. Arrange them in layers in a colander in the sink, salting each layer liberally. Let sit for 15 minutes.

Meanwhile, heat the 1 tablespoon of olive oil in a medium skillet over medium heat and sauté the onion for 5 minutes, stirring several times, until it is soft but not brown. Add the lamb and cook, stirring frequently, until the meat is brown and no pink is showing. Drain well, stir in the mint, and set aside.

Heat the broiler. Rinse the eggplant slices under cold water and pat dry with paper towels. Arrange the eggplant slices on a baking sheet and brush each slice with olive oil. Broil for 2 to 3 minutes, or until the eggplant is lightly browned. Turn the slices over, brush the other sides with olive oil, and broil for 2 to 3 minutes longer. Transfer the cooked slices to a platter. Continue broiling the eggplant until all the slices are cooked.

Heat the oven to 325 degrees F. Spoon about 1/4 cup of the tomato sauce into the bottom of a large oval glass or stainless steel baking dish. Arrange half of the eggplant slices in the bottom of the dish so they just overlap. Cover the eggplant with the lamb and onion mixture, gently spreading it out with a spoon to form an even layer.

Spoon about half of the tomato sauce over the lamb layer and gently smooth it with a spoon. Cover this layer with the remaining eggplant slices. Add the remaining tomato sauce and smooth it with a spoon. Sprinkle the cheese evenly over the top.

Cover with aluminum foil and bake for 30 minutes, or until the juices are bubbling around the edges and the cheese is melted. If you need to hold dinner for a while, keep it warm at 200 degrees F.

An Oldways Recipe

Recipes

SUNDAY

~ Dinner ~

Zucchini Couscous

Serves 4

Shredded zucchini, which you can make in seconds in a food processor, cooks quickly and adds moisture and flavor to leftover grains. Create a main dish by adding 1 cup of chopped cooked chicken or shrimp during the final two minutes of cooking.

Ingredients

1 tablespoon extra-virgin olive oil
1 onion, diced
2 teaspoons dried oregano
1 medium zucchini, shredded
2 cups cooked couscous
2 tablespoons Parmesan cheese
Freshly ground black pepper to taste

Preparation

Heat the olive oil in a skillet, add the onion, and sauté for 5 minutes over medium heat, or until the onion is soft but not brown. Stir in the oregano and cook for 1 minute longer to release its fragrance.

Add the zucchini, stir, and cook for four minutes, or until the zucchini softens and releases moisture. Add the couscous, toss with a fork to blend well, and cook for three minutes.

Add the cheese and cook for two minutes longer, just until the mixture is heated through.

An Oldways Recipe