## A Tip a Day for the Month of May

**Sunday**

**Spice Stars**
Spices and herbs add flavor and fun to any dish! Try some new ones! Cumin, mint, oregano, and turmeric are all quintessential Mediterranean spices.

**Go for Greens**
Greens mix with grains, greens mix with beans, greens can be the base! Try them all.

**Avocado Toast**
It’s yummy, whether for breakfast, lunch, or dinner! Enjoy mashed avocado on whole grain toast or pita.

**Med Veggies**
Make vegetables the star of a meal today! Change your routine by trying a Med pick like artichokes, fennel, eggplant, or fava beans.

**Honey Happiness**
Honey is not just for tea, coffee, or swapping for sugar. Add honey to your cooking for some extra flavor.

**Party Platters**
Instead of a deli platter, make a Med Platter. Olives, veggies, cornichons, hummus, and whole wheat pita toasts.

**Monday**

**Viva la Pasta**
Easy, fast, and delicious! Pair your favorite whole wheat pasta with beans, tomatoes, vegetables, and olive oil.

**Greek Yogurt**
A full-bodied, creamy treat. It is at home for breakfast, lunch, a pick-me-up snack, and in cooking.

**Food from the Sea**
Aim for seafood twice a week and try different Mediterranean fish recipes. Flavor and health together!

**Med Whole Grains**
Try one of the recipes in Oldways’ new book—Whole Grains Around the World.

**Med Breakfast**
Try the Oldways Mediterranean 1-2-3 breakfast: a whole grain, a fruit, and protein (eggs or Greek yogurt).

**Med Soups**
Soup is a great way to bring vegetables to the table. Try Spanish gazpacho or Italian pasta fagioli today!

**Tuesday**

**Love Lentils**
Enjoy lentils in a salad, as a side dish, or as a “bed” for fish or meat.

**Mezze is a Must**
Make your lunch a mezze lunch: hummus or muhummara, paired with raw carrots, cherry tomatoes, and whole grain pita bread.

**Honey Fig**
Enjoy figs as a dessert, either alone or with cheese or ice cream. For an extra yummy treat, dip them in chocolate or stuff them with goat cheese and nuts.

**Fabulous Figs**
Enjoy figs as a dessert, either alone or with cheese or ice cream. For an extra yummy treat, dip them in chocolate or stuff them with goat cheese and nuts.

**Wednesday**

**Spread It**
Enjoy creamy hummus, tzatziki, muhummara, babah ganoush, and tapenade on pita or crackers or in a sandwich instead of mayonnaise.

**Happy National Walnut Day**
Top your salad, yogurt, or fruit with a handful of delicious walnuts, loaded with healthy omega-3s.

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**Nuts Today**
Nuts can add texture and healthy fats to many different dishes, sauces, snacks, and desserts. Almonds, walnuts, and pistachios are especially Mediterranean.

**Thursday**

**Small Fish**
Add new fish to your life! Try some of the Mediterranean’s most healthy and delicious small fish: anchovies, sardines, and mackerel.

**Eggs for Dinner**
Eggs are not just for breakfast. Try a new egg dish for dinner—Tortilla Espanola or a Frittata from Italy or Shakshua (tomatoes and egg) from North Africa!

**Beans! Beans!**
Explore a new world of Mediterranean beans in soup or a creamy dip, with pasta, or as a side dish.

**Friday**

**Mediterranean Diet Month**
Make each day Mediterranean.

**Cheese!**
Take a tour around the Mediterranean! Try Feta from Greece, Parmigiano-Reggiano from Italy, Manchego from Spain, or Halloumi from Cyprus.

**Make Each Day Mediterranean**

**Saturday**

**丢了 Fruit**
Don’t forget dried fruit like raisins, cherries, apricots, and others. They’re especially great for those days when you’re on the go!

**Tomato!**
Tomatoes came from the New World to the Old World, making them a favorite in Mediterranean cooking. Add tomatoes to a dish today.

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**Memorial Day BBQ**
This year, try shish kebabs paired with bulgur and walnut pilaf and a great green salad.

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