## May is Med Month!
### Make Each Day Mediterranean

### MONDAY
**AVOCADOS AT ALL AGES**
Smash avocados with a fork and serve them to kids, or use to top your morning toast. How good is that?!

### TUESDAY
**PASS THE HUMMUS**
Serve as a heart-healthy dip for raw veggies, or in place of mayonnaise in wraps, sandwiches, and hard-cooked eggs.

### WEDNESDAY
**NUTS’ SWEET SIDE**
Add peanuts or walnuts to muffins and breads, to enjoy added taste, as well as extra fiber and protein.

### THURSDAY
**REACH FOR BEANS**
Drain and rinse canned beans, and sauté in olive oil with a little garlic for an instant and nutritious side dish.

### FRIDAY
**OLIVES FOR SNACKS**
Love olives? Packed with healthy fats, iron and fiber, these tangy, tasty fruits are a perfect snack food.

### SATURDAY & SUNDAY
**SECRET INGREDIENT**
What adds zip to a sandwich, salad or even breakfast eggs? **Sundried tomatoes**! Always in season and packed with vitamin C, the boost the flavor of just about anything.

### SECRET INGREDIENTS
- **Monday**: GREEK YOGURT FOR EVERY BODY
  Use in place of sour cream; for topping soups and stews; or mixed with herbs and spices for fabulous dips.
- **Tuesday**: LOW-FAT IS SO 1980’s
  Your body needs healthy fats! Drizzle olive oil on your salad or fish today, since it’s rich in healthy monounsaturated fats.
- **Wednesday**: GO FISHING AT YOUR GROCERY
  Look for fatty fish, such as salmon, tuna, and mackerel to maximize the benefits of good-for-you omega-3s.
- **Thursday**: TRAVEL TO GREECE...
  without leaving home! Serve up whole-wheat pitas stuffed with greek salad and drizzled with creamy tzatziki sauce.
- **Friday**: WINE TASTING
  Invite friends over for a custom tasting. Pick 3-4 wines, serve small cubes of bread and mild cheese as palate cleansers, and sip away.
- **Saturday & Sunday**: BUILD A ONE-BOWL MEAL
  Start with lettuce and greens, then add fresh herbs, vegetables, cooked seafood, a bit of cheese, citrus, nuts, and olives, and drizzle with olive oil for a quick and healthy meal. AND only one bowl to clean!

### TIPS
- **Monday**: GO SEED SAVVY
  Crush fennel, poppy, or sesame seeds or oven roast for a few minutes, and add to veggies or grains for great flavor.
- **Tuesday**: BE SEED SAVVY
  Brown or white, long or short, rice is perfect for any Med. meal. Risottos, paellas, or dolmas all depend on rice! Try one tonight.
- **Wednesday**: MEAL BUDDY
  Keep frozen beans and peas on hand and add them to pasta and grains for fresh flavor and color.
- **Thursday**: FLAVORED OILS
  Basil, garlic, pumpkin, or avocado – the varieties are endless! Invite friends for a blind tasting and discover your favorites.
- **Friday**: FREEZE ME PLEASE
  Drizzle on fruit or on parmigiano reggiano for a tangy treat.