

YOU CAN DO IT

360 CLEVER
WAYS TO USE
PANTRY
STAPLES

Why embrace the old ways of eating?

Heritage. It's what we're given before anything else. It shapes our lives, our experiences, and our identities. It's why we cherish old photos, test our DNA, and travel to distant homelands. It's where we look, time and time again, to understand who we are.

Where it relates to food, however, heritage has potential we overlook. The traditional food of our ancestors may make a guest appearance at a holiday or birthday, but for daily nourishment, we've come to favor modern eating habits over cultural ones.

Oldways believes food is heritage's greatest gift of all.

There's a lot that can be learned by evolving back to the customs of our ancestors. By embracing diets abundant in fruits, vegetables, whole grains, nuts, and seeds. By maintaining a healthy balance of seafood, yogurt, cheese and meat. And by dressing it all with healthy oils, herbs, and spices.

We inspire people to embrace the healthy, sustainable joys of the old ways of eating.

All wholesome and all nutritious. All simply prepared and simply delicious. And all shared with family and friends through meals infused with time-honored traditions. It's a recipe inherited and perfected over centuries, by people working hard to make their lives—and the lives of their future generations—healthier and happier.

This is the true gift of heritage, and your invitation to rediscover it.



ABOUT OLDWAYS

We're a nonprofit dedicated to improving public health by inspiring individuals and organizations to embrace the healthy, sustainable joys of the “old ways” of eating—heritage-based diets high in taste, nourishment, sustainability, and joy.

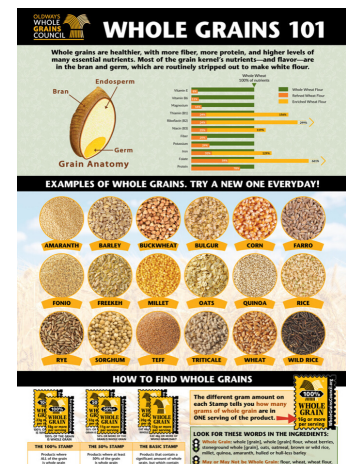
Since 1990, we've helped people live healthier, happier lives by offering educational programs, resources, and recipes based on shared cultural food traditions from around the world. It's a mission we take great joy in, one with proven nutritional and emotional benefits.



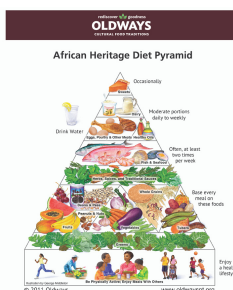
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WELCOME,

We hope this letter finds you well, and ready to cook! It's a good time to learn how to eat out of your pantry, and how to make the most from what you've got.

A couple of carrots? A can of tuna? Pomegranate seeds? This is an encyclopedia of ingredients—some are classic "pantry staples," and some are not—with 12 fresh ways to use each one.

No matter what's in your pantry or fridge, we have ideas to help you maximize what you have and lift you from your cooking rut. These suggestions may even inspire you to dream up your own creative recipes!

Whether you're eager to cook these days, or simply want to use the food you have to put a meal on the table, this guide is here to help you. When times are tough and when times are good: **You can do it!**

Happy cooking,
The Oldways Team

12 Great Ways to Use...

Apples

As the popular saying goes, “An apple a day will keep the doctor away.” Apples have long been recognized for their health benefits; they contain fiber, vitamin C, antioxidants, and flavonoids. A whole apple is one of the most convenient, affordable, and portable fresh snacks. It’s also a healthy solution to satisfy sweet cravings. Read on for other ways to enjoy this delicious fruit.

- 1.** Slice raw apples into wedges and eat as a snack with nut butter for some extra protein.
- 2.** Homemade applesauce is easy and delicious hot or chilled, blended or chunky. Serve over savory dishes, yogurt, or all by itself.
- 3.** Add chopped or thinly sliced raw apples to salads. It pairs well with gorgonzola, red onion, and toasted walnuts or pecans.
- 4.** Grate equal parts apples and carrots and mix with lemon juice, lemon zest, currants, and mint leaves for a colorful fruit slaw.
- 5.** Make a fruit salad using chopped apples, mixed berries and bananas.
- 6.** Celebrate fall with a seasonal dish: Cook chopped apples with roasted fall vegetables such as Brussels sprouts, butternut squash, or sweet potato.
- 7.** Make an apple chutney to accompany roast chicken or pork by simmering chopped apples, onion, vinegar, a little sugar, orange zest, fresh ginger, and allspice together in a saucepan for about 40 minutes. Add cranberries to the mix for a bolder flavor.
- 8.** Bake whole apples in the oven with cinnamon, chopped nuts, raisins, and a little butter for a healthy dessert.
- 9.** Add apples to soups to balance out full flavors of vegetables such as broccoli and celery root with a touch of sweetness.
- 10.** Bake thinly sliced apples with a dash of cinnamon, sugar and lemon juice until crispy for a tasty alternative to chips.
- 11.** Substitute chopped apples or applesauce for sugar in baked goods for a naturally sweet flavor and extra moistness.
- 12.** Add diced apple to spiced couscous to balance its earthiness, adding a touch of sweetness.



Learn more about healthy food choices at www.oldwayspt.org.

12 Great Ways to Use...

Avocados

Avocados head the list of healthy fruits, although they're often categorized as a vegetable since they taste so great in salads. Smooth, buttery, and needing nothing but a quick "nick and peel" to eat as a healthy snack, they contain "good" fats, are linked to reduced risk of chronic diseases, and rank as one of the "super foods" of the Mediterranean Diet. Since they're typically eaten fresh, their important nutrients aren't lost in processing or heating. Here are twelve delicious ways to enjoy their creamy flavor and lovely color.

- 1.** Mash half an avocado with a fork and spread it on whole-grain bread or toast for a quick, nourishing breakfast.
- 2.** Add diced avocado to eggs or omelets before cooking.
- 3.** Top baked potatoes with avocado butter, made by mashing a ripe avocado with one tablespoon of lemon or lime juice, salt, and pepper.
- 4.** Garnish vegetable, fruit, and whole grain salads with diced avocado, and then toss gently to mix.
- 5.** Stuff avocado halves with brown rice and olives and garnish with a sprinkling of bleu cheese.
- 6.** Top whole grain crackers with thin slices of avocado and smoked salmon to create a delicious party appetizer.
- 7.** Combine avocados with berries, apples, and mango chunks for a tasty fruit salad.
- 8.** Make a creamy potato salad with chopped avocados, boiled new potatoes, and diced celery, and moisten with a sprinkling of lemon juice, wine, and olive oil.
- 9.** Create a deliciously different salsa by combining diced avocado, chopped tomatoes, corn kernels, chopped cilantro, pepper, and cayenne.
- 10.** Add diced avocado, diced bell pepper, and sliced scallions to cooked pasta, and dress with a mixture of extra-virgin olive oil, vinegar, and mustard for a tasty pasta salad.
- 11.** Put sliced avocado in wraps and sandwiches.
- 12.** Substitute avocado for another fruit in any sorbet recipe and include lemon or lime juice to bring out its flavor.



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12 Great Ways to Use...

Beets

This wonderfully versatile ingredient has edible roots and greens. A half cup of beet root has just 30 calories, but contains folate and manganese. A half cup of chopped beet greens have a scant 4 calories, but pack vitamin K, vitamin A, and vitamin C. Grocery stores offer fresh beets, packaged cooked beets (in the produce section), and canned beets, making it easy to integrate them into your meals any time.

- 1.** Toss grated raw beets or sliced cooked beets with finely sliced red onion and dress with a red wine vinaigrette for a slightly spicy and earthy salad.
- 2.** Replace half of the potatoes in your favorite potato salad recipe with golden beets.
- 3.** Top your favorite salad greens with chopped roasted beets and goat cheese.
- 4.** Roast diced beets with other root vegetables like carrots, parsnips, and sweet potatoes with fresh rosemary, crushed garlic, and extra-virgin olive oil.
- 5.** Make a dip by stirring grated cooked beets, garlic, fresh dill or thyme, salt, pepper, and a squeeze of lemon juice into Greek yogurt.
- 6.** Stir cooked grated beets and prepared horseradish into Greek yogurt to create a spicy sandwich spread, dip, or sauce for fish and meats.
- 7.** Blend roasted beets into your next batch of hummus or white bean dip.
- 8.** Stir chopped roasted beets, crumbled feta, and finely chopped beet greens into cooked farro or brown rice and drizzle with extra-virgin olive oil and lemon juice.
- 9.** Braise sliced beets with sliced red cabbage and beet greens with a little bit of apple cider vinegar and caraway seeds.
- 10.** Build a sandwich on your favorite whole grain bread with baby spinach, sliced cooked beets, chives, and cream cheese.
- 11.** Sauté beet greens in olive oil with sliced onions, crushed garlic, salt, and red pepper flakes.
- 12.** Poach diced beets in honey (1 part honey : 3 parts beets : 6 parts water; simmer on low heat until the beets are tender and the liquid is reduced to a syrup). Serve over plain Greek yogurt or vanilla ice cream for an easy and delicious dessert.



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12 Great Ways to Use...

Blueberries

High in vitamin C and a good source of fiber, blueberries may reduce the risk of cardiovascular disease, improve cognitive function, and protect the bladder from infection. Buy fresh berries when you can find them, or check the freezer case for frozen choices that now include flavorful wild berries. To use frozen berries in place of fresh, let them sit out at room temperature for about 15 minutes, or zap them in the microwave for about 30 seconds, and drain. Here are a dozen ways to enjoy them:

1. Top your morning cereal with blueberries and Greek yogurt.
2. Pair blueberries with watermelon and orange sections for a refreshing fruit salad.
3. Incorporate blueberries into a green salad along with goat cheese or feta cheese and a lemon dressing.
4. Toss blueberries and a bit of bleu cheese with arugula and vinaigrette for a special occasion salad.
5. Make a delicious cold soup by combining blueberries, fruit juice, and cinnamon, and topping it with a spoonful of Greek yogurt.
6. Combine crushed fresh pineapple, blueberries, and a tablespoon or two of your favorite jam to make a sauce for topping waffles or pound cake.
7. Blend together blueberries, Greek yogurt, and a few slices of candied ginger to make a dipping sauce to serve with sliced apples and berries.
8. Add blueberries to smoothies and shakes.
9. Cut a honeydew melon into four or six sections, scoop out the seeds, and serve topped with blueberries drizzled with freshly squeezed lime juice.
10. Garnish whole grain salads made from couscous, barley, faro, or bulgur with parsley and blueberries.
11. Dress up plates of seafood or poultry by adding a spoonful of fresh blueberry relish, made by combining diced pickled onion, blueberries, and diced tomato.
12. Include blueberries as a garnish for fruit punch, sangria, and other party drinks.



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12 Great Ways to Use...

Buffalo Milk Mozzarella

Italian mozzarella cheese is traditionally made from the milk of water buffaloes, huge buffaloes native to India (not to be confused with American “buffaloes,” which are really bison, a different species). Mozzarella manufacturers have only recently added the “buffalo milk” specification because of the emergence of mozzarella made from cow milk. Buffalo milk mozzarella is creamier and smoother than its cow milk counterpart due to the much higher fat content of buffalo milk. It is also higher in calcium and protein, and lower in cholesterol than cow milk. As a Protected Designation of Origin (PDO) food, European law regulates its production in the Italian regions of Lazio, Campania, Puglia, and Molise where it originated. Mozzarella is the perfect melting cheese: it melts in your mouth when you eat it fresh and it’s delicious hot too!

1. Make a traditional Caprese salad by layering sliced mozzarella, fresh basil leaves, and sliced tomatoes on a plate. Drizzle a little olive oil and balsamic vinegar on top and sprinkle with salt and pepper.
2. Mozzarella is the cheese of choice for melting on pizza. Making your own pizza dough is easy and worth the effort, but if you’re in a hurry, use store-bought dough, flatbread such as pita or naan, or even a whole wheat bagel as a base. Get creative with toppings!
3. Mozzarella is a classic addition to pasta in any form. Add cubes to cold pasta salads, grate it into hot pasta dishes, or use it in pasta bakes.
4. Layer breaded baked eggplant slices, tomato sauce, mozzarella slices, and grated parmesan cheese in a baking dish and bake at 350°F for 35 minutes. Delicious eggplant Parmesan!
5. Use fresh mozzarella in a variety of green salads. Prosciutto, arugula, and mozzarella are a great combination. Add melon for a fruity kick!
6. Freshly grated mozzarella is delicious on top of egg dishes like frittatas and omelets.
7. Wrap slices of roasted red peppers around bite-sized pieces of mozzarella and secure with toothpicks for a colorful appetizer.
8. Sliced mozzarella is a wonderful in sandwiches. Make panini with a press or on a grill pan and watch the mozzarella ooze out!
9. Make baked mozzarella sticks. Cut mozzarella into thick sticks and dip them first in egg and then in an herbed breadcrumb mixture. Bake for 5 to 6 minutes at 350°F. Enjoy with marinara sauce.
10. Melt mozzarella slices on toasted baguette slices to make crostini. Enjoy Caprese-style with fresh basil and ripe tomatoes, or try adding sliced fresh fruit like peaches or pears.
11. Panzanella salad is a tasty way to use up stale bread. Mix together cubed bread, ripe tomatoes, cubed mozzarella, chopped red onion, and fresh basil and finish with a drizzle of olive oil and vinegar.
12. If you’re feeling adventurous for dessert, drizzle some honey and balsamic vinegar over a slice of mozzarella and top with fresh berries.



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12 Great Ways to Use...

Bulgur

Bulgur wheat is one of the world's original fast foods. It consists of hulled wheat kernels (also called groats) from any of several wheat varieties (most commonly durum wheat). Because the kernels retain their intact germ, bran, and endosperm, they are whole grains. Bulgur has been precooked and dried, so it only needs to be boiled for about 10 minutes to be ready to eat—about the same time as dry pasta. This makes bulgur an extremely nutritious fast food for quick side dishes, pilafs, or salads.

1. Make tabbouleh! Combine cooked bulgur with chopped tomatoes, cucumbers, onion, lots of parsley, and a bit of mint, lemon juice, and olive oil. Season with salt and eat with pita bread, over salad greens, or alongside fish or chicken.
2. Use bulgur in place of couscous in a variety of dishes. Toss cooked bulgur with toasted, sliced almonds, plumped raisins, a sprinkle of cinnamon, and finely chopped shallots.
3. Swap bulgur for your favorite hot breakfast cereal. Cook bulgur in water or milk, add toppings you enjoy (chopped nuts, fresh or dried fruit), and sweeten to taste.
4. Use bulgur to bulk up soup recipes—the grain adds nuttiness and substance to tomato, chicken, and vegetable soups. You can add cooked bulgur just before serving, or cook it directly in the soup to infuse the grains with even more flavor.
5. Build salads on a base of bulgur for added fiber. In addition to salad greens, add bulgur to the bottom of a salad bowl and top with your favorite fixings. Toss with olive oil and balsamic vinegar or your preferred dressing. Use bulgur in a tuna Niçoise salad, or combined with southwestern ingredients, such as corn, black beans, and pico de gallo.
6. Cook bulgur risotto. Sauté garlic, shallots, and bulgur in olive oil. Add a splash of dry white wine and stir until the liquid is absorbed. Working one ladle-full at a time, add warm broth and stir until the liquid is absorbed. Continue adding broth until the bulgur is tender and a little liquid remains. Add seasoning and parmigiano reggiano cheese to taste.
7. Make bulgur pilaf by cooking the grains in low-sodium broth. Toss with lightly sautéed diced onions and bell peppers. Season with salt and your favorite herbs, and serve topped with grilled fish, beef, or tofu.
8. Create your own version of kibbeh (a kind of Middle Eastern meatball) by making your favorite lamb or beef meatloaf recipe, and swapping out the breadcrumbs for bulgur. You can even swap seasonings for Middle Eastern flavors like cinnamon and allspice.
9. Put an Asian spin on bulgur by combining cooked grains with scallions, ginger, sesame oil, and garlic. Season with soy sauce and serve as a side dish.
10. Add bulgur to your favorite bread, quick bread, or muffin recipes for added texture, fiber, and nuttiness. Thanks to the parboiling step in processing, you can go ahead and add raw bulgur to the dough or batter!
11. Use bulgur pilaf instead of bread stuffing at your next holiday meal. Combine cooked bulgur with stuffing flavors (for example, sautéed onions, mushrooms, celery, and dried cranberries) and serve alongside your roast of choice.
12. For dessert, cook bulgur as you would rice pudding. Add warm, cooked bulgur to a pot with milk, sweetener, and flavorings (vanilla bean and cinnamon are classic), and simmer until the milk reduces and the whole mixture is creamy.



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12 Great Ways to Use...

Cabbage

The wide variety of cabbage available in the supermarket means nearly endless ways of incorporating this humble, healthy ingredient into family meals. Bok choy, green, napa (or Chinese), red, and savoy (or curly) cabbages are excellent sources of vitamins C and K. Look for tight heads of cabbage and discard any loose or browned leaves. Avoid overcooking cabbage to keep your kitchen free of that notorious smell.

- 1.** Coarsely chop bok choy and drop it into chicken or vegetable soup.
- 2.** Cut napa cabbage into thin shreds and toss with a simple vinaigrette (1 part acid like vinegar or lemon juice to 2 parts oil like olive or walnut; use fresh herbs, mustard, honey, and/or spices for seasoning). Top with a handful of chopped nuts, sunflower seeds, or roasted squash seeds.
- 3.** Shred napa or savoy cabbage and use it in place of or in addition to lettuce in wraps and tacos.
- 4.** Use the white ends of napa cabbage, cut in wide strips, to scoop up dips like hummus or baba ghanoush.
- 5.** Substitute finely chopped napa or green cabbage for the celery in Waldorf salad, chicken or tuna salad, or whole-grain salads.
- 6.** Roughly chop and sauté baby bok choy and chopped broccolini with garlic and olive oil for a quick and easy side dish.
- 7.** Cut a head of red or green cabbage in half through the core, lay the cut sides down and slice into 1 to 2-inch pieces. Brush both sides with oil and sprinkle with salt. Grill on a well oiled grate or grill pan until charred.
- 8.** Braise red cabbage with onions, apples, and apple cider vinegar for a flavorful side dish.
- 9.** Combine shredded red cabbage with julienned beets and a pinch of orange zest. Dress with a homemade vinaigrette for a variation on a side salad.
- 10.** Simmer large savoy or green cabbage leaves until soft, about 5 minutes, and then fill with seasoned rice, quinoa, or whole-wheat couscous. Simmer in tomato sauce or broth until the cabbage is tender and the rolls are heated through.
- 11.** Slice a head of savoy cabbage into 6 wedges and dress with Dijon vinaigrette (1 teaspoon of Dijon mustard, ¼ cup vinegar, ½ cup olive oil, a pinch of salt and a dash of garlic powder). Roast at 425°F for 30-35 minutes until the cabbage begins to brown. Remove from the oven and top with toasted walnuts and a drizzle of Dijon vinaigrette.
- 12.** Ferment your cabbage. Make pickled cabbage, sauerkraut, or kimchi.



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12 Great Ways to Use...

Canned Beans

Looking for ways to put healthy meals together in minutes? Reach for the canned beans. Traditional cooks soak dried beans overnight before cooking them. But when you're in a hurry, canned beans are a great convenience. And they deliver plenty of inexpensive protein as well as fiber. Include canned cannellini beans, pinto beans, black beans, or chickpeas (garbanzo beans) in your weekday Mediterranean Diet meals. Get into the habit of always draining them in a colander and rinsing them well under cold water to remove as much sodium as possible.

1. Add cannellini or black beans to your signature pasta dishes.
2. Top salads with beans to add protein and texture.
3. Add zucchini, summer squash, eggplant, peppers, and oregano to sautéed onion and garlic. Stir in cannellini beans, chopped tomatoes and 1 tablespoon red-wine vinegar, and serve over brown rice or bulgur.
4. Mash beans and avocado in a bowl and spread on a whole grain wrap. Add cilantro, and for crunch, some onion, carrot, or cabbage.
5. Mash pinto beans with some ground cumin and heat in the microwave. Spread on a tortilla, add scrambled eggs and salsa for a protein-packed breakfast or lunch.
6. Mash black beans in a bowl, and add onion, whole wheat flour, crushed garlic, and onion powder. Form into patties and sauté in a small amount of olive oil until slightly firm. Top with hummus or feta and serve on a whole grain bun.
7. Combine one can red kidney beans, one can garbanzo beans, bell pepper, onion, and parsley, mix with a citrus vinaigrette, and let marinate for several hours.
8. Mash pinto beans and spread on a whole wheat pizza crust. Add tomato sauce and sprinkle with cheese of your choice. Bake or microwave.
9. Combine white kidney beans, sun-dried tomatoes, garlic, rosemary, oil, and red-wine vinegar in a food processor or blender. Fold in kalamata olives and enjoy with fresh vegetables or whole grain crackers.
10. To make a creamy bean dip combine red kidney beans, Greek yogurt, chopped onion, red wine vinegar, chili powder, and ground cumin in a food processor.
11. Mix a can of beans, a can of drained tuna, chopped cucumber, black olives, hard boiled eggs, red onions, and marinated artichoke hearts and serve over arugula.
12. Briefly sauté onions and then add kidney beans, corn, peppers, tomato sauce, garlic, paprika, and chili powder. Simmer for about 30 minutes. Add a dollop of plain Greek yogurt to thicken this vegetarian chili.



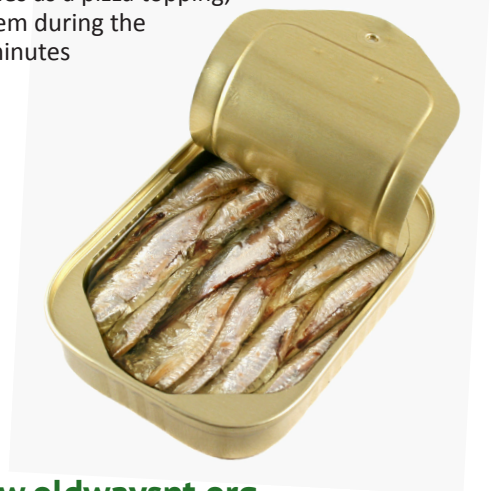
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12 Great Ways to Use...

Canned Sardines

Keep a few cans of sardines in your pantry. The USDA's 2015 Dietary Guidelines for Americans—which recommends that we eat more fish—specifically calls out sardines as a great seafood choice for their high levels of omega-3s and their low levels of methyl mercury, a marine contaminant. Sardines are also a source of protein, calcium, iron, vitamin D, and vitamin B12. And, in addition to being incredibly nutritious, sardines—specifically those caught in the Pacific—are also a sustainable choice for the environment. Open a can, lift the sardines out with a fork, and if you wish, remove their backbones before using. Here are a dozen ways to use canned sardines in your weekly meals:

- 1.** Make quick and easy fish cakes by combining drained, canned sardines, breadcrumbs or mashed potatoes, egg, salt, pepper, and flavorings (such as chopped onion, lemon zest, minced garlic). Shape into small cakes and pan fry until warmed through and browned on the outside.
- 2.** Using a fork, stir a few sardines and a few chopped capers into hot mashed potatoes.
- 3.** Chop canned sardines, combine with aioli and diced crunchy vegetables (celery, scallions, carrots), and spoon over slices of crusty bread.
- 4.** Add roughly chopped sardines in place of anchovies to your favorite pasta puttanesca recipe.
- 5.** Add chopped sardines and peas to hot cooked rice.
- 6.** For an easy and filling snack, chop canned sardines and place atop your favorite cracker, Melba toast, or rye crisp, spread with a bit of grainy mustard or fresh cracked pepper.
- 7.** Use sardines in a nicoise-style salad – top salad greens with sardines, a hard-boiled egg, tomatoes, green beans, olives, and your favorite vinaigrette.
- 8.** Create a delicious party appetizer by flaking or chopping canned sardines, combining with chopped tomato and mint or basil. Dress the mixture with extra-virgin olive oil and spoon on top of thin baguette slices.
- 9.** Make sardine spread. Combine flaked, canned sardines with salt, pepper, lemon juice, and cream cheese, or combine with white beans. Serve with pita chips or wedges of pita bread.
- 10.** Try sardines for breakfast! Place chopped sardines, minced onion or shallot, and fresh herbs in the bottom of an ovenproof ramekin. Top with an egg or two and bake until the egg white is set, but the yolk is still runny, and serve with bread for sopping up the deliciousness.
- 11.** Make sardine fritters for an appetizer or dinner by combining mashed sardines with a raw egg, chopped garlic, salt, pepper, and breadcrumbs. Shape into small fritters and fry in cooking oil. Serve with remoulade, cocktail sauce, or even spicy sriracha.
- 12.** Use sardines in place of anchovies as a pizza topping, adding them during the last two minutes of baking.



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12 Great Ways to Use...

Canned Tuna

Canned tuna is a great Mediterranean Diet food. It is rich in protein, low in fat and calories, and is an excellent source of essential omega-3 fatty acids, which science has shown to improve heart health and brain function. With a shelf life of over four years, canned tuna is also affordable and versatile. Here are 12 ways to easily incorporate this nutritional powerhouse into your daily meals.

- 1.** Combine canned tuna with avocados, berries, apples, and mango chunks in a food processor to make a tangy, creamy spread.
- 2.** Combine flaked tuna with hard-boiled eggs and hummus for a protein-packed sandwich filling or salad topping.
- 3.** Toss canned tuna, roasted red peppers, chopped red onions, fresh basil, garlic and tomatoes with whole wheat pasta to make a filling, tasty dinner.
- 4.** Combine cooked barley, tuna, and a sprinkling of cheese and microwave until heated through. Add milk to reach desired consistency.
- 5.** Saute an onion, 2 stalks of celery, and a diced red pepper in olive oil. Add a can of tuna and a can of drained, rinsed cannellini beans and cook for several minutes until heated through.
- 6.** Spoon an even layer of tomato sauce over whole wheat pizza dough. Add a can of flaked tuna, capers, olives, oregano, basil and olives, and bake until golden brown.
- 7.** Combine tuna, beans, scallions, cherry tomatoes, olive oil, and lemon juice and serve over arugula.
- 8.** Mix canned tuna with chili powder, lime juice and olive oil. Spread over a whole wheat tortilla, and add Greek yogurt, salsa, black beans, and sprinkling of cheese.
- 9.** Mix canned tuna with artichoke hearts, kalamata olives, chopped canned hearts of palm, lemon juice, and cilantro. Roll in a large leaf of lettuce, drizzle with balsamic vinegar, and sprinkle with feta cheese.
- 10.** Add canned tuna, diced plum tomatoes, sliced scallions, diced parsley, and olive oil to cooked bulgar. Toss and serve over greens.
- 11.** Flake tuna, mix with olive oil, lemon juice and parsley, and cover a whole grain English muffin or roll. Sprinkle with mozzarella cheese and broil until the cheese melts.
- 12.** Add canned tuna to boiled potatoes and mix with diced celery, lemon juice, wine, and olive oil. Add Dijon mustard to taste.



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12 Great Ways to Use...

Cauliflower

Cauliflower is an amazingly versatile ingredient! It joins the plate as a legitimate vegetable, but can also stand in as a substitute for starchy foods like potatoes and rice. Its mild flavor makes cauliflower easy to incorporate into a wide range of dishes, meaning you can introduce extra fiber, vitamins, and antioxidants to the dinner table. Although the white variety is the most well-known, cauliflower can also be orange, green, or purple.

- 1.** Toss cauliflower florets in olive oil, salt, and pepper and roast at 400°F for 25-30 minutes in a single layer on a baking sheet until tender and golden brown.
- 2.** Add roasted cauliflower to salads, quinoa, or rice dishes.
- 3.** Serve mashed cauliflower. Steam florets until tender, then puree them with milk, a drizzle of olive oil, and salt and pepper to taste.
- 4.** Add lightly steamed florets to a favorite macaroni and cheese recipe to add fiber and nutrients.
- 5.** Cook florets in chicken or vegetable stock with herbs, onion, celery, garlic, and carrots, then puree for a thick, satisfying soup.
- 6.** Toss roasted florets in your favorite vinaigrette, add olives, capers, and grape tomatoes for an easy side dish.
- 7.** Make the classic Indian dish aloo gobi by cooking florets and cubes of potato with turmeric, garlic, ginger, coriander, and cumin.
- 8.** Substitute pureed cooked cauliflower for some or all of the cream in your favorite creamy soups to lighten them up and add fiber and other nutrients.
- 9.** Dip slices of cauliflower in an egg wash and dredge in seasoned whole-grain panko breadcrumbs. Bake at 400°F for 25-30 minutes or until the cauliflower is cooked through and the coating is crisp.
- 10.** Pickle florets in a vinegar brine. Add hot peppers for spice in a giardiniera style pickle.
- 11.** Make cauliflower “rice” by running florets through the food processor until the pieces are about the same size as grains of rice. Spread the cauliflower out in a thin layer on a baking sheet and bake at 425°F for 7 minutes, toss, and bake for another 7 minutes. Season to taste and serve with stews, curries, or other dishes you normally serve with rice.
- 12.** Blend roasted cauliflower with Greek yogurt and season to taste with smoked paprika and garlic powder to make a healthy dip. Chill for an hour and serve with fresh veggies.



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12 Great Ways to Use...

Citrus

Citrus is a healthy and delicious part of the Mediterranean Diet, filled with cancer-fighting flavonoids, and loaded with vitamins and minerals. As with herbs and spices, citrus offers a sodium-free way to flavor foods. Experiment with all sorts of citrus. From tart limes and tangy tangelos to sour lemons and sweet navel oranges, citrus brightens our lives (and our cooking!).

- 1.** Citrus mixed with greens make for a fantastic salad. Mix orange or grapefruit slices with your favorite greens, onions, and nuts.
- 2.** Make a citrus vinaigrette using the juice of lemons and/or oranges, mixed with garlic or shallots and extra-virgin olive oil, salt, and pepper.
- 3.** Citrus is the secret to ceviche. Marinate a pound of scallops in the juice of 3 limes and 3 lemons in a refrigerator for six hours. Then drain the lemon-lime juice and add extra-virgin olive oil, tomatoes, parsley, cilantro, oregano, and pepper. Serve with avocado slices.
- 4.** Citrus is a great partner for poultry. Baste chicken breasts or thighs with a mixture of lemon juice, lemon zest, white wine, salt, pepper and your favorite spices. Bake topped with thin slices of lemon.
- 5.** Instead of fruit salad, focus only on citrus and combine a variety of fruits (oranges, clementines, grapefruit, tangerines), accompanied by sprigs of mint.
- 6.** For a dramatic dessert, scoop out the insides of oranges, and fill with store bought or homemade orange sorbet. For homemade orange sorbet, make a mixture of 4 parts juice, 1 part sugar, then heat until the sugar dissolves. Pour the mixture into a pan, cover, and freeze until firm. Serve in chunks or place inside the scooped out orange.
- 7.** Lemon and herbs go nicely with pasta. Make a sauce of the zest and juice of 2 lemons, a garlic clove, chopped chives and chopped parsley and 2 tablespoons of extra- virgin olive oil. Boil angel hair pasta until al dente, drain, add 3 tablespoons of extra- virgin olive oil, and then swirl in the lemon sauce.
- 8.** For a double citrus dessert, make a citrus pound cake, topped by a tart citrus glaze.
- 9.** Fish and citrus are natural companions. Sole meunière is a classic French fish dish using the juice of a lemon as the base for a sauce. Try a fresh citrus juice marinade or a citrus-soy sauce marinade on firm-fleshed fish.
- 10.** Citrus complements the taste of many vegetables. Think lemons and broccoli, beets and oranges, artichokes and lemons, or lime- marinated vegetable kebobs.
- 11.** Candied citrus peels are incredibly delicious. This Mediterranean treat can be eaten alone or as a topping for fresh citrus or other desserts. Boil citrus peels in water three times and set aside. Boil equal parts of water and sugar (2 cups each), and then drop the peels into the sugar water mixture until the white pith is translucent. Store in the refrigerator or dry.
- 12.** Citrus is a perfect ingredient for smoothies, coolers, and frozen drinks, alcoholic or non-alcoholic. Mix with other fruits, fizzy water, wine or alcohol for refreshing drinks.



Learn more about healthy food choices at www.oldwayspt.org.

12 Great Ways to Use...

Dates

If you haven't experimented with dates in your kitchen, start with the large, soft, creamy and delicious Medjool dates, grown in the United States in the Bard Valley between Phoenix and San Diego. They deliver special tastes and textures to a wide range of dishes, adding great bursts of flavor to stews, tagines, curries, and grain dishes, or providing the grace note to cooked pasta. Look for them in the produce section of your local grocery store.

1. Think salads. Remove the pits, combine with greens, and add apples, pistachios, and a sprinkling of gorgonzola cheese. Toss with balsamic or citrus vinaigrette.
2. Add dates, mandarin orange slices, and almond slivers to Greek yogurt to create a filling breakfast parfait.
3. Make energy bars. Combine dates, cashews, almonds, cocoa powder, shredded coconut, vanilla, and a little water and blend until it reaches dough consistency. Press into a pan and chill for an hour before serving.
4. Sauté onions and mix with dates (pitted and chopped), whole grain breadcrumbs, chopped pistachio nuts, and herbs. Cut a pocket into a chicken breast and fill pocket with the mixture. Brush both sides with olive oil and bake.
5. Top flatbreads/pizzas with mozzarella cheese, caramelized onions, dates (pitted and chopped) and rosemary. Broil or bake and serve.
6. Sauté onions, carrots, and red peppers. Cook quinoa and add vegetable mixture, diced dates, and torn mint leaves. Sprinkle with sliced almonds and feta cheese.
7. Combine canned tuna with avocados, berries, apples, and sliced dates for a creamy spread.
8. Combine dates with nuts (almonds, pecans, walnuts) and dried cranberries and eat this filling, tasty mixture on the go.
9. Toss spinach in a bowl with toasted walnuts, chopped dates, olive oil, sautéed garlic, feta cheese and lemon juice. Add to whole grain pasta for a quick, tasty dinner.
10. For a salsa, combine chopped dates, avocado, kiwis, red onion, bell pepper, cilantro, and jalapeno. Toss with lemon juice in a bowl.
11. Mix things up with a versatile date marinade. Puree dates with a little water in a food processor. Combine the paste with mangoes, honey, lemon juice, garlic powder, and ginger.
12. Carefully remove the pits from dates and replace each with a whole almond. Eat these snacks on the go or coat with honey and cinnamon for a sweet treat.



Photo courtesy of Bard Valley Medjool Date Growers Association

Learn more about healthy food choices at www.oldwayspt.org.

12 Great Ways to Use...

Eggs

Packed with protein, eggs are a staple in the Mediterranean Diet. They're easy to find, easy to keep on hand in the refrigerator, economical, nutritious, and versatile. One large egg contains about 70 calories, 5 grams of fat and 6 grams of protein. The yolk, which has nearly 50% of the egg's protein, is a source of vitamin D and many other vitamins and minerals, so unless you are on a restricted diet, eat the entire egg, as many as one a day. Here are 12 delicious ways to enjoy this egg-cellent food:

- 1.** Scramble or fry an egg in olive oil. Place on one side of a whole wheat English muffin and sprinkle the other side with shredded cheese. Add sliced tomatoes and/or avocados.
- 2.** Sauté onions, tomato, and olives in olive oil. Then, beat 2 eggs with a bit of feta cheese, add to the vegetables in the skillet, cover, and cook for about 5 minutes, or until the eggs are set.
- 3.** Mash hummus, avocado, or Greek yogurt with egg yolks to make a healthy filling for deviled eggs. Add olives to jazz it up even more!
- 4.** Mix spinach, broccoli and diced peppers with several beaten eggs. Pour the mixture into muffin tins coated with olive oil and bake at 350°F for 20 minutes for a healthy, crustless mini-quiche.
- 5.** Spice up your egg salad! Chop hardboiled eggs, capers, jalapenos, and pickles and toss with olive oil and vinegar or a mustard vinaigrette.
- 6.** Bake whole-wheat pizza dough for 8 minutes at 500°F. Spread sautéed shallots and asparagus (cut into 2- inch pieces) over the dough. Whisk 2 eggs and pour on the top of the vegetables. Sprinkle with goat cheese and bake for approximately 8-10 minutes until the eggs are set and the cheese is melted.
- 7.** Add cooked scrambled eggs to tortillas or stuff into pita pocket sandwiches for an extra protein boost.
- 8.** Combine corn, red onion, grape or cherry tomatoes, arugula, beans (white, red, or garbanzo) with halved hard-boiled eggs and splash with lemon juice and olive oil for a colorful, filling salad.
- 9.** Sauté garlic in extra-virgin olive oil, add cooked pasta, and top with several eggs beaten with grated Parmesan cheese. Cook, tossing gently, until the eggs are hot and set.
- 10.** Add leftover rice to diced vegetables sautéed in olive oil, stir, and add two beaten eggs. Continue stirring until the eggs are set.
- 11.** For an easy protein-packed meal, toss cannellini beans, hard-boiled eggs, olives and arugula with lemon vinaigrette.
- 12.** For a quick breakfast, lightly coat a mug with cooking spray, add one egg and one tablespoon milk, beat together and microwave on high for 45 seconds. Stir, microwave for another 35-40 seconds (or until set), add cheese and season with salt and pepper.



Learn more about the healthy food choices at www.oldwayspt.org.

12 Great Ways to Use...

Feta

The Greeks make a variety of cheeses, but there is no doubt that feta is their claim to fame in the cheese world. Feta is a Protected Designation of Origin (PDO) food, meaning European law regulates its production because it originated in Greece. True feta cheese is only manufactured in Macedonia, Thrace, Thessaly, Central Greece, the Peloponnese and Lesvos and is made with either just sheep milk or a combination of sheep and goat milk. Feta can be creamy or dry, depending on how long it is aged. After two months of aging, blocks of feta are submerged in a brine solution, enhancing the cheese's characteristic salty, tangy taste.

1. Try making Paximadia, the Greek version of an open-faced tomato sandwich. Pile ripe tomatoes, crumbled feta, and fresh herbs on toasted whole wheat bread. Drizzle with olive oil and enjoy!
2. Make a cheesy pepper spread by combining feta, bell peppers, dried chilies, smoked paprika, lemon juice, and olive oil in a food processor and whipping until smooth. Serve chilled with cut vegetables, crackers, or on toast.
3. Feta is a delicious addition to green salads. To make an authentic Greek salad however, skip the lettuce and just combine tomatoes, cucumber, feta, olives, and red onions with a red wine vinegar and olive oil.
4. Crumble feta into hot pasta dishes or cold pasta salads. It's also great in bean and lentil salads with plenty of fresh herbs.
5. Mix feta into ground meat along with breadcrumbs, an egg, fresh herbs and spices for burgers or meatballs. Feta pairs especially well with lamb.
6. Bake a whole block of feta for 8 minutes at 400°F until the edges are golden. Make it savory by baking it with tomatoes, olives and fresh herbs, or make it sweet by baking it with honey or berry compote. Enjoy with pita wedges.
7. Feta makes a great garnish for soups and stews. Hold some of the salt and make room for feta!
8. If you have figs that are past their prime, bake them with balsamic vinegar and creamy feta for a gourmet dessert or a sweet addition to meat or poultry dishes.
9. Make a refreshing summer salad with cubed watermelon, feta, fresh mint, olive oil, and balsamic vinegar or lemon juice.
10. Add crumbled feta to savory scones or muffins. Chives and feta go great together in a breakfast treat!
11. Try feta in scrambled eggs, omelets, or frittatas.
12. Broil slices of feta on toast with roasted vegetables and a drizzle of olive oil for an appetizer or light lunch.



Learn more about healthy food choices at www.oldwayspt.org.

12 Great Ways to Use...

Garlic

Although garlic sometimes gets a bad rap for its strong odor, it is still one of the most common ingredients used in Mediterranean cooking. Typically paired with onion, tomato, and ginger, it's challenging to find a savory recipe that doesn't list it as an ingredient. Garlic is versatile because of how its flavor changes as it is cooked, from spicy and pungent to sweet and mellow. It's unique bite is well worth garlic breath.

- 1.** Bake a whole head of garlic with a little olive oil wrapped in foil in the oven at 400°F for 30 to 35 minutes. Spoon out the caramelized roasted cloves and spread on bread or add to savory dishes, such as mashed potatoes.
- 2.** Slice a garlic clove in half and gently rub it over olive oil-brushed, toasted bread for quick and easy garlic bread.
- 3.** Mince garlic cloves and fresh parsley leaves, and toss together with freshly grated lemon zest and a little lemon juice. Use the mixture as a refreshing condiment to any meat or pasta dish.
- 4.** Sauté thinly sliced garlic cloves in olive oil until crispy and drain on paper towels. Use “garlic chips” to top soups and salads.
- 5.** Add minced garlic shortly after sautéing onions for soup, sauce, and stew recipes.
- 6.** Marinate seafood with a mixture of olive oil, crushed garlic cloves, spices, and lemon juice.
- 7.** Flavor olive oil by sautéing whole garlic cloves in the oil until lightly browned.
- 8.** Add crushed raw or roasted garlic to bean and vegetable dips. Combine with Greek yogurt and salt for a simple yogurt dip.
- 9.** In a blender or food processor, combine olive oil, vinegar, garlic cloves, dill, and grated feta cheese. Slowly add fresh buttermilk to the blend, chill, and use as a flavorful feta garlic dressing for salads.
- 10.** Make a tapenade with Greek olives, capers, pressed garlic cloves, pine nuts, olive oil, lemon juice, and fresh herbs. Add to omelettes or eat with pita bread.
- 11.** When cooking beans, add whole garlic cloves to the liquid for a more complex flavor.
- 12.** Cook greens such as spinach, collards, or kale with a little olive oil, thinly sliced garlic, and a splash of vinegar, white wine or lemon juice.



Learn more about healthy food choices at www.oldwayspt.org.

12 Great Ways to Use...

Fresh Herbs

Herbs and spices were added to the updated Mediterranean Diet Pyramid at an Oldways Conference in 2008. The international scientific committee thought it was important to include herbs and spices for reasons of both health and taste. In addition to great flavor attributes and health benefits, herbs and spices contribute to the regional and national identities of delicious dishes from all around the Mediterranean.

1. Finely chop your favorite herbs and add them to a basic vinaigrette.
2. Rub a mixture of olive oil, salt, pepper, and chopped thyme, rosemary, or sage on poultry before roasting to infuse the meat with delicious flavor.
3. Make a fresh pesto! Go the traditional route by combining fresh basil with garlic, salt, pine nuts, parmiggiano-reggiano or pecorino cheese, and olive oil in a blender or food processor. Pour over pasta, spread on toasted bread, slather on chicken or fish.
4. For a bright, fresh taste, add chopped basil and mint to gently sautéed zucchini or summer squash.
5. Make an Italian salsa verde—another delicious and herbaceous sauce that can be served with meat or fish. Combine parsley and other fresh herbs with anchovies, capers, garlic, red pepper flakes, and olive oil with a mortar and pestle (or in a food processor) for a rustic texture.
6. Roughly chop up your favorite tender fresh herbs (such as basil, dill, parsley, or mint) and add them to your salad for an unexpected pop of flavor with each bite.
7. Chop fresh parsley and mint, combine with cooked, drained bulgur wheat (or your favorite whole grain), finely chopped onions, and tomatoes. Dress with olive oil, lemon juice, salt, and pepper to make tabbouleh.
8. Flavor stocks, sauces, braises, and stews with sprigs of fresh rosemary and thyme – just remember to remove the woody stalks once the dish is complete!
9. Prepare a dill sauce for salmon (grilled, baked, roasted, smoked, or cured!) by combining chopped dill, Greek yogurt, a dollop of grainy mustard, finely chopped shallot, and a sprinkle of salt and pepper.
10. While you may think of using herbs in savory dishes, they can also be a fantastic addition to sweet baked goods. Use your imagination and add fresh herbs to delectable treats such as lavender cookies, basil cake, chocolate mint brownies, and more.
11. Explore the cooler side of herbs. Steep a generous handful of your herb of choice in milk or cream, strain, and use to prepare your favorite ice cream base. Or, steep your favorite herb in hot water for home-made herbal tea (hot or cold!)
12. Preserve your fresh herbs so that you can use them throughout the year! Dry them by hanging bundles of sprigs upside down in a dry, sunny place until thoroughly dehydrated. Alternatively, you can freeze washed, chopped herbs by placing them in an ice cube tray and covering with olive oil. The olive oil-herb ice cubes can be placed directly into a simmering pot of soup or a steaming bowl of mashed potatoes. Herbs can also be placed in plastic bags and popped into the freezer for future use.



Learn more about healthy food choices at www.oldwayspt.org.

12 Great Ways to Use...

Greek Yogurt

Greek yogurt is a key ingredient in the Mediterranean Diet. It is thicker and creamier than regular yogurt since most of the whey has been strained out, and it has a delicious tangy flavor. Plus, it contains twice the protein of regular yogurt and less lactose as well, making it suitable for some people who suffer from lactose intolerance. Eaten plain, it's a perfect snack. Used in cooking, it lightens, moistens, and supports fresh flavors. And it serves as an excellent stand-in for mayonnaise and sour cream. Here are some easy ways to use it:

1. Mix Greek yogurt with lemon juice and capers to create a sublime sauce for salmon.
2. Top a bowl of oatmeal or granola with Greek yogurt and fresh berries. Or, layer granola, Greek yogurt, and fresh fruit in a glass to make a breakfast parfait.
3. Spoon Greek yogurt on top of a dish of roasted vegetables.
4. Combine Greek yogurt with minced garlic, fresh herbs, and extra-virgin olive oil for an instant salad dressing.
5. Make a delicious dressing for chicken or seafood salad by combining Greek yogurt, Dijon mustard, and dried or chopped, fresh tarragon.
6. Blend Greek yogurt with honey, a squeeze of fresh lemon juice, and a dash of cinnamon to make a quick sauce for berries or peaches.
7. Use Greek yogurt instead of cream in cold soups.
8. Make a smoothie using Greek yogurt, fresh or frozen berries, and ice.
9. Top pizza dough with Greek yogurt, roasted vegetables, and shredded cheese, and bake at 425°F for about 10 minutes.
10. Combine yogurt, diced cucumbers, garlic, and a bit of extra-virgin olive oil to make a dip for whole grain bread or vegetables.
11. Combine Greek yogurt with a bit of unsweetened peanut butter for an instant snack.
12. Enjoy Greek yogurt topped with honey and chopped walnuts for a dessert treat.



Learn more about healthy food choices at www.oldwayspt.org.

12 Great Ways to Use...

Hummus

This nutritious, creamy, and tangy Mediterranean spread and dip provides protein, and fiber, which helps keep you feel full after you eat it. You can buy traditional hummus, made from chickpeas, plus varieties made from edamame, white beans, or yellow lentils, plus flavors ranging from lemon to horseradish. Hummus with baby carrots probably heads the list of healthy snacks in America; the duo is delicious, portable, and inexpensive. But if your experience with hummus is limited to this pairing, try these ideas:

- 1.** Use hummus instead of mayonnaise as a spread when making sandwiches and wraps.
- 2.** Make an instant salad dressing by blending hummus, vinegar, and salt and pepper.
- 3.** Blend hummus with chopped eggs, chicken, tuna, or other cooked seafood for a tangy, protein-rich sandwich filling.
- 4.** Mound several tablespoons of hummus into an avocado half for a quick mini-meal.
- 5.** Mash hummus with cooked egg yolks to make a filling for deviled eggs.
- 6.** Spread toast or bagels with hummus, rather than butter or cream cheese.
- 7.** Grill or broil Portobello mushroom caps and then top with a tablespoon of hummus.
- 8.** Serve a bowl of hummus as a sauce for kebabs of all kinds.
- 9.** Toss hot cooked pasta with hummus, season with cracked black pepper, and sprinkle with chopped fresh chives or parsley.
- 10.** Spread hummus on a pizza crust, top with roasted vegetables and olives, and bake at 425°F for about 10 minutes.
- 11.** Stir a spoonful of hummus into scrambled eggs or omelets before cooking.
- 12.** Spread hummus lightly on fish fillets, top with herb-seasoned bread crumbs, and bake at 400°F for 10 to 15 minutes, or until the fish flakes easily with a fork.



Learn more about healthy food choices at www.oldwayspt.org.

12 Great Ways to Use...

Kale

Kale, a dark leafy green related to collards and cabbage, is a nutrition powerhouse! Whether you use curly, dinosaur (also called lacinato), or red (also called Russian) varieties, you'll get over 600% of your daily value of vitamin K, over 200% of your daily value of vitamin A, and over 100% of your daily value of vitamin C in just one cup of chopped raw kale. Kale is also a good source of calcium, iron, and manganese. And the best part is that kale is also delicious!

- 1.** Make pesto. Either add kale to your basil pesto, or use it exclusively in place of basil or other herbs.
- 2.** Sauté kale in a little extra-virgin olive oil with onions and garlic for an easy side dish.
- 3.** Coarsely chop kale for a pizza topping. Put it under the cheese for tender kale, or over the cheese to let it get crispy.
- 4.** Stir up a pot of kale soup. Add kale to minestrone soup or enjoy kale gazpacho (<http://oldwayspt.org/blog/what-shade-your-kale>).
- 5.** Skip the wonton wrapper and roll up spring rolls with kale leaves.
- 6.** Make a smoothie: blend together 2 cups of kale, 2 celery stalks, juice from ½ a lemon, ½ cup of berries, ½ an apple or pear, parsley, and ½ to 1 cup of water (depending on desired thickness).
- 7.** Stir wilted chopped kale into your scrambled eggs or include it in your quiche or frittata.
- 8.** Toss kale leaves (stems removed) with olive oil, minced garlic, salt and pepper, spread on a baking sheet and roast in the oven at 375°F for about 20 minutes, stirring every 5 minutes, until leaves are crispy on the edges and tender in the center.
- 9.** Wilt kale into your next batch of tomato sauce and serve it over whole grain pasta for a hearty meal.
- 10.** Kale tastes great raw! Remove the stems and place a bunch of kale in a salad bowl. Drizzle it with olive oil and sprinkle with salt. Massage the kale to bruise it, making it tender. Add raisins and walnuts to complete the salad.
- 11.** Toss kale leaves into the food processor with a can of chickpeas, a squeeze of lemon, some olive oil, and a dollop of tahini sauce to make kale hummus.
- 12.** Mash together potatoes, sautéed kale and a handful of grated Parmesan cheese with warm buttermilk.



Learn more about healthy food choices at www.oldwayspt.org.

12 Great Ways to Use...

Lentils

Lentils are small but nutritional powerhouses of the legume family. A half-cup of cooked lentils has a whopping 9 grams of protein, more than nearly any other legume, and 8 grams of fiber. Plus, compared to other kinds of dried beans, lentils have the added advantage of being quick and easy to prepare. Although they should be rinsed and checked for dirt and debris before cooking, there is no need to pre-soak them. Three varieties of lentils are most widely available: green, brown, and red. The green have a nutty flavor and will stay firm when cooked. Brown lentils soften during cooking, and risk becoming mushy if overcooked. Red lentils are the quickest to cook, and will lose their shape, turning a yellow-orange color when cooked. The different types make lentils a versatile addition to your diet!

1. Put cooked lentils in your salad! You can also “pop” your lentils by placing cooked lentils in a skillet with a small amount of oil until they plump, or pop open, and toast slightly. This gives them a crunchy texture that contrasts nicely over greens.
2. Construct creative lentil side dishes. Lentils work well with a variety of flavor profiles, so you can take a side dish in a multitude of directions. Dress with olive oil and lemon juice to pair with chicken, or take a French twist by adding cloves in a sauce of Dijon mustard and red wine vinegar to pair with salmon.
3. You can feature lentils as the main course. Replace meat with lentils for a vegetarian Sweet Potato Shepherds Pie.
4. Soups, stews and chili are ideal plates for lentils. You could make a spicy, Mexican infused chili with lime and cilantro, you could take a Moroccan twist on vegetarian stew with cumin and garam masala notes, or try a lighter Asian flavor soup with hints of lemongrass and ginger in coconut milk.
5. Add lentils to your stir-fry. You can use lentils as your protein for your favorite stir-fry combinations, or as a base instead of the usual accompaniment of rice.
6. Try lentils as a filling for Stuffed Peppers. Combine cooked quinoa, lentils, cashews and spices like thyme and basil to fill bell peppers for a unique vegetarian take on a classic.
7. Use lentils as a meat replacement in tacos. Simmer lentils in a combination of cayenne pepper, cumin and paprika to create a delicious spicy filling for your tacos, or with chipotle peppers and adobo for a more smoky flavor.
8. You can even have lentils for breakfast! Cooked lentils can be added to baked breakfast bars or muffins. Uncooked lentils can be ground up to create a protein-packed powder to add to breakfast smoothies.
9. Make your own South Indian bread with lentils. Urad Dal bread is made using urad dal lentils (which can be found online or from an Indian store) and is a dense, moist sandwich bread. Dosas are another type of South Indian food, which uses the urad dal lentils to form wide, thin crepes.
10. Sprout lentils! Sprouting lentils is a simple process that can be done with any variety as long as they are whole (not split or dal). Rinse your lentils, then soak them for about 8-12 hours. Drain your lentils, rinse again and place in a large jar filling about 1/3 of the space (remember they are going to grow!). Cover the opening of the jar with cheesecloth secured with a rubber band. Twice a day rinse the lentils and drain through the cloth, making sure there is no puddle in the jar. After about 4-5 days you’ll see the little green leaf emerge and they’ll be ready to harvest.
11. Use lentils as a meat substitute in your favorite pasta sauce. Whip up a veggie-packed lentil and mushroom ragu with bell peppers and onions, or take a twist on a classic Stroganoff.
12. Lentils are great additions to veggie burgers. Cooked lentils combined with cooked quinoa, rolled oats and spices make flavorful, protein-packed patties that are ready for your favorite toppings.



Learn more about healthy food choices at www.oldwayspt.org.

12 Great Ways to Use...

Olive Oil

It's hard to think of a reason not to use olive oil every day. It keeps well, has a delicious taste, and offers remarkable health benefits. Studies show that people who make olive oil a part of their diets have lower rates of diabetes and other chronic illnesses. Supermarkets and gourmet shops offer dozens of choices. Buy several different kinds to discover the range of flavors. Think of it as you do wine: Sample and taste to find your favorites. Here are some easy ways to use olive oil:

- 1.** Bring out the sweet flavors of vegetables by chopping, tossing them with olive oil and roasting at 425°F until just tender.
- 2.** Scramble or fry eggs, and cook omelets in olive oil instead of butter.
- 3.** Use olive oil in marinades or sauces for meat, fish, poultry, and vegetables.
- 4.** Drizzle olive oil over cooked vegetables just before serving, for a burst of flavor.
- 5.** Pour a little olive oil into a shallow dish, add a small bit of crumbled feta cheese, and season with salt and pepper to create a delicious and healthy dip for whole grain bread.
- 6.** Toast baguette slices under the broiler, rub them lightly with a cut clove of garlic, and add a drizzle of olive oil for an easy bruschetta appetizer.
Replace butter with olive oil when making mashed or baked potatoes. For the ultimate mashed potatoes, whip together cooked potatoes, roasted garlic, and olive oil, and season to taste with salt and pepper.
- 7.** Combine cooked or canned, drained white beans, garlic, and olive oil in a food processor. Season to taste with salt, pepper, and your favorite herbs for a delicious dip or spread.
- 9.** Brush olive oil on meats before grilling or broiling to seal in the flavor and juices and create a crispy exterior.
- 10.** Add a thin layer of olive oil to the top of homemade pesto after putting it in a jar so the sauce will retain its bright green color.
- 11.** Toss popcorn with olive oil and a sprinkling of Parmesan cheese or herbs, instead of butter and salt.
- 12.** Substitute olive oil for butter in baking; use 3 tablespoons of olive oil in recipes that call for $\frac{1}{4}$ cup of butter; or $\frac{1}{4}$ cup plus 1 tablespoon of olive oil in recipes that call for $\frac{1}{2}$ cup of butter.



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12 Great Ways to Use...

Olives

When you adopt the Mediterranean Diet, olives become an important ingredient to use daily in many different ways – on their own as snacks and appetizers, or as important components in dips, sauces, salads, whole grain and pasta dishes, stews, and even baked goods. They're an excellent source of heart-healthy monounsaturated fats, important fatty acids, natural antioxidants, and iron. There are many different kinds of olives, with varying flavors and colors. Sample them all to find your favorites. Here are a dozen ways to add them to meals:

1. Combine olives with salted or smoked almonds, toss with a little olive oil, and serve at room temperature as an hors d'oeuvre.
2. Think of olives as partners for other fruits: pair with strawberries or melon chunks, chill, and serve dusted with black pepper as an appetizer or a dessert.
3. Wake up a green salad by adding olives, sliced grapefruit or oranges, and avocado.
4. Stir chopped olives into hot rice or whole grain dishes. If you're making a pilaf, include them along with currants and chopped nuts.
5. Add diced olives to salad dressings along with herbs and garlic.
6. Top hot pasta with diced or sliced olives, drained capers, olive oil, and Parmesan cheese.
7. Drizzle a baked potato with olive oil, add some chopped olives, and season with salt and pepper.
8. Add sliced olives to ratatouille or stew.
9. Dice a few olives and blend with Greek yogurt, Dijon mustard, and cooked egg yolks to make a deliciously different filling for deviled eggs.
10. Thread olives on skewers along with bell pepper chunks and mushrooms, and grill until sizzling.
11. Add sliced olives to scrambled eggs, omelets, and quiche, along with red or green peppers.
12. Stir chopped olives into tuna, chicken, or seafood salad.



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12 Great Ways to Use...

Parmigiano-Reggiano

Known as “The King of Cheese,” Parmigiano-Reggiano has been made the same way for over nine centuries, using raw milk aged for an average of 24 months. Production is limited to the Italian provinces of Parma, Reggio Emilia, Modena, and parts of Mantua and Bologna, and is highly regulated by the D.O.C., a set of Italian laws enacted to preserve the traditions and quality of Italian food and wine. Close imitations are made elsewhere, but for the real thing, check the rind for the dotted marks of the D.O.C. Parmigiano-Reggiano has an intense, sharp flavor and granular structure unmatched by other cheeses. A little goes a long way!

- 1.** Keep it classic: grate Parmigiano-Reggiano fresh from the cheese block onto pasta dishes and pizza straight from the oven.
- 2.** Serve Parmigiano-Reggiano chunks on an appetizer platter with fresh and dried fruit, nuts, and cured meat. Chunks are also delicious dipped in balsamic vinegar or jam, with a glass of wine.
- 3.** Add grated or shaved Parmigiano-Reggiano to soups just before serving as a garnish.
- 4.** Top roasted vegetables such as broccoli, cauliflower, and Brussels sprouts with grated Parmigiano-Reggiano when they come out of the oven.
- 5.** Shave Parmigiano-Reggiano on top of salads. It pairs especially well with balsamic vinaigrettes.
- 6.** Stir some Parmigiano-Reggiano and a little mascarpone cheese into risotto toward the end of cooking for a creamy texture and added bite.
- 7.** Create Parmigiano-Reggiano crisps: line a baking sheet with parchment paper or a silicone baking mat and pour several separated heaping tablespoons of grated cheese onto the sheet. Bake at 400°F for 3 to 5 minutes until golden. Once cool, use as an elegant garnish.
- 8.** Dollop a mixture of grated Parmigiano-Reggiano and fresh ricotta cheese on pears poached in white wine and sugar for a nutritious dessert.
- 9.** Elevate your fries: sprinkle oven-roasted potato wedges with Parmigiano-Reggiano and fresh rosemary.
- 10.** Incorporate grated Parmigiano-Reggiano into breadcrumb mixtures used for battered fish, meat, or vegetable dishes.
- 11.** Combine basil, pine nuts, garlic and olive oil in a food processor to make pesto. Stir in grated Parmigiano-Reggiano to make it the Italian way.
- 12.** Save your leftover Parmigiano-Reggiano rinds! Add them whole to stock, soups, sauces, and bean dishes to create a more complex flavor.



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12 Great Ways to Use...

Pasta

Pasta is nutritious, delicious, and affordable, making it an important staple in the Mediterranean Diet. A healthy pasta meal is truly the sum of its parts, and features two key factors: what you pair with your pasta, and how much pasta you eat in a meal. Pasta's versatility allows for almost endless preparations. It is a wonderful partner for almost any vegetable. The dish can be as simple as pasta + al dente vegetables + grated cheese + extra-virgin olive oil, or pasta + a cream sauce with roasted vegetables. Healthy pasta meals are a balance of pleasure and health!

- 1.** Plan on leftovers. Mix leftover pasta (or cooked and cooled pasta) with vegetables, cheese, olives, or other favorites and dress with extra-virgin olive oil and herbs and spices.
- 2.** Add small-size pasta to soups. Italians have many famous soups featuring pasta such as minestrone and pasta fagiole.
- 3.** Use your oven. Mix a pasta shape of your choice with a tomato or cheese sauce and bake in the oven. Lasagna is a classic baked pasta recipe, and there are many, many others ranging from baked macaroni and cheese or mushrooms to baked pasta with tuna and tomatoes.
- 4.** Wrap it up. Use all the traditional ingredients you'd use for a taco—beans, tomatoes, spices like chili peppers and cumin, sauce and cheese—and substitute a large cooked pasta shape, like jumbo shells, for the taco.
- 5.** Think about lunch. Change up your lunchbox by packing cold pasta with vegetables and a dip.
- 6.** Serve pasta for dessert. Pasta isn't just for main or side dishes. Use pasta as the anchor for a sweet dessert, such as fried sweet pasta or tagliatelle with sugar, cinnamon, and nuts.
- 7.** Make stuffed pasta. Pasta can easily be stuffed to make delicious main dishes. Tortellini and ravioli are pasta varieties filled with cheese, vegetables, or meat.
- 8.** Shop for variety. Be on the lookout for new kinds of pasta and shapes you may not have tried. Most supermarkets carry an extensive selection of whole grain choices, veggie pastas, and a wide range of shapes, which kids love: alphabets (for soup), cavatappi (corkscrews) farfalle (bow ties or butterflies), orecchiette (little ears), rotelle (little wheels), radiatori (radiators).
- 9.** Pasta is a great means of introducing children and adults to the magic of beans. Combine your favorite cooked pasta shape with beans (either dried and cooked or canned, rinsed, and drained) along with spices, extra-virgin olive oil, or sauce, and you'll have a new healthy favorite.
- 10.** Spaghetti Tortilla is a great (and quick) way to use leftover pasta, especially spaghetti. Sauté an onion and garlic clove in a skillet until softened, add leftover spaghetti, and then crack 3 to 5 eggs into the onion, garlic and pasta mixture. Let the eggs settle for 3 to 4 minutes, until the underside is browned. Flip and cook for a few more minutes. Add salt and pepper to taste. Serve immediately or at room temperature.
- 11.** Make the classic pasta dish—spaghetti with tomatoes or tomato sauce (meatballs are optional). For a quick “no-cook” sauce, cut a few cups of cherry tomatoes in halves, sprinkle with salt, add a tablespoon of extra-virgin olive oil, toss, and let sit at room temperature for about 4 hours. Stir and serve on top of hot penne or farfalle.
- 12.** Let your mind be bold! We have found many uses for uncooked pasta, including: candle lighter, cake tester, skewer, bookmark, science projects, Christmas decorations, and school art projects, among others.



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12 Great Ways to Use...

Peanuts & Peanut Butter

Peanuts and peanut butter play an important role in the Mediterranean Diet. They are sources of heart-healthy monounsaturated fat and protein and can lower your risk of weight gain, since they help keep you feeling full for hours. When used as a snack, they deliver important nutrition that might otherwise be missing from your diet. And they're delicious and affordable, too. Here are some easy ways to include both foods in your daily meals.

- 1.** Mix peanuts, popcorn, and raisins to make your own trail mix.
- 2.** Add chopped peanuts to pasta, grain dishes, or roasted vegetables as a crunchy, tasty garnish.
- 3.** Blend peanuts, lemon juice, garlic, and chickpeas to create a new spin on hummus.
- 4.** Add finely chopped peanuts to breadcrumbs and use as a coating for baked chicken or fish.
- 5.** Combine peanuts, fresh basil, garlic, Parmesan cheese, and lemon juice for a delicious pesto.
- 6.** Use peanut butter instead of butter or cream cheese to top your favorite whole grain bagel, bread, or English muffin.
- 7.** Spread peanut butter on a celery stalk and top with raisins to make kid-friendly “ants on a log.”
- 8.** Add a dollop of peanut butter to your favorite fruit (apples, bananas, pears, etc.) to turn a small snack into a hearty hold-me-over.
- 9.** Layer mini rice cakes with peanut butter and banana slices for a crunchy and satisfying snack.
- 10.** Spread peanut butter on breakfast waffles or pancakes.
- 11.** Blend 1 frozen banana (cut into pieces), peanut butter, milk, and three large ice cubes in a blender for a nutritious smoothie.
- 12.** Combine peanut butter with Dijon mustard, honey, and a bit of wine or water to create a dipping sauce for vegetable or chicken kebabs.



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12 Great Ways to Use...

Potatoes

Potatoes are one of the most nutrient dense vegetables and a staple food in cuisines around the world. One medium potato, with skin, has more potassium than a banana, is an excellent source of vitamin C and vitamin B6, provides about 110 calories, and contains no fat, no sodium, and no cholesterol. There are hundreds of different types of potatoes. Popular varieties include russets, reds, fingerlings, blues, purples, yellows, and whites – each offering different textures and tastes. And potatoes are economical and will keep you feeling pleasantly full long after your meal. Experiment in your kitchen to find ways to make potatoes central to quick and easy meals.

- 1.** For the ultimate comfort food, boil and mash or bake a potato and enjoy it with olive oil, salt and pepper, or fresh herbs – let your mind be bold!
- 2.** To make homemade fries, cut potatoes into wedges, toss lightly with olive oil, and roast on a baking sheet in a preheated 400°F oven for about 20 minutes, turning once, until lightly browned.
- 3.** To make a “baked” potato in a microwave, cut a wedge (1/8 -inch wide and ½ inch deep) out of each potato, to let the steam escape. Place in a microwave-safe dish, and microwave on high, uncovered, for 10 to 12 minutes. Use oven mitts to remove the dish.
- 4.** Try skordalia, a Greek potato and garlic dip that can be used like hummus. Mash several cooked potatoes with almonds, extra-virgin olive oil, lemon juice, and vinegar, and season with salt and pepper.
- 5.** For a patio party, serve grilled potato wedges with a variety of dipping sauces such as guacamole, salsa, or hummus.
- 6.** Precook potatoes by baking, boiling, or microwaving until just barely tender. Cut into chunks, thread onto skewers with vegetables and your choice of seafood, chicken, or meat. Grill over medium-high heat for about 10 minutes, brushing with a little olive oil during the last few minutes of cooking.
- 7.** Spray a 9 x 9 x 2-inch foil pan liberally with nonstick cooking spray, build layers of thinly sliced onion, potato, and cheese, cover tightly with foil, and grill the pan over medium heat for about 1 hour or bake it in a 350°F oven for 40 minutes.
- 8.** Cook potatoes according to your favorite method. While still warm, cut into chunks and toss with vinegar, olive oil, a little Dijon mustard, and your choice of chopped fresh herbs. Serve warm or cold.
- 9.** Cut unpeeled potatoes into thick wedges, toss with olive oil, cumin, smoked paprika, and salt, and roast on a baking sheet at 425°F for 25 minutes, or until crisp. Top with cheese, black beans, and/or sliced olives and bake for 5 minutes longer.
- 10.** When you visit Spain, you will have potatoes at most every meal. And the Spanish Tortilla is a particular favorite, served as tapas all over Spain. Similar to an omelet, it is called either tortilla de patatas or tortilla española, and very simply includes potatoes, onions, eggs, garlic, salt and pepper, cooked in olive oil.
- 11.** Potato pancakes, popular in Europe and the Middle East, and a traditional food (latkes) for Hanukkah, are made with potatoes, flour, and eggs and cooked in oil. Secret family recipes abound, and often call for cheese, vegetables, or legumes.
- 12.** When a soup or stew isn’t quite as thick as you’d like, add a diced potato and cook for 15 minutes or until the potato “melts” into the liquid.



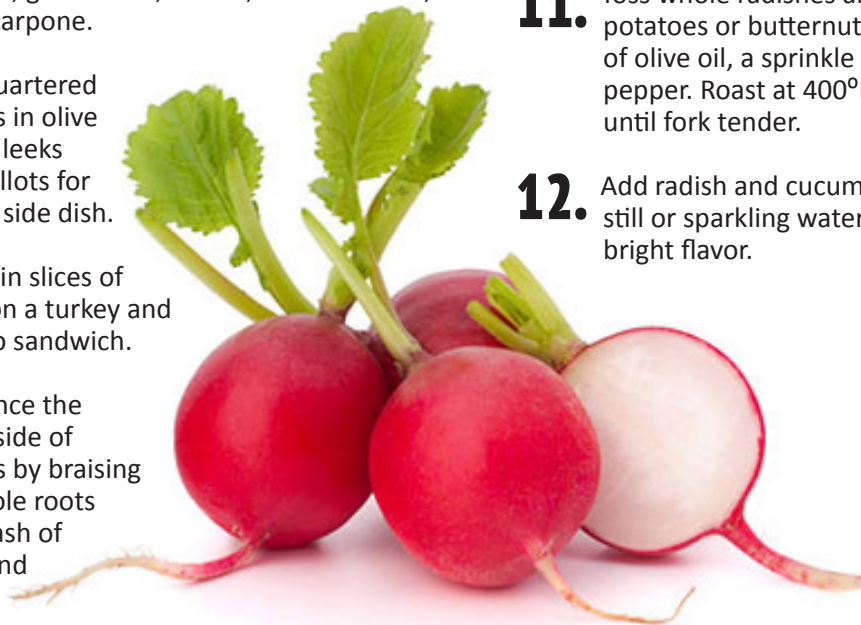
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12 Great Ways to Use...

Radishes

Radishes are a wonderful spring vegetable that can help add flavor and brightness to dishes without heavy use of salt. Their natural peppery flavor perks up other root vegetables, salads, and even poultry and other meats. A half-cup serving offers a dose of vitamin C (14% of the daily value) and a gram of fiber with only 9 calories, making radishes a guilt-free addition to any meal.

1. Top a slice of crusty bread with a light layer of butter, thinly sliced raw radishes, and a sprinkle of salt for a traditional French snack.
2. Add crunch and a subtle peppery flavor to green salads with sliced radishes. Stir minced radishes and apples into tuna or chicken salad for a peppery crunch.
3. Quickly pickle radishes in vinegar brine to create a crunchy, slightly sour snack.
4. Enjoy an afternoon snack with contrasting textures by dipping radish halves in hummus, guacamole, ricotta, cream cheese, or mascarpone.
5. Sauté quartered radishes in olive oil with leeks and shallots for an easy side dish.
6. Layer thin slices of radish on a turkey and avocado sandwich.
7. Experience the tender side of radishes by braising the whole roots in a splash of water and white wine, a drizzle of olive oil, salt, pepper, and a pinch of sugar.
8. Combine sliced radishes with cut-up fruit to perk up a fruit salad.
9. Toss julienned or diced radishes into your favorite coleslaw or potato salad recipe for additional crunch and spiciness.
10. Save radish greens to blend into soup, replace basil in a pesto, or braise as you would collard or mustard greens.
11. Toss whole radishes and cut-up sweet potatoes or butternut squash with a drizzle of olive oil, a sprinkle of salt, and some black pepper. Roast at 400°F for 30-30 minutes or until fork tender.
12. Add radish and cucumber slices to a carafe of still or sparkling water to add a refreshingly bright flavor.



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12 Great Ways to Use...

Spices

It's a smart idea to find ways to flavor your food with spices, which provide both a regional and a cultural identity to whatever you prepare, along with many health benefits. Spices are made from the aromatic dried buds, flowers, fruits, seeds, berries, bark, and roots of plants. They can add both flavor and antioxidants to your food and help you wean your palate from salt, which many of us rely upon too much for its familiar flavor. Start with adding just a little spice (measure about ¼ teaspoon) to familiar foods and go from there. Here's a quick look at some popular spices, from A to Z! Experiment with just one, and then combine several to come up with your own flavors.

- 1.** Allspice tastes like several spices at once--pepper, cloves, and nutmeg. Crush whole berries in a spice mill or with a mortar and pestle. Sprinkle on baked squash or add to cooked beans.
- 2.** Cayenne, which is ground hot red chili pepper, boosts the flavor and adds a little kick to sauces, stews, and seafood dishes. Or, instead of butter, sprinkle it on popcorn.
- 3.** Cinnamon is a good spice for applesauce or stewed fruit. Sprinkle a little on ground coffee before brewing.
- 4.** Coriander comes from the seeds of the cilantro plant. Sprinkle it dried into chili and bean dishes.
- 5.** Cumin is an important Middle Eastern spice. Stir it into Greek yogurt for an instant dip or sauce for wraps, or sprinkle a little bit on hummus.
- 6.** Curry powder is a mixture of spices and a great convenience for busy cooks. Add a pinch or two to chicken or tuna salad, or toss it with potatoes or sweet potatoes before roasting.
- 7.** Ginger spices up fruit salad or sliced melon. Or, dust it over carrots, squash, or sweet potatoes before roasting.
- 8.** Nutmeg works well in quiches, sautéed spinach and other greens, and cheese sauces served with pasta. Buy a few whole nutmegs, keep them in a tightly sealed jar, and grate them against the small holes of a box grater.
- 9.** Paprika is not just for sprinkling on hard-cooked eggs. Look for "smoked paprika," which has a pungent, hot flavor that wakes up grain dishes, seafood and vegetable stews, hummus, and dips of all kinds.
- 10.** Pepper tastes best when freshly ground. Use it to flavor avocados, pasta dishes, soups, stews, and vegetables. Use a little bit on top of melon or peach slices for a spicy dessert.
- 11.** Turmeric adds heightened flavor and a warm yellow color to rice and grain dishes. Or blend it with cumin for chilies and vegetable stews.
- 12.** Za'atar gets its flavor note from dried sumac berries. Its tart, sour, and fruity flavor is stronger and more memorable than lemon making it a good substitute. Blend with thyme, oregano, and olive oil and spread on pita bread before toasting.



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12 Great Ways to Use...

Walnuts

Walnuts are nutritious foods that complement a wide range of flavors. They contain a significant amount of alpha-linolenic acid (ALA), the plant-based source of omega-3 fatty acids, and provide protein, too. Plus, they're easy to find everywhere. Get into the habit of adding them to grain dishes, tossing them along with fresh herbs into salads, sprinkling them on pasta, grinding them to make delicious dips and spreads, and pairing them with vanilla, cloves and cinnamon in desserts. Here are some easy ways to use them in the kitchen.

- 1.** Combine a banana, plain Greek yogurt, walnuts, and honey in a blender for a morning smoothie that will keep you feeling energized throughout the day.
- 2.** Add chopped walnuts to your morning oatmeal or whole grain cereal.
- 3.** Make a delicious spread: Toast $\frac{1}{2}$ cup of walnuts in the oven at 350°F for about 10 minutes. Blend with a chopped clove of garlic, a can of drained and rinsed chickpeas, the juice of 1 lemon, and salt and pepper.
- 4.** For a creamy dip, combine thawed frozen edamame, walnuts, parsley, 1 clove garlic, and plain Greek yogurt in the food processor and mix until smooth.
- 5.** Combine canned tuna with an avocado, a chopped apple, and diced celery. Sprinkle with fresh lime juice and lightly toasted walnuts for a citrusy, protein punch!
- 6.** Toss watermelon cubes, blueberries, bell pepper and walnuts with vinaigrette and serve on arugula.
- 7.** Sprinkle olive oil on whole grain pizza dough, top with red onions, sliced bell peppers, a few olives, add a little shredded cheese, top with walnuts and bake at 400°F for about 15 minutes.
- 8.** Add diced mango, red pepper, green onion, mint, and walnuts to cooked quinoa, brown rice, barley, farro, or bulgur.
- 9.** Create your own walnut butter! Toast walnuts, put them in a food processor, and blend until smooth. Add honey or cinnamon if you wish.
- 10.** Combine whole grain pasta with crumbled goat cheese, sundried tomatoes, walnuts, and arugula for a quick, creamy, crunchy meal.
- 11.** Make your own pesto. Combine basil, walnuts, olive oil and garlic in a food processor. Serve with pasta, on sandwiches, or mix with grains.
- 12.** Cut an apple into wedges and toss with lemon juice, cinnamon, vanilla and raisins. Cover and microwave. Sprinkle with walnuts and enjoy!



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