

MAKE YOUR MEALS MEDITERRANEAN

STARTING WITH

FIVE MAKEOVER MEALS

ENJOYING THE MEDITERRANEAN DIET

every month makes good sense for good health—and for meals with lots of flavor. It's healthy, easy, affordable and tasty! As you can see on the Mediterranean Diet Pyramid below, Mediterranean meals focus on lots of whole plant foods and good fats, without excluding any whole foods. Go ahead and enjoy cheese and yogurt, meat, fish, and poultry—in smaller portions—while putting plant foods like vegetables, whole grains, beans, nuts, fruit, and olive oil in the center of your plate.

IT'S EASY TO TRANSFORM

not-so-healthy typical American meals into nutritious, great-tasting Mediterranean meals. To get you started, the California Walnut Commission and Oldways are pleased to bring you ideas for making five typical American meals more Mediterranean, using familiar foods and easy steps. Take a journey filled with good health, easy recipes, affordability, and great taste.

Visit our website for more information and recipes:
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OLDWAYS
HEALTH THROUGH HERITAGE



SPAGHETTI AND MEATBALLS → PASTA PUTTANESCA

People in Italy usually refer to Spaghetti and Meatballs as something only eaten in America! Whatever its origins, as typically eaten, it's a dish high in calories (almost 1,000), not leaving room for much else if you are aiming for the 2,000 calorie day recommended for most adults.

Instead, remake Spaghetti and Meatballs into Pasta Puttanesca. This dish, with an enticing aroma, is a great representation of the Mediterranean diet. It features lots of important whole plant foods (tomatoes, olive oil, olives, capers, whole grain spaghetti, onion, garlic, and walnuts), it's easy to make, and is packed with twice the flavor—but only half the calories—of Spaghetti and Meatballs.

ORIGINAL: SPAGHETTI AND MEATBALLS

Spaghetti and beef meatballs, served with white garlic bread



Original Nutrition: Calories: 1030, Total Fat: 59g, Saturated Fat: 20g, Sodium: 3440mg, Carbohydrate: 82g, Fiber: 6g, Protein: 49g

REMAKE: PASTA PUTTANESCA WITH MIXED OLIVES AND WALNUTS



New Nutrition: Calories: 440, Total Fat: 22g, Saturated Fat: 2.5g, Sodium: 380mg, Carbohydrate: 56g, Fiber: 3g, Protein: 12g

Pasta Puttanesca with Mixed Olives and Walnuts

Makes 6 Servings

- 2 tablespoons extra virgin olive oil
- ½ cup onion, sliced, quartered
- 4 cloves garlic, minced
- 1 28-ounce can tomatoes, diced, petite, unsalted
- ½ cup mixed olives*, pitted, coarsely chopped
- 1 tablespoon capers, drained
- 2 tablespoons tomato paste
- ½ teaspoon red pepper flakes, crushed
- ¾ pound whole wheat spaghetti or linguine, cooked according to package directions
- ¾ cup California walnuts, toasted and coarsely chopped
- Basil, fresh, snipped, and Parmigiano-Reggiano, freshly grated (optional)

*May substitute Kalamata olives.

1. Heat olive oil in a large saucepan over medium heat. Add onion and cook for 5 minutes. Add garlic and cook for 1 minute more. Stir in tomatoes, olives, capers, tomato paste and red pepper flakes and bring to a boil.
2. Reduce heat and cook over low heat for 20 minutes, stirring occasionally. Toss with hot, cooked pasta and sprinkle with walnuts.
3. Top with basil and Parmigiano-Reggiano, if desired.
4. Serve with whole wheat garlic bread brushed with olive oil and a small salad lightly dressed with vinaigrette.



STEAK AND POTATOES → SHISH KEBABS

Steak and potatoes (or any meat and potatoes) is a classic American meal. However, this classic does no favors for your heart, your waistline, or your general health.

One option to remake this classic meal, while still highlighting the flavor of meat, is the familiar and friendly Shish Kebab. This Mediterranean dish from Greece, Turkey and

neighboring countries includes small pieces of meat (usually beef or lamb), along with a wide variety of vegetables, grilled or roasted on a skewer. Use any seasonal vegetables or try the ones below. Recognizing its Mediterranean heritage, we like to serve the Shish Kebab on a bed of Bulgur Walnut Pilaf.

ORIGINAL: STEAK AND POTATOES

16-ounce ribeye or T-bone steak, served with mashed potatoes and frozen mixed vegetables



Original Nutrition: Calories: 1830, Total Fat: 97g, Saturated Fat: 50g, Sodium: 630mg, Carbohydrate: 93g, Fiber: 5g, Protein: 144g

REMAKE: SHISH KEBABS

Served on a bed of Bulgur and Walnut Pilaf



New Nutrition: Calories: 440, Total Fat: 22g, Saturated Fat: 2.5g, Sodium: 380mg, Carbohydrate: 56g, Fiber: 3g, Protein: 12g

Shish Kebabs

- 3 tablespoons olive oil
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon balsamic vinegar
- 1 tablespoon honey
- 1 clove garlic, minced
- 1 pound lean beef (sirloin tip, top sirloin, or filet mignon), cut into 1-inch cubes
- 1 8-ounce package mushrooms
- 1 orange or red bell pepper, cut into 1-inch pieces
- 1 red onion, cut into 1-inch pieces
- 1 medium zucchini, cut into 1-inch pieces

1. Place the olive oil, soy sauce, vinegar, honey, and garlic in a medium bowl or zip top bag. Add the beef and toss to combine. Allow to marinate for at least 4 hours or overnight.
2. Soak 8 bamboo skewers in water for 30 minutes. Thread the meat and veggies evenly onto skewers, leaving a bit of space in between. Brush the remaining marinade over the meat and

Makes 4 Servings

vegetables. Pre-heat the grill on medium-high heat. Add the skewers and cook, turning halfway, until the beef is cooked, about 8 minutes.

3. Serve on a bed of Bulgur and Walnut Pilaf

Bulgur and Walnut Pilaf

- 1 tablespoon olive oil
- ½ small onion, cut into ¼-inch dice (½ cup)
- 1 large carrot, shredded (about 1 cup)
- 1 cup bulgur
- 2 cups all-natural low-sodium chicken broth or vegetable broth
- ½ cup California walnuts, toasted and coarsely chopped

Heat the oil in a medium saucepan over medium-high heat. Add the onion and cook, stirring frequently, until softened, about 6 minutes. Stir in the carrot and bulgur. Add the broth and bring to a boil. Reduce the heat and simmer, covered, stirring frequently, until the liquid is absorbed, about 20 minutes. Stir in the walnuts.

SCRAMBLED EGGS AND SAUSAGE → SPANISH FRITTATA

Scrambled eggs and sausage (or bacon) is a weekend staple loved by many. Take your favorite eggs to the next level by creating a Spanish Frittata—a simple dish that cooks on your stove top and looks impressive on the table.

In Spain, eggs and potatoes are beloved foods found at many meals. This Spanish Frittata brings together eggs and potatoes, along with vegetables and heart-healthy¹ walnuts, to make a yummy breakfast, lunch, brunch or dinner. Serve with whole wheat toast topped with mashed avocado to truly complete the meal.

ORIGINAL: SCRAMBLED EGGS AND SAUSAGE

Served with buttered white toast



Original Nutrition: Calories: 780, Total Fat: 61g, Saturated Fat: 29g, Sodium: 1200mg, Carbohydrate: 26g, Fiber: 0g, Protein: 30g

REMAKE: SPANISH FRITTATA

Served with avocado toast and fresh fruit



New Nutrition: Calories: 370, Total Fat: 24g, Saturated Fat: 4.5g, Sodium: 260mg, Carbohydrate: 25g, Fiber: 4g, Protein: 15g

Spanish Frittata

Makes 4 Servings

- 1 pound potatoes, peeled and cut into 1/3-inch dice (2 cups)
 - 2 tablespoons extra virgin olive oil, divided
 - 1 large red bell pepper, cut into 1/4-inch dice (2 cups)
 - 1/2 small onion, cut into 1/4-inch dice (1/2 cup)
 - 1 clove garlic, minced
 - 6 large eggs
 - 3 tablespoons water
 - 1 tablespoon chopped fresh tarragon or 1 teaspoon dried tarragon
 - 1/2 teaspoon kosher salt
 - 1 pinch black pepper
 - 1/2 cup California walnuts, toasted and coarsely chopped
 - 1/2 cup crumbled feta cheese
1. Place the potatoes in a medium saucepan and add enough cold water to cover. Add a few pinches of salt, cover, and bring to a

boil. Reduce the heat and cook, covered, at a low boil until very tender, about 7 minutes. Drain and set aside.

2. Heat 1 tablespoon of the oil in a 12-inch nonstick skillet over medium heat. Add the bell pepper, onion, and garlic, and cook, stirring frequently, until the vegetables are softened, about 8 minutes.
3. Beat the eggs and water in a large bowl. Gently stir in the potatoes, cooked vegetables, tarragon, salt, and pepper.
4. Heat the remaining oil in the skillet over medium heat. Pour the egg mixture into the skillet, and top evenly with the walnuts and feta. Cook until the omelet is golden brown on the bottom, about 5 minutes.
5. Heat the broiler to high. Place the skillet under the broiler (if the handle is plastic, wrap in aluminum foil). Broil until the top is golden brown, 3 to 5 minutes. Cut into wedges and serve.
6. Serve with whole wheat toast topped with mashed avocado.

¹ Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet, and not resulting in increased caloric intake may reduce the risk of coronary heart disease. U.S. Food and Drug Administration, March 2004. One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat, including 2.5g of alpha-linolenic acid — the plant-based omega-3.

TURKEY SANDWICH → WALNUT HUMMUS PITA POCKETS

While turkey can be a calorie-conscious option for lunch, typical deli sandwiches pile huge amounts of meat and cheese on white bread, topped with a few hundred calories just from the mayo. Instead, try your sandwich on whole grain bread, with veggies and avocados—or even better, step lunch up a notch in health and flavor with a Mediterranean-style pita pocket.

Try a stuffed Walnut Hummus Pita Pocket with spinach, feta cheese, tomatoes, cucumbers and walnuts for a new tasty treat. Once you've tried this, the world of stuffed whole wheat pita pockets is unlimited!

ORIGINAL: TURKEY AND CHEESE SANDWICH

Deli turkey on white bread, with mayonnaise, cheese, iceberg lettuce, and sliced tomato, served with potato chips



Original Nutrition: Calories: 640, Total Fat: 39g, Saturated Fat: 12g, Sodium: 2060mg, Carbohydrate: 40g, Fiber: 2g, Protein: 30g

REMAKE: WALNUT HUMMUS PITA POCKETS

Served with fresh fruit or carrots on the side



New Nutrition: Calories: 480, Total Fat: 27g, Saturated Fat: 4g, Sodium: 610mg, Carbohydrate: 50g, Fiber: 10g, Protein: 16g

Walnut Hummus Pita Pockets

Makes 4 Servings

- 1 15-ounce can chickpeas, drained and rinsed
- ¾ cup California walnuts, toasted and coarsely chopped
- ¼ cup water
- 3 tablespoons fresh lemon juice (juice of 1 lemon)
- 2 tablespoons olive oil
- 2 teaspoons lemon zest (zest of 1 lemon)
- 1 small clove garlic
- ½ teaspoon freshly ground turmeric
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 4 whole wheat pita pockets
- 1 cup baby spinach
- 1 large tomato, cut into 8 thin slices
- 1 cucumber, cut into 12 thin slices
- ¼ cup crumbled feta cheese

1. Combine the chickpeas, walnuts, water, lemon juice, olive oil, lemon zest, garlic, turmeric, salt, and pepper in the bowl of a food processor and process until smooth, scraping down the sides of the processor as necessary.
2. Slice open the pita pockets and spread the hummus evenly between each pita (about 1/3 cup in each). Layer the spinach leaves, tomato slices, and cucumber slices in each pita pocket and top with the feta and additional chopped walnuts.
3. Serve immediately with fresh fruit or carrots on the side.



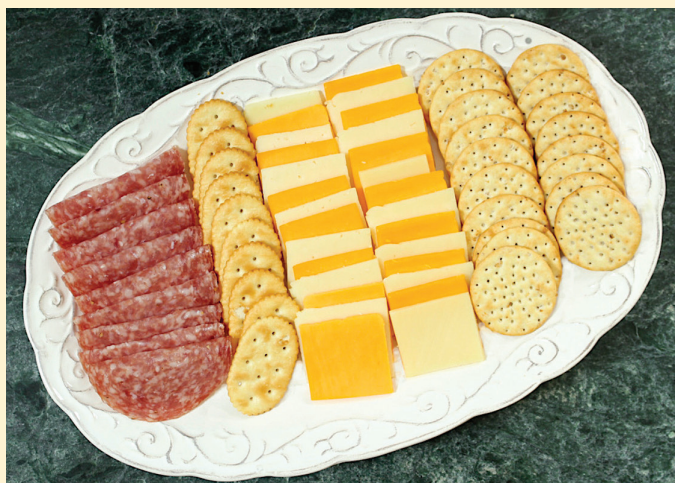
CHEESE AND CRACKERS → ANTIPASTO PLATTER

Anyone can put cheese and crackers on a plate. Instead, dazzle your family and friends with an Antipasto Platter, a starter many Mediterranean families offer family and guests alike.

It is easy to assemble this platter with roasted vegetables, walnut-stuffed dates and Muhammara Dip, served with whole grain pita chips or pita bread. And then, if you want to include cheese, once again look to the Mediterranean for inspiration and add cheeses such as Parmigiano-Reggiano, Manchego, feta, Halloumi and/or any great cheese that you love.

ORIGINAL: CHEESE AND CRACKERS

Typical mix of cheeses (cheddar, pepper jack, etc) with crackers and salami



Original Nutrition: Calories: 620, Total Fat: 49g, Saturated Fat: 23g, Sodium: 1680mg, Carbohydrate: 14g, Fiber: 0g, Protein: 30g

REMAKE: ANTIPASTO PLATTER



New Nutrition: Calories: 340, Total Fat: 22g, Saturated Fat: 4g, Sodium: 550mg, Carbohydrate: 35g, Fiber: 6g, Protein: 8g

Antipasto Platter

Makes 8 Servings

(Serving: 1/8 of vegetables, 2 stuffed dates, 3 tablespoons Muhammara, 4 pita chips)

Roasted Vegetables:

- 2 cups broccoli florets
- 2 cups cauliflower florets
- 1 small zucchini, cut into 2-inch spears
- 1 red bell pepper, cut into 2-inch pieces
- 6 ounces green beans, trimmed
- 6 whole garlic cloves
- 3 tablespoons extra virgin olive oil
- 1½ tablespoons balsamic vinegar
- 1 teaspoon kosher salt
- ½ teaspoon black pepper

1. Preheat the oven to 425°F. Place the broccoli, cauliflower, zucchini, pepper, beans, and garlic cloves on a large baking sheet. Whisk the olive oil, vinegar, salt, and pepper together and drizzle over the vegetables. Stir to combine.
2. Cook for about 20 minutes, stirring halfway through, until vegetables are soft and caramelized. Allow to cool to room temperature before serving.

Walnut Stuffed Dates

- 16 pitted, dried dates (about 1 cup)
- 1/3 cup softened goat cheese
- 8 California walnuts, toasted (about 1/4 cup), sliced in half lengthwise

Stuff each date with 1 teaspoon goat cheese and 1 walnut quarter. Serve at room temperature.

Muhammara Dip

- 1 7-ounce jar roasted red peppers, drained
- 3/4 cup California walnuts, toasted
- 1/3 cup panko bread crumbs
- 1 tablespoon extra virgin olive oil
- 1 tablespoon pomegranate molasses
- 1 tablespoon fresh lemon juice
- 1 small clove garlic
- 1 teaspoon cumin
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon kosher salt

Combine all ingredients in a food processor and process until smooth, scraping down the sides of the processor as necessary. Serve with pita chips or toasted pita triangles.