



Name:

Age :

May we contact you in 1 year to help measure the long-term impacts of this program?

If so, please share your email address or phone number. *We will never share or sell your contact information.*

Please fill in a circle for each question.	Never	1-2 times per week	3-4 times per week	5-6 times per week	Every day
1. How many times per week do you cook at home?					
2. How many times per week do you eat the following?					
Herbs and spices					
Nuts and/or seeds					
Whole grains					
Beans					
Vegetables					
Fruits					
Vegetarian-based meals					
Seafood					
3. How often do you exercise per week? <i>(including walking)</i>					



4. After taking this class series, what comes to mind when you hear the phrase “A Taste of the Mediterranean?”

5. What’s the most useful thing that you learned in this class series?

6. Has this class series changed the way you eat at all? If so, how?

7. Are history and heritage positive motivators for living and eating well?

Yes

No

8. What do you think about eating in more traditional ways?

9. Did you cook any of the recipes at home?

Lesson 1: The Mediterranean Diet and Healthy Fats

Mediterranean Couscous Salad	13
Ayfer’s Kisir	14
Basic EVOO Vinaigrette	15

Lesson 2: Fruits, Vegetables, and Herbs

Pantescan Potato Salad with Capers	25
Sicilian Citrus, Fennel, and Red Onion Salad	26
Catalan Spinach with Raisins	27

Lesson 3: Whole Grains

Penne with Pesto and Peas	37
Tabbouleh	38

Lesson 4: Beans, Peas, Lentils, and Chickpeas

Turkish Red Lentil Soup	45
Insalata di Ceci e Ruchetta (Marinated Chickpea Salad)	46
Hummus	47

Lesson 5: Fermented Dairy

Greek Spinach Salad	56
Tzatziki Sauce with Crispy Zucchini Coins	57

Lesson 6: Seafood

Sardine Patties with Dill Yogurt Sauce	65
Niçoise Tuna and Bean Salad	66