

rediscover  goodness

OLDWAYS

CULTURAL FOOD TRADITIONS

Mediterranean Diet DEMO KIT





Mediterranean Diet Demo Kit

USE THIS KIT TO:

- **Talk** about the Mediterranean Diet at a health fair
- **Host** a Mediterranean Diet cooking demonstration
- **Drum up** interest in an upcoming *A Taste of the Mediterranean* class series

THIS KIT INCLUDES:

Event Sign

Pyramid Handout for Participants

Key Speaking Points:

- Introduction to Mediterranean Diet
- Walk through of the Mediterranean Diet Pyramid food groups
- Recipe speaking points

3 Demo-Friendly Recipes

- Tabbouleh
- Insalata di Ceci e Ruchetta
- Hummus

Enhance your Mediterranean diet demo with a *poster, trifold brochures, and more resources!*



JOIN US FOR: A Mediterranean Diet Cooking Demo

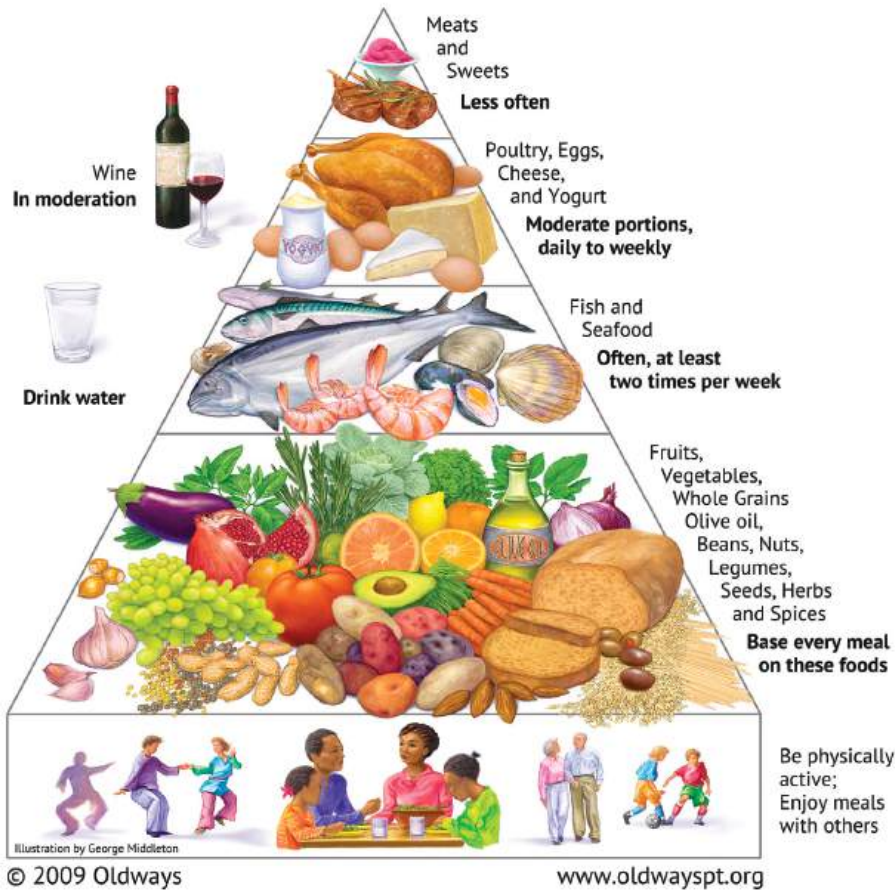


**The Mediterranean diet is not only healthy, it's
DELICIOUS and AFFORDABLE too.
Come watch – and taste – as we make a simple
dish your whole family will enjoy.**

on _____

at _____

Mediterranean Diet Pyramid



WATCH TO LEARN MORE:



How to get started with a Mediterranean Diet



How to improve your relationship with food on a Mediterranean Diet



How to reduce the risk of dementia on a Mediterranean Diet



How to grocery shop on a Mediterranean Diet





Speaking Points

KEY POINTS ABOUT THE MEDITERRANEAN DIET

Introduce the Mediterranean Diet Pyramid and explain why this pattern of eating is so important.

- The Mediterranean diet is not a restrictive “diet,” but rather it is a time-tested way of eating based on the traditional, healthy foods and flavors of the countries that surround the Mediterranean Sea.
- For over half a century, scientists have been documenting both the long-term and short-term health benefits of following a Mediterranean diet. Landmark randomized studies have found that people who follow a Mediterranean diet have a 30% lower risk of heart disease, and subsequent studies have demonstrated the Mediterranean diet’s impact on chronic disease prevention, healthy aging, healthy pregnancies, brain health, and much more.
- The Mediterranean Diet is one of the healthy eating patterns recommended in the Dietary Guidelines for Americans.
- While each of these regions has their own signature dishes, they are based on similar food patterns of legumes, vegetables, fruits, whole grains, olive oil, nuts, herbs, spices, and fish.

MEDITERRANEAN DIET PYRAMID WALK-THROUGH

Have a visual of the Mediterranean Diet Pyramid at your table, and be sure to point out these important points of the Pyramid:

- Eat mostly from the bottom of the Pyramid and less of the foods as you travel to the top.
- Don’t forget about physical activity: our ancestors traditionally led very active lives. Try to incorporate simple movements into your day: walking, jogging, dancing, marching in place -- in fact, any activity that gets your heart going.
- **Fruits and vegetables** should be featured in all of our meals, making up about half of the plate.
- Enjoying traditional foods is an expression of who we are and where we come from. Sharing healthy heritage meals with friends and family invites all to celebrate culture, history, family, and good health.
- **Beans** are a shelf-stable protein that has nourished our ancestors for centuries. Even today, beans are a staple of healthy Mediterranean diets. Try substituting bean-based dishes for meat-based dishes at least one day per week. Hummus, lentil soup, bean salads, and fava bean dips are all delicious ways to get more protein and fiber in your diet through beans.
- The Mediterranean diet is filled with delicious **whole grain** salads, like tabbouleh and kisir. Whole grain breads and pastas, and grains like barley and whole grain corn are also delicious Mediterranean options. A whole grain is a grain that has all three edible parts of its original kernel: the bran, germ, and endosperm. Looking for the gold and black Whole Grain Stamp on food products is an easy way to find whole grains. The different gram amount on each Stamp tells you how many grams of whole grain are in one serving of the product.



Speaking Points

MEDITERRANEAN DIET PYRAMID WALK-THROUGH CONTINUED

- **Nuts and seeds**, such as walnuts, pistachios, and almonds, play an important role in the Mediterranean diet. They are filled with nutrients, including heart healthy fats, and may reduce your risk of heart disease, diabetes, and some cancers. A few tablespoons contain a lot of calories, but this small amount will give you a long-lasting full feeling. To control salt, buy unsalted nuts and seeds and add your own seasonings at home.
- **Herbs and spices** are a great way to add flavor to food without relying on the salt shaker. With so many regional cuisines to choose from—from Turkey to Egypt to Italy to Greece—you'll meet lots of flavors with the Mediterranean diet as your guide. Fresh herbs like oregano and basil, a squeeze of fresh citrus, and aromatics like onions and garlic are all traditional ways to add fabulous flavor to grains, beans, vegetables, and seafood.
- Mediterranean cuisine features grilled **fish, seafood** paella, simple sardines, and fish stews, and you can enjoy them too! A high-fiber traditional diet of fruits, vegetables, and whole grains, combined with fish twice a week, has been linked to lower rates of obesity, heart disease and diabetes around the world.
- **Extra virgin olive oil** is an essential part of the Mediterranean Diet, and is what helps make vegetables so delicious. In a traditional Mediterranean Diet, olive oil is the primary cooking oil (instead of butter, margarine, lard, or other vegetable oils). Contrary to popular belief, you CAN cook with olive oil (including pan frying) also drizzle it onto salads and vegetable dishes.

TELL YOUR AUDIENCE WHERE THEY CAN LEARN MORE ABOUT THE MEDITERRANEAN DIET:

- Search for Mediterranean recipes and resources on *OldwaysPT.org*.
- Subscribe to Oldways' biweekly email newsletter, *Fresh Fridays*
- Teach *A Taste of the Mediterranean* (a 6-week cooking and nutrition curriculum) in your community. To learn more, contact Classes@oldwayspt.org.
- Cook from *Make Every Day Mediterranean: An Oldways 4-Week Menu Planning Book*
- Join Oldways on a culinary tour of the Mediterranean

RECIPE: TABBOULEH

Tabbouleh salad is a grain bowl that exemplifies Mediterranean resourcefulness. Once you become acquainted with this Lebanese salad of finely chopped parsley, tomatoes, bulgur wheat, lemon juice, and olive oil, you have no reason to ever let herbs wilt in your crisper drawer again. Bulgur wheat, the feature grain of tabbouleh salad, is a term for wheat kernels that have been pre-boiled and then ground into smaller pieces. Because bulgur wheat has been precooked and dried, it needs to be boiled for only about 10 minutes to be ready to eat—about the same time as dry pasta. **An Oldways recipe**



Serves 8

Ingredients

- 2/3 cup bulgur
- Juice of 1 lemon (1/4 cup lemon juice)
- 4 cloves garlic, minced
- 4 cups chopped parsley
- 4 medium tomatoes, diced
- 1 cup chopped mint (optional)
- Salt and black pepper

Instructions

1. In a medium pot, combine the bulgur and 1 1/2 cups water. Bring to a boil, then reduce heat to low. Simmer, covered, for about 10 minutes (or according to package instructions), until the liquid is absorbed and the grains are fluffy and tender.
2. In a large mixing or serving bowl, combine the warm cooked bulgur with the lemon juice, garlic, parsley, mint (if using), and tomatoes. Taste and adjust seasoning, adding salt and pepper if needed.

Calories: 70, Total Fat: 0.5g, Saturated Fat: 0g, Sodium: 20mg, Carbohydrate: 14g, Fiber: 3g, Total Sugar: 2g (Added Sugar: 2g), Protein: 3g

This Tabbouleh recipe is featured in both *A Taste of the Mediterranean*, a 6-week cooking and nutrition curriculum from Oldways, as well as *Make Every Day Mediterranean*, a 4-week menu plan book from Oldways.

For more Mediterranean Diet recipes and tips, visit OldwaysPT.org



Browse hundreds of delicious recipes



Cook from our 4-Week Menu Plan books



Subscribe to Fresh Fridays, our biweekly e-newsletter



Join Oldways on a Culinary Tour of the Mediterranean

RECIPE: INSALATA DI CECI E RUCHETTA (MARINATED CHICKPEA SALAD)



This classic southern Italian antipasto is a great example how a Mediterranean dish can transform into so much more than the sum of its parts. This is a great make-ahead salad to pack in lunchboxes. Simply pack the arugula on top, then toss from the bottom just before serving.

An Oldways recipe

Serves 8

Ingredients

- 2 tablespoons minced red onion
- 1 clove garlic, minced
- 2 tablespoons red wine vinegar
- ¼ teaspoon fine sea salt
- ¼ teaspoon hot red pepper flakes
- ¼ cup plus 2 tablespoons extra virgin olive oil
- 2 (15-ounce) cans chickpeas, drained and rinsed
- 1 medium carrot, grated
- 1 tablespoon chopped Italian parsley
- 2 cups loosely packed arugula

Instructions

1. In a small bowl, blend the onion, garlic, vinegar, salt and hot pepper. Let rest for 10 minutes to allow the flavors to open up and evolve—or bloom. While whisking, add the olive oil in a steady stream.
2. In another bowl, combine the chickpeas, carrot, and parsley. Add the dressing and mix gently so the chickpeas are well coated. Cover and chill, tossing from time to time.
3. Remove from the refrigerator 30 minutes before serving if chilled for 3+ hours. Toss the ingredients and adjust the seasoning. Just before serving, add the arugula and blend until the leaves are lightly coated. Serve subito (immediately)!

Calories: 190, Total Fat: 11g, Saturated Fat: 1.5g, Sodium: 120mg, Carbohydrate: 18g, Fiber: 4g, Total Sugar: 1g (Added Sugar: 0g), Protein: 5g

Insalata di Ceci e Ruchetta is one of the many delicious recipes in *A Taste of the Mediterranean*, a 6-week cooking and nutrition curriculum from Oldways.

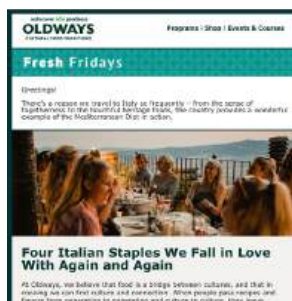
For more Mediterranean Diet recipes and tips, visit OldwaysPT.org



Browse hundreds of delicious recipes



Cook from our 4-Week Menu Plan books



Subscribe to Fresh Fridays, our biweekly e-newsletter



Join Oldways on a Culinary Tour of the Mediterranean

RECIPE: HUMMUS

This hummus recipe uses canned chickpeas, great for when you're short on time. Use it as a nutrient-rich dip, spread, and topping for sandwiches, wraps, salads, and more. **An Oldways recipe**

Makes about 1 ½ cups
(six ¼ cup servings or about 10-15 2-tablespoon sample servings)

Ingredients

- 1 (15-ounce) can chickpeas, drained and rinsed
- 2 small cloves garlic
- 2 tablespoons lemon juice
(juice from about ½ lemon)
- 2 tablespoons tahini or
unsalted peanut butter
- 1 teaspoon extra virgin olive oil,
plus more for drizzling
- Salt and pepper to taste

Instructions

1. Combine the beans, garlic, lemon juice, tahini, and oil in a blender or food processor. Process until smooth, adding a bit of water as needed for a spreading or dipping consistency.
2. Season to taste with salt and pepper before serving.

Hummus is one of the many delicious recipes in *A Taste of the Mediterranean*, a 6-week cooking and nutrition curriculum from Oldways.



Per ¼ cup: Calories: 110, Total Fat: 4g, Saturated Fat: 0g, Sodium: 20mg, Carbohydrate: 13g, Fiber: 3g, Total Sugar: 1g (Added Sugar: 0g), Protein: 5g

For more Mediterranean Diet recipes and tips, visit [OldwaysPT.org](https://www.oldwayspt.org)



Browse hundreds of
delicious recipes



Cook from our 4-Week
Menu Plan books



Subscribe to Fresh Fridays, our
biweekly e-newsletter



Join Oldways on a Culinary Tour
of the Mediterranean

Recipe Speaking Points

TABBOULEH

- Tabbouleh is a grain salad eaten in Lebanon, Syria, and other parts of the Eastern Mediterranean.
- Tabbouleh consists of finely chopped parsley, tomatoes, bulgur wheat, lemon juice, and olive oil. It takes wonderful both warm and chilled.
- For a Mediterranean inspired mezze (small plates) platter, serve tabbouleh alongside hummus, whole grain pita, roasted or grilled eggplant, and falafel or a small amount of grilled meat or poultry.
- Bulgur, the feature grain of tabbouleh salad, is a term for wheat kernels that have been pre-boiled and then ground into smaller pieces. Because bulgur has been precooked and dried, it needs to be boiled for only about 10 minutes to be ready to eat.
- Bulgur is considered a whole grain. A whole grain is a grain that has all three edible parts of its original kernel: the bran, germ, and endosperm. Most of the grain kernel's nutrients – and flavor – are in the bran and germ, which are routinely stripped out to make white flour.

INSALATA DI CECI E RUCETTA

- This chickpea salad is inspired by an antipasto dish from Southern Italy. You can use this technique with other types of beans as well.
- This recipe is a beautiful example of how filling and flavorful vegetable-centric Mediterranean dishes can be.
- Look for no-salt-added or low-sodium canned beans. Rinsing canned beans under running water can remove up to nearly 40% of the sodium.
- Feel free to make the chickpea mixture ahead of time and let it marinate in the fridge. However, wait to toss with the arugula until just before serving, so that the leaves don't get soggy.

HUMMUS

- Hummus is a creamy chickpea spread enjoyed in Egypt and throughout many parts of North Africa and the Eastern Mediterranean.
- Hummus contains plant protein and fiber from the chickpeas, and heart healthy fats from the olive oil and tahini.
- Use hummus in place of mayonnaise as a creamy spread on a sandwich or in a wrap. Serve hummus with your favorite cut vegetables (like bell peppers, carrot sticks, or cucumber spears) and whole grain crackers or whole grain pita bread for dipping.
- Store-bought or homemade hummus is a great staple to keep in the fridge.

