

Mediterranean Diet Recipes

42 Amazing Mediterranean Diet Recipes for Weight Loss

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Published at Smashwords

Stop...Before you start reading the book...

How To Melt Away Stubborn Belly Fat For Good

Sara Banks is a health and fitness expert that has helped thousands of people lose weight and stubborn body fat. Here are a few tips that she has learned along the way on losing belly fat quickly.

- 1. MSG filled foods.** There are lots of food items that are filled with MSG which is harmful to the body and adds more fat. [Avoid](#) MSG as much as possible.
- 2. Eat slower.** When you eat fast the you consume more food then you really need to. When you eat slower your stomach will have time to be able to signal to your brain that it has enough food in it.
- 3. No eating prior to bed.** Don't eat anything within [3 hours](#) of going to bed. Your body will have a slower metabolic rate which leads to your body converting much of the food to stored fats.
- 4. Include a source of protein at every meal.** Eat chicken, fish, or lean meat at every meal to give your body muscle building nutrients. Eating protein will also [slow down](#) your appetite which is helpful.

I have brand new report that will show you 101 quick ways to burn stubborn belly fat. These are just a sample. You can have the entire report [for free here.](#)

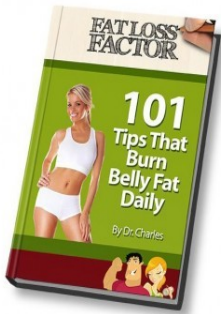


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Introduction

I want to thank you and congratulate you for downloading the book “Mediterranean Diet Recipes-42 Amazing Mediterranean Diet Recipes for Weight Loss”

This book contains proven weight loss ideas and Mediterranean Diet recipes that will help you meet your health and weight loss goals.

At any one given point in our lives, we may feel uncomfortable with our weight or the way we look. Research has indicated that over sixty-six (66%) percent of Americans are unhappy about their weight and looks and more than a third (1/3- 34.9%) are obese. This is a significant number of unhappy people. Most of us want to lose weight for varying reasons. While I may want to lose a couple of pounds to attain my “dream” weight, you or any other person may want to lose or check their weight for medical reasons. Regardless of your intention, it is important to make sure that you live a healthy lifestyle; research has indicated that the number one cause of weight gain is an unhealthy lifestyle. This means eating too much of unhealthy fat and other junk could be the reason we cannot lose the belly and hip fat. The problem has even been worsened by the fact that we hardly engage in any physical activity; most of us work in offices, where we sit behind our desks comfortably, drive back home, rummage the fridge, sit down again in front of the TV and watch our favorite program. In that case, exercise never even crosses our minds. Even though you may lose weight by dieting, it is inevitable that the weight will eventually make its way back if you do not implement supporting lifestyle changes. This is main reason why we do not see any changes even though we exercise. Science has indicated that losing weight only to gain it at a later date is a health hazard. So, how can you lose weight and make sure that you never have to worry about it again? The most effective diets require that you make drastic changes in the way you look at your health, or the way you give (replenish) your body with the nutrients it requires. Today, most of the foods we eat are processed foods. These are foods high in calories, saturated sugars and fats and are low in fiber which is essential for proper digestion. This book hopes to equip you with the knowledge to effect the lifestyle change (dietary) that will make sure that you lose weight and keep it at bay while at the same time allowing you to live a healthier and much fuller life.

Read this book to help your life turn around towards a healthier and fit you!

Thanks again for downloading this recipe book, I hope you enjoy it!

Sara Banks

Mediterranean Diet, What It Is, Facts And Myths

The Mediterranean diet is not a diet per say (at least not in your traditional understanding of the word “diet”); it is more of a lifestyle or a way of living and eating healthy. It is a way of eating that is more traditionally practiced by people and communities living around the Mediterranean Sea. I know what you are asking; why should I eat or live like a Greek, Italian or Spaniard while I am not? Well, the reason is incredibly. While most of us get our daily dietary needs from processed food and fats, most of the people living around the Mediterranean region get these nutrients from vegetables, fruits, olive oil, cheese and yoghurt. Their meal plans integrate less than 30-25 % fat. It also includes many physical activities (staying active). Science has proven that people from these regions are less prone to cardiovascular ailments that are generally related to weight. The Mediterranean diet has also been proven by scores of scientists to be one of the healthiest in the world. What does the Mediterranean diet constitute? Today due to the wide definition and countries that practice this diet, it is extremely hard to point to an exact regiment that is used. This is because each country has specific ways of practicing it (lard is used in northern Italy) but the fundamental concepts of the Mediterranean diet are simple and can be summarized into eight (8) simple steps that are easy to implement into your daily life.

1-Eat a lot of leafy green vegetables-Vegetables are the number one source of healthy nutrients and fats. Part of the reason why it is important for you to incorporate more vegetables into your meal plans is because you can eat all the vegetables in the world without gaining an ounce of weight or unhealthy fat in your body. The variety of vegetables to choose from is left at your discretion. These vegetables should be consistent in every meal; half of your plate should be filled with vegetables.

2-Find ways to be more active and vibrant- Activity has been linked to a healthier heart and body. The best way to stay active is family themed activities. For instance, you may opt to teach your son how to shoot hoops or show your daughter how to skip rope.

3-Drink a lot- Drink a lot of water and wine in moderation. Wine (red wine) has been proven to be effective in helping your digestive system. It has antioxidants that reduce cholesterol and blood pressure. This doesn't mean that you should take too much. Actually, drinking of wine for weight loss reasons has to be done in moderation, a glass or two thirds (2/3) of a glass of wine after a daily meal is the most recommended by the scientist who did an extensive thirteen years study on this. Water should also feature prominently since it is very helpful in hydrating the body.

4-Reduce your red meat intake- Take fish, poultry and other lean meats.

5- Eat sea food at least once or twice per week- Most sea foods are rich in Omega-3 fatty acids which are essential for weight loss. You should try to incorporate foods such as tuna, salmons, sardines and herrings. These foods will have a positive effect in your heart and brain.

6-Use good fats- Good fats such as olive oil are low cholesterol.

7- Eat some dairy products- Ensure they are low fat dairy products but consume them in moderation.

8-Eat a healthy breakfast- Take foods rich in fiber such as fruits and whole grain since these help keep you full.

Mediterranean Salad Recipes

1. Mediterranean Quinoa Salad

Ingredients:

- 1 smashed clove garlic
- 2 cups of water
- 1 diced red onion
- 2 cubes of chicken bouillon
- 1 cup quinoa, uncooked
- 2 cooked chicken breast, cut into small easily chewable pieces
- 1/2 a cup of olives (Kalamata) chopped
- 1 large diced green bell pepper
- 1/4 cup of parsley, freshly chopped
- 1/2 spoon of salt (Epsom salt or sea salt)
- 1/4 a cup of olive oil (natural)
- 1/2 a cup of feta cheese, crumpled
- 1/4 a cup of freshly chopped chives
- 2/3 cup of fresh lemon juice (freshly squeezed)
- 1 tablespoon of balsamic vinegar

Instructions

Boil the water, bouillon cubes, and garlic in a large saucepan then stir in the quinoa and reduce the heat to medium low. Cover and let it simmer for 15-20 minutes or until the quinoa is tender and the water has been absorbed.

Remove the garlic clove and discard, pour the quinoa into a large bowl.

Stir in the chicken, bell pepper, parsley, onions, olives, salt, chives, and feta cheese into the quinoa.

Drizzle the balsamic vinegar, olive oil and lemon juice and stir evenly until well mixed then serve warm or cold.

2. Mediterranean Potato Salad

Ingredients

1 cup minced Kalamata olive

4 pounds, small new or fingerings potatoes

3 large red bell peppers (roasted with the core removed)

Salted water for cooking the potatoes (use 1 ½ teaspoons for every quart of water)

¾ cup of minced onions (red onions)

1 pound of fresh, trimmed and cut (1 inch pieces) of green beans

1 handful (large) of fresh parsley leaves (Italian parsley works well)

1 handful (large) of baby arugula leaves (fresh)

For the dressing, you will need:

½ a teaspoon of salt

1/3 cup of red wine vinegar

1/3 cup of olive oil

2 tablespoonfuls of grain mustard

1 teaspoon of dried herbs de Provence (dried tarragon)

Instructions

Place the potatoes in a large pot and cover with cold water (the water should be an inch above the potatoes).

Add salt (one and a half teaspoons for every quart of water).

Simmer on high heat then reduce the heat to medium low and continue simmering. Cook for 10-15 minutes or until the potatoes are easy to pierce then drain the water and place the potatoes on a pan to cool.

Boil another pot of water (this should be two quarts of water with a tablespoon of salt-sea salt or Epsom salt)

Add the green beans and blanch for five minutes (this may be more depending on the age and toughness of the beans; you can continue cooking for as long as it takes for the beans to become tender. Once you are sure that they are cooked, drain and place in ice cold water to stop them from cooking further.

Make the vinaigrette while the potatoes and green beans are cooking; in a bowl, whisk the vinegar, tarragon, salt, olive oil and the mustard.

If you are satisfied that the potatoes have cooked, cut them into bit sized pieces ($\frac{3}{4}$ -1 inch) and place them in a large bowl.

Add the green beans, red onion, olives and strips of roasted peppers then let this marinate until it is ready to serve. Toss with vinaigrette.

When you are ready to serve, toss with the parsley and arugula.

3. Green Bean, Potato And Corn Salad

Ingredients

1 tablespoonful of fresh oregano leaves (minced)

2 medium sized potatoes (cut into easy bite pieces)

$\frac{1}{2}$ cup basil leaves (chopped)

$\frac{1}{2}$ a cup of green beans (blanched and sliced into 1 inch pieces)

1 tablespoon of capers (rinsed and drained)

$\frac{1}{2}$ a cup of uncooked quinoa

1/2 a cup of cherry tomatoes (quartered or halved)

1/2 a cup of corn off the cob (grilled or raw)

Tuna, shrimp or white beans (optional)

Salt and pepper to taste

For the dressing you shall need:

1/2 a teaspoon of honey or agave

2 tablespoons of olive oil

1 teaspoon of Dijon

1 minced clove garlic

1 tablespoon of red wine vinegar

1 tablespoon of lemon juice (organic)

Salt and pepper to taste

Instructions

Pre heat your oven to 400 degrees and roast the potatoes in the oven then drizzle with the olive oil and toss with the garlic, salt and pepper then cook for about 25-30 minutes

Whisk all the dressing ingredients together and set the mixture aside

Boil some water and blanch the chopped green beans for a minute. When done, transfer to some ice cold water for cooling (this should only be for a few minutes). When done, drain and set aside

Boil the quinoa in salted water for about 6-8 minutes or until they are soft; when done, drain and set this aside.

In a large bowl, combine all the ingredients and toss with the dressing then add salt and pepper to taste then serve while warm or cold.

4. Quinoa and chickpea salad

Ingredients

2 cups arugula (you can change this to any other leafy green)

2 cups quinoa (cooked)

3-4 radishes, sliced

1/2 a cup of drained and rinsed chickpeas

1/4 a cup of chopped walnuts

1/2 a cup of chives

1/4 a cup of chopped dried tomatoes (sun dried tomatoes)

1/4 a cup of basil

1/4 a cup of chopped feta (you may also use Salata, or Cotija cheese)

Pepper and salt to taste

For the lemon and walnut oil dressing you will need

1 minced clove garlic

1 tablespoon olive oil

1 teaspoon of honey, agave or rice syrup

2 tablespoonfuls of walnut oil

Instructions

Cook and rinse the quinoa

In a bowl, whisk the dressing ingredients together

Prepare and chop the rest of your vegetables and herbs

In a large bowl, place the quinoa, arugula and minced garlic (the arugula will wilt slightly). Combine all the other vegetables into the large bowl then pour your dressing on top when done. Toss and season with salt pepper and salt.

You may also wish to add walnut oil or shaved parmesan.

How to cook perfect fluffy and tasty quinoa

Follow the ratio of 2:1 to cook one cup of quinoa for approximately 20 minutes. To make it less bitter, rinse thoroughly in a mesh strainer. Season with 1/4 teaspoon of salt for each cup of quinoa for added taste then add spices such as garlic, rosemary, and black pepper.

5. Sesame And Almond Asparagus Salad

Ingredients

2 tablespoon of toasted sesame seeds

2 cups of tender asparagus, chopped

2 cups arugula

3 sliced and toasted almonds

Feta cheese (optional)

For the dressing:

2 tablespoons of lemon juice

1/3 cup of olive oil

1 tablespoon of Dijon mustard

1 teaspoon of honey

1 minced shallot

2 tablespoon or white or red wine vinegar

Salt and pepper to taste

Instructions

Boil some water (one quart or one and a half).

While you wait for the water to boil, prepare a bowl of ice cold water (this is for cooling down the asparagus).

Boil the asparagus for approximately 30 seconds on high heat or boil until they are crunchy and bright green then transfer to the bowl of ice water (this helps to abruptly stop the cooking process), drain and let cool.

In a small skillet, toss the sesame seeds and almond slices then add a few pinches of salt to taste and set aside.

Whisk all the dressing ingredients together then toss the arugula and asparagus in the ingredients.

Arrange on a platter and top with sesame seeds and toasted almonds; you may also add the cheese if you prefer

6. Zucchini Carpaccio Salad And Basil Parsley Vinaigrette

Ingredients

1 or 2 chopped scallions

1/4 a cup of feta cheese (crumpled)

2 chopped sun dried tomatoes

3 zucchini, medium

1/4 a cup of toasted and chopped pine nuts

Red pepper flakes (optional and to taste)

Basil and parsley vinaigrette ingredients:

1 cup basil

1/4 cup of olive oil

1 crushed clove garlic

1 tablespoon of champagne vinaigrette

1 teaspoon of agave or honey

1 cup of fresh flat leaf parsley

1/2 a tablespoon of freshly squeezed lemon

Salt and pepper to taste

Instructions

In a food processor, put all the dressing ingredients and blend till well combined (make sure that they do not puree-you must be able to see green flecks) then add salt and pepper to taste.

Shave the unpeeled zucchinis into coin shapes (use a mandolin)

Toss some of vinaigrette; scallions and zucchini together and adjust the seasoning.

Arrange on a platter (white platters work best as they bring out the color clash). Top with the dried tomatoes, pine nut, and feta cheese or red pepper flakes if you prefer the taste.

7. Fennel And Arugula Salad

Ingredients

5 fresh basil leaves
3 large handfuls (2cups) of arugula
3 tablespoons of olive oil
A pinch of salt
1 medium fennel bulb
1 teaspoon of honey or agave nectar
3 tablespoons of freshly squeezed lemon juice
1/4 cup of toasted pine nuts
A handful of feta cheese
1/2 large cucumber

Instructions

Use a sharp knife or mandolin to slice the fennel and cucumber into very thin shavings then toss this with olive oil, agave nectar (or honey if that is what you have) and lemon. Add a pinch of salt to taste and store in the fridge for 15-20 minutes. As you wait, chop and toast the pine nuts.

In a large bowl, put the arugula and toss with the cucumbers and marinated fennel then pour almost all of the lemon dressing on top. Taste and adjust the salt, lemon juice, salt and agave nectar (honey) to your preferred taste.

Top this up with the feta cheese, pine nuts and basil. You may also opt to add a pinch of red pepper flakes if you like.

8. Greek salad

Ingredients:

1 thinly sliced red onion
1 cup Kalamata olive, black
3 red ripe tomatoes (cut into chunks)
1/2 a cup of seedless European cucumber
1 seeded and chunked green bell pepper

1 chunked and seeded small red pepper
1 seeded and chunked Cubanelle pepper
1 tablespoon of crushed, dried oregano
Pita bread
2 slices (1/4 pound) of Greek feta
1/2 a cup of fresh flat leafy parsley
1/4 a cup of extra virgin oil
3 tablespoons of red wine vinegar
Salt (coarse salt) and pepper to taste

Instructions

In a large bowl, combine the parsley, olive, cucumber, tomatoes, cubanelle pepper, green bell pepper, onion, and the small red people. Rest the sliced feta on top of the salad.

In a small plastic container, combine the olive oil, vinegar and oregano then shake vigorously to ensure proper combination and sprinkle this mixture over the salad and cheese.

Season with the pepper and salt to taste.

Marinate the salad until it is ready to serve

For serving, serve with blistered and warm pita bread (you can warm and blister the bread on a pan or hot griddle).

9. Toasted pita and bean salad

Ingredients

1/8 teaspoon of salt
2 (6 inches each) pita bread (use whole wheat bread cut into small pieces)
2 peeled cloves garlic
3 tablespoons of fresh mint, chopped
1 cup plum tomatoes, diced

2 tablespoons of lemon juice, freshly squeezed
3 tablespoons of fresh parsley, chopped
2 tablespoon of ground, toasted cumin seeds
1 cup feta cheese, crumbled
3 tablespoons of olive oil, extra virgin
1 cup romaine lettuce, sliced
Black pepper to taste, freshly ground
1/2 peeled and diced cucumber
2 cups of cooked, well drained and slightly warm pinto beans

Instructions

Preheat the oven to 400 degrees Fahrenheit.

On a large baking sheet, spread the cut pita bread slices then bake this for 5-7 minutes or until crisp or they begin to brown.

Mush the garlic and salt to form a paste and transfer to a bowl. To the garlic paste, add the ground cumin and lemon juice then whisk until well blended; to this add oil, slowly and steadily while whisking continually then season with pepper.

Place the beans, cucumber, tomatoes in a bowl then add lettuce, toasted pita, feta cheese, parsley and mint. Season this with black pepper then serve.

10. Spanish Inspired Tomato Salad

Ingredients

9 chopped anchovy fillets
1/2 cup of extra virgin oil
16 Caper-berries
5 minced clove garlic
1 cup fresh chopped parsley
1 teaspoon of smoked paprika
3 pounds of red tomatoes (cut them into wedges)

1 cup whole wheat fresh bread crumbs

¼ teaspoon of salt

3 tablespoons of red wine vinegar or sherry vinegar

½ a teaspoon of sugar

1 teaspoon of freshly ground black pepper

Instructions

In a large non-stick skillet, heat 1/3 cup of olive oil in medium heat then add paprika and garlic then cook for about 20 seconds. Gently stir until the garlic is sizzling and fragrant (makes sure they do not brown). After cooking, transfer to a large bowl and let cool.

In a pan, heat the remaining olive oil over medium heat then add the breadcrumbs and cook for about 5 minutes; gently stir until they are crispy and golden brown then transfer to a plate.

Whisk the pepper, salt and vinegar into the garlic-paprika oil then add the parsley, tomatoes, caper-berries (capers) and chopped anchovies and stir gently until combined.

Transfer the tomato salad onto a platter then top with the breadcrumbs. You can also garnish with anchovies.

11. Chopped Greek salad with chicken

Ingredients

½ a cup of feta cheese, crumbled

1/3 cup of red wine vinegar

2 chopped medium tomatoes

2 tablespoons of extra virgin olive oil

½ a cup of ripe black olives, sliced

1 tablespoon fresh chopped dill/dried oregano

½ a cup of onions, finely chopped

1 teaspoon of garlic powder

1 peeled, seeded and chopped medium sized cucumber

1/4 teaspoon of salt (Epsom salt)
2.5 cups of cooked chicken, chopped
6 cups of romaine lettuce, chopped
1/4 teaspoon of pepper, grounded

Instructions

In a large bowl, whisk the vinegar, garlic powder, pepper, salt and oil then add the lettuce, tomatoes, cucumber, chicken, onions, feta and the olives to the mixture and toss to coat.

12. Baby Beat Green With Spicy Mediterranean Vinaigrette

Ingredients

Vinaigrette

1/4 cup of extra virgin oil
1/2 teaspoon of mustard seeds, black
1.5 teaspoons of red pepper, crushed
1/4 teaspoon of coriander, grounded
Fresh ground pepper to taste
1/8 teaspoon of cumin, grounded
1/4 teaspoon of salt (Epsom salt)
1/2 cup of carrot juice (freshly blended or squeezed)
1 teaspoon of organic honey
2 tablespoon of raisins, (golden raisins)
2 tablespoons of red wine vinegar
1 tablespoons of plain non-fat yoghurt
4 springs of fresh cilantro

Croutons

1 tablespoon of extra virgin oil

1.5 cups of whole- wheat multi grain bread, cubed

Salad

1/4 cup of smoked cheese, shredded (feta or cheddar cheese will work very well)

1/2 small garlic clove

1/4 cup of cranberries, dried

4 cups of baby spinach, baby beet greens or baby chard

Salt to taste

Instructions

For vinaigrette, heat the mustard seeds, cumin and coriander in a dry small skillet over medium heat for 2-3 minutes until they become fragrant.

To this, add the carrot juice and simmer (over medium heat) for approximately 3 minutes or until it reduces by half.

In a blender, place the raisins and add the hot juice then leave it still for about 5 minutes (this is to plump the raisins). Add the cilantro, honey, yoghurt, vinegar, crushed pepper and the 1/4 teaspoons of salt and pepper. Blend until well combined then pour the 1/4 cup of oil and continue blending for about a minute or until the mixture becomes smooth.

For the croutons, pre-heat your oven to up to 375 degrees Fahrenheit.

In a medium sized bowl, toss the bread and 1 tablespoon of oil until they are well combined then spread a single layer on a large enough baking sheet and bake for 12-15 minutes or until golden brown and crisp. Stir once.

To prepare the salad, use a wooden salad bowl seasoned by rubbing with a pinch of salt and garlic. Chop the baby spinach and the garlic and place these to the seasoned bowl. Pour 1/4 a cup of vinaigrette over the greens then cover, and refrigerate the remaining 1/2 cup of vinaigrette for use within 3 days.

Sprinkle the salad with the cranberries, croutons and cheese then toss well and serve.

13. Grilled Halibut Salad Nicoise

Ingredients

Vinaigrette

1 tablespoon of Dijon Mustard

1 medium garlic clove
1/4 cup of red wine vinegar/white wine vinegar
1/4 teaspoon of salt (use Epsom salt)
6 tablespoons of freshly squeezed orange juice
5 tablespoons of extra- virgin oil

Ingredients (salad)

1/4 cup fresh parsley, finely chopped
5-6 medium sized red potatoes, scrubbed and halved
1/4 cup of black pitted Nicoise, sliced
1.4 pounds of trimmed green beans
3 hard boiled eggs (peel and cut into wedges)
Juice from 1 large lemon
1 1/2 cups of grape tomatoes
2 tablespoons of extra virgin oil
1 large Boston lettuce head
1/2 teaspoon of salt divided into two (use Epsom salt)
1/4 teaspoon of pepper, coarsely grounded
1 pound Pacific halibut

Instructions

To prepare the vinaigrette; Peel and crush the garlic in a small bowl then add 1/4 teaspoon of salt to the garlic and mash with a fork to form a coarse paste.

Whisk this in 5 tablespoons of oil then add 6 tablespoons of orange juice, the vinegar, and the mustard and whisk until it is well mixed. Taste for flavor and if too flavored, add 4 tablespoons of orange juice to mellow the taste. Season with salt then set aside at room temperature.

To prepare the salad: In a large saucepan fitted with a steamer basket, boil one inch of water then add the potatoes and cook for 10-15 or until tender. Remove to a cutting

board and let cool. When cool enough, slice the potatoes then place in a shallow bowl, drizzle 1/3 cup of vinaigrette and set aside.

To the steamer basket add the beans, and cook for 4-6 minutes or until bright green and tender then rinse this in a colander with cold water until it is adequately cooled. Once cooled, drain well and toss with 2 tablespoons of vinaigrette then place in a medium sized bowl.

In a sturdy sealable plastic bag, combine the lemon juice, 2 tablespoons of oil and 1/4 teaspoon of salt then shake well until the salt is completely dissolved. Add fish and let it marinate for about 20 minutes.

Pre-heat the grill to medium high heat for ten minutes then reduce the heat to medium after 10 minutes.

Drain the fish completely (you can pat using paper towels) then season the fish with the remaining 1/4 teaspoon of pepper and salt. Oil the grill rack and grill the fish for 4-5 minutes per side or until brown and cooked through (cook for 4-5 minutes per side for halibut fish and 3-4 minutes per side for bass fish).

On a large serving platter arrange the lettuce and the fish then top with the potatoes, tomatoes and green beans. Drizzle some vinaigrette on top and garnish with parsley, olive and eggs, then season with pepper.

14. Warm shrimp and arugula salad

Ingredients

1/2 a cup of parmesan cheese or Asiago

12 cups of arugula leaves, packed loosely

Freshly ground pepper to taste

2 cups fresh basil, loosely packed and torn if large

2 cups of whole grain herb- garlic croutons

1 1/2 cups (about 2 ears) of fresh corn kernels

1 pound peeled and deveined raw shrimp

1 1/2 cups of halved cherry/grape tomatoes

1/2 a teaspoon of kosher or Epsom salt divided

4 tablespoons of extra-virgin olive oil, divided into two.

2 teaspoons of mustard, grainy

1 1/2 tablespoons of fresh lemon juice

1 1/2 tablespoons of balsamic/red wine vinegar

Instructions

In a large bowl, combine the arugula, basil, tomatoes and corn.

In a small bowl, whisk the vinegar, lemon juice, 3 tablespoons of oil, mustard and 1/4 teaspoon salt.

Sprinkle the remaining 1/4 teaspoon of oil on the shrimp and heat on medium-high 1 tablespoon of oil in a large nonstick skillet. Add the shrimp and cook for three minutes or until they are opaque in the center or just until they turn pink. Add this to the arugula mixture (if you are using croutons mix this too).

Whisk the dressing then drizzle over the salad and toss well to coat. Grind pepper over the salads, sprinkle with cheese, and serve.

15. Cucumber And Black-Eyed Pea's Salad

Ingredients

2 tablespoons of black olive, chopped

3 tablespoons of extra-virgin oil

1/4 cup of red onion, slivered

2 tablespoons of freshly squeezed lemon juice

1/2 cup of feta cheese, crumbled

2 teaspoons of fresh oregano, chopped/ 1 teaspoon of dried oregano

2/3 cup of red bell pepper, diced

Freshly ground pepper to taste

1.4 ounce of well rinsed, fresh black-eyed peas

4 cups of fresh cucumber, diced and peeled

Instructions

In a large bowl, whisk the oregano, pepper, lemon juice and oil until they are thoroughly combined. Add the black-eyed peas, feta, onions, cucumber, olives and the bell pepper then toss well to coat.

Mediterranean Main Dishes

16. Lamb Tagine With Cinnamon Scented Tomatoes And Onions

Ingredients:

- 1 tablespoon of sesame seeds, toasted
- 2 tablespoons of fresh cilantro, finely chopped
- 2 tablespoons granulated sugar
- 2 tablespoons fresh flat-leaf parsley, finely chopped
- 2 red onions, one finely chopped
- 2 minced clove garlic
- 128 oz can of whole peeled tomatoes
- 1/2 teaspoon of turmeric, grounded
- 3-5 1.14-inch thick leg of lamb steaks
- 1/2 teaspoon ginger, grounded
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon cinnamon, grounded
- Black pepper and kosher salt to taste

Instructions

Combine the cilantro, parsley, garlic, ginger, turmeric, 1/4 teaspoon of cinnamon, 3/4 teaspoon of salt, pepper to taste, and 2 tablespoons of water then add the olive oil and mix. Add the lamb steak to the marinade, one by one to coat each then cover and refrigerate for one hour, turn them occasionally.

As you wait, drain the tomatoes in a sieve. Using a paring knife, make a small incision and gently squeeze out all the seeds and juice, set this aside.

On the bottom of a 11-12 inch tagine, scatter the chopped onions. Arrange the lamb in a snug and drizzle the rest of the marinade. Arrange the tomatoes (drained) around the lamb and sprinkle 1 tsp of sugar and ¼ tsp of cinnamon on the tomatoes.

Cut the remaining onions crosswise into 1/8 inch coin rounds, lay the un-separated onion rings on the lamb, then sprinkle the remaining 1 tsp sugar and ½ tsp cinnamon then add a pinch of salt on onions.

Cook the Tagine uncovered for about fifteen minutes over medium heat, nudge the lamb occasionally (this prevents sticking, cook until the onions are translucent)

Add a ¼ cup of water around the edges making sure not to disturb the sugar and cinnamon. Prop a wooden spoon between the base and the lid before covering then simmer gently on low heat. Cook until the lamb is very tender and the onions are soft (2-2.5 hrs). Drizzle some water from time to time to keep the sauce loose. If the sauce is too watery, remove the lid at the end of cooking. Garnish with sesame seeds and serve hot.

17. Turkish Lamb Kofta Recipe

Ingredients

Spice Mix

1 tablespoon black pepper, cracked

1 tablespoon cumin, ground

1 tablespoon hot paprika

1 ½ tablespoons mint, dried

1 tablespoon sweet paprika

1 ½ tablespoons oregano, dried

Pomegranate-yoghurt sauce

½ teaspoon fresh lemon or 1 teaspoon ground sumac.

½ a cup plain yoghurt

2 tablespoons fresh mint, chopped

1 tablespoons pomegranate molasses

Kofta

1 tablespoon vegetable oil

1 lb ground lamb

8 (12 inch) soaked in water flat skewers

1 seeded and finely chopped medium plum tomato

¾ teaspoon kosher salt

¼ cup of red onions, finely grated

1 teaspoon of pomegranate molasses

1 minced medium sized clove garlic

2 tablespoons pomegranate seed and 2tablespoon fresh mint leaves. (Optional)

Instructions

To make the spice mix; combine all the ingredients in a small bowl.

To make the yoghurt sauce; combine all the ingredients in a small bowl

To make the Kofta

In a large bowl, put the lamb, onion, tomato, garlic, pomegranate molasses, 1 tablespoon of the spice mix and salt. Combine using your hand until the meat gets sticky. Divide the lamb into 8 portions (wet your hands to prevent sticking) press the lamb around the skewers into sausage shapes of 4 1/2 inches long. Cover loosely with a plastic wrap and transfer to a baking sheet, refrigerate for 1-4 hours

Pre-heat the oven to 400-475 degrees (use charcoal or gas for direct grilling). Oil the grill and grill the Kofta for about 6 minutes or until no longer pink in the center. Garnish with pomegranate and mint seeds (optional). Drizzle some molasses on the yoghurt sauce and serve the Kofta with the sauce.

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18. Moroccan Chicken Burgers With Feta And Carrot Slaw

Ingredients

Vegetable oil for grilling

1 lb non breast ground chicken

1/3 cup of feta cheese, crumpled

1 grated yellow onion

4 whole-wheat pitas (mini, slit open)

2 tablespoons Harissa

1 tablespoons cumin seeds, ground

1 1/2 teaspoon Fresh ginger, finely grated

1 tablespoon fresh lemon juice

3 grated carrots

Kosher salt to taste

3 tablespoons fresh mint, chopped

2 teaspoons granulated sugar

Instructions

Preheat the grill to medium heat.

In a large bowl gently mix the chicken, 1 tablespoon of mint, ground cumin, Harissa, onions, ginger and salt. Wet your hands and form into 1/2 inch thick patties.

Toss the remaining 2 tablespoons mint with the carrots, sugar, lemon juice, 1/4 teaspoon salt and cumin. Season with lemon juice and the salt to taste. Grill the burgers on the grill rack for about 8 to 10 minutes; flip until they are cooked.

Serve the burgers in the pitas along with the slaw and feta.

19. Rhubarb Lentil Soup Recipe (Calories 230)

Ingredients

3 tablespoons fresh cilantro, chopped

3 rainbow chard leaves, large

6 tablespoons Greek yoghurt

2 tablespoons coconut oil or unsalted butter

Kosher salt to taste

2 tablespoons mustard seeds

1 tablespoons dark brown sugar

1 teaspoon cumin seeds

¾ cup of rinsed and drained French green lentils

1 teaspoon coriander seeds

¾ cup of trimmed and sliced rhubarb (slice into ½ an inch thick pieces)

1 tablespoon minced or grated fresh ginger

1 small jalapeño minced with the seeds

¼ teaspoon turmeric, ground

1 onion, medium sized cut into ½ an inch dice

¼ teaspoon cardamom, ground

2 tablespoons minced or grated garlic

Instructions

Separate the chard from the stems, chop the leaves and slice the stem crosswise into ½ inch pieces.

Over medium heat, heat the oil in a quart heavy duty pot. Add the mustard, coriander seeds, and cumin then stir evenly to coat. Cook this until the mustard seeds begin to pop (this should be about a minute).

After this, turn down the heat to medium-low. Stir in the garlic, cardamom, ginger and turmeric and stir while cooking for approximately 2 minutes or until the broth becomes fragrant.

Add the onions, jalapeño, chard stems and cook this for about minutes. Stir occasionally until the onions are translucent. Add the rhubarb, lentils, brown sugar, 2 teaspoons of salt and add five cups of water. Let it boil after which you reduce the heat and allow it to simmer for 30 minutes. Add the chard leaves and continue simmering until the lentils are tender (do not cook until they are falling apart; this should be about five minutes). Season with salt and brown sugar to taste then serve topped with Greek yoghurt and cilantro.

20. Butter-Basted Spiced Cod With Polenta

Ingredients

2 teaspoons cilantro or parsley, coarsely chopped

1 1/2 teaspoons Whole or ground coriander, crushed

2 teaspoons Harissa paste

2 fresh lemons, medium sized, grated one finely, (this should give you 1/2 tsp. of zest and 2tbs. juice) cut the other lemon into wedges.

Black pepper, freshly ground (to taste)

Kosher or Epsom salt to taste

4-6 oz cod loin pieces

1 cup corn-meal

6 tablespoons butter, unsalted

Instructions

Put a rack in the oven (center) and heat the oven to about 400 degrees Fahrenheit. Next, over medium heat, heat a 3-quart saucepan for about 30 seconds. Add three cups of water, 1 teaspoon salt, lemon zest and turn the heat up to medium high. Whisk in the cornmeal and cook for about 20 minutes making sure to stir frequently until it becomes creamy and thick (if too thick use some water to loosen)

In a small saucepan, melt the butter. Season the fish with salt and pepper, arrange in a 9x13 baking dish making sure to leave a space between each piece. Remove the butter from the heat and stir in the lemon juice and Harissa. Pour this over the fish, bake for

approximately 15 minutes making sure you are basting every five minutes. Cook until cooked thoroughly. You may opt to cover with foil to keep warm.

Pick 4 shallow bowls or plates and divide the polenta among the plates, top this with fish and spoon the butter over the fish. Top this with parsley or cilantro and serve with the lemon wedges.

21. Lamb With Artichokes, Fava-Beans And Yoghurt

Ingredients

For the lamb

Freshly ground pepper and salt to taste

2 racks of lamb (about 1.4 lb each, with the chine bones removed and trimmed)

1/4 teaspoon red pepper flakes, crushed (optional)

6 tablespoons of extra-virgin oil

2 springs of fresh rosemary

Lemon zest of one lemon

10 peeled and lightly pressed medium sized clove garlic

Freshly squeezed juice of one lemon

Vegetable mixture

Kosher salt to taste

2 tablespoons extra virgin oil

Pinch of cayenne pepper

10 oz. Cleaned shiitake or morel mushrooms (stem removed if using shitake mushroom)

2 lemon zest, finely grated

A 6 oz jar of drained, and marinated artichokes

1 tablespoon butter, unsalted

1 tablespoon fresh thyme, coarsely chopped

1 cup peeled fresh or frozen Fava beans.

6 tablespoons vermouth, dry

½ cup of low-sodium broth

For serving

1 jar of goat horn pepper dipped in oil

2 cups Greek yoghurt, stirred till smooth (whole milk)

Instructions

Marinate the lamb: In a baking dish, place the lamb in a medium bowl. Mix the olive oil, garlic, pepper flakes, lemon juice and zest. Coat the lamb evenly with this marinade and cover with a plastic wrap. Refrigerate for a minimum of 4 hours and a maximum of up to 12 hrs.

To cook the lamb: Remove the lamb from the fridge and let it be at room temperature for about an hour. Position a rack in the middle of the oven and preheat the oven to 400 degrees Fahrenheit.

Remove the pieces of garlic, lemon peel and rosemary from the lamb, then season the lamb with pepper and salt to taste. Over medium high heat, heat a 12 inch dry, oven proof skillet for a about a minute. Place the lamb in the skillet fat side down and sear for about two minutes, do this to the other side.

Transfer this to an adequate plate then pour off the fat from the skillet and return the racks to the skillet, bone side down. Roost in the oven for about fifteen to twenty minutes or until the lamb is golden brown or if you want it rare, your instant thermometer should register 125 degrees and 130 degrees for medium rare respectively. After cooking transfer to a chopping board and let it rest.

To prepare the vegetables: In a skillet heat the olive oil until it is simmering hot, add the mushroom, thyme, 1 teaspoon salt and the marinated artichokes. Cook this for about two minutes. Add the vermouth and cook until reduced by half. Next, add the Fava beans and chicken broth. Cook for approximately 2-3 minutes on medium high heat; make sure to stir occasionally until the liquid has reduced by half.

Reduce the heat to low and stir in the cayenne, butter and lemon zest. Swirl the pan until the butter is incorporated. Add salt to taste.

To serve: Stir the yoghurt in a medium sized bowl until smooth and light and let it settle for approximately ten minutes

On 8 plates, spoon ¼ cup of the yoghurt and spread lightly. Top this with 1 tablespoon of oil and 4 or 5 strips of peppers.

Cut the racks into separate chops, spoon $\frac{1}{4}$ cup of the vegetable mixture over the yoghurt then arrange 2 chops of lamb on each plate and serve.

22. Rice Lentils With Ham

Ingredients

2 tablespoons white Balsamic vinegar

$\frac{1}{4}$ cup extra-virgin oil

Kosher or Epsom salt to taste

1 teaspoon coriander seeds

$\frac{3}{4}$ lb chopped and glaze removed leftover ham

1 teaspoon cumin seeds

2 teaspoons fresh ginger, minced

1 teaspoon granulated sugar

3 halved and thinly sliced yellow onions

1 teaspoon fresh black pepper, ground

1 cup basmati rice

10 saffron threads

3 cups lower-salt chicken broth

$\frac{1}{4}$ teaspoon turmeric

$\frac{1}{2}$ a cup of brown lentils or French green lentils

Instructions

In a 4-quart heavy-duty saucepan, heat 2tablespoons of oil over medium heat. Add the cumin seeds, sugar, coriander seeds, turmeric, pepper, sugar and saffron and cook for about a minute while stirring.

Stir in the lentils and add the broth. Simmer and cook for about five minutes. Stir in the rice and bring back to a simmer. Cook this covered over low heat for approximately 22 minutes or until all the liquid is absorbed and the rice and lentils are tender

Meanwhile, in a 12-inch skillet, heat 2 tablespoons of oil over medium low heat then add the ginger and onion; cover and cook for about 10 minutes making sure to stir at least twice. Uncover and cook for about 30 minutes or until very brown or caramelized.

When the lentils and rice are ready, remove from the heat, sprinkle the ham on top, cover and set aside for about ten minutes (this is to warm the ham through)

With a fork, fluff the lentil and rice mixture. Season with pepper and salt to taste. Serve this topped with onions and a sprinkle of vinegar.

23. Grilled eggplant rolls with olives and feta

Ingredients

4 tablespoons mixed fresh herbs, chopped (e.g. Chives, parsley and basil)

1 large, trimmed and sliced eggplant

2 tablespoons chopped and pitted Kalamata olives

Extra-virgin oil for brushing

1/2 a cup of feta, crumbled

Freshly ground pepper and kosher salt to taste

Instructions

Pre-heat the gas or charcoal grill to medium high.

Brush the eggplant slices with oil and season with pepper and salt to taste.

Grill the eggplants for about 2 minutes or until the grill marks form on one side. Flip and grill the other side for about two minutes or until the eggplants are tender.

Combine the olive, feta and herbs in a small bowl.

On a work surface, spread the egg plant. Put one heaping tablespoon of the feta mixture at the end of each slice and tightly roll up (the wider end).

Arrange the rolls seam side down, and finish this with a little pepper to taste and add more chopped herbs.

24. Sesame Turkey Cutlets With Israeli Couscous Pilaf Recipe

Ingredients

4 lemon wedges

1/2 teaspoon vegetable oil
1/4 cup red onions, chopped
1 1/2 cups Israeli couscous
1/4 cup fresh flat-leaf parsley, chopped
2 cups chicken broth (lower salt__
1 cup feta, crumbled
1 cup dry breadcrumbs, fine
4.04 inch thick turkey breast cutlets (4-5 oz each)
1 tablespoon sesame seeds
1/2 cup of all-purpose flour
3/4 teaspoon paprika
2 eggs, large
1/4 teaspoon cayenne pepper
Black pepper and Kosher salt to taste

Instructions

Heat 2 tablespoons of oil over medium-high heat in a 3-quart saucepan. Add the couscous and cook for approximately seven minutes or until deep golden.

Add the chicken broth and bring to boil. Simmer under low heat and cover. Cook this for about 7-10 minutes until the couscous is tender and the liquid is absorbed; remove from the heat and keep covered. In the meantime, in a shallow bowl, combine the breadcrumbs, sesame seeds, cayenne, 1/2 teaspoon salt, 1/4 teaspoon pepper and 1/2 teaspoon of paprika.

Whisk the eggs in a shallow bowl.

Put the flour in a third shallow bowl and stir in the 1/4 teaspoon paprika and 1/4 teaspoon salt.

Dredge each of the cutlets in the flour first then the egg and then the breadcrumbs and transfer to a baking platter or sheet.

In a 12-inch non-stick skillet, heat 3 tablespoons of oil over medium high heat until simmering hot. Add two of the cutlets and cook for about three minutes or until golden and crisp (make sure to flip using tongs to avoid scalds).

Transfer the cooked cutlets onto a paper towel-lined plate. Cook the rest of the cutlets in the same way.

Uncover the couscous, stir in the feta, 1/2 teaspoon salt, parsley, 1/4 teaspoon pepper and the onions, and serve this with the cutlets and lemon wedges.

25. Grilled Pork Sandwiches With Fennel, Dill, And Cucumber

Ingredients

1/2 cup of fresh dill springs, lightly packed

3 tablespoons coarsely crushed fennel seeds

1/2 cup cucumber, thinly sliced

1/4 teaspoon ground allspice

Freshly ground pepper and kosher salt to taste

4 split and toasted large sandwich rolls

1 tablespoon extra-virgin oil

1/3 cup feta cheese

1 lean pork tenderloin (this is about 1.04lb) cut into half crosswise

Instructions

Heat a charcoal or gas grill to a medium heat of about 375 degrees.

Combine 1 1/2 tablespoons fennel seeds, 1/8 teaspoon salt, 1/8 teaspoon pepper and 1/8 teaspoon of the allspice in a small bowl. Stir the oil and press this mixture onto the pork.

Grill the pork for about 17-21 minutes or until evenly browned. Transfer this to a cutting board and let cool for about five minutes.

Meanwhile, combine the feta with 1 1/2 tablespoons fennel seeds, 1/8 teaspoon of all spice, salt and pepper to taste in a small bowl. Spread the rolls with the feta mixture and slice the pork crosswise (thin slices). Arrange the pork on the rolls and serve warm with the cucumber and dill.

26. Grilled Boneless Leg of Lamb with Black Olive Purée

Ingredients

1/2 seeded large lemon

1 cup pitted Kalamata olives

Freshly ground black pepper and kosher salt to taste

1/2 tablespoon extra-virgin oil

1/2 cup of fresh herbs mixture chopped

4-4.5lb of leg lamb, buttered

4 large cloves of garlic, minced

Instructions

Chop the olives until they are paste like. Whisk in half of the olive oil and 1 tablespoon of the herb mixture.

In a small bowl, combine the garlic, herbs and oil.

Evenly rub the herb and garlic marinade all over the lamb, wrap in a plastic wrap and leave at room temperature for an hour approximately.

When ready, prepare a charcoal or gas grill to a medium heat of 375 degrees. Season the lamb with salt and pepper to taste and grill. Grill for about 15-18 minutes or until the thickest part is around 120 degrees (for medium rare).

After grilling, transfer the lamb onto a chopping board and squeeze the lemon half over it, wrap (tent) in foil for about ten minutes. Slice it thinly across the grain and drizzle any leftover juice over it. Serve with the olive puree or with potatoes and green beans or with a green salad topped with goat cheese.

27. Pan-Seared Tuna Steaks With Warm Tomato, Basil, And Olive Salad Recipe

Ingredients

1/2 tablespoons freshly squeezed lemon juice

4-5oz skinless, boneless tuna steaks

2 tablespoons fresh basil, finely chopped

Freshly ground black pepper and kosher salt to taste

1/3 cup of sliced and pitted green olives
2 tablespoons extra-virgin olive oil
2 cups red and yellow mixed grape fruit, halved
1 finely chopped medium sized shallot

Instructions

Season the tuna with ¼ teaspoon pepper and 1 teaspoon salt. In a 12-inch skillet, heat the oil over medium heat. Arrange the tuna on the skillet in a single layer and cook for about 3-4 minutes (for medium rare, making sure to flip). Transfer this onto a large plate

Reduce the heat then add the shallot to the skillet and cook for about a minute or until golden brown making sure to stir often. Add the tomatoes, basil, pepper and salt to taste and the olives, cook for about 2 minutes or until the tomatoes are just softened. Remove from the heat and gently stir in the lemon juice.

Transfer the tuna to the serving plates and top with the tomato salad and serve hot.

28. Lamb-And-Feta Stuffed Cabbage

Ingredients

1/3 cup of ouzo
1 large head of green cabbage with the outer leaves discarded, cored
1 cup lower-salt chicken broth
1 lb lamb, ground
2 cups tomatoes, crushed
1 finely chopped large yellow onion
¼ cup extra-virgin olive oil
1 egg, large
Freshly ground black pepper and kosher salt to taste
1 cup feta, crumbled
½ teaspoon crushed fennel seeds
½ cup short grain rice

1 teaspoon ground cumin

¼ cup flat leaf parsley, finely chopped

1 tablespoon oregano, finely chopped

1 tablespoon freshly squeezed lemon juice

Instructions

Submerge the whole cabbage in water in a large enough pot and boil over high heat. Boil for about four minutes or until the outer leaves are bright green and start to pull away. Carefully pull them off using tongs and lay them on a baking sheet lined with kitchen or paper towels. Continue doing this until the whole cabbage is cooked (this should take about approximately 20 minutes). Set it aside and let it cool.

Using your hands, combine the onions, rice, oregano, fennel, lamb, feta, parsley, lemon juice, egg, cumin, 2 ½ teaspoon of salt and 1 teaspoon pepper in a large bowl.

Remove the hard ribs from the cabbage leave and cut the larger leaves into halves lengthwise using a paring knife.

Coat the bottom of an 8-9 quart Dutch oven with the olive oil. On a work surface, arrange several cabbage leafs lengthwise. Put 1 ½ tablespoons of the mixture on one leaf on the end closest to you and fold the sides in towards the lamb and then roll away to enclose the meat. Repeat this with the rest of the leaves and put the rolls in the pot with the seam side down.

In a medium bowl combine the ouzo, broth and tomatoes and pour this mixture over the rolls. Boil over medium heat and then reduce the heat to low then gently simmer and cover. Cook for about 60-90 minutes or until the rice in the fillings is completely tender (make sure to shake the pot occasionally so the rolls don't stick).

29. Spiced Rabbit Tagine With Peas And Carrots Recipe

Ingredients

½ cup fresh cilantro, finely chopped

2- 2 ½ lb rabbit cut into 8 pieces

2 cups peas, frozen

2 tablespoons Ras el hangout

6 peeled, trimmed and sliced long slender carrots

Freshly ground pepper and sea-salt to taste

2 medium finely chopped cloves of garlic

1/3 cup extra-virgin oil

1 finely chopped small yellow onion

Instructions

Put the rabbit in a large bowl. In a small bowl, stir the Ras el hangout, 1 1/2 teaspoon pepper and 2 1/2 teaspoon salt. Sprinkle this all over the rabbit. Pour the 1/4 cup of olive oil all over the rabbit evenly and turn to coat. Cover the bowl with plastic wrap and marinate in the fridge for a minimum of two hours and a maximum of 12 hours.

Remove the rabbit from the fridge and let settle at room temperature for approximately 20 minutes. Heat an 8-quart Dutch oven (or a heavy duty pot) over high heat.

Peel an edge of the plastic off the rabbit bowl. Use this plastic to hold the rabbit back as you pour the oil from the bowl into the pot. Heat the oil then add about 8 pieces of the rabbit with the meaty side down and cook for about 3-5 minutes or until golden brown then flip and cook repeat the same process.

Over medium heat, add 2 tablespoons olive oil to the pot. Add the garlic, onion and 1/4 teaspoon salt and cook for approximately 3-4 minutes or until the onion is soft.

Add half a cup of water and stir to scrap any browned bits from the pot. Add the rabbit and carrots and reduce the heat. Cover and cook for 30 minutes. Remove the lid and rearrange the rabbit to make sure that the ones previously on the bottom are now at the top and cook for 30 more minutes or until the rabbit is tender (you may add 1/4 cup of water if it is to dry). Stir in the peas and cilantro then simmer uncovered over medium heat for about five minutes.

Serve while hot.

30. Spanish Spareribs with Herb-Garlic Dipping Sauce

Ingredients

Ribs

2 racks pork spare ribs

Freshly ground black pepper and kosher salt to taste

2 teaspoons granulated sugar

2 teaspoon smoked paprika (hot pimento) or 1/2 teaspoon cayenne

2 teaspoon oregano, dried

Sauce

Kosher salt to taste

6 tablespoons white-wine vinegar or sherry vinegar

1/4 cup extra virgin oil

1 tablespoon minced clove garlic

1 tablespoons oregano, dried

Instructions

Grilling the ribs

Clean and oil the grill grates. Heat the burner to medium high.

Mix 2 tablespoons salt, 2 teaspoons pepper, cayenne (or pimento), oregano and sugar in a small bowl then pat the mixture evenly on both sides of the ribs and let sit at room temperature while the grill heats up.

Once the grill is heated up, set the ribs with the meaty side up on the cool fire zone and cook covered. Cook for about 1.5 hours or until the ribs are tender and browned

Making the sauce

As you wait for the ribs to cook, in a medium bowl, combine the garlic, oregano and 2 tablespoons vinegar. Use a small spoon to mash the garlic and oregano into a paste. Whisk the remaining vinegar, 1/3 cup water, 2 teaspoons salt and the oil.

Transfer the ribs to a carving board and let them cool for five minutes. Cut the racks into individual ribs and transfer to plates. Whisk the sauce, drizzle onto the ribs, and serve.

Mediterranean Snack Recipes

31. Spicy Baked Chickpea

Ingredients

Kosher salt to taste

2 (15-ounce) cans peas

Cayenne pepper to taste

2 tablespoons extra-virgin olive oil

1 teaspoon cumin, ground

1 teaspoon Spanish paprika, smoked

Instructions

Pre-heat your oven to 400 degrees F.

Rinse and drain the chickpeas; roll them in a kitchen or paper towel to dry.

In a large bowl, combine the paprika, cumin, cayenne, salt and oil. Add the chickpeas and coat evenly. Transfer the coated chickpeas to a lined baking sheet and spread them out in a single layer.

Bake for about 25-35 minutes or until golden and crispy (making sure to shake the tray after fifteen minutes). Remove from oven and transfer to a serving bowl.

32. Baked Sweet Potatoes Fries

Ingredients

1/2 teaspoon paprika

Olive oil for tossing

5 peeled and sliced sweet potatoes

1 tablespoon house seasoning (1 cup salt, 1/4 cup garlic powder, 1/4 cup black pepper)

Instructions

Preheat the oven to 400 degrees F.

Line a sheet tray with parchment.

Toss the sweet potatoes with just enough oil in a large bowl

Sprinkle with paprika and house seasoning. On the prepared baking sheet, spread the sweet potatoes in a single layer. Bake for about 20 minutes or until they are tender and golden brown (make sure to turn them occasionally).

Cool for about 5- 10 minutes and serve.

33. Kumquats

Ingredients

1 teaspoon ground cinnamon

1 lb ripe kumquats

2 cups sugar, white

Instructions

Wash the kumquats. In a non-aluminum saucepan, put the kumquats and cover with water then boil and simmer for approximately 30 minutes. Add the cinnamon and sugar and boil for approximately 5 minutes.

Remove from the heat and drain. Cool and serve.

34. Dried apple snack

Ingredients

2 large unpeeled apples

4 cups water

1/2 cup fresh lemon juice

Instructions

Position racks in the lower and upper third of oven and preheat your oven to 200 degrees F.

Using parchment paper, line two large baking sheets.

In a medium bowl, combine the lemon juice and water. Slice 2 large apples into coins as thin as possible (1/8 inch thick). Soak the apple slices in the lemon water for about thirty minutes.

After thirty minutes, drain and pat using a kitchen or paper towel and place on the prepared baking sheets, preferably in a single layer.

Bake the slices on the lower and upper racks for about an hour, remove flip the slices.

Return in the oven after flipping then bake for one more hour (2 hours for crispy apple chips) then turn off the oven and open the oven door. Leave the apples in there until the oven completely cools or for about 1-2 hours.

35. Marinated Olive And Feta

Ingredients

Ground pepper to taste

1 cup sliced and pitted olives (Kalamata or mixed Greek)

Pinch of red pepper, crushed

1/2 cup of fat-reduced feta cheese

1 teaspoon fresh rosemary, chopped

2 tablespoons extra-virgin oil

2 sliced cloves of garlic

Juice of one lemon

Zest of one lemon

Instructions

In a medium bowl, combine the olives, black pepper, feta cheese, rosemary, oil, lemon zest, lemon juice and garlic (the best way to enjoy this snack is to prepare it ahead and refrigerate covered for up to 24hrs).

36. Chocolate Pistachio Biscotti

Ingredients

1/2 cup cranberries, dried

1/3 cup softened butter

1/2 cup pistachio

1 cup sugar

1 cup chocolate chips, semi-sweet

3 eggs

1/2 teaspoon cinnamon, ground

2 teaspoons vanilla extract

2 1/2 teaspoon baking powder

2 cups all purpose flour

1/3 cup baking cocoa

Instructions

Mix the cream butter and 1 cup sugar in a large bowl until light and fluffy. Add eggs and beat well before adding the other one then beat in the vanilla.

Combine the flour, baking powder, cocoa and cinnamon and add this to the creamed mixture then mix thoroughly (the dough should be sticky).

Stir in the cranberries, chips and pistachios.

On ungreased baking sheets, divide the dough into four equal portions and shape them (10x2 inch rectangles). Sprinkle the remaining sugar on top and bake for 20-25 minutes or until set. Move to wire racks and let it cool for 5 minutes.

On a cutting board cut each rectangle into ten pieces. Place the cut side down on ungreased baking sheets and bake for 5-8 minutes on each side (or until lightly browned). Remove top wire racks to cool. Store in an airtight container.

37. Mediterranean picnic

Ingredients

6 olives, oil-cured

1 slice whole-wheat bread, crusty (cut into bite size pieces)

¼ ounce aged cheese, sliced

10 cherry tomatoes

Instructions

In a portable container, combine the tomatoes, cheese, olives and bread-pieces.

38. Eggcetera

Ingredients

½ teaspoon paprika

4 sliced hard boiled eggs

½ teaspoon kosher salt

1 teaspoon extra-virgin oil

Instructions

Dip egg slices in oil and sprinkle with paprika and kosher salt.

39. Tomato And Basil Finger Sandwiches

Ingredients

1/8 teaspoon pepper, freshly ground

4 slices of bread, whole-wheat

1/8 teaspoon kosher salt

8 teaspoons feta cheese

4 teaspoon fresh basil, sliced

4 thick slices of tomato

Instructions

Cut the bread into rounds slightly larger than the tomato then spread each slice with two teaspoons of feta and top with tomatoes, basil, pepper and salt.

40 Herbed Olives

Ingredients

Pepper to taste, freshly ground

3 cups of Kalamata olives (or your favorite)

1 crushed clove garlic

2 teaspoons extra virgin olive oil

1/8 teaspoons basil, dried

1/8 teaspoons oregano, dried

Instructions

In a medium bowl toss the olives, oil, pepper, oregano, basil and garlic

41. Date Wraps

Ingredients

Pepper to taste, freshly ground

16 prosciutto, thinly sliced

16 dates, whole pitted

Instructions

Wrap a slice of prosciutto around each date and grind pepper on top.

42. Blueberries with lemon cream

Ingredients

2 cups blueberries

4 ounces cream cheese, reduced fat

2 teaspoons fresh lemon zest, freshly grated

3/4 cup vanilla yoghurt, low fat

1 teaspoon honey

Instructions

In a medium bowl and using a fork, break up the cheese cream. Drain any liquid from the yoghurt then add this and the honey to the bowl and blend at high speed until light and creamy before stirring in the lemon

In a wine glass or dessert dish, layer the lemon cream and blueberries. If not serving, refrigerate for a maximum of 8-hours.

Conclusion

It is such a pity that we are an overweight society that is always eating processed foods and foods that are high in sugars. It's no wonder that we are seeing very high numbers of people who are obese or overweight. If you need to lose weight, you need to take the right steps to achieve this. Adopting the Mediterranean diet is a great idea considering all the benefits of this diet like not having to starve yourself in order to lose weight. With this diet, you are sure that you will not only lose weight but will also adopt better eating habits that will enable you to live a healthier life.

I hope this book will enable you to make healthier choices to enable you achieve your desired weight loss goals.

Thank you again for downloading this book!

Sara Banks

PS...Follow me on Facebook and Twitter to receive some truly motivational and inspiring content on health and fitness that will give you an extra boost. Also check out the [free bonus](#) on the next page.

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ABOUT THE AUTHOR

I am an author, coach, and health and fitness enthusiast that loves to teach people about losing weight and feeling better about themselves. For many years I have been studying different diet techniques and approaches to transform the human body. One of my biggest passions is helping others achieve the body that they have always wanted. I receive great satisfaction from the success of other men and woman. I look forward to helping teach you how to be healthy and live a better life.

Check me out on social media!

To receive the latest news and tips on dieting, weight loss, and fitness please follow me on Twitter and Facebook. I hope to inspire you with amazing posts and content to get you motivated to be your best and get in shape!



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