

Trip to the Mediterranean

**RECIPES TO COMPLEMENT A
MEDITERRANEAN EATING PATTERN**



**DINNER
TONIGHT**

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Mediterranean eating pattern

An eating pattern is a term that describes the foods or groups of foods a person chooses to eat on a daily basis. Choose an eating pattern based on how it fits into your personal goals and needs and whether you can follow it long-term.

The Mediterranean eating pattern is a healthy eating plan recommended by the USDA Dietary Guidelines for Americans. The World Health Organization recommends it as a healthy and sustainable dietary pattern and the United Nations Educational, Scientific and Cultural Organization (UNESCO) recognizes it as an “intangible cultural asset” on its world heritage list.

The Mediterranean-style eating pattern helps protect against heart disease, stroke, and some cancers. Research shows it may also help you improve blood sugar and lose weight.

The 2020 Dinner Tonight Healthy Cooking School focuses on recipes that fit into the Mediterranean eating pattern and highlights additional lifestyle recommendations such as physical activity.

THE MAIN COMPONENTS OF THE MEDITERRANEAN EATING PATTERN ARE:

- Eat more vegetables and fruits
- Focus on seasonally fresh foods
- Opt for whole grains
- Use healthy fats
- Increase consumption of seafood
- Eat lean red meat
- Maintain a moderate dairy intake
- Limit sweets
- Use herbs and spices for flavor

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DESSERTS

Balsamic-Infused Berries

Cherry-Almond Cake

No-Bake Dark Chocolate Bars



MAKES 4
SERVINGS

Chicken and Grape Kabobs

INGREDIENTS

Marinade

- 1/2 teaspoon red pepper flakes
- 1 tablespoon dried oregano
- 2 tablespoons dried rosemary
- 2 teaspoons fresh lemon juice
- 3 tablespoons olive oil

Kabobs:

- 1 pound chicken breast, boneless, skinless
- 1 3/4 cup red grapes

DIRECTIONS

1. Wash your hands and clean the preparation area
2. In a large, zippered plastic bag, combine the marinade ingredients.
3. Cut the chicken breast into 3/4-inch thick cubes and add to the marinade ingredients, distribute evenly.
4. Seal the bag and let the chicken marinate in the refrigerator for 10 minutes.
5. On skewers, alternate chicken and grapes until 4 skewers are filled.
6. Grill the kabobs on an outdoor or indoor grill for 3 to 5 minutes on each side, or until the chicken reaches an internal temperature of 165°F.

Nutrition facts per serving: 280 calories, 14g total fat, 2g saturated fat, 55mg sodium, 14g total carbohydrate, 2g (7%) dietary fiber, 10g sugars (includes 0g added sugars)*, 26g protein, 4% calcium, 10% iron, and 10% potassium. Percent Daily Values are based on a 2,000-calorie diet.

*Recipes may contain additional added sugars not present in the nutritional analysis due to food production companies' potential noncompliance with updated requirements for the Nutrition Facts Label at the time of the publication of this booklet.



MAKES 4
SERVINGS

Lemon-Basil Shrimp

INGREDIENTS

8 ounces whole wheat spaghetti noodles
3/4 pound ready-to-eat shrimp, thawed
1/4 cup chopped basil
8 jarred green olives, chopped
2 tablespoons olive oil
1 teaspoon lemon zest
2 cups spinach

DIRECTIONS

1. Wash your hands and clean the preparation area.
2. Cook pasta according to package directions, omitting any salt. Drain.
3. Put the pasta back in the pan. Add the shrimp and stir in the basil, olives, olive oil, and lemon zest.
4. Place 1/2 cup of spinach on each plate and top with 1/4th of the pasta mixture.

Nutrition facts per serving: 450 calories, 19g total fat, 3g saturated fat, 500mg sodium, 52g total carbohydrate, 6g (21%) dietary fiber, 2g sugars (includes 1g added sugars)*, 21g protein, 10% calcium, 15% iron, and 10% potassium. Percent Daily Values are based on a 2,000-calorie diet.



MAKES 6
SERVINGS

Mediterranean Beef Pitas

(1 PITA +3 OZ OF STEAK
+ TOPPINGS)

INGREDIENTS

Yogurt Sauce

6 ounces plain Greek yogurt
1 tablespoon fresh lemon juice
1 teaspoon garlic, minced
1/2 teaspoon dried dill
1 medium cucumber, chopped

Steak Pita

1/8 teaspoon salt
1/8 teaspoon pepper
1 1/4 pound top round steak, trimmed
6 pitas

Toppings

10 cherry tomatoes, halved
1/3 cup sliced black olives

1. Wash your hands and clean the preparation area.
2. Combine the yogurt, lemon juice, garlic, dill, and chopped cucumber in a bowl. Refrigerate until needed.
3. Season the steak with salt and pepper. Sear it in a pan on high heat (2 to 3 minutes on each side). Place steak on the rack of a broiler pan. Broil 10 to 15 minutes or until the internal temperature reaches a minimum of 145°F, turning once.
4. Carve steak into thin slices.
5. Place 3 ounces of steak on a pita, top with 1/6 of the yogurt sauce, cherry tomatoes, and black olives.

Nutrition facts per serving: 390 calories, 8g total fat, 2.5g saturated fat, 480mg sodium, 38g total carbohydrate, 1g (4%) dietary fiber, 4g sugars (includes 0g added sugars)*, 39g protein, 8% calcium, 30% iron, and 10% potassium. Percent Daily Values are based on a 2,000-calorie diet.



MAKES 4
SERVINGS

Mustard-Crusted Salmon

INGREDIENTS

1 pound salmon fillet
1/8 teaspoon pepper
2 tablespoons plain Greek yogurt
2 tablespoons olive-oil mayonnaise, reduced fat
2 tablespoons stone-ground mustard
2 tablespoons lemon juice
1 tablespoon orange juice
Zest from one lemon
3 green onions, minced

DIRECTIONS

1. Preheat the broiler.
2. Line a broiler pan or baking sheet with aluminum foil; then, coat it with vegetable-oil cooking spray.
3. Place the salmon fillet in the prepared pan. Season the salmon with pepper.
4. Combine the remaining ingredients in a small bowl. Spread the mixture evenly over the salmon fillet.
5. Broil the salmon 8 to 10 inches from the heat source until it is opaque in the center, 10 to 12 minutes or until it reaches a minimum internal temperature of 145°F.

Nutrition facts per serving: 190 calories, 8g total fat, 1.5g saturated fat, 250mg sodium, 2g total carbohydrate, 0g (0%) dietary fiber, 1g sugars (includes 0g added sugars)*, 24g protein, 2% calcium, 6% iron, and 10% potassium. Percent Daily Values are based on a 2,000-calorie diet.



MAKES 6
SERVINGS

Rustic Vegetable Pizza

INGREDIENTS

Pizza Dough

- 2 cups all purpose flour
- 1/2 teaspoon salt
- 3/4 cup warm (not hot) water
- 1 1/2 tablespoons dry yeast
- 1 1/2 tablespoons olive oil

Basil Pesto

- 1 cup packed basil leaves
- 2 garlic cloves, peeled
- 3 tablespoons pine nuts
- 2 tablespoons olive oil
- 2 tablespoons Parmesan cheese, grated

DIRECTIONS

1. In a food processor fitted with the dough attachment, combine the flour and salt.
2. Measure the warm water in a glass measuring cup, add the yeast and stir until foamy. Stir in the oil.
3. With the motor running, add the yeast mixture to the dry ingredients in the food processor, and process until the dough forms into a ball. Turn the dough out onto a floured surface and knead for 1 to 2 minutes.
4. Place the dough into an oiled bowl, turning the ball to coat. Cover and let rise in a warm place for about an hour.

DIRECTIONS

1. Combine the basil, garlic, and pine nuts in a food processor. Process until finely chopped.
2. With the motor running, add the oil through the feed tube and continue processing until you have a smooth paste. Briefly mix in the cheese.

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Rustic Vegetable Pizza

INGREDIENTS

Pizza Assembly

- 1 recipe pizza dough (or 1 refrigerated, packaged pizza dough)*
- 1 recipe pesto (or 4 ounces prepared pesto)*
- 1 medium zucchini, cut into matchsticks
- 1 red bell pepper, cut into matchsticks
- 4 ounces mushrooms, sliced
- 2/3 cup 2% mozzarella cheese

DIRECTIONS

1. Preheat oven to 425°F.
2. Place parchment paper on a baking sheet. Arrange the vegetables in a shallow layer on the pan. Roast for 20 minutes, until the vegetables begin to brown. Remove from the oven and increase the temperature to 500°F.
3. Spray a 10 to 12-inch round pizza pan or 12 x 15-inch baking sheet with vegetable-oil cooking spray. Stretch the pizza dough to fit the pan. Spread the pesto over the dough; scatter vegetables and mozzarella on the pizza.
4. Bake for 10 to 12 minutes or until the crust is golden.

**Using prepared ingredients will change the nutrition information.*

Nutrition facts per serving: 310 calories, 14g total fat, 3g saturated fat, 310mg sodium, 37g total carbohydrate, 2g (7%) dietary fiber, 2g sugars (includes 0g added sugars)*, 10g protein, 15% calcium, 15% iron, and 8% potassium. Percent Daily Values are based on a 2,000-calorie diet.



MAKES 7
SERVINGS

Slow Cooker Spiced Beef

(4 OZ BEEF + VEGGIES)

INGREDIENTS

- 4 medium carrots, cut into rounds
- 1 medium onion, cubed
- 14.5 ounces stewed tomatoes, unsalted
- 1 teaspoon garlic
- 1 teaspoon ground ginger
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 3/4 pound boneless beef chuck arm pot roast, trimmed
- 2 cups fresh or frozen green beans

DIRECTIONS

1. Wash your hands and clean the preparation area.
2. Place the carrots and onion in a 4- to 5-quart slow cooker.
3. In a bowl, combine the tomatoes with the juices and all the spices.
4. Place the beef over the vegetables in the slow cooker. Add the tomato mixture on top of the beef. Top with green beans.
5. Cook on low for 7 to 8 hours or high for 4 to 5 hours.

Nutrition facts per serving: 220 calories, 6g total fat, 2g saturated fat, 210mg sodium, 12g total carbohydrate, 3g (11%) dietary fiber, 6g sugars (includes 0g added sugars)*, 27g protein, 6% calcium, 15% iron, and 15% potassium. Percent Daily Values are based on a 2,000-calorie diet.

MAKES 6
SERVINGS

Asparagus Fries

INGREDIENTS

1 cup dry bread crumbs, plain, grated
1/3 cup Parmesan cheese, grated
1/2 teaspoon pepper
1/4 teaspoon salt
1/4 teaspoon garlic powder
1/2 teaspoon oregano
1 pound asparagus spears, trimmed
1/2 cup all-purpose flour
1/2 cup liquid egg whites

DIRECTIONS

1. Wash your hands and clean the preparation area.
2. Preheat the oven to 425°F. In a large bowl, combine the bread crumbs, cheese, pepper, salt, garlic powder, and oregano. Set aside.
3. Working in batches, dredge the asparagus in flour, dip them in egg whites, then dredge in the bread crumb mixture, pressing to coat.
4. Place the asparagus in a single layer on a baking sheet and bake 10 minutes. Then broil for another 2 to 3 minutes or until crispy and golden.

Nutrition facts per serving: 150 calories, 2.5g total fat, 1g saturated fat, 340mg sodium, 25g total carbohydrate, 3g (11%) dietary fiber, 3g sugars (includes 0g added sugars)*, 9g protein, 8% calcium, 15% iron, and 6% potassium. Percent Daily Values are based on a 2,000-calorie diet.

MAKES 4
SERVINGS

Fresh Beet Slaw

INGREDIENTS

3 fresh beets, peeled and diced
1 stalk of celery, chopped
2 medium carrots, chopped
1 large Granny Smith apple, cored and chopped
1/3 cup olive-oil-based mayonnaise
1/4 cup apple cider vinegar
2 tablespoons basil leaves, chopped
1/4 teaspoon salt
1/8 teaspoon pepper

DIRECTIONS

1. Wash your hands and clean the preparation area.
2. In a large bowl, combine beets, celery, carrots, and apple. Set aside.
3. In a small bowl, combine mayonnaise, vinegar, basil, salt, and pepper until well combined. Add to the beet mixture; toss to coat.
4. Serve immediately or chill for up to 8 hours.

Nutrition facts per serving: 140 calories, 8g total fat, 1g saturated fat, 380mg sodium, 16g total carbohydrate, 4g (14%) dietary fiber, 11g sugars (includes 0g added sugars)*, 2g protein, 2% calcium, 6% iron, and 8% potassium. Percent Daily Values are based on a 2,000-calorie diet.



Homemade Hummus

MAKES 7
SERVINGS

4 TABLESPOONS + DIPPERS

INGREDIENTS

Hummus

- 15 ounces chickpeas, low sodium, rinsed
- 1 tablespoon garlic
- 2 tablespoons fresh lemon juice
- 1/4 cup olive oil
- 1 teaspoon ground cumin

Dippers

- 1/2 pound baby carrots
- 1 large cucumber, skin removed, sliced

DIRECTIONS

1. Wash your hands and clean the preparation area.
2. Pour all ingredients into a food processor or blender. Blend until creamy. Add 2 to 3 tablespoons of water if it is too thick.
3. Transfer to a bowl and enjoy with the baby carrots and cucumber slices.

Nutrition facts per serving: 140 calories, 9g total fat, 1g saturated fat, 105mg sodium, 13g total carbohydrate, 4g (14%) dietary fiber, 4g sugars (includes 0g added sugars)*, 4g protein, 4% calcium, 6% iron, and 4% potassium. Percent Daily Values are based on a 2,000-calorie diet.



MAKES 4
SERVINGS

Roasted Kale with Caramelized Onions

INGREDIENTS

4 cups kale, spines removed and chopped
1/2 pint cherry tomatoes, halved
2 teaspoons olive oil, divided
1 onion, sliced
2 tablespoons balsamic vinegar
1/2 cup feta cheese

DIRECTIONS

1. Wash your hands, vegetables, and clean the preparation area.
2. Preheat the oven to 425°F.
3. Line a baking sheet with parchment paper. Distribute kale leaves and halved cherry tomatoes in one layer on the baking sheet. Sprinkle with 1 teaspoon olive oil.
4. Roast in the oven for 12 to 15 minutes or until the leaves begin to wilt and brown slightly and tomatoes begin to wrinkle. Remove from oven.
5. Heat the remaining teaspoon of olive oil in a skillet. Add onion slices and sauté on medium heat until the onions are caramelized.
6. To serve, place the kale and tomatoes on a serving dish. Drizzle with balsamic vinegar. Top with onions and feta cheese.

Nutrition facts per serving: 100 calories, 6g total fat, 3g saturated fat, 180mg sodium, 8g total carbohydrate, 1g (4%) dietary fiber, 4g sugars (includes 0g added sugars)*, 4g protein, 10% calcium, 6% iron, and 4% potassium. Percent Daily Values are based on a 2,000-calorie diet.



Balsamic-Infused Berries

MAKES 6
SERVINGS

INGREDIENTS

1/3 cup balsamic vinegar
3 tablespoons brown sugar, packed
2 teaspoons vanilla extract
1 1/2 cups strawberries, sliced
1 1/2 cups blueberries
1 1/2 cups raspberries
6 tablespoons frozen whipped topping

DIRECTIONS

1. Wash your hands and clean the preparation area.
2. Rinse all produce under cool, running water.
3. Combine the vinegar, brown sugar, and vanilla in a small bowl; set aside.
4. In another bowl, gently mix the berries together and drizzle balsamic mixture over the berries. Refrigerate to allow the flavors to combine.
5. Top each serving with 1 tablespoon of the whipped topping.

Nutrition facts per serving: 110 calories, 1.5 g total fat, 1g saturated fat, 5mg sodium, 23g total carbohydrate, 4g (14%) dietary fiber, 17g sugars (includes 8g added sugars)*, 1 protein, 2% calcium, 6% iron, and 4% potassium. Percent Daily Values are based on a 2,000-calorie diet.



MAKES 10
SERVINGS

Cherry-Almond Cake

INGREDIENTS

1 cup all-purpose flour
1 teaspoon baking powder
1/8 teaspoon salt
2 teaspoons cinnamon
1 teaspoon nutmeg
1/4 cup honey
3 tablespoons butter, softened
3 tablespoons nonfat sour cream
2 tablespoons almond butter
1/2 teaspoon almond extract
1 large egg
1/4 cup 2% milk

Topping

2 tablespoons chopped almonds
1 tablespoon brown sugar, packed
12 ounces frozen cherries, thawed

DIRECTIONS

1. Wash your hands and clean the preparation area.
2. Preheat oven to 350°F.
3. Combine the flour, baking powder, salt, cinnamon, and nutmeg in a bowl. Combine honey, butter, sour cream, almond butter, almond extract, and egg in a separate large bowl. Beat with a mixer until well combined.
4. Add the flour mixture and milk alternately to the honey mixture. Pour the batter into a 9-inch round cake pan coated with vegetable-oil cooking spray.
5. Combine the almonds and brown sugar; sprinkle over the batter. Arrange cherries on top.
6. Bake for 40 to 45 minutes or until a toothpick inserted comes out clean.
7. Cool in a pan on a wire rack for 10 minutes; remove from the pan.

Nutrition facts per serving: 180 calories, 8g total fat, 3g saturated fat, 135mg sodium, 24g total carbohydrate, 1g (4%) dietary fiber, 12g sugars (includes 8 added sugars)*, 4g protein, 6% calcium, 6% iron, and 2% potassium. Percent Daily Values are based on a 2,000-calorie diet.



MAKES 12
BARS

No-Bake Dark Chocolate Bars

INGREDIENTS

1 cup creamy peanut butter
1/3 cup honey
2 tablespoons butter
1/2 cup dark chocolate morsels
2 cups rolled oats
1 tablespoon vanilla
1 tablespoon cocoa powder

DIRECTIONS

1. Wash your hands and clean the preparation area.
2. In a large saucepan, melt together the peanut butter, honey, and butter.
3. Remove from the heat and add chocolate chips until they are melted. Stir in the oats, vanilla, and cocoa powder.
4. Spread into a 9 x 9-inch pan, lined with parchment paper. Refrigerate until hardened, about 2 hours. Cut into 12 bars.

Nutrition facts per serving: 280 calories, 17g total fat, 6g saturated fat, 90mg sodium, 27g total carbohydrate, 2g (7%) dietary fiber, 14g sugars (includes 9g added sugars)*, 7g protein, 2% calcium, 10% iron, and 4% potassium. Percent Daily Values are based on a 2,000-calorie diet.

Kitchen Basics: Common Abbreviations and Measures

Common Recipe Abbreviations

tsp or t = teaspoon

Tbsp or T = tablespoon

c = cup

pt = pint

qt = quart

gal = gallon

wt = weight

oz = ounce

lb or # = pound (e.g., 3#)

g = gram

kg = kilogram

vol = volume

mL = milliliter

L = liter

fl oz = fluid ounce

No. or # = number (e.g., #3)

in. or " = inches (e.g., 12")

°F = degrees Fahrenheit

°C = degrees Celsius or centigrade

Kitchen Measures

1/8 teaspoon = dash

3 teaspoons = 1 tablespoon

16 tablespoons = 1 cup

1 cup = 8 ounces

2 cups = 1 pint

2 pints = 1 quart

4 quarts = 1 gallon

2 gallons = 1 peck

4 pecks = 1 bushel

1 teaspoon = 5 mL

1 tablespoon = 15 mL

1/4 cup = 60 mL

1 cup = 250 mL

1 liter = 1.057 quarts

1 quart = 0.946 liters

1 pound = 16 ounces

1 pound = 0.45 kilograms



Safe Cooking Tips

Food	Safe Minimum Cooking Temperature
Finfish	145°F
Ground meats	160°F
Poultry	165°F
Roasts, steaks, chops	145°F

- Do not rely on color when checking temperature and doneness.
- Use a food thermometer to ensure safe internal temperature.
- Use the food thermometer in the thickest part of the food.
- Clean your thermometer with hot water and soap after each use.
- Keep cold foods at or below 40°F.
- Keep hot foods at or above 140°F.
- Keep foods out of the “danger zone” of 40°F to 140°F.

Freezing and Defrosting Tips

Food	Freezer Time for Best Quality (at 0°F or below)
Chops	4–6 months
Ground meat	3–4 months
Poultry, whole pieces	1 year
Sausage	1–2 months
Roasts	4–12 months
Seafood	9 months
Steaks	6–12 months

- Keep your refrigerator at or below 40°F and your freezer at or below 0°F.
- Marinate all meats in the refrigerator.
- Thaw meat in the refrigerator if time allows. This is the preferred thawing method, as it keeps meat out of the danger zone and lets it retain a better texture. Place the food in a pan to catch any juices, and place the pan on the lowest refrigerator shelf.
- Thaw in cold water only when the food will be cooked immediately. Replace the cool water every 30 minutes until the food is thawed.
- Thaw in the microwave only when the food will be cooked immediately. Refer to your microwave owner’s manual for thawing instructions.

Adapted from FightBac.org

Do you know what you're eating?

The United States continues to have the safest and most abundant food supply in the world; that food supply has a direct impact on our health.

Farmers throughout the United States provide foods that are not only safe, but also nutritious. Every day, farmers produce whole grains, fruits, vegetables, proteins, and dairy products that meet the USDA MyPlate and Dietary Guidelines for Americans recommendations. Eating a variety of nutritious foods is critical to improving one's overall health and reducing the risk of certain chronic diseases. Although our food supply is the safest in world, many are still confused about what to eat. This confusion often occurs during trips to the grocery store where consumers face various marketing claims and terms on the food packaging. The Texas A&M AgriLife Extension Service Path to the Plate program is designed to clarify and define some of the most common terms on packaging.

Use the guide below to know what you are buying when food shopping.

Natural: Generally means that the product has nothing artificial or synthetic added to it.

Local: The food is produced and processed within a particular area of where it is being sold, commonly within 400 miles or within state lines.

Fresh: Food is unprocessed and has not been frozen or subjected to any form of thermal processing.

No Added Hormones: Hormones are not allowed to be added in pork or poultry production. If you see the words "no added hormones" on pork or poultry, they must be followed by the statement: "Federal regulations prohibit the use of hormones."

Free Range: Hens are cage-free with continuous access to the outdoors during their laying cycle.

Cage Free: Hens are raised in an enclosed structure with unlimited access to food and water. They are NOT required to have access to the outdoors.

Term without a formal or legal definition at this time.

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