

Mediterranean Diet Recipes

Adapted from PREDIMED Study Group



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Summer Recipes

White Bean Creamy Soup with Nutmeg (4 servings)

Ingredients:

- 300g (10oz) cooked/canned white beans
- 1 medium carrot
- ½ medium onion
- 1 medium tomato
- 1 garlic clove
- 1 branch of fresh parsley
- ½ medium sweet green bell pepper
- 5ml (1 tsp) grated nutmeg
- 30 ml (2 tbsp) olive oil
- Salt to taste



How to prepare

- Peel and chop the carrots, tomatoes, garlic and onion.
- Put all the ingredients (except the nutmeg and salt) in a pan, cover with water and bring to a boil.
- When it begins to boil, decrease to low heat and simmer for 1 hour, making sure that the white beans always remain covered by water.
- After the beans are soft, add salt to taste.
- Simmer for an additional 5 minutes.
- Remove the pot from heat, add the nutmeg and let it remain at room temperature for 10 minutes (keep the lid on the pot).
- Blend the ingredients in blender until you obtain a cream consistency.
- Refrigerate and serve chilled.

Salmon with Carrots, Tomatoes and Basil

(4 servings)

Ingredients

- 340g (12oz) fresh salmon
- 2 medium carrots
- 1 garlic clove
- 16 cherry tomatoes
- 60 ml (¼ cup) fresh basil leaves
- 45 ml (3 tbsp) olive oil
- Salt to taste



How to prepare

- Peel and thinly cut the carrots and garlic.
- Sprinkle salt on the salmon pieces.
- Cut the tomatoes in half and put them in a non-stick pan. Add in garlic, carrots, basil, olive oil and salt.
- Cover the pan and cook the ingredients for 5 minutes at low to medium heat.
- Add the salmon pieces. Cook for 6-8 minutes.
- Remove the salmon and vegetables mixture from pan, it will be cooked through when it is slightly rose coloured on the inside.

White Fish (Perch) with Black Olives and Tomato Sauce

(4 servings)

Ingredients

- 340g (12oz) Perch (or other white fish)
- 100g (20 each) of black olives (pits removed)
- 2 garlic cloves
- 90 ml (⅓ cup) tomato sauce
- 45 ml (3 tbsp) olive oil
- 1 tsp salt



How to prepare

- Brush the fish fillets with olive oil and sprinkle with salt.
- Cook each fish fillet in a non-stick pan at medium heat for approximately 2 minutes on each side. Remove pan from heat.
- Cut and sauté the garlic cloves with olive oil until they reach a golden colour. Add the tomato sauce and the black olives. Cook for 1 minute.
- Pour sauce on top of the fish and serve.

Lentil Salad with Tomatoes and Chives

(4 servings)

Ingredients:

- 400g (12oz) lentils (cooked/ canned)
- 2 medium tomatoes
- 4 sprigs of chives
- 2 endive leaves
- 15ml (1 tbsp) balsamic vinegar
- 15ml (1 tbsp) olive oil
- Salt to taste



How to prepare

- Wash tomatoes and chives. Cut the tomatoes into cubes and the chives into thin slices.
- Place the lentils in a bowl. Add the tomatoes and chives around the lentils.
- Wash and cut the endive leaves. Combine with the other ingredients.
- Add olive oil, balsamic vinegar and salt to taste.

Tomato Soup

(4 servings)

Ingredients

- 200 g (7oz) breadcrumbs
- 350 ml (1½ cup) water
- 10 medium tomatoes
- 4 thin slices of ham
- 1 garlic clove
- 15ml (1 tbsp) white wine vinegar
- 15 ml (1 tbsp) olive oil
- Salt to taste



How to prepare

- Dampen the breadcrumbs in water until the water is absorbed.
- Peel and cut the tomatoes into cubes. Heat with chopped garlic in a saucepan over medium heat for 5 minutes.
- Put the breadcrumbs, tomatoes and garlic in a blender, mix until a thin sauce is formed.
- Add olive oil, vinegar, ham and salt.
- This dish is traditionally served cold. Let it chill in the refrigerator for approximately 1 – 2 hours.



Fall Recipes

Eggplant Lasagna with Tomatoes and Ricotta Cheese (4 servings)

Ingredients:

- 3 medium tomatoes (ripe)
- 2 medium purple eggplants
- 300g (10oz) ricotta
- 30 ml (2 tbsp) fresh herbs (basil, tarragon, oregano)
- 4 sprigs of chives or green onions
- 15 ml (1 tbsp) balsamic vinegar
- 30 ml (2 tbsp) olive oil
- Salt to taste



How to prepare:

- Clean and remove the ends of the eggplants. Cut them in half and then in medium size slices. Put in salt water (to cover the eggplant) for 30 minutes.
- Brush the eggplant with olive oil on both sides. Cook at medium heat until they are a golden colour. Remove from heat and place them on napkins, so the remaining oil can be absorbed.
- Cut the tomatoes in small cubes and season them with fresh herbs. Add 1 tbsp of olive oil and sprinkle of salt and mix them together.
- Place the tomatoes in a pan and cook over medium heat for a couple of minutes until they reach a creamy texture. Add balsamic vinegar just before removing the pan from the heat. Remove from heat
- Cut the ricotta in slices.
- Build the layers in a baking dish starting with the eggplant, cheese and tomato sauce. Repeat this several times.
- The top can be decorated with a rolled slice of eggplant and tomato sauce.
- Bake in the oven at 350°F for 30 minutes.
- Sprinkle the chopped chives on the top just before serving.

Grilled Salmon with Rice (4 servings)

Ingredients

- 340g (12 oz) salmon fillets
- 125 ml (½ cup) of white rice (dry)
- 2 garlic cloves
- 30 ml (2 tbsp) fresh parsley
- 60 ml (4 tbsp) olive oil
- Salt to taste



How to prepare

- Cook the salmon fillets with 2 tbsp of olive oil in a hot non-stick pan for 6 minutes (3 minutes each side).
- Chop the garlic into small pieces and fry it in 2 tbsp of olive oil in a stir-fry pan.
- Add the rice to the pan at a moderate to high temperature until the grain starts to become translucent.
- Add 250 ml (1 cup) hot water and cook for about 18 minutes
- Add the parsley about half-way through the cooking time.
- Add salt to taste.

Mashed Potatoes with Carrots and Leeks

(4 servings)

Ingredients

- 4 leeks
- 2 medium potatoes
- 2 medium carrots
- 1 spring onion
- 30ml (2 tbsp) olive oil
- Salt and pepper to taste



How to prepare

- Peel and cut the potatoes into small pieces. Clean and cut the leeks. Chop the spring onion.
- In a large pot, cook the spring onion with olive oil at low to moderate heat. When the onion reaches a transparent colour, add the potatoes and carrots.
- Cook these ingredients for approximately two minutes, adding enough water to cover the potatoes.
- When the water starts to boil, add the leeks and a sprinkle of salt.
- Cover the pot and let it cook at low to moderate heat for approximately 40 minutes. Remove from heat.
- Mash the ingredients and add pepper to taste.

Lettuce, Tomato and Artichoke Salad with Mustard Sauce

(4 servings)

Ingredients

- 4 artichokes
 - 1 head romaine lettuce
 - 2 medium tomatoes
 - handful of spinach
- Mustard dressing:
- 15 ml (1 tbsp) Dijon mustard
 - 1 medium lemon
 - 15 ml (1 tbsp) olive oil
 - Salt and pepper to taste

How to prepare

- Remove the stems and the harder leaves of the artichokes. Cut the artichokes into 4 pieces.
- Cook the artichokes in boiling water for 10 minutes and add salt to taste.
- Drain the artichokes and let them cool for 15 minutes.
- To prepare the artichoke dressing, mix mustard, lemon juice, ground pepper, salt and olive oil.
- Add the dressing to the artichokes and place them in the refrigerator for 1 hour.
- Wash and chop the lettuce, spinach and tomatoes.
- Combine with the chilled artichoke mixture to make a salad.

Chickpea Cream Soup

(4 servings)

Ingredients

- 250ml (1 cup) dried chickpeas
- 1 medium tomato
- 1 piece leek
- 1 medium carrot
- 1 medium white onion
- 15 ml (1 tbsp) olive oil
- Salt to taste

How to prepare

- Put the chickpeas in warm water with salt and let them soak for 5 minutes.
- Drain the water from the chickpeas.
- In a pot, add water, the white part of the leek, carrots (cleaned and cut), and the chopped onions. When the water starts to boil, add the chickpeas.
- Cook the ingredients at low to moderate heat for 2 hours. Drain the water and put it aside.
- Mash the vegetables and gradually add back in, as much of the cooking water as necessary to obtain a creamy texture.
- Cut the tomatoes into small cubes and serve them together with the chickpea mixture.
- Add olive oil to taste.



Spring Recipes

Garden Spaghetti (4 servings)

Ingredients

- 300g (10 oz) spaghetti
- 1 green onion
- 2 medium tomatoes
- 1 medium zucchini
- 1 medium green pepper
- 2 garlic cloves
- 50g (2 tbsp) grated Parmesan cheese
- 15ml (1 tbsp) olive oil
- Salt and pepper to taste



How to prepare

- Cook pasta in boiling salted water for about 8 minutes, making sure it is al dente (a little hard, not raw on the inside).
 - Drain and rinse under cold running water. Add a little olive oil and stir to prevent noodles sticking together.
 - Blanch the tomatoes in boiling water for 2 minutes and then put in cold water. Peel and cut into cubes.
 - Cut the zucchini into small cubes, and chop the green pepper and green onion. Cut the garlic into thin pieces.
 - Heat oil in a large sauté pan. Add green pepper, zucchini, tomato, green onion and garlic. Cook for 15 minutes over low heat. Season to taste with salt and black pepper.
 - When the vegetables are cooked, add the cooked spaghetti to the pan and let all the ingredients mix for 5 minutes.
 - Divide among individual plates and serve with grated cheese.

Chard and Sautéed Spinach

(4 servings)

Ingredients

- 450 g (1 pound) spinach
- 2 leaves chard
- 16 slices ham
- 1 medium onion
- 2 garlic cloves
- 30ml (2 tbsp) olive oil
- Salt to taste



How to prepare

- Clean the chard and spinach in cold water.
- Chop the leaves into strips and cook in salted water about 12-15 minutes. Once cooked, remove the leaves from the pan and drain well (save the water in a spare bowl).
- Chop the onion and the garlic in thin slices.
- Sauté onion and garlic in a pan with hot olive oil. When they begin to brown, add chopped ham.
- Add spinach and chard to the pan and fry all together for about 4-5 minutes.
- Add a few tablespoons of cooking spinach and chard water to finish. Serve hot.

Chicken Breast Grilled with Green Bell Pepper

(4 servings)

Ingredients

- 300g (10 oz) chicken breasts
- 2 medium green bell peppers
- 45ml (3 tbsp) olive oil
- Salt and pepper to taste



How to prepare

- Cut the chicken breast into chicken fillets and season with salt.
- In a pan with hot olive oil, fry the green bell peppers until golden.
- Add salt and pepper to taste and set aside.
- Fry the chicken fillets with a little oil that was used to fry green bell peppers.
- Serve the chicken immediately accompanied with fried green bell peppers.

Chicken Meatballs with Carrot Sauce

(4 servings)

Ingredients

- 150g (5 oz) chicken breast
- 1 egg
- 1 garlic clove
- 1 medium white onion
- 30ml (2 tbsp) olive oil
- 60 ml (4 tbsp) white flour
- 6 medium carrots
- 1 medium green bell pepper
- 2 garlic cloves
- 250ml (1 cup) tomato sauce
- salt and pepper to taste

How to prepare

- Chop the garlic and mince the chicken breast. Mix the garlic and the chicken breast with the egg. Add salt to taste.
- Make small balls with the chicken mixture, sprinkle with flour and fry in olive oil until golden.
- Carrot sauce: Cut the carrots into thin pieces. In a pan with a little olive oil, fry the onion, garlic, green bell pepper and carrots (all chopped).
- When the vegetables are soft, add the tomato sauce.
- Sauté and cover everything with a little water. Simmer for 5 minutes. After the vegetables are cooked add salt to taste.
- Put the meatballs in the carrot sauce and let finish cooking for 15 minutes on low heat.
- Serve the meatballs accompanied with the sauce.

Tomatoes stuffed with Couscous

4 servings)

Ingredients

- 4 medium tomatoes
- 250 ml (1 cup) medium couscous
- ½ medium white onion
- 1 clove garlic
- 1 medium red pepper
- 1 medium green pepper
- 1 medium carrot
- 15 ml (1 tbsp) sprigs of thyme
- 15ml (1 tbsp) of olive oil

How to prepare

- Heat olive oil in a pan. Add onion, garlic, peppers and carrots (all chopped). Cover the pan and cook over low heat for 10 minutes.
- Cook the couscous, according to package directions, steamed with a sprig of thyme. Turn off heat. Add a tablespoon of olive oil.
- Mix the couscous with the vegetables. Cut the tomatoes in half and remove the seeds. Stuff the tomatoes with couscous.
- Finish decorating with some fresh thyme leaves and a drizzle of olive oil.



Winter Recipes

Hummus with Sesame

(4 servings)

Ingredients

- 375 ml (1½ cup) cooked chickpeas
- 45ml (3 tbsp) Tahini paste
- 1 garlic clove
- 8 slices toasted bread
- juice of 1/2 lemon
- 5 ml (1 tsp) red sweet paprika
- 15ml (1 tbsp) olive oil
- Salt and pepper to taste



How to prepare

- Drain the broth from the chickpeas (cooked or canned) and set aside.
- In a blender add the chickpeas with garlic, Tahini paste, lemon juice, paprika and olive oil.
- Mix all ingredients until they become a cream, if you need, add some broth from the chickpeas.
- Add salt to taste, sprinkle with a little pepper and drizzle with a little olive oil.
- Serve with toasted whole grain bread.

Vegetable Soup with Peas

(4 servings)

Ingredients

- 90g (3 oz) chicken thighs
- 1 leek
- 1 medium white onion
- 1 garlic clove
- 250ml (1 cup) dried soup noodles
- 125 ml (½ cup) frozen peas
- 15ml (1 tbs) olive oil
- Salt to taste



How to prepare

- In a skillet with olive oil, brown the surface of the chicken thighs.
- Prepare a broth by combining chicken, leek (cleaned and cut) and onion (chopped) together in a pot with 3 cups of cold water. Cook over low heat for 1 hour.
- Occasionally remove impurities that are on the surface of the pan during cooking.
- Strain the broth. In a saucepan, add the chicken broth and bring to a boil. Add the noodles and peas.
- Boil all together on low heat for 5-8 minutes.
- Add salt to taste and serve hot.

Cream of Spinach Soup

(4 servings)

Ingredients

- 1 leek
- 1 medium white onion
- 1 bunch spinach
- 1 litre (4 cups) of vegetable broth
- 10 ml (2 tsp) sesame seeds
- 15ml (1 tbs) olive oil
- Salt to taste



How to prepare

- Peel, wash and chop the onion and the white part of the leek.
- Sauté the vegetables in olive oil. Add the spinach and let cook 1 minute.
- Add the vegetable broth and cook over medium heat for 15 minutes.
- Add salt and purée to cream texture in a blender.
- Sprinkle with sesame seeds and serve hot.

Chicken with Grapefruit

(4 servings)

Ingredients

- 340g (12oz) chicken fillets cut into pieces
- 1 garlic clove
- 2 medium grapefruits
- 125ml (½ cup) white wine
- 1 sprig rosemary
- 15ml (1 tbsp) olive oil
- Salt and pepper to taste



How to prepare

- Make a cut in garlic without cutting it completely.
- Wash and peel the grapefruit and cut into slices.
- Place chicken in a baking dish and season with salt and pepper.
- Add grapefruit, rosemary, garlic and olive oil.
- Bake in a preheated 425°F oven for 20 minutes. Then pour the wine over the chicken, reduce heat to 350°F and bake for another half hour. If the chicken is very golden, cover with aluminum foil and place in bottom of oven.
- Serve the chicken on plates decorated with slices of grapefruit.

Hake and Grapefruit Salad

(4 servings)

Ingredients

- 400g (14 oz) hake fillets (or other white fish)
- 10 leaves red lettuce
- 1 medium tomato
- 1 medium grapefruit
- 1 egg
- 125l (½ cup) white flour
- 45ml (3 tbsp) olive oil
- 15ml (1 tbsp) balsamic vinegar
- Salt to taste

How to prepare

- Sprinkle hake with salt. Dip in egg and then dip in flour.
- In a pan with hot olive oil, fry the hake about 3 minutes per side.
- Prepare a salad of lettuce and tomatoes, seasoned with olive oil, vinegar and a pinch of salt.
- Place two slices of grapefruit on each fillet, and serve with the salad.