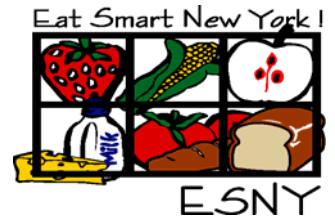




## Cornell University Cooperative Extension

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# ESCAPE TO THE MEDITERRANEAN

There's not one "Mediterranean" diet. At least 16 countries border the Mediterranean Sea. Diets vary between these countries and also between regions within a country. Many differences in culture, ethnic background, religion, economy and agricultural production result in different diets. But the common Mediterranean dietary pattern has these characteristics:

- ✓ High consumption of fruits, vegetables, bread and other cereals, potatoes, beans, nuts and seeds
- ✓ Olive oil is an important monounsaturated fat source
- ✓ Dairy products, fish and poultry are consumed in low to moderate amounts and little red meat is eaten
- ✓ Eggs are consumed zero to four times a week
- ✓ Wine is consumed in low to moderate amounts

People who follow the average Mediterranean diet eat less saturated fat than those who eat the average American diet. In fact, saturated fat consumption is well within the American Heart Association dietary guidelines.

More than half the fat calories in a Mediterranean diet come from monounsaturated fats (mainly olive oil). Monounsaturated fat doesn't raise blood cholesterol levels the way saturated fat does.

The incidence of heart disease in Mediterranean countries is lower than in the United States. Death rates are lower, too. But this may not be entirely due to the diet. Lifestyle factors (such as more physical activity and extended social support systems) may also play a part.



Before the American Heart Association can advise people to follow a Mediterranean diet, there needs to be more studies to find out whether the diet itself or other lifestyle factors account for the lower deaths from heart disease.

*Source: American Heart Association*

New reports show that the Mediterranean diet – high in fruits and vegetables, whole grains, fish, nuts and olive oil; moderate in red wine; and low in meat and refined grains –can help:

- Prevent various cancers. One expert says shifting to a Mediterranean diet could cut colon cancers 25%, breast cancers 15%, and prostate, pancreatic and uterine cancers 10% in the United States and other highly developed Western countries.
- Promote healthy arteries. It improves cholesterol and arterial functioning, and reduces inflammation and homocysteine, all players in cardiovascular disease.
- Prevent age-related memory loss and dementia. This includes Alzheimer's disease.
- Cut the risk of high blood pressure.
- Promote longevity. In one 10-year study of those over age 70, eating a Mediterranean diet cut the odds of death from all causes by 23%.

Why is the Mediterranean diet so good for you? **Top reasons: high antioxidants and fiber in plant foods; good fat in olive oil and fish; and less bad fat, less iron and fewer carcinogens (from eating fewer animal foods).**

## COOKING WITH WINE

Wine's complexity of flavors and aromas is one reason it works so well as an ingredient for cooking. Inside the bottle, the tannins, acids and a vast number of other compounds continue to work; mingling together, mellowing and transforming themselves. Let's take a look at how the various parts of wine affect the flavor.

**ALCOHOL-** The alcohol in wine is a key player in developing flavor in cooked dishes. Alcohol itself doesn't add flavor so much as it helps release flavor molecules in foods and assists in dissolving fats, allowing ingredients to reveal their own unique flavors in ways that other liquids (like water or broth) or fats (like butter and olive oil) cannot.

When adding wine to a sauce, make sure you allow most of the alcohol to cook off; otherwise, the sauce may exhibit a harsh, slightly boozy taste. How do you know when enough is enough? After adding the wine, cook the sauce until it reduces by about half. For best results, do not cover the pan when you're cooking off the alcohol. As the alcohol burns away, the flavor of the sauce will concentrate, becoming more delicious.

**TANNINS** – Tannins come from the grape’s skins, stems and seeds. Thick-skinned grapes, like Cabernet Sauvignon, produce more tannic wines than thinner-skinned varieties like Pinot Noir. And red wines have more tannin than whites. This is because the juice of red grapes spends more time swimming around with its skins than white grapes whose juice is separated from the skins soon after pressing. The juice of white grapes just doesn’t hang out long enough with its skins to pick up tannins.

Tannins affect the texture of a wine. We often experience them in the mouth as a drying sensation, rather than as a specific taste. In a young red wine with lots of tannin, they can come across as astringent and pucker-inducing, but the tannins will mellow with age, and are, in fact, one of the compounds that allows red wines to age gracefully.

How do tannins affect our eating experience? Well, let’s take Cabernet Sauvignon. Beef dishes are a classic pairing partner for Cabernet Sauvignon. In large part, it’s because Cabernet Sauvignon is a highly tannic wine, and the tannins in the wine get along so well with the fats and proteins in the meat. The tannins become attracted to the proteins in the meat rather than the proteins in your saliva, which makes the wine seem less astringent, a softer experience in your mouth.

When you make a pan sauce with Cabernet Sauvignon, the tannins become concentrated as the sauce reduces. If the sauce does not also contain enough protein and fat to handle those tannins, the end result could be a sauce that is a bit astringent for your liking. A vegetarian sauce, then, will probably work better with a less tannic red wine, like Pinot Noir, or a white wine.

**ACIDITY** – Have you ever paired a tomato sauce with a red wine like Merlot? The acid in the tomatoes can burn right through the wine, make it seem flat, and throw the balance all out of whack. That’s because Merlot, which is typically on the low end in acid, just can’t compete with the acid in the tomatoes. This is why Chianti Classico is such a popular choice for tomato-based pasta dishes: the sangiovese grape (the main grape in Chianti) has enough acid to stand up to the acid in the tomato sauce.

Of course, all wines have acid. So when cooking with wine, use nonreactive pans and skillets (like those made from stainless steel or enameled cast iron) to avoid discoloration when the acid hits the pan.

**FLAVORS AND AROMAS** - When you’re making a dish that has one or two dominant flavors, it’s worth thinking about wines that share those basic taste characteristics. Pinot Noir, for example, particularly Pinot Noir from Burgundy, is known for having flavors and aromas of mushrooms; it might pair up nicely with a dish that features lots of fresh, sautéed mushrooms. A bright dish with a healthy splash of citrus might respond well to a wine with a nice, bright citrus flavor – like Sauvignon Blanc. A cream sauce with shrimp will likely match up well with a creamy, buttery Chardonnay.

## WINE 101



**CHARDONNAY** is a very versatile wine grape: its flavor and aromas are easily influenced by where it's grown and how it's made. Fruit flavors range from apple to lime in cooler climates to tropical fruits in warmer places. When barreled in oak, it takes on a richness characterized by honey and butter flavors. When barreled in stainless steel, it often retains more mineral flavors and comes across as fresher on the palate. Chardonnay excels in Burgundy, France. Cool coastal areas of California also produce excellent Chardonnay. Chardonnay is a favorite with seafood. Minerally versions, like those from Chablis, France, pair particularly well with oysters.

**RIESLING** is a crisp, clean wine with green apple, pear and lime flavors. The best offer pleasing mineral qualities as well. With age, Riesling takes on honey flavors with attractive oily aromas. Riesling grows well in Germany, the Alsace region of France, the Finger Lakes region of New York, and parts of Australia and Washington State. Riesling pairs nicely with spicy foods, poultry and pork. Try it with Thai food.

**PINOT GRIS** is made from grapes that generally produce different styles of wine depending on where the grapes are grown and how they're handled in the cellar. In the Alsace region of France, and in places like Oregon and New Zealand, Pinot Gris typically makes rich wines marked by a bit of spice. The Italian style (Pinot Grigio) tends to be fresh, crisp and refreshing. Sample either style with seafood and pasta dishes, vegetarian food and poultry.

**SAUVIGNON BLANC** is a fresh, crisp, aromatic wine with grapefruit and grassy flavors. This wine is the star of the Loire region of France. It also shines in the Bordeaux region, where it is often blended with Semillon. In the New World, New Zealand has emerged as a prime spot for Sauvignon Blanc. Sauvignon Blanc is a food-friendly wine that goes well with many seafood, poultry and vegetable dishes.

**MERLOT** is a soft, supple wine with nice fruit flavors of plums and blackberries and occasionally mint, chocolate and eucalyptus flavors and aromas. Typically, it is ready to drink earlier than Cabernet Sauvignon, which sometimes needs a few years for its astringent tannins to mellow. Outside of Europe, New World Merlot shines in places like California, Chile and Washington State.

**CABERNET SAUVIGNON** is more assertive than Merlot, with more tannin and greater aging potential. It can have flavors of blackberries, plums, black currants and cassis. Aged in oak, Cabernet Sauvignon can take on flavors of vanilla, cedar, chocolate and coffee. Beyond Bordeaux, Cabernet Sauvignon does well in Napa, California, where it produces smooth, ripe wines. Washington State, Chile and Australia are also making excellent Cabernet. Merlot and Cabernet Sauvignon are very nice with meat dishes like beef and lamb.

**PINOT NOIR**, a notoriously difficult grape to grow, made its mark initially in Burgundy, France. The grape continues to deliver single-varietal wines that are among the best in the world. Pinot Noirs are delicate wines that taste of red fruits like cherries, raspberries and strawberries. With age, flavors and aromas become more complex, developing earthy notes like mushrooms and decaying leaves. Burgundy in particular is noted for developing these earthy flavors. In the New World, tasty Pinot Noir is being made in Oregon, New Zealand, and some of the cooler appellations of California. Pinot Noir is a versatile food wine, great with poultry, salmon, meat and vegetable dishes.

**SYRAH** is at home in the Rhone region of France, where the grape makes spicy, rich, darkly delicious wines that increase in complexity as they age. Syrah also makes delicious wines in Australia, where it is marketed as Shiraz. Australian versions are typically big, bold and spicy with jammy fruit and aromas of leather and black fruit. Syrah also excels in Washington State, where it often displays an attractive acid balance, and in California, where the styles vary significantly. Syrah is a very versatile wine that pairs well with a wide variety of foods. It's terrific with grilled meats.

**SANGIOVESE** is the wine grape that makes Chianti, a tremendous food wine with flavors and aromas of cherries and rose petals.

**NEBBIOLO** is the grape variety that makes Barolo and Barbaresco, the noble (and pricey) red wines of the Piedmont region of Italy. With age, flavor notes of plums and cherries are enhanced by flavors of smoke, tar and roses.

**MALBEC** is a star in Argentina, where it produces inky wines with an attractive smoke and leather quality. It also stands out in Cahors in southern France.

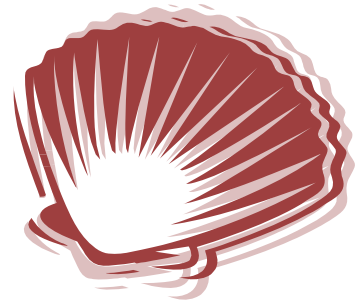
**TEMPRANILLO** is a famous grape of Spain, where it is used in wines of the Rioja and Ribera del Duero regions.

**GAMAY** makes the fresh and fruity, raspberry-flavored wines of the Beaujolais region of Burgundy.

**ZINFANDEL** has found its home in California, where it produces big, fruity, often spicy red wines.



*Source: Allrecipes.com*



## SCALLOPS POULETTE

¼ cup butter or margarine	1 lb bay scallops
1 Tbsp minced onion	1 bay leaf
2 Tbsp all-purpose flour	2 tsp lemon juice
1 (4 ounce) can sliced mushrooms, drained	½ cup milk, light cream or evaporated milk
¼ cup white wine	1 egg yolk
½ tsp salt (optional)	1 Tbsp chopped fresh parsley
1/8 tsp ground black pepper	

Combine butter and onion in a 2-quart, microwave-safe casserole. Cover, and microwave on High for 2 minutes. Stir in flour until well blended, then stir in mushrooms, wine, salt, pepper, scallops, bay leaf, and lemon juice. Recover, and microwave on High for 6 minutes, or until the scallops turn opaque. Remove and discard the bay leaf.

In a small bowl, stir together the milk and egg yolk until combined. Stir the hot liquid from the scallops, about 1 Tbsp at a time into the milk mixture. When combined, stir the sauce back into the scallops.

Cover, and microwave on High for 2 minutes, then stir and microwave for another 3 minutes. Sprinkle with parsley before serving.

Nutrition Info: 266 calories, 14.4g fat, .9g fiber, 730mg sodium

Serves: 4

Source: Allrecipes.com

## SCOTT URE'S CLAMS AND GARLIC

50 small clams in shell, scrubbed	1 cup white wine
2 Tbsp extra virgin olive oil	2 Tbsp butter
6 cloves garlic, minced	½ cup chopped fresh parsley

Wash clams to remove any dirt or sand.

In a large pot, heat oil over medium heat. Add garlic; sauté for 1 minute, or until tender. Pour in the white wine. Boil until wine has reduced to half its original volume.

Add clams, cover, and steam till clams start to open. Add butter, cover and cook till most or all of the clams open. Discard any that do not open. Transfer clams and juice to 2 large bowls. Sprinkle with parsley. Serve.

Nutrition Info: 185 calories, 13.1g fat, .3g fiber, 81mg sodium

Serves: 4

Source: Allrecipes.com

## **BROILED TROUT**

2 pounds fish fillets (trout or any kind of fish)  
2 Tablespoons grated onion  
2 large tomatoes cut into small pieces  
1 cup Swiss cheese

Place fillets in greased casserole dish. Sprinkle onion and tomatoes over fillets. Broil 10 minutes. Sprinkle with cheese and broil another 3 minutes.

Nutrition Info: 460 calories, 19g fat, 10g sat fat, 1g fiber, 260mg sodium

Serves 4.

Source: Coffee and Cale, The Four Ingredient Cookbooks, [www.fouringredientcookbook.com](http://www.fouringredientcookbook.com)

## **FIG AND LEMON CHICKEN**

1 lemon, juiced  
¼ cup brown sugar  
¼ cup white vinegar  
¼ cup water  
1 ½ lb dried figs

1 lemon, sliced  
12 chicken thighs  
salt to taste  
1 Tbsp chopped fresh parsley  
1 tsp dried parsley

Preheat oven to 400 degrees.

In a small bowl, combine lemon juice, brown sugar, vinegar and water; set aside.

Place figs and lemon slices in the bottom of an 11x16 inch baking/roasting dish. Arrange chicken thighs on top, then pour vinegar mixture over chicken. Finally, sprinkle with salt and dried parsley to taste.

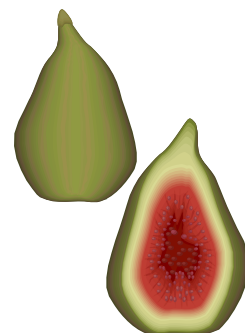
Bake/roast at 400 degrees for 50 minutes, basting frequently (turn figs if they begin to brown).

With a slotted spoon, remove chicken, figs and lemon slices from baking dish and place on a warm platter. Skim fat from cooking juices, then pour over chicken as sauce. Garnish with fresh parsley and serve.

Nutrition Info: 322 calories, 10.5g fat, 7.8g fiber, 62mg sodium

Serves: 12

Source: Allrecipes.com



## OLIVE CHICKEN II

8 skinless, boneless chicken breasts  
salt to taste  
2 Tbsp vegetable oil  
4 cloves garlic, crushed  
1 bay leaf  
¼ tsp dried thyme

¼ tsp ground black pepper  
4 tomatoes, peeled and quartered  
20 pimento-stuffed green olives  
1 ¼ cup dry white wine  
1 ¼ cup chicken broth

Season chicken with salt. Heat oil in a large skillet over medium high heat; brown chicken in oil, about 5 minutes each side. Add garlic, bay leaf, thyme and pepper and mix well, then stir in tomatoes, olives, wine and broth.

Reduce heat to low and simmer, uncovered, for 45 minutes or until chicken is cooked through and juices run clear. Remove garlic and bay leaf and serve.

Nutrition Info: 270 calories, 8.4g fat, 1.4g fiber, 1013mg sodium  
Serves: 8  
Source: Allrecipes.com



## PRUNE AND OLIVE CHICKEN

3 cloves garlic, minced  
1/3 cup pitted prunes, halved  
8 small green olives  
2 Tbsp capers, with liquid  
2 Tbsp olive oil  
2 Tbsp red wine vinegar  
2 bay leaves

1 Tbsp dried oregano  
salt and pepper to taste  
1 (3 pound) whole chicken, skin removed and cut into pieces  
¼ cup packed brown sugar  
¼ cup dry white wine  
1 Tbsp chopped fresh parsley, for garnish

In a medium bowl combine the garlic, prunes, olives, capers, olive oil, vinegar, bay leaves, oregano, salt and pepper. Mix well. Spread mixture in the bottom of a 10x15 inch baking dish. Add the chicken pieces, stir and turn to coat. Cover and refrigerate overnight.

When ready to prepare, preheat oven to 350 degrees. Remove dish from refrigerator. Sprinkle with brown sugar on top and pour white wine all around chicken.

Bake in preheated oven for 1 hour, spooning juices over chicken, several times as it is baking. Serve on a platter, pouring juices over the top, and garnish with fresh parsley.

Nutrition Info: 400 calories, 22.4g fat, 1.2g fiber, 309mg sodium  
Serves: 6  
Source: Allrecipes.com



## BETTER SLOW COOKER ROBUST CHICKEN

1 ½ lb skinless, boneless chicken breast halves  
cut into 1 inch strips  
2 Tbsp bacon bits  
¼ cup chopped green olives  
1 (14.5 ounce) can diced tomatoes, drained

1 (4.5 ounce) can sliced mushrooms, drained  
1 (1.25 ounce) envelope dry chicken gravy mix  
½ cup red wine  
3 Tbsp Dijon mustard  
¼ cup balsamic vinegar

In a slow cooker, combine the chicken, bacon bits, olives, tomatoes, mushrooms, gravy mix, wine, mustard, and vinegar. Mix together.

Cover slow cooker, and cook on Low setting for 6 to 8 hours.

Nutrition Info: 196 calories, 5.3g fat, 1.2g fiber, 950mg sodium  
Serves: 6  
Source: Allrecipes.com

## ASPARAGUS CHICKEN



4 skinless, boneless chicken breast halves  
½ cup Chardonnay wine  
1 tsp dried tarragon

1 packet dry hollandaise sauce  
16 fresh steamed asparagus tips  
1 cup shredded cheddar cheese

To marinate: Place chicken in a nonporous glass dish or bowl. Pour wine over chicken, then sprinkle with tarragon. Cover dish and refrigerate to marinate for 2 hours.

Preheat oven to broil/grill.

Remove chicken from dish or bowl, discarding remaining marinade, and broil/grill for 25 minutes or until cooked through and juices run clear.

Meanwhile, prepare hollandaise sauce according to package directions. When chicken is cooked, place 4 spears of steamed asparagus on each chicken breast and dribble with prepared hollandaise sauce to taste. Sprinkle with cheese and serve.

Nutrition Info: 308 calories, 11.6g fat, 1.8g fiber, 417mg sodium  
Serves: 4  
Source: Allrecipes.com

## ARTICHOKE AND BLACK OLIVE BAKED CHICKEN



4 bone-in chicken breast halves, with skin  
6 chicken drumsticks  
2 (6.5 ounce) jars marinated quartered  
artichoke hearts, drained  
1 (15 ounce) can black olives, drained

½ cup dry white wine  
½ cup chicken broth  
1 Tbsp chopped fresh tarragon  
salt and pepper to taste

Preheat oven to 350 degrees.

Place chicken breasts and drumsticks in a 9x13 inch baking dish, bone side down. Spread artichokes and olives around chicken, then mix wine and broth together in a small bowl and pour mixture all over chicken. Sprinkle with tarragon and season with salt and pepper to taste.

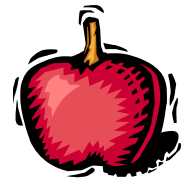
Bake at 350 degrees for 1 hour, or until chicken is cooked through (juices run clear) and browned.

Nutrition Info: 736 calories, 41.5g fat, 6.6g fiber, 1504mg sodium

Serves: 4

Source: Allrecipes.com

## APPLE STUFFED CHICKEN BREAST



2 skinless, boneless chicken breasts  
½ cup chopped apple  
2 Tbsp shredded cheddar cheese  
1 Tbsp Italian-style dried bread crumbs  
1 Tbsp butter

¼ cup dry white wine  
¼ cup water  
1 Tbsp water  
1 ½ tsp cornstarch  
1 Tbsp chopped fresh parsley, for garnish

Combine apple, cheese and bread crumbs. Set aside.

Flatten chicken breasts between sheets of waxed paper to ¼ inch thickness. Divide apple mixture between chicken breasts, and roll up each breast. Secure with toothpicks.

Melt butter or margarine in a 7 inch skillet over medium heat. Brown stuffed chicken breasts. Add wine and ¼ cup water. Cover. Simmer for 15 to 20 minutes, or until chicken is no longer pink.

Transfer chicken to a serving platter. Combine 1 Tbsp water and cornstarch; stir into juices in pan. Cook and stir until thickened. Pour gravy over chicken, and garnish with parsley. Serve.

Nutrition Info: 138 calories, 5.1g fat, .5g fiber, 146mg sodium

Serves: 4

Source: Allrecipes.com

## **ALICE'S SOUR CREAM CHICKEN BREASTS**

4 skinless, boneless chicken breasts  
12 oz sour cream  
¼ cup grated parmesan cheese

1/3 cup white wine  
¼ cup chicken broth  
1 pinch salt (optional)  
1 dash lemon pepper

Simmer chicken breasts in water to cover until almost tender. Drain, and reserve broth.

In a microwave-safe dish, mix together sour cream, parmesan cheese, white wine, chicken broth, salt and lemon pepper.

Cut chicken into bite size pieces, and put in sauce mixture. Cover. Microwave on High for about 10 to 15 minutes, then on Low for another 5 minutes. Make sure it doesn't burn. When sauce starts to thicken and chicken is tender, it is done.

Nutrition Info: 357 calories, 21.3g fat, 456mg sodium  
Serves: 4  
Source: Allrecipes.com

## **CHICKEN JERUSALEM II**

4 skinless, boneless chicken breast halves  
2 cups chicken stock  
2 cloves garlic, crushed  
½ small onion, finely chopped  
1 cup white wine

1 (8 ounce) package sliced fresh mushrooms  
1 (10 ounce) can artichoke hearts, drained  
1 cup heavy cream  
salt and pepper to taste

Preheat oven to 325 degrees.

Place chicken in a 9x13 inch baking dish. Bake for 25 to 30 minutes, or until chicken is no longer pink and juices run clear.

While the chicken is baking, place the chicken stock, garlic and onion in a medium saucepan. Bring to a boil, and cook until liquid is reduced by half. Stir in wine, and continue to cook until reduced and slightly thickened.

Add the mushrooms and artichokes to the chicken stock mixture. Reduce heat, and simmer until mushrooms are tender. Stir in the heavy cream, and cook, stirring occasionally, until thickened. Season with salt and pepper, and serve over the baked chicken.

Nutrition Info: 563 calories, 25.47g fat, 4.10g fiber, 593mg sodium  
Serves: 4  
Source: Allrecipes.com



## **LEMON GARLIC CHICKEN**

4 pieces of chicken breasts (boneless and skinless)  
1 clove garlic, minced  
1/2 cup fat free chicken broth  
1 Tablespoon lemon juice

Using non-stick skillet sprayed with cooking spray; slowly sauté garlic over low heat.  
Add chicken and cook over medium heat about 10 minutes or until brown on both sides.  
Add broth and lemon juice. Heat to boiling and then reduce heat.  
Cover and simmer 10-15 minutes or until chicken is done. Remove chicken and keep warm.  
5. Cook or reduce remaining liquid in pan, around 3 minutes. Pour over chicken and serve.

Nutrition Info: 270 calories, 3g fat, 1g sat fat, 0g fiber, 170mg sodium  
Serves 4.

Source: Coffee and Cale, The Four Ingredient Cookbooks, [www.fouringredientcookbook.com](http://www.fouringredientcookbook.com)

## **ROLLED CHICKEN AND ASPARAGUS**

4 pieces of chicken breasts, sliced thin  
30 asparagus spears (tough ends removed)  
2 Tablespoons lemon juice  
6 green onions, chopped

Cut chicken breasts into 8 or 10 thin strips. Wrap each strip in a corkscrew fashion around 2 or 3 asparagus spears. Fasten with toothpicks.

Place in a covered baking dish that has been sprayed with a non-stick cooking spray.  
Sprinkle with lemon juice and onions.  
Cover and bake at 350 degrees for 30 minutes.  
Remove toothpicks. Serve hot or refrigerate until chilled and serve cold.

Nutrition Info: 300 calories, 3g fat, 1g sat fat, 4g fiber, 160mg sodium  
Serves 4.

Source: Coffee and Cale, The Four Ingredient Cookbooks, [www.fouringredientcookbook.com](http://www.fouringredientcookbook.com)



## **PORK CHOP AND FETA SKILLET**

1 tsp crushed dried rosemary  
1 tsp dried basil  
1 tsp minced garlic  
1 pinch black pepper

2 Tbsp olive oil  
4 pork chops  
1 cup fresh lemon juice  
½ cup crumbled feta cheese with basil and sun-dried tomatoes

In a small bowl, stir together rosemary, basil, garlic and pepper.

Heat olive oil in a large skillet over medium heat. Dip pork chops in lemon juice, and sprinkle both sides with herb mixture. Place pork chops in skillet and sear both sides, about 7 minutes per side. Reduce heat to low. Sprinkle feta on top of chops; cover skillet and cook until cheese begins to melt, about 5 minutes.

Nutrition Info: 317 calories, 21.1g fat, .5g fiber, 244mg sodium  
Serves: 4  
Source: Allrecipes.com

## **AMAZING PORK TENDERLOIN IN THE SLOW COOKER**

1 (2 pound) pork tenderloin  
1 (1 ounce) envelope dry onion soup mix  
1 cup water  
¾ cup red wine

3 Tbsp minced garlic  
3 Tbsp soy sauce  
freshly ground black pepper to taste

Place pork tenderloin in a slow cooker with the contents of the soup packet. Pour water, wine and soy sauce over the top, turning the pork to coat. Carefully spread garlic over the pork, leaving as much on top of the roast during cooking as possible. Sprinkle with pepper, cover, and cook on low setting for 4 hours. Serve with cooking liquid on the side as au jus.

Nutrition Info: 200 calories, 5.6g fat, .5g fiber, 922mg sodium  
Serves: 4  
Source: Allrecipes.com

## **PORTUGUESE PORK WITH RED PEPPERS**

4 large cloves garlic, peeled  
1 1/2 tsp coarse salt (optional)  
2 Tbsp olive oil  
1 Tbsp whole black peppercorns

2 lb pork tenderloin, cut into 1 inch medallions  
2 red bell peppers, julienned  
1 cup white wine  
2 lemons

With a large mortar and pestle, mash the garlic, coarse salt, 1 Tbsp olive oil, and peppercorns into a fine paste. Transfer to a large bowl.

With a mallet, flatten the pork medallions to ¼ inch thick. Place in the bowl with the garlic mixture, tossing to coat. Cover, and marinate 2 to 4 hours in the refrigerator.

Heat the remaining oil in a large skillet over high heat. Stir in the pork and remaining garlic mixture. Quickly brown pork about 1 minute on each side. Remove from heat, and set aside.

Place red peppers into the skillet, and sauté 2 to 5 minutes, until tender but firm. Pour white wine into the skillet, and scrape up the browned bits. Reduce heat to low, return pork to skillet, and continue cooking 10 to 15 minutes, to an internal temperature of 180 degrees.

Slice 1 ½ lemons into thin rounds. Transfer the pork and pepper mixture to a serving platter. Squeeze juice of remaining ½ lemon over the pork and peppers, and garnish with the lemon rounds.

Nutrition Info: 224 calories, 9.7g fat, 2.1g fiber, 412mg sodium

Serves: 8

Source: Allrecipes.com



## WHITE BEAN, SPINACH, AND BARLEY STEW

1 cup uncooked pearl barley

3 cups water

1 tsp olive oil

1 cup chopped yellow onion

2 cloves garlic, minced

½ tsp dried rosemary

¾ cup small fresh mushrooms

1 cup chopped yellow bell pepper

2 Tbsp white wine

1 (15.5 ounce) can white beans, drained and rinsed

1 (14.5 ounce) can Italian-style diced tomatoes,  
drained

2 cups fresh spinach

1 pinch red pepper flakes

Bring the barley and water to a boil in a pot. Cover; reduce heat to low, and simmer 30 minutes, or until tender.

Heat the olive oil in a large pot over medium heat, and cook the onion and garlic until tender. Season with rosemary. Mix the mushrooms, yellow bell pepper, and wine into the pot and cook 5 minutes. Stir in the cooked barley, beans, tomatoes and spinach. Season with red pepper flakes. Continue cooking 10 minutes, or until spinach is wilted.

Nutrition Info: 257 calories, 1.7g fat, 9.1g fiber, 127mg sodium

Serves: 6

Source: Allrecipes.com

## **SLOW COOKER MEDITERRANEAN STEW**

1 butternut squash- peeled, seeded and cubed	½ cup vegetable broth
2 cups cubed eggplant, with peel	1/3 cup raisins
2 cups cubed zucchini	1 clove garlic, chopped
1 (10 ounce) package frozen okra, thawed	½ tsp ground cumin
1 (8 ounce) can tomato sauce	½ tsp ground turmeric
1 cup chopped onion	¼ tsp crushed red pepper
1 ripe tomato, chopped	¼ tsp ground cinnamon
1 carrot, sliced thin	¼ tsp paprika

In a slow cooker, combine butternut squash, eggplant, zucchini, okra, tomato sauce, onion, tomato, carrot, broth, raisins and garlic. Season with cumin, turmeric, red pepper, cinnamon and paprika.

Cover and cook on Low for 8 to 10 hours or until vegetables are tender.

Nutrition Info: 126 calories, .5g fat, 7.9g fiber, 175mg sodium  
Serves: 10  
Source: Allrecipes.com

## **QUICK MEDITERRANEAN PASTA**

8 oz spaghetti	1 tsp dried basil
¼ cup bread crumbs	1 Tbsp olive oil
1 tsp dried oregano	

In a large pot with boiling salted water, cook spaghetti pasta until al dente. Rinse with cool water. Drain well.

In a large bowl, mix the bread crumbs, oregano, basil and cooled pasta. Pour olive oil to your liking over the mixture. Serve salad cold.

Nutrition Info: 178 calories, 3.1g fat, 1.2g fiber, 42mg sodium  
Serves: 6  
Source: Allrecipes.com



## TUSCAN TOMATO PASTA

½ cup chopped onion  
2 cloves garlic, minced  
1 Tbsp olive oil or vegetable oil  
1 cup sliced fresh mushrooms  
1 (28 ounce) can whole tomatoes,  
cut up  
½ cup shredded carrot

2 Tbsp red wine vinegar  
1 Tbsp dried basil leaves  
1 cup Morningstar Farms® Meal Starters™  
Chik'n Strips  
8 oz spaghetti or fettuccine  
2 Tbsp shaved parmesan cheese

In large saucepan, cook onion and garlic in hot oil until tender. Add mushrooms. Cook and stir for 1 to 2 minutes or until tender.

Stir in undrained tomatoes, carrot, vinegar and basil. Bring to a boil. Reduce heat. Simmer, uncovered, for 10 to 15 minutes or until desired thickness. Stir in Chik'n Strips. Cook and stir for 1 to 2 minutes or until heated through.

Meanwhile, cook pasta according to package directions. Drain. Toss tomato mixture with pasta. Sprinkle with cheese.

Nutrition Info: 304 calories, 5.5g fat, 6g fiber, 346mg sodium  
Serves: 4  
Source: Allrecipes.com



## ESCAROLE SICILIANO

3 Tbsp olive oil  
2 medium heads escarole- rinsed,  
dried and chopped  
½ cup lemon juice

2 Tbsp capers  
1 pinch salt (optional)  
10 kalamata olives  
ground black pepper to taste

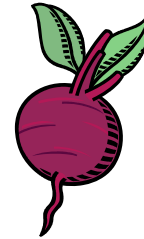
Heat oil in a wok over high heat. Add escarole; cook and stir until greens begin to wilt. Stir in lemon juice. Add capers, salt and olives; cook and stir for another 15 seconds. Season with black pepper to taste. Serve immediately.

Nutrition Info: 224 calories, 17.5g fat, 11g fiber, 579mg sodium  
Serves: 3  
Source: Allrecipes.com

## **BEET AND GOAT CHEESE SALAD**

6 cups mesclun (mixed baby greens)  
1 ½ lb beets  
3 T olive oil  
½ cup water

1 T fresh tarragon  
3 T balsamic vinegar  
8 oz goat cheese



Peel and slice the beets. Cook them in ½ cup water with the olive oil. Remove them when done but not too soft. Simmer the remaining water and oil until reduced to ¼ cup. Chop the tarragon and mix it and the vinegar into the reduced cooking liquid. Slice the goat cheese with a warm knife. Just before serving, spread the mesclun on a serving platter. Make a pleasant arrangement of altering slices of beets and goat cheese. Pour the dressing over the salad and serve promptly.

Nutrition Info: 220 calories, 15g fat, 8g sat. fat, 3g fiber, 180 mg sodium

Serves: 8

Source: Cornell Cooperative Extension of Saratoga County

## **CUCUMBER-YOGURT SALAD**

½ cup plain low-fat yogurt  
2 tablespoons reduced calorie mayonnaise  
1½ teaspoons dill weed, crushed  
1 teaspoon sugar  
½ teaspoon salt  
2 cups sliced peeled cucumbers  
½ cup grated carrot  
¼ cup thinly sliced onion

In a medium bowl, combine yogurt, mayonnaise, dill, sugar and salt. Add cucumbers, carrot and onion; stir to coat with yogurt mixture. Serve immediately. This salad will get watery when stored. The yogurt and mayonnaise mixture can be made in advance then stirred into the vegetables just before serving. Variation- add or substitute ½ teaspoon cumin powder for dill weed.

Nutrition Info: 60 calories, 3g fat, 0.5g sat fat, 1g fiber, 370mg sodium

Serves: 4

Source: Cornell Cooperative Extension of Saratoga County

## **OLEANA TAPENADE**

1 cup pitted dry-cured black olives  
2 cloves garlic, chopped  
2 tablespoons capers, rinsed  
2 anchovies, rinsed  
2 teaspoons brandy or cognac (or grape or peach juice, apple cider)



2 teaspoons freshly squeezed lemon juice  
1/2 cup extra virgin olive oil  
1 tablespoon chopped fresh parsley

1. Blend all ingredients coarsely in a food processor with a steel blade. Serve immediately or set aside for serving later.

Nutrition Info: *Per Serving (1 tbsp)*: 75 calories, 8g fat, 1g saturated fat, 0g fiber, 181mg

Source: Ana Sortun, Restaurant Oleano, Cambridge, MA Available in *The Oldways Table Cookbook*

### **MILO SALAD WITH OREGANO, FETA CHEESE, AND CUCUMBERS**

9 cups water  
3 cups milo (sorghum)  
3/4 cup chopped fresh oregano  
6 scallions, white and tender green parts, chopped  
3/4 cup extra virgin olive oil  
9 tablespoons freshly squeezed lemon juice  
3 tablespoons grated lemon zest  
3 cups chopped English cucumbers  
1 cup toasted pine nuts  
3 cups crumbled feta cheese  
1/2 teaspoon ground red pepper  
1 tablespoon sea salt



1. Bring the water to a boil in a large saucepan and add the milo. Simmer the milo, uncovered, for 30 to 40 minutes, or until all the water is absorbed and the milo is the consistency of cooked rice. Cool the milo to room temperature, fluffing with a fork occasionally.

2. In a medium bowl, combine the oregano, the scallions, olive oil, lemon juice, lemon zest, cucumbers, pine nuts, feta cheese, red pepper and salt.

3. Add the cooked milo. Adjust salt and red pepper.

Nutrition Info (1 1/2 cups per serving): 467 calories, 31g fat, 8g saturated fat, 4g fiber, 1005mg sodium

Source: Recipe by Jesse Cool, from *The Oldways Table cookbook*

## **CRANBERRY SPINACH SALAD WITH WARM HONEY DIJON DRESSING**

### **Salad:**

12 oz. fresh salad spinach  
½- 1 cup sweetened dried cranberries  
8 thin slices red onion

### **Dressing:**

½ cup honey  
½ cup lime juice  
2 Tablespoons Dijon mustard

Wash and clean spinach. Divide evenly among 8 salad plates. Top each with cranberries and onions.

To make dressing, combine ingredients in a small glass mixing bowl with wire whisk. Heat in microwave on HIGH for 1 minute or until warm. Pour 2 tablespoons over each salad. You will have extra dressing to keep.

Nutrition Facts per Serving (salad plus 2 Tbsp. dressing): 70 Calories 0g fat 0g sat. fat 50mg sodium  
2 grams fiber  
Serves: 8

Source: Adapted from recipelink.com

## **MEDITERRANEAN LENTIL SALAD**

1 cup dry brown lentils	2 Tbsp lemon juice
1 cup diced carrots	½ cup diced celery
1 cup red onion, diced	¼ cup chopped parsley
2 cloves garlic, minced	1 tsp salt (optional)
1 bay leaf	¼ tsp ground black pepper
½ tsp dried thyme	¼ cup olive oil

In a saucepan combine lentils, carrots, onion, garlic, bay leaf and thyme. Add enough water to cover by 1 inch. Bring to boil, reduce heat and simmer uncovered for 15 to 20 minutes or until lentils are tender, but not mushy.

Drain lentils and vegetables and remove bay leaf. Add olive oil, lemon juice, celery, parsley, salt and pepper. Toss to mix and serve at room temperature.

Nutrition Info: 148 calories, 7.1g fat, 5.9g fiber, 448mg sodium  
Serves: 8  
Source: Allrecipes.com

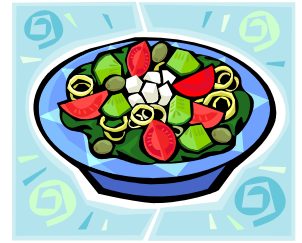
### MEDITERRANEAN MEDLEY SALAD

4 cups roughly chopped raw vegetables  
(combination of carrots, red onions  
cucumbers, tomatoes, green or red  
bell peppers and zucchini)  
2 oz feta cheese, crumbled

¼ cup sliced kalamata olives  
½ cup torn basil leaves  
2 Tbsp extra-virgin olive oil  
1 Tbsp balsamic vinegar  
1 pinch salt and freshly ground black pepper  
to taste

Toss all ingredients together. Serve.

Nutrition Info: 179 calories, 14g fat, 2.3g fiber, 489mg sodium  
Serves: 4  
Source: Allrecipes.com



### MEDITERRANEAN ROAST VEGETABLES

6 large potatoes, diced  
2 red bell peppers, diced  
1 fennel bulb, diced  
1 zucchini, diced  
6 cloves garlic

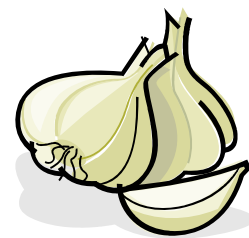
6 Tbsp olive oil  
2 tsp salt (optional)  
2 tsp vegetable bouillon powder  
¼ cup chopped fresh rosemary  
½ cup balsamic vinegar

Preheat oven to 400 degrees.

Place the potatoes, peppers, fennel, zucchini and garlic in a large baking dish. Drizzle the olive oil evenly over the vegetables. Sprinkle the salt, bouillon powder, and rosemary over the top. Stir the mixture until the vegetables are coated.

Bake in the preheated oven until tender, stirring occasionally, about 1 hour. Stir the balsamic vinegar into the vegetables; serve immediately.

Nutrition Info: 412 calories, 21.07g fat, 7.25g fiber, 1399mg sodium  
Serves: 4  
Source: Allrecipes.com



## MEDITERRANEAN SUMMER TOMATOES

5 fresh tomatoes  
5 shallots, coarsely chopped  
½ cup olive oil

¼ cup balsamic vinegar  
1 loaf French bread, for dipping (optional)

Core and slice the tomatoes, and arrange them in a serving dish. Sprinkle the shallots over the tomatoes. Whisk the olive oil and balsamic vinegar together with a fork, then pour over the tomatoes. Let stand for 5 minutes before serving or refrigerate, covered, for up to 3 days. Eat with French bread, and dip the bread in the marinade when finished with the tomatoes.

Nutrition Info: 424 calories, 20.7g fat, 3.7g fiber, 478mg sodium  
Serves: 6  
Source: Allrecipes.com

## BASIC MICROWAVE RISOTTO

3 Tbsp butter  
1 clove garlic, minced  
1 onion, chopped  
1 ½ cup vegetable broth

1 cup uncooked Arborio rice  
¾ cup white wine  
¼ cup grated parmesan cheese

In a 3 quart, microwave safe casserole dish, combine butter, garlic and onion. Place dish in microwave and cook on High for 3 minutes.

Place the vegetable broth in a microwave safe dish. Heat in microwave until the broth is hot, but not boiling (approximately 2 minutes).

Stir the rice and broth into the casserole dish with the onion, butter and garlic mixture. Cover the dish tightly and cook on High for 6 minutes.

Stir wine into the rice. Cook on High for 10 minutes more. Most of the liquid should boil off. Stir the cheese into the rice and serve.

Nutrition Info: 370 calories, 10.7g fat, 1.9g fiber, 380mg sodium  
Serves: 4  
Source: Allrecipes.com

## ORZO WITH MUSHROOMS AND WALNUTS

1/3 cup chopped walnuts  
3 Tbsp olive oil  
2 onions, chopped  
1 lb fresh mushrooms, sliced

4 cups chicken broth  
2 cups uncooked orzo pasta  
salt and pepper to taste



Preheat the oven to 350 degrees. Place walnuts on a baking sheet. Bake for 8 to 10 minutes in the preheated oven, or until they release their aroma. Stir once or twice for even toasting.

Heat oil in a large heavy saucepan over medium-high heat. Sauté onion and mushrooms until tender and golden brown.

Pour in broth, and bring to a boil. Stir in orzo, reduce heat to low and cover. Simmer until orzo is tender and liquid is absorbed, about 15 minutes. If after 15 minutes there is still liquid, remove cover and cook until liquid is gone. Remove from heat, and stir in walnuts. Season with salt and pepper to taste.

Nutrition Info: 319 calories, 10.4g fat, 3.2g fiber, 506mg sodium  
Serves: 8  
Source: Allrecipes.com

## MARINARA SAUCE

2 (14.5 ounce) cans stewed tomatoes  
1 (6 ounce) can tomato paste  
4 Tbsp chopped fresh parsley  
1 clove garlic, minced  
1 tsp dried oregano

1 tsp salt (optional)  
1/4 tsp ground black pepper  
6 Tbsp olive oil  
1/3 cup finely diced onion  
1/2 cup white wine



In a food processor, place tomatoes, tomato paste, chopped parsley, minced garlic, oregano, salt and pepper. Blend until smooth.

In a large skillet over medium heat sauté the finely chopped onion in olive oil for 2 minutes. Add the blended tomato sauce and white wine.

Simmer for 30 minutes, stirring occasionally.

Nutrition Info: 150 calories, 10.4g fat, 2.2g fiber, 685mg sodium  
Serves: 8  
Source: Allrecipes.com

## ARRABBIATA SAUCE

1 tsp olive oil	2 Tbsp tomato paste
1 cup chopped onion	1 Tbsp lemon juice
4 cloves garlic, minced	½ tsp Italian seasoning
3/8 cup red wine	¼ tsp ground black pepper
1 Tbsp white sugar	2 (14.5 ounce) cans peeled and diced tomatoes
1 Tbsp chopped fresh basil	2 Tbsp chopped fresh parsley
1 tsp crushed red pepper flakes	

Heat oil in a large skillet or saucepan over medium heat. Sauté onion and garlic in oil for 5 minutes.

Stir in wine, sugar, basil, red pepper, tomato paste, lemon juice, Italian seasoning, black pepper and tomatoes; bring to a boil. Reduce heat to medium, and simmer uncovered about 15 minutes.

Stir in parsley. Ladle over the hot cooked pasta of your choice.

Nutrition Info: 75 calories, 1g fat, 2.1g fiber, 258mg sodium

Serves: 6

Source: Allrecipes.com

## ARANCINI

1 Tbsp olive oil	½ cup finely grated parmesan cheese
1 small onion, finely chopped	1 egg, beaten
1 clove garlic, crushed	1 egg
1 cup uncooked Arborio rice	1 Tbsp milk
½ cup dry white wine	4 oz mozzarella cheese, cut into ¾ inch cubes
2 ½ cups boiling chicken stock	½ cup all-purpose flour
½ cup frozen green peas	1 cup dry bread crumbs
2 oz finely chopped ham	1 cup vegetable oil for deep frying
salt and pepper to taste	

Heat the olive oil in a large saucepan over medium heat. Add onion and garlic, and cook, stirring until onion is soft, but not browned. Pour in the rice and cook stirring for 2 minutes, then stir in the wine, and continue cooking and stirring until the liquid has evaporated. Add hot chicken stock to the rice 1/3 cup at a time, stirring and cooking until the liquid has evaporated before adding more.

When the chicken stock has all been added, and the liquid has evaporated, stir in the peas and ham. Season with salt and pepper. Remove from the heat, and stir in the parmesan cheese. Transfer the risotto to a bowl, and allow to cool slightly.

Stir the beaten egg into the risotto. In a small bowl, whisk together the remaining egg and milk with a fork. For each ball, roll 2 Tbsp of the risotto into a ball. Press a piece of mozzarella cheese

into the center and roll to enclose. Coat lightly with flour, dip into the milk mixture, then roll in bread crumbs to coat.

Heat oil for frying in a deep-fryer or large deep saucepan to 350 degrees. Fry the balls in small batches until evenly golden, turning as needed. Drain on paper towels. Keep warm in a low oven while the rest are frying.

Nutrition Info: 254 calories, 16.4g fat, .7g fiber, 302mg sodium  
Serves: 18  
Source: Allrecipes.com

## **SPAGHETTI ZUCCHINI CARBONARA**

2 cloves garlic  
3 Tbsp. olive oil  
2 medium zucchini (about 1 pound), thinly sliced or quartered (not peeled)  
1 large egg or ¼ cup egg substitute  
2 Tbsp. freshly grated parmesan cheese  
2 Tbsp. reduced fat or low fat milk, plus more if needed  
¼ pound ham, thinly sliced  
1 tsp. butter

1. In a large skillet, simmer the garlic in the olive oil (keep the garlic whole, don't slice it- the taste is going to be lighter). When the garlic begins to turn golden, add the zucchini. Cover the skillet and let it simmer until the zucchini are soft but still retaining some crispness and shape. The time depends on the size of the zucchini slices.
2. While the zucchini cooks, mix the egg or substitute in a small bowl with the parmesan cheese and milk until it is well-blended (more so than you would for a scrambled egg).
3. Prepare a crispy "prosciutto." Melt the butter in a large skillet over medium heat. Add the ham and cook, turning for about 5 minutes, until crisp.
4. Bring 6 cups of water to a boil in a large pot. Add the spaghetti and cook until al dente (1 to 2 minutes less than package instructions). Drain and return to pan (leaving the heat on).
5. Pour the egg mixture over the pasta in its pan, and stir until the egg starts to set (the pasta and egg must remain moist). Pour the pasta and egg mixture into the skillet with the zucchini. Add the crispy "prosciutto" and mix lightly so that the ingredients blend and the pasta absorbs some of the accompaniments. If needed, add a small amount of milk to make the sauce more fluid. Serve immediately.

Nutrition Facts per Serving: 376 Calories 16g fat 3g saturate fat 3g fiber 56mg sodium  
Serves: 4

Source: Recipe by Recipe by Renzo and Margherita Rizzo, from *The Oldways Table*

Note: If you have leftovers, you can make a pasta frittata. Scramble 2 large eggs with 2 tablespoons freshly grated Parmigiano-Reggiano and 2 tablespoons milk. Add the leftover pasta. Heat 2 tablespoons extra virgin olive oil in a large skillet over medium heat, pour in the pasta mixture, and cook until the egg is firm and the liquid is absorbed.

### **MASHED POTATOES WITH KALE AND OLIVE OIL**

3 pounds all-purpose potatoes, peeled and cut into large chunks  
Water  
Sea salt  
4 tablespoons extra virgin olive oil  
4 cloves garlic, minced  
1 bunch kale, large stems stripped and discarded, leaves chopped  
1/2 cup warm milk or light cream  
Freshly ground black pepper  
5 scallions, white and tender green parts, chopped  
1/4 cup freshly grated Parmesan cheese, for garnish (optional)



1. Put the potatoes in a large pot and cover with water. Add a pinch of salt. Bring the water to a boil and continue boiling for 20 minutes, or until the potatoes are tender. Drain and place in a large bowl.
2. Heat 2 tablespoons oil in a large sauté pan or skillet over medium heat. Add the garlic and chopped kale and sauté for 4 minutes, until softened. Add the sautéed kale to the bowl with the potatoes.
3. Mash the potatoes and kale together with a potato masher or fork. Slowly add the warm milk and combine. Season with salt and pepper; mix just until creamy with a few chunks.
4. Place the potatoes in a serving bowl. Make a well in the center and pour the remaining 2 tablespoons of olive oil over the top. Sprinkle with scallions and Parmesan cheese. Serve immediately.

**Nutrition Facts per Serving** Calories: 330, Fat: 16 grams, Saturated Fat: 3 grams, Fiber: 4 grams, Sodium: 135 mg+ salt to taste

Serves: 4

Source: from *The Oldways Table* **cookbook**

## **SPICY VEGETABLE COUSCOUS**

1 can (13 3/4 oz.) chicken broth  
1 cup couscous  
2 Tbsp extra virgin olive oil  
1 cup each chopped zucchini and red onion  
1/2 cup grated carrots  
1 clove garlic, minced  
1 can garbanzo beans (chickpeas) rinsed & drained  
1/2 tsp each ground cumin, curry powder, salt and red pepper flakes

Bring broth to boil. Stir in couscous. Remove from heat. Let stand, covered, 5 minutes  
Heat oil in large skillet.  
Add zucchini, onion, carrots and garlic; cook and stir 5 minutes or until tender.  
Add beans, seasonings and couscous; cook and stir until thoroughly heated, about 2 minutes.

Nutrition Facts per Serving: 230 Calories 6g fat 0.5g sat. fat 480mg sodium 5g fiber  
Serves: 6  
Source: **Culinary Journey to Mediterranean**

## **MEDITERRANEAN HUMMUS**

1/4 cup bottled, roasted red peppers  
1/4 cup pitted kalamata olives  
3 tbsp. fresh lemon juice  
2 tsp. extra virgin olive oil  
1/4 tsp. salt  
1/8 tsp. black pepper  
2 garlic cloves  
1 (15 1/2 oz.) can chickpeas (garbanzo beans)

Place all ingredients in food processor and process until smooth, scraping sides of bowl as needed. Store, well-covered, in refrigerator. Spread on cracker or pita triangle.

Nutrition Facts per 2 Tablespoons: 49 Calories 1g fat 0.2g sat. fat 171mg sodium 1.5g fiber  
Source: Cooking Light

## **MARY'S WHITE CHILI**

1 pound ground turkey  
2 cans (15 oz. each) Great Northern beans  
1 can (16 oz.) white hominy  
1 package chili seasoning

Brown turkey in non-stick skillet. Drain any fat from pan.  
Add undrained beans and hominy.  
Combine chili seasoning with the 1/2 cup water called for in the chili seasoning package and add to turkey.  
Bring to a boil, reduce heat and simmer for 20 minutes and until thoroughly heated.

Nutrition Info: 340 calories, 12g fat, 3g sat fat, 7g fiber, 1400mg sodium

Serves 8.

Source: Coffee and Cale, The Four Ingredient Cookbooks, [www.fouringredientcookbook.com](http://www.fouringredientcookbook.com)

## **TOMATO BRUSCHETTA**

1 loaf crusty French bread  
¾ cup mozzarella or fresh parmesan cheese, finely grated  
1 tablespoon olive oil  
2 medium onions, finely diced  
4 cloves garlic, minced  
4 medium tomatoes, finely diced  
1 tablespoon fresh basil, minced

Slice bread, place on sheet pan and put under broiler, flipping to toast both sides. Set aside. In a skillet over medium heat, add olive oil, onion and garlic. Cook onion and garlic until onion is soft. Add tomato and basil, stir in skillet for 30 seconds until just heated. Remove skillet from heat. Place about 1 - 2 tablespoon of tomato mixture on each piece of toasted bread, sprinkle with cheese. Place under broiler until cheese is just melted.

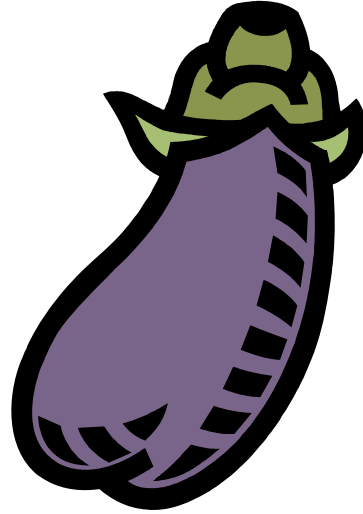
Nutrition Info: 190 calories, 8g fat, 3g sat fat, 3g fiber, 220 mg sodium

Serves: 4

Source: Cornell Cooperative Extension of Saratoga County

## **RATATOUILLE**

2 Tbsp. olive oil  
3 cloves garlic  
2 tsp. dried parsley  
1 eggplant, cut into ½ inch cubes  
1/2 cup grated parmesan cheese  
2 zucchini, sliced  
1 large onion, sliced into rings  
2 cups sliced fresh mushrooms  
1 green bell pepper, sliced  
2 large tomatoes, chopped  
Salt to taste



Preheat oven to 350°F. Coat bottom and sides of a 1 ½ quart casserole dish with 1 Tbsp. olive oil. Heat remaining 1 Tbsp. olive oil in a medium skillet over medium heat. Sauté garlic until lightly browned. Mix in parsley and eggplant. Sauté until eggplant is soft, about 10 minutes. Season with salt to taste. Spread eggplant mixture evenly across bottom of prepared casserole dish. Sprinkle with a 1-2 Tbsp. of parmesan cheese. Spread zucchini in an even layer over top. Lightly sprinkle with a little more cheese. Continue layering in this fashion, with onion, mushrooms, bell pepper, and tomatoes, covering each layer with a sprinkling of cheese. Bake in preheated oven for 45 minutes.

Nutrition Facts per Serving: 237 Calories 8g fat 2.5g sat. fat 200mg sodium 7g fiber  
Serves: 4  
Adapted from allrecipes.com

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