



*May All  
Your Holidays  
be  
Mediterranean*

*A collection of menu ideas  
and special recipes from the  
Mediterranean Foods  
Alliance*



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## A Note About the Recipes

The Mediterranean Diet embraces a wide range of delicious, healthy, and easy-to-prepare traditional foods and cooking styles from many countries, including Syria, Lebanon, Turkey, Morocco, southern France, Italy, Greece, and Spain. Our selection of holiday recipes dips into a number of these different cultures to illustrate the broad range of flavors you can bring to your table and share with your guests. Feel free to mix and match recipes from each category as you plan a menu, and increase quantities as necessary to feed everyone at your table. Vegetables, whole grains, herbs, nuts, yogurt, olives, and olive oil show up in several categories, highlighting their importance as basic Med Diet ingredients.



## *Navigating Your Way to Healthy Holidays, the Med Diet Way*

No matter how carefully we plan for the holiday season, there always seems to be a stretch of days that don't have enough hours in them. And on top of that, we're tempted by sweets and rich foods at every turn. In fact, most Americans gain a pound or two between Thanksgiving and New Year's Day.

Don't let your busy schedule keep you from enjoying all the healthy, delicious foods that are part of the Mediterranean Diet and finding ways to include them in holiday meals.

- ◆ Eat home-cooked meals as often as you can. Keep your pantry, refrigerator, and freezer stocked with Med Diet basics so you can come home from a busy day and put an affordable, healthy meal on the table quickly, avoiding last minute trips for groceries or fast food. Stock up on extra-virgin olive oil, canned tuna and sardines, canned tomatoes, frozen vegetables and shrimp, whole grains (including pasta), eggs, hard cheese for grating, Greek yogurt, olives, and nuts, plus an assortment of herbs and spices. Keep apples, celery, and carrots in the refrigerator along with hummus and tzatziki. And don't skip breakfast or lunch!
- ◆ Be smart about buffet party tables. Enjoy the feast with your eyes first. Survey the table and think about taking small amounts of your favorites. Once you have served yourself, move away from the table and enjoy your meal with friends and family.
- ◆ Eat lots of vegetables. Include a variety of vegetables in your holiday meals, and try new ways of preparing them. Shred winter squash and sweet potatoes in the food processor and sauté them in olive oil and garlic. Roast beets, carrots, potatoes, and onions in the oven. Sauté fresh spinach with garlic and add a squeeze of lemon. Create pretty and tasty salads, using different colors of lettuce, watercress, and fresh herbs, and serve them with a simple vinaigrette.
- ◆ Exercise! Find ways to stay active during this busy time. Go for walks and do errands on foot, make time for yourself to go swimming, stop at the gym, or ride your bike.
- ◆ Wine and water are the typical beverages of the Mediterranean Diet. If you drink wine, enjoy moderate amounts: up to one glass per day for women, two for men. During the holidays, after you have a glass of wine at a party, follow it with a glass of water, to keep well hydrated.



# *Appetizers*



*Holiday Shrimp*

*Creamy Greek Olive and  
Feta Dip*

*Nutty Medjool Date Ball*

*Tapenade Bruschetta*



## *Holiday Shrimp*

Increase the quantities in this recipe as necessary if you're feeding a crowd.

*Serves 4*

### **Ingredients**

1 pound shrimp, cooked, peeled and deveined  
1 cup white vinegar  
1 cup red onions, chopped (large pieces)  
1/2 cup extra-virgin olive oil  
2 tablespoons capers  
2 teaspoons garlic, minced

### **Preparation**

Combine all ingredients and refrigerate overnight, stirring occasionally. Remove the shrimp and the onions from the marinade and arrange on a serving platter.

*Recipe courtesy of Florida Bureau of Seafood and Aquaculture Marketing, and National Fisheries Institute*

Nutrition Analysis Per Serving:  
Calories: 230, Fat: 10g, Sodium: 296mg,  
Carbohydrate: 5g, Protein: 25g

## *Creamy Greek Olive and Feta Dip*

This recipe shows that a dip doesn't need to be loaded with sodium and unhealthy fat. Serve with toasted pita chips or raw vegetables.

*Serves 12*

### **Ingredients**

1-1/2 cups (12 ounces) plain low-fat yogurt  
1 teaspoon fresh lemon juice  
1 tablespoon extra-virgin olive oil  
1 small garlic clove, minced  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon oregano  
1/4 cup diced seedless cucumber  
1/4 cup diced ripe tomato  
1/2 cup chopped pitted Kalamata olives  
1/4 cup crumbled feta cheese  
3 tablespoons minced red onion  
1/4 cup chopped fresh mint leaves

### **Preparation**

In a blender, puree the yogurt, lemon juice, olive oil, garlic, salt, pepper, and oregano until smooth. Transfer to a mixing bowl and fold in the remaining ingredients. Refrigerate for at least one hour.

*Recipe courtesy of Lindsay Olive Company*

Nutrition Analysis Per Serving:  
Calories: 71, Fat: 4g, Sodium: 251mg,  
Carbohydrate: 5g, Protein: 2g







## *Nutty Medjool Date Ball*

Set out with crackers, pita chips, or carrot and celery sticks.

*Serves 4 to 6*

### **Ingredients**

8 ounces fresh Medjool dates, pitted and minced  
8 ounces mascarpone or softened cream cheese  
2 ounces toasted, minced pecans  
2 tablespoons minced fresh mint

### **Preparation**

Combine the dates and cheese with half of the minced pecans. Mix well and form into a ball. Spread the remaining pecans on a piece of waxed paper and roll the ball in them to coat it evenly. Garnish with the mint and chill well before serving.

*Recipe courtesy of Baro Valley Medjool Date Growers Association*

Nutrition Analysis Per Serving:  
Calories: 298, Fat: 20g, Sodium: 121mg, Carbohydrate: 31g, Protein: 5g

## *Tapenade Bruschetta*

Made in minutes from toasted bread, bruschetta is a delicious and easy appetizer that goes with anything. This version uses tapenade, but you can also simply rub the toasted bread with garlic and top it with sliced tomatoes or a bit of pesto.

*Serves 8 to 10*

### **Ingredients**

1 cup green olive tapenade  
2 teaspoons fresh lemon juice  
1 teaspoon anchovy paste  
1 teaspoon dried rosemary  
1 pinch red pepper flakes  
1 garlic clove, minced  
4 tablespoons extra-virgin olive oil  
18 1-inch thick slices of baguette, toasted



### **Preparation**

Combine all the ingredients except the bread in a blender or food processor and puree until smooth. Spread the mixture on each slice of baguette and serve.

*Recipe courtesy of GAEA*

Nutrition Analysis Per Serving:  
Calories: 179, Fat: 9g, Sodium: 392mg,  
Carbohydrate: 22g, Protein: 4g



# *Soups*



*Walnut "Cream" of  
Mushroom Soup*

*Creamy Pumpkin Soup*

*Spicy Carrot Ginger Soup*



## Walnut "Cream" of Mushroom Soup

Walnuts pureed with nonfat milk give this soup a smooth consistency without the saturated fat typical of a cream soup. Use a combination of crimini, shitake, and button mushrooms for the best flavor.

Serves 4

### Ingredients

1 tablespoon extra-virgin olive oil  
1 pound mushrooms, sliced  
2/3 cup chopped shallots  
2 cups chicken broth  
1 1/2 teaspoons chopped fresh or 1/2 teaspoon dried thyme  
1 cup walnuts  
1/2 cup non-fat milk or plain soymilk  
Freshly cracked black pepper

### Preparation

Heat the oil in a 3 to 4 quart saucepan over medium-high heat. Add the mushrooms and shallots. Cook for 5 minutes, or until softened, stirring several times. Add the chicken broth and thyme. Bring to a boil. Reduce the heat, cover, and simmer for 5 minutes.

Place the walnuts and milk in food processor or blender. Whirl until the walnuts are completely blended with the milk and nearly smooth. Stir them into the mushroom mixture. Simmer over medium-low heat, stirring frequently, until slightly thickened, about 5 minutes. Serve with freshly cracked black pepper.

*Recipe by Rosemary Mark, courtesy of the California Walnut Board and Commission*

Nutrition Analysis Per Serving:

Calories: 300, Fat: 23g, Sodium: 205mg, Carbohydrate: 16g, Protein: 11g



## Spicy Carrot Ginger Soup

Allowing the carrots to "sweat" in the stockpot helps them caramelize and become sweeter. Serve with dollop of plain yogurt on top.

Serves 10

### Ingredients

2-3 tablespoons extra-virgin olive oil  
1 small yellow onion, chopped  
1-2 teaspoons cumin seed  
1/2 teaspoon ground white pepper  
1/2 teaspoon cayenne  
3 pounds carrots, peeled and chopped



4 garlic cloves, minced  
2 tablespoons minced fresh ginger  
4 cups vegetable stock, warmed  
Plain yogurt (optional)

### Preparation

Heat the olive oil in a heavy-bottomed stockpot over medium high heat and sauté the onion for 2 to 3 minutes. Stir in the cumin seed, white pepper, and cayenne. Add the carrots, stirring to coat them well with the oil and spices. Cover the pot and reduce the heat to low. Cook, covered, for 7 to 8 minutes, stirring once or twice. Add the garlic and ginger and increase the heat to medium high, stirring well. Continue to cook for another 1 to 2 minutes. Add the chicken stock to the pot and bring to a boil. Cover, reduce the heat to low, and simmer until the carrots are fork-tender, about 10 to 15 minutes. Using an immersion blender or a conventional blender (blend in small batches), puree the soup until smooth. If using a conventional blender, return the soup to the pot over low heat. Season with salt and spoon into bowls. Top each serving with 1 to 2 tablespoons of yogurt.

*Recipe developed by Sara Talcott, for Oldways*

Nutrition Analysis Per Serving:

Calories: 121, Fat: 4g, Sodium: 240mg, Carbohydrate: 20g, Protein: 3g

## Creamy Pumpkin Soup

You can also make this soup with 4 cups of steamed or roasted winter squash. Serves 8

### Ingredients

2 cans (10 ounces each) pumpkin puree  
1 cup orange juice  
2/3 cup chicken stock  
1 can evaporated milk  
1 tablespoon honey  
1/4 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1 teaspoon salt  
1 pint light cream  
1 1/2 cups lowfat plain yogurt

### Preparation

In a large pot over medium-high heat combine the pumpkin puree, orange juice, chicken stock, and evaporated milk. Stir in the honey and spices. When the mixture is hot but not boiling, add the yogurt and cream. Stir until mixed well. Do not boil or the yogurt will curdle. Heat thoroughly over low heat and serve hot, sprinkled with additional nutmeg.

*Recipe courtesy of Stonyfield Yogurt*

Nutrition Analysis Per Serving:

Calories: 195, Fat: 8g, Sodium: 148mg, Carbohydrate: 21g, Protein: 8g





# Salads

*Artichoke-Oregano Antipasto*  
*Mache with Feta and Almonds*  
*Curried Chickpea Salad*

## Artichoke Oregano Antipasto

This is a great make-ahead dish. Assemble it up to 48 hours in advance and store it in the refrigerator. Before serving, toss gently and spoon onto a platter lined with colorful lettuce leaves.

*Serves 12*

### Ingredients

- 1 can (16 ounces) garbanzo beans, rinsed and drained
- 1 can (14 ounces) quartered artichoke hearts, drained
- 1 pint sweet grape or cherry tomatoes
- 12 pitted Kalamata olives
- 12 small pepperoncini peppers
- 1/4 cup fresh oregano leaves, chopped
- 3 tablespoons red wine vinegar
- 1/4 cup extra-virgin olive oil
- 1/4 teaspoon dried pepper flakes
- 3 ounces fresh mozzarella, cut into 1/2 -inch cubes



### Preparation

Combine all ingredients, except the cheese, in a large bowl and toss to coat evenly. Add the cheese and toss gently until well blended.

*Recipe and photo courtesy of Pompeian*

Nutrition Analysis Per Serving:  
Calories: 152, Fat: 7g, Sodium: 268mg, Carbohydrate: 17g, Protein: 5g

## Mache with Feta and Almonds

If you can't find delicate, delicious mache, or lamb's lettuce, use Boston lettuce or baby spinach for this refreshing and festive salad.

*Serves 4-6*

### Ingredients

- 5 ounces mache
- 1/2 cup smoked almonds, coarsely chopped
- 1/4 cup pomegranate seeds
- 1/2 cup crumbled, herbed Feta cheese
- 1/4 cup lemon vinaigrette



### Preparation

Arrange the mache in a salad bowl. Add the smoked almonds, pomegranate seeds, and feta. Drizzle with dressing, toss gently, and serve.

*Recipe courtesy of Oldways*

Nutrition Analysis Per Serving:  
Calories: 177, Fat: 16g, Sodium: 237mg, Carbohydrate: 8g, Protein: 5g

## Curried Chickpea Salad

Curry with fresh cilantro and arugula deliver great flavors in this mouthwatering, protein packed salad. To speed up the prep time, use canned beans, well rinsed, and omit the bay leaves, garlic, carrot, and cinnamon.

*Serves 8*

### Ingredients

- 2 cups dried chickpeas, soaked in 8 cups water overnight
  - 4 bay leaves
  - 3 cloves garlic, crushed
  - 1 carrot, peeled and cut into large pieces
  - 2 cinnamon sticks
  - 1/2 cup lightly chopped walnuts, toasted
  - 1/2 cup dried currants
  - 1 small red onion, quartered and thinly sliced
  - 2 cups wild arugula
  - 1 tablespoon chopped fresh cilantro
- Curry Dressing*
- 2 tablespoons Madras curry powder
  - 1 tablespoon extra-virgin olive oil
  - 1 cup plain Greek yogurt
  - 1/4 cup chopped fresh cilantro
  - 1/4 teaspoon cayenne pepper
  - Juice of 1 lime
  - Salt and freshly ground pepper to taste



### Preparation

Drain the chickpeas of their soaking liquid. Place in a large stockpot and cover with fresh water; stir in the bay leaves, garlic, carrot, and cinnamon. Cook for about 1 1/2 hours or until the chickpeas are tender, seasoning with salt at the end of cooking. Let cool, then drain.

In a small sauté pan, toast the curry powder in the olive oil until it becomes fragrant. Whisk it into the yogurt with the cilantro, cayenne pepper, and lime juice. Season with salt and pepper, then stir in the chickpeas. Divide the arugula among the plates and top with equal amounts of chickpeas. Sprinkle each with a little chopped cilantro.

*Recipe developed by Chef Jamie Lauren, courtesy of California Walnut Board*

Nutrition Analysis Per Serving:  
Calories: 321, Fat: 11g, Sodium: 48g, Carbohydrate: 46g, Protein: 15g



# *Mains*



*Festive Stuffed Pork Roast*

*Lemon Roasted Chicken with  
Potatoes and Herbs*

*North African Spiced Salmon*

*Roasted Leg of Lamb with  
Yogurt Marinade*

## *Festive Stuffed Pork Roast*

A beautiful stuffed pork roast filled with a medley of fruit and walnuts livens up both the plate and the palate.

*Serves 10*

### **Ingredients**

|                                                 |                                             |
|-------------------------------------------------|---------------------------------------------|
| 2 teaspoons extra-virgin olive oil              | 1/4 cup dried cranberries                   |
| 1/4 cup chopped onion                           | 4 soft dried apricots, coarsely chopped     |
| 2 garlic cloves, minced                         | 3/4 cup chopped walnuts                     |
| 1 teaspoon fresh thyme                          | 1/2 cup apple or cranberry juice, divided   |
| 1 teaspoon fresh sage                           | 1 3-pound boneless pork loin roast, trimmed |
| 1/2 cup chicken or vegetable stock              | 1 teaspoon salt                             |
| 1 pear, peeled, cored, and coarsely chopped     | 1/2 teaspoon freshly ground black pepper    |
| 1 Granny Smith Apple, peeled, cored and chopped |                                             |

### **Preparation**

Preheat the oven to 400° F. In a large saucepan over medium heat, heat the oil and then add the onion and garlic. Sauté until the onion is tender, 3-5 minutes. Add the thyme, sage, and the stock. Cook for 5 minutes, or until the liquid is almost gone. Scrape the pan to loosen any bits that stick to the bottom, and add the pear and apple. Lower the heat and cook about 5 minutes. Add the cranberries, apricots, walnuts and 1/4 cup of juice. Cook down again, for about 5 minutes, until the liquid has been absorbed and the nut-fruit mixture is thick. Remove 1/3 cup of the fruit mixture and set aside in a bowl.

Oil a large roasting pan and rack. Split the pork roast horizontally, forming a pocket; do not cut all the way through. Season the roast inside and out with salt and pepper. Pack the fruit mixture into the center and tie the roast with enough butcher's twine to hold it together. Heat the oil in a large sauté pan. Add the roast and sear on all sides until well-browned. Transfer to the prepared rack set in the roasting pan and roast until a thermometer inserted in the center registers 145 to 150° F, about 1 hour to 1 hour and 15 minutes.

Remove the roast to a carving board, cover loosely with foil, and let rest 10 minutes before slicing. Whisk the remaining apple juice into the roasting pan to deglaze. Pour the juice into the reserved fruit mixture. Slice the pork and serve with the reserved nut-fruit mixture.

*Recipe developed by Donna Ryan, courtesy of McCormick*

Nutrition Analysis Per Serving:

Calories: 265, Fat: 11g, Sodium: 420mg, Carbohydrate: 13g, Protein: 30g



## *Lemon Roasted Chicken with Potatoes and Herbs*

This easy, one-dish dinner makes a delicious addition to a holiday buffet table. *Serves 8*

### **Ingredients**

2 pounds chicken legs, thighs, and breasts, bone in and skin on  
1/4 cup extra-virgin olive oil  
3 pounds Yukon Gold potatoes, cut in long strips  
1 cup grated Parmesan cheese  
1 large onion, sliced  
1 tablespoon dried oregano  
1/4 cup chopped fresh parsley  
1 Meyer lemon, sliced into pieces  
Extra-virgin olive oil for garnish  
Kosher salt and fresh cracked black pepper to taste

### **Preparation**

Preheat the oven to 400°F. Put the chicken in a large bowl, cover with the olive oil, and work around with your hands to fully coat the chicken. Remove the chicken from the bowl and place on a paper towel. Salt and pepper both sides of the chicken. Sprinkle half of the Parmesan cheese over the chicken.

Coat the bottom of a large casserole or baking dish with olive oil and place the chicken in it, skin side up. Add the potato strips and onion, covering the chicken. Add the herbs and remaining cheese. Generously coat with olive oil and mix around to ensure everything is coated. Arrange the lemon slices over the top and pour 1/4 cup of water in each corner of the dish. Transfer the pan to the oven and bake for 90 minutes. Turn the potatoes and chicken every 20 minutes or so. Serve with a drizzle of olive oil.

*Recipe courtesy of Lucini Italia*

Nutrition Analysis Per Serving: Calories: 470, Fat: 23g, Sodium: 299mg, Carbohydrate: 34g, Protein: 33g



## North African Spiced Salmon

This deliciously fragrant marinade dresses up any kind of seafood. It's fabulous with salmon, swordfish, or even milder fish like tilapia, and delivers a dish worthy of celebration.

Serves 6-8

### Ingredients

Half bunch cilantro  
Half bunch flat-leaf parsley  
8 garlic cloves, crushed  
1 teaspoon sea salt  
1 tablespoon cumin  
1 tablespoon ground, dried red chili pepper (piment d'Espelette or Aleppo pepper is best), or more to taste  
1 tablespoon mild red paprika, or more to taste  
1/2 cup extra-virgin olive oil  
1/4 cup freshly squeezed lemon juice  
6 to 8 small salmon steaks, weighing about 4 ounces each



### Preparation

Chop together the cilantro and parsley to make 1 cup of finely minced herbs. Crush the garlic with the back of a spoon to make a smooth paste. Combine the garlic, minced herbs, cumin, chili, paprika, olive oil, and lemon juice in a small saucepan or skillet. Set over medium heat and warm just until the mixture is very hot, but do not let it boil. Taste the mix and adjust the seasoning, adding more salt, peppers, oil, or lemon juice as you wish.

Place the steaks in a baking dish large enough to hold them all in one layer. Pour the warm marinade over the fish and cover with plastic wrap. Set aside for an hour or so, refrigerating if necessary. (The fish can marinate for several hours or even overnight if refrigerated.) When you're ready to cook, preheat the oven to 450°F. Uncover the fish and transfer the dish, with the marinade, to the preheated oven. Bake for about 20 minutes, basting the fish with the marinade every 5 minutes or so, until it flakes easily with a fork.

*Continued in next column....*

Serve immediately, with a little marinade spooned over each serving.

*Recipe courtesy of Nancy Harmon Jenkins, The New Mediterranean Diet Cookbook (Bantam Dell).*

Nutrition Analysis Per Serving:

Calories: 289, Fat: 22g, Sodium: 341mg, Carbohydrate: 2g, Protein: 24g

## Roasted Leg of Lamb with Yogurt Marinade

Lamb, a Greek holiday favorite, is marinated in yogurt to tenderize it, while mint adds a cool and refreshing flavor. Serves 10-12

### Ingredients

|                                |                                         |
|--------------------------------|-----------------------------------------|
| 8 garlic cloves, minced        | 1 tablespoon red wine vinegar           |
| 3 cups whole milk plain yogurt | Salt and freshly ground pepper to taste |
| 1 cup chopped mint             | 4 pounds boneless leg of lamb           |
| Zest of 1 lemon                |                                         |
| 1/4 cup lemon juice            |                                         |

### Preparation

In a bowl combine the garlic, yogurt, mint, lemon zest and juice, vinegar, salt and pepper to make the marinade. Divide the marinade in half. Place one half in a large freezer bag. Leave the remaining half in the bowl, cover, and refrigerate. Place the lamb in the freezer bag with the marinade. Refrigerate for up to 3 hours, but not longer than 4 hours.

Preheat the oven to 450°F. Remove the lamb from the mixture and place it in a roasting pan. Sprinkle with salt and a generous amount of pepper. Roast for 20 minutes. Reduce the oven temperature to 350°F. Continue roasting, basting occasionally with the drippings, until a thermometer inserted into the thickest part of the lamb registers 130°F (about 1 hour). Let sit for 20 minutes before carving. Serve with the reserved sauce. Garnish with mint leaves.

*Recipe courtesy of Stonyfield*

Nutrition Analysis Per Serving:

Calories: 246, Fat: 7g, Sodium: 138mg, Carbohydrate: 5g, Protein: 35g

# *Grains & Pasta*

*Beet Risotto*

*Date, Apricot and Wild  
Rice Casserole*

*Angel Hair Pasta with  
Lobster*

*Mediterranean Barley*



## Beet Risotto

Beets give this classic grain dish a lovely pink color. Substitute coarsely chopped fresh fennel, celery, or grated Brussels sprouts if you wish.

*Serves 6-8*

### Ingredients

- 6 cups chicken stock or vegetable broth
- 1/4 cup extra-virgin olive oil
- 2 medium yellow onions, halved and thinly sliced
- 2 to 3 cups peeled, chunked small beets
- 2 cups Arborio rice
- 3/4 cup freshly grated Parmigiano cheese
- 1 teaspoon salt or more to taste



### Preparation

Warm the stock to barely a simmer while you prepare the risotto. In a heavy saucepan large enough to hold all the rice when cooked, sauté the onions in the oil over medium-low heat until the onions are thoroughly softened but not browned – about 15 minutes. Add the beets and stir well to coat the pieces with the oil. Cover and cook for about 5 to 10 minutes. Add the rice and stir to mix well. Add a ladle or two of simmering stock and stir. As soon as the rice has absorbed the liquid, add more, and continue adding simmering liquid, ladle by ladle, stirring constantly. There should always be liquid visible in the pan. (Do not add the liquid all at once; this will produce boiled rice or pilaf instead of risotto.)

When the rice is done, the risotto should be thick enough to eat with a fork. (You might not need to use all the stock.) When the rice is cooked, remove the pan from the heat and immediately stir in 1/4 cup of the cheese and the pepper. Let it sit for 5 minutes, then taste and adjust the seasonings. Serve immediately.

*Recipe courtesy of Nancy Harmon Jenkins, The New Mediterranean Diet Cookbook*

Nutrition Analysis Per Serving:  
Calories: 363, Fat: 10g, Sodium: 539mg, Carbohydrate: 53g, Protein: 14g

## Date, Apricot and Wild Rice Casserole

Serve this tasty combination with poultry, seafood, or meat. *Serves 8*

### Ingredients

- 4 cups cooked wild rice
- 1 onion, chopped
- 2 celery stalks, chopped
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon dried rosemary
- 1 tablespoon dried thyme
- 1 cup Medjool dates pitted and chopped
- 1 cooking apple, peeled, cored, and chopped
- 1/2 cup diced, dried apricots
- 2/3 cup diced ham (optional)
- 3/4 teaspoon salt
- 1/2 teaspoon pepper



### Preparation

Cook enough wild rice, according to the package directions, to yield 4 cups. Preheat the oven to 350°F. Sauté the onion and celery in the olive oil on medium high heat for 4 to 5 minutes, or until soft. Stir in the rosemary and thyme and remove from the heat. In a large bowl, combine the cooked rice with the onion-celery herb mixture and add the chopped dates, apple, apricots, and ham. Season with salt and pepper. Spoon into a greased 2-quart baking dish. Cover and bake for 30 minutes, or until hot.

*Recipe courtesy of Bard Valley Medjool Date Growers Association*

Nutrition Analysis Per Serving:  
Calories: 243, Fat: 6g, Sodium: 230mg, Carbohydrate: 48g, Protein: 5g



## Angel Hair Pasta with Lobster

Here's an easy yet elegant dish to serve for New Year's Eve. *Serves 6-8*

### Ingredients

1/3 cup extra-virgin olive oil  
2 garlic cloves  
1 medium red onion, thinly sliced  
1 pound lobster meat  
Salt and freshly ground pepper to taste  
3 tablespoons white wine  
2 fresh plum tomatoes, peeled and diced  
10 fresh basil leaves, chopped  
1 pound angel hair pasta



### Preparation

Bring a large pot of water to a boil. Heat the olive oil in a large skillet over medium heat. Add the garlic and onion and sauté for 5 minutes, stirring occasionally. Add the lobster meat to the skillet and continue cooking for 3 to 4 minutes, turning occasionally, until cooked through. Add the salt and freshly ground black pepper to taste. Add the wine and tomatoes; continue cooking for 2 minutes. Stir in the basil.

When the water comes to a boil, cook the pasta for 1 minute less than the package directions recommend. Drain, reserving 1/3 cup of pasta cooking water. Return the pasta to the pot. Add the reserved cooking water and sauce mixture to the hot pasta and mix well. Transfer to a serving platter or bowl and serve. Drizzle with additional olive oil if desired.

*Recipe courtesy of Barilla*

Nutrition Analysis Per Serving:  
Calories: 344, Fat: 10g, Sodium: 180mg, Carbohydrate: 44g, Protein: 17g

## Mediterranean Barley

Whole grains, olives, herbs, vegetables, and cheese make this a great buffet party dish, and one that vegetarian guests will appreciate.

*Serves 12*

### Ingredients

1 cup whole grain barley  
1/2 pound Provolone cheese, cut into 1/4-inch cubes  
1 can (16 ounces) artichoke hearts, drained and quartered  
1 cup pepperoncini rings, drained  
3/4 cup chopped red bell pepper  
8 medium white button mushrooms, sliced  
1/2 cup chopped Kalamata or ripe black olives  
1/4 cup shredded Parmesan cheese  
3 tablespoons chopped fresh basil leaves  
3 tablespoons chopped fresh Italian parsley leaves  
1/3 to 1/2 cup prepared Italian salad dressing (or your own dressing)

### Preparation

Bring 3 cups of water to a boil in a medium saucepan with a lid. Add the barley, return to a boil, reduce the heat to low, cover, and cook for 50 to 55 minutes, or until the barley is tender and most of the liquid is absorbed. Cool. In a large bowl, combine the cooked and cooled barley, Provolone cheese, artichoke hearts, pepperoncini, bell pepper, mushrooms, olives, Parmesan cheese, basil, and parsley. Drizzle with salad dressing and toss to coat. Cover and chill for 2 hours. Just before serving, toss again, adding more dressing if necessary.

*Recipe courtesy of National Barley Foods Council*

Nutrition Analysis Per Serving:  
Calories: 175, Fat: 8g, Sodium: 374mg, Carbohydrate: 19g, Protein: 9g





# Vegetables

*Slow Cooker Butternut Squash  
and Apples*

*Hummus Mashed Potatoes*

*Cauliflower with Capers*

*Sauteed Spinach with Yogurt-  
Garlic Sauce*



## Slow Cooker Butternut Squash and Apples

When preparing a holiday meal, free up the oven and stovetop space with this slow cooker side dish. Tender butternut squash and apples seasoned with thyme and pumpkin pie spice get added crunch from toasted coconut.

*Serves 12-14*

### Ingredients

- 2 small butternut squash, peeled and cut into 1 1/2-inch chunks (about 8 cups)
- 2 apples, such as Braeburn or Gala, peeled, cored, and cut into 1-inch chunks (about 4 cups)
- 1 large red onion, cut into 1-inch chunks
- 1/2 cup chicken broth
- 1/4 cup apple cider
- 1/4 cup firmly packed brown sugar
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon pumpkin pie spice
- 1 teaspoon salt
- 1 teaspoon dried thyme
- 1/2 cup toasted, flaked coconut

### Preparation

Place the squash, apples, and onion in the slow cooker. Mix the remaining ingredients except the coconut in small bowl until well blended. Pour over squash mixture. Cover and cook for 3 to 4 hours on high, stirring after 2 hours. Stir, sprinkle with toasted coconut, and serve.

*Recipe courtesy of McCormick*

Nutrition Analysis Per Serving:  
Calories: 116, Fat: 4g, Sodium: 236mg,  
Carbohydrate: 21g, Protein: 1g

## Hummus Mashed Potatoes

This is a lighter, dairy-free version of the classic mashed potatoes. Try it with your favorite hummus flavor.

*Serves 6*

### Ingredients

- 6 yellow potatoes (about 5 cups peeled and cubed)
- 1 1/3 cups hummus
- 2 tablespoons extra-virgin olive oil
- Salt and freshly ground black pepper to taste
- 1 lemon, cut into 6 wedges
- 2 tablespoons finely chopped fresh parsley

### Preparation

Peel the potatoes and place in a bowl of water to cover. (This will prevent discoloration). Cut the potatoes into 1 1/2-inch cubes and place in a medium sized pan with enough water to cover and 1/4 teaspoon salt. Bring to a boil and simmer over medium heat for about 30 minutes, or until fork tender. Drain the potatoes and place back into the pan over medium heat until they appear dry, about 3 minutes. Remove from the heat.

In the same pan start mashing the potatoes with a potato masher. Add the hummus and the olive oil, salt, and pepper. Top with a sprinkling of fresh parsley and serve with a lemon wedge to squeeze over the top.

*Recipe developed by Colombe Jacobsen, courtesy of Sabra*

Nutrition Analysis Per Serving:  
Calories: 244, Fat: 10g, Sodium: 231mg,  
Carbohydrate: 35g, Protein: 6g







## Cauliflower with Capers

Try this recipe even if you think you don't like cauliflower. The savory, pungent marinade takes it to a whole new level. Serve it at room temperature.

*Serves 4-6*

### Ingredients

Salt

1 large or 2 small to medium cauliflowers, broken into florets

2 garlic cloves, minced

1/4 cup chopped fresh flat-leaf parsley

1/4 cup capers, drained and rinsed

3 tablespoons white wine or champagne vinegar

7 tablespoons extra-virgin olive oil

Freshly ground pepper



### Preparation

Bring a large pot of water to a boil. Add a generous amount of salt and the cauliflower and cook for 5 to 8 minutes, or until tender. Transfer the cauliflower to a bowl of ice-cold water, then drain. In a large bowl, mix together the garlic, parsley, capers, vinegar, and olive oil. Season to taste with salt and pepper. Add the cauliflower and toss. Let marinate, stirring from time to time, for about 30 minutes. Taste and adjust the seasoning.

*Recipe courtesy of Martha Rose Shulman, Mediterranean Harvest (Rodale).*

Nutrition Analysis Per Serving:  
Calories: 179, Fat: 17g, Sodium: 337mg,  
Carbohydrate: 8g, Protein: 3g

## Sauteed Spinach with Yogurt-Garlic Sauce

Greens are an essential part of the Mediterranean holiday table. Here's a healthy take on traditional creamed spinach.

*Serves 6*

### Ingredients

1 1/2 pounds fresh spinach, with stems attached

Coarse salt

4 tablespoons extra-virgin olive oil

2 large onions, finely chopped

1/2 cup water

1/2 teaspoon freshly ground black pepper

1/2 cup plain Greek yogurt

1 garlic clove, peeled and crushed to a puree  
Paprika



### Preparation

Wash the spinach and stems until the water runs clear; drain. Cook the spinach and stems for 10 minutes in boiling water to cover. Drain, squeeze, and chop fine.

Heat the olive oil in a skillet and cook the onions, with a pinch of salt and 1/4 cup of water, for 10 minutes, covered. When the water evaporates, slowly let the onions turn golden, stirring occasionally. Add the spinach, and cook, stirring, for 2 to 3 minutes. Blend in the remaining 1/4 cup water and adjust the seasoning with salt and pepper.

Remove from the heat and allow to cool to room temperature. In a small bowl, beat together the yogurt and the garlic. Spread the spinach on a small serving plate, smooth it, and top with yogurt. Decorate with paprika and a drizzle of olive oil.

*Recipe courtesy of Paula Wolfert for The Oldways Table*

Nutrition Analysis Per Serving:  
Calories: 179, Fat: 15g, Sodium: 58mg, Carbohydrate:  
10g, Protein: 5g

# *Desserts*



*Lemon Basil Sorbet*

*Pear Tarts*

*Flourless Chocolate Cake*



## Pear Tarts

Make these beautiful, individual desserts in no time with frozen puff pastry.

*Serves 12*

### Ingredients

- 1 cup lowfat vanilla Greek yogurt
- 6 fresh mint leaves, finely shredded
- 2 large ripe, but firm Bosc pears
- 1 17.3-ounce package frozen puff pastry (2 sheets), thawed
- 3 tablespoons butter, melted
- 1/4 cup granulated sugar
- 3 tablespoons clover or Greek honey
- 3 tablespoons sliced almonds, lightly toasted



### Preparation

Heat the oven to 425° F. In a small bowl, combine the yogurt and mint; cover and refrigerate for one hour, or until ready to use. Peel, core, and cut the pears in half. Cut the halves lengthwise into 1/8-inch thick slices; set aside.

On a floured surface, roll out 1 pastry sheet to 1/8-inch thickness, making a rectangle about 6 x 12 inches. Using a 6-inch plate as a guide, cut out 2 rounds of pastry. Repeat with the second pastry sheet, forming 4 rounds total.

Using 2 heavy baking sheets, place 2 rounds on each sheet. Fan out the pear slices in the center of each round, using 1/4 of the slices for each round. Using a pastry brush, brush the pear-topped rounds with butter and sprinkle each with sugar.

(You can make the tarts to this point and keep them chilled, for several hours, before baking.) Bake for 20 to 24 minutes, or until the pears are tender and the pastry is golden. Cut each tart into thirds.

Transfer to individual serving plates. Top each with a dollop of the minted yogurt, drizzle with honey and garnish with almonds. Serve warm.

*Recipe courtesy of Greek Gods*

Nutrition Analysis Per Serving:  
Calories: 336, Fat: 21g, Sodium: 130mg, Carbohydrate: 35g, Protein: 6g

## Lemon Basil Sorbet

Here's a great finale to an elegant holiday dinner.  
*Serves 6*

### Ingredients

- 8 fresh lemons
- 1 3/4 cups water
- 1 3/4 cups sugar
- 6 fresh basil leaves



### Preparation

Remove the zest from two lemons and set aside. Juice all the lemons to yield 1 cup of lemon juice. Combine the water and sugar in a saucepan and bring to a boil. Boil for 1 minute or until the sugar is completely dissolved. Remove the pan from the heat and stir in the lemon juice and 3 of the basil leaves. Cool completely.

Remove the basil leaves. Transfer the mixture to a metal 9x13-inch pan. Freeze until firm, approximately 2 to 3 hours, stirring with a fork each half hour to break up any large crystals. Slice the remaining 3 basil leaves into a fine julienne. Serve the sorbet in small bowls, garnished with the lemon zest and julienned basil leaves.

*Recipe courtesy of Barilla*

Nutrition Analysis Per Serving:  
Calories: 242, Fat: 0g, Sodium: 0mg, Carbohydrate: 64g, Protein: 0g



## Holiday Baking with Olive Oil

Baking with olive oil, instead of butter, cuts the amount of cholesterol and saturated fat in your favorite recipes. Olive oil produces lighter-tasting breads, brownies, biscotti, and cakes. And there's even more good news – You need less olive oil than butter when baking. Use the chart at the right as your guide in making the switch.

And, here are a few tips to help you stay on course with healthy fats:

- \* **Make healthy substitutions.** Find ways to cut back on saturated fat in all your holiday meals. Substitute Greek yogurt for sour cream in sauces, dips, and desserts; use extra-virgin olive oil instead of butter in vegetable dishes; serve seafood as a main course; use hummus instead of mayonnaise when making party sandwiches and hors d'oeuvres; for dessert, serve fresh fruit.
- \* **Find alternatives to sweets.** Save sweet treats and desserts for truly special occasions during the season, rather than making them daily fare. Reach for a handful of nuts, an apple or orange, or some homemade trail mix, or make a small amount of popcorn when you need a snack. Going to a party? Take spiced nuts, fruit baskets, assorted olives, fresh veggies with healthy dips, special cheeses, or wine.

| Butter  | Olive Oil        |
|---------|------------------|
| 1 tsp   | 3/4 tsp          |
| 2 tsp   | 1 1/2 tsp        |
| 1 Tbsp  | 2 1/4 tsp        |
| 2 Tbsp  | 1 1/2 Tbsp       |
| 1/4 cup | 3 Tbsp           |
| 1/2 cup | 1/4 cup + 1 Tbsp |
| 3/4 cup | 1/2 cup + 1 Tbsp |
| 1 cup   | 3/4 cup          |

## Flourless Chocolate Cake

This lovely cake is made with olive oil rather than butter. *Serves 12*

### Ingredients

|                                         |                                          |
|-----------------------------------------|------------------------------------------|
| 1-1/2 cups slivered almonds             | 1 tablespoon brandy                      |
| 7 ounces bittersweet chocolate, chopped | <i>Glaze</i>                             |
| 1/2 cup extra-light olive oil           | 12 ounces bittersweet chocolate, chopped |
| 1 cup superfine sugar                   | 1/4 cup extra-light olive oil            |
| 5 large eggs, separated                 | 1/2 pint fresh raspberries               |

### Preparation

Preheat the oven to 325° F. Grease a 9-inch round cake pan and line the bottom with a round of greased wax paper. Place the almonds in bowl of a food processor. Pulse until finely ground and set aside. Melt the chocolate in a double boiler. Stir in the olive oil and allow the chocolate to cool. Beat the egg yolks and 3/4 cup of the sugar in a large bowl, using an electric mixer at high speed, until thick. Reduce the speed to low and add the chocolate mixture and the brandy. Fold in the almonds. Wash and dry the beaters.

Beat the egg whites at medium speed until soft peaks form. Slowly add the remaining 1/4 cup of sugar to the whites and continue to beat until stiff. By hand, fold the whites into the chocolate batter, pour into the prepared pan, and smooth the top. Bake for 50 to 60 minutes, or until a wooden pick inserted into center of the cake comes out clean. Cool on a wire rack for 20 minutes. Run a knife around the sides of the pan to loosen the cake and invert the cake onto a rack. Cool completely.

To make the glaze, melt the chocolate in a double boiler. Stir in the olive oil and let the glaze cool for 15 minutes, or just until it begins to thicken. Pour the glaze over the cake, using a small spatula to evenly coat the sides. Decorate with fresh raspberries and allow the glaze to set. Transfer the cake to a serving plate.

*Recipe courtesy of Pompeian*

Nutrition Analysis Per Serving: Calories: 403, Fat: 29g, Sodium: 22mg, Carbohydrate: 32g, Protein: 5g



# *Gifts from the Kitchen*



*Christmas Chutney*

*Cinnamon Pecans*

*Spiced Green Olives*

## Christmas Chutney

Make a batch of this tasty sauce to give as gifts. Served warm or cold, it provides an instant kiss of holiday flavor, and a tasty alternative to cranberry sauce. It's also delicious with vegetable stews, tagines, and curries.

*Makes 4 cups*

### Ingredients

1 cup pomegranate juice  
1/4 cup packed light brown sugar  
1/2 teaspoon cinnamon  
1/4 teaspoon allspice  
1/4 teaspoon vanilla extract  
1/4 teaspoon orange extract  
2 pears or apples, peeled and cut into bite-sized pieces  
1 cup coarsely chopped, dried apricots  
1 cup raisins

### Preparation

Combine the pomegranate juice, brown sugar, cinnamon, allspice, and vanilla and orange extracts in a medium saucepan. Cook for several minutes on medium heat until the sugar dissolves, stirring occasionally. Stir in the pears, apricots and raisins. Simmer for 5 minutes longer, or until the raisins are plump and the liquid is slightly thickened. Spoon into individual jars and let cool before sealing. Go to [www.freshpreserving.com](http://www.freshpreserving.com) for tips on canning.

*Recipe courtesy of McCormick*

Nutrition Analysis Per Serving:

Calories: 85, Fat: 0g, Sodium: 4mg, Carbohydrate: 22g, Protein: 1g



## Spiced Green Olives

Here's a special treat for olive lovers. Use any large green olives, such as Manzanillas or Sevillanas, that have been plainly cured in a salt brine. *Makes 16 servings*

### Ingredients

1 pound large green olives  
1 teaspoon fennel seeds  
1 teaspoon coriander seeds  
1/2 teaspoon cardamom seeds  
1 teaspoon red chili pepper  
3 tablespoons extra-virgin olive oil  
1 tablespoon orange juice  
1 tablespoon lemon juice  
3 garlic cloves, minced

### Preparation

Rinse the olives in a colander, then toss in a kitchen towel to dry thoroughly. Combine the fennel, coriander, and cardamom in a small skillet and toast the seeds over medium heat until fragrant, careful not to burn. Transfer seeds to a spice grinder and add the chili pepper. Grind briefly, not to a fine powder but rather to a coarse texture.

Combine the spices in a bowl with the oil, citrus juices, and garlic. Add the olives and stir well. Cover with plastic wrap and set aside to marinate for at least 6 hours. Pack into decorative jars and attach a label, with the date, saying that they will keep, refrigerated, for 2 to 3 weeks, but they should always be brought to room temperature before serving.

*Recipe courtesy of McCormick*

Nutrition Analysis Per Serving:

Calories: 53, Fat: 5g, Sodium: 349mg, Carbohydrate: 1g, Protein: 0g



## Cinnamon Pecans

Make a batch of these as a gift for a friend, or to serve as an appetizer. They are crisp, sweet, salty, and absolutely delicious. Store in an airtight container for up to two weeks, or freeze for up to two months. *Makes 4 cups*

### Ingredients

1/3 cup vanilla sugar  
1 teaspoon ground cinnamon  
1 large egg white  
Pinch of fine sea salt  
3 cups pecans  
1 cup almonds, coarsely chopped  
1/4 cup sesame seeds  
1/4 teaspoon fleur de sel

### Preparation

Preheat the oven to 350° F. In a small bowl, whisk together the sugar and cinnamon. In a medium bowl, whisk the egg white with the sea salt just until the egg white foams. Add the nuts and sesame seeds and stir to coat. Add the cinnamon sugar mixture and toss with the nuts until they are thoroughly coated. Sprinkle with the fleur de sel. Turn the nuts out onto a jellyroll pan and toast in the center of the oven until they are golden, and smell like heaven, 15 to 20 minutes. (Stay nearby, for the nuts can quickly turn the burn corner.) Remove the nuts from the oven and let them cool on the pan. They will cool into clumps. Break up the clumps and transfer to a wax-paper-lined tin.



*Recipe courtesy of Sue Raasch, from Nuts in the Kitchen, by Susan Herrmann Loomis*

Nutrition Analysis Per Serving: Calories: 223, Fat: 20g, Sodium: 10mg, Carbohydrate: 9g, Protein: 4g