

Personal Medicine
of Rochester



MEDITERRANEAN MEALS



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MEDITERRANEAN CHICKEN & ZUCCHINI

On the hunt for a heart-healthy, low-carb dinner? This Mediterranean chicken and zucchini recipe boasts boldly flavored chickpeas, crumbled feta, and finely chopped cucumber for a perfectly delicious meal.

4 zucchini, *halved lengthwise*
2 Tbsp olive oil
½ tsp salt
Black pepper to taste
1 shallot, *chopped*
2 garlic cloves, *minced*
2 chicken breasts (4 oz each), *roasted and shredded*
1 can (15 oz) chickpeas, *rinsed and drained*
½ cup halved cherry tomatoes
¼ cup halved Kalamata olives
1 tsp dried oregano
2 Tbsp crumbled feta cheese
1 Tbsp fresh lemon juice
½ small cucumber, *peeled and finely chopped*
Chopped fresh dill sprigs, *for garnish*

Preheat oven to 350°F. Score zucchini and scoop out the flesh into a bowl. Place zucchini halves in a shallow baking dish, drizzle with 1 tablespoon of the olive oil and season with salt and pepper. Bake for 12 to 15 minutes, or until mostly tender. Set aside.

In a large skillet over medium heat, heat the remaining 1 tablespoon olive oil. Add the shallot and cook until soft, about 5 minutes. Add the garlic and cook until fragrant, about 1 minute. Add the zucchini flesh and cook until light golden, about 2 minutes. Add shredded chicken and chickpeas, tomatoes, olives and oregano and cook, stirring occasionally, until the mixture is heated through, about 5 minutes.

Spoon chicken mixture into the zucchini boats and top with the feta. Bake until zucchini is just tender and cheese is melted, about 10 minutes more. Drizzle the lemon juice over the zucchini boats, garnish with cucumber and dill, and serve warm.

Yield: 8 servings | **Serving size:** ½ zucchini

Nutrition Facts (per serving): Calories: 143; Fat: 7g; Saturated Fat: 0; Cholesterol: 18mg; Sodium: 224mg; Carbohydrates: 9g; Fiber: 2g; Protein: 10g



EGGPLANT CAPONATA

This rich, Italian vegetable relish is made with eggplants, peppers, onions and a bit of honey. Golden raisins and zippy capers combine for a perfectly balanced flavor.

- 2 Tbsp olive oil
- 1 medium yellow onion, *cut into ½-inch cubes*
- 2 medium red bell peppers, *cut into ½-inch cubes*
- 1 ½ lbs eggplant or zucchini, *unpeeled and cut into ½-inch cubes*
- 4 large garlic cloves, *crushed*
- ¼ cup Champagne vinegar or red wine vinegar
- ¼ cup honey
- ¼ cup golden raisins
- 2 Tbsp capers, drained
- ⅛ tsp herbes de Provence
- Black pepper to taste
- Hummus, *optional*

In a large skillet, heat olive oil over medium heat until hot. Add onion, bell peppers, eggplant and garlic and sauté until onion is softened. Reduce heat to low and cook for 20 minutes, or until vegetables are tender. Push vegetables to one side of skillet. On the other side of the skillet, add vinegar, honey and raisins and stir liquid and raisins together. Mix vegetables and liquid together and add capers and herbes de Provence. Cook for 10 to 15 minutes more, or until heated through. Season with black pepper. Caponata may be served warm, cold or at room temperature.

To make ahead, spread caponata in a single layer on a rimmed baking sheet and cool in refrigerator. Store in an airtight container for up to 1 week.

Yield: 6 servings | **Serving size:** ¾ cup

Nutrition Facts (per serving): Calories: 147; Fat: 5g; Saturated Fat: 1g; Cholesterol: 0; Sodium: 90mg; Carbohydrates: 27g; Fiber: 5g; Protein: 2g



SEARED SALMON & OLIVES

Juicy seared salmon is paired with mellow white beans and garlicky spinach in this quick and healthy entrée. Top it with a flavorful olive relish for a special touch.

- 1 cup green mild olives, *diced and pitted*
- 1 Tbsp diced shallot
- ¼ cup chopped fresh parsley
- 2 Tbsp Champagne vinegar or white vinegar
- 2 Tbsp honey
- 2 lemons, *zested, segmented and juice reserved*
- Black pepper to taste
- 1 Tbsp olive oil
- 4 salmon fillets (4 oz each)
- Black pepper to taste
- 2 Tbsp crushed garlic
- 2 cups white beans, *drained and liquid reserved*
- 4 cups fresh baby spinach

In a bowl, mix olives, shallot, parsley, vinegar, honey, lemon zest, segments and lemon juice. Add black pepper to taste. Set aside. Relish can keep in an airtight container for up to 2 weeks.

In a large skillet, heat ½ tablespoon of the olive oil until hot but not smoking. Season salmon with black pepper and carefully lay in skillet. Sear in hot oil for 2 to 3 minutes; do not move the fish. Flip fish over and cook for another 2 to 3 minutes.

In same skillet, combine remaining ½ tablespoon olive oil and garlic and cook over medium heat until garlic is golden brown, about 1 minute. Add white beans with reserved liquid, spinach and black pepper to taste. Cover pan and cook for 2 minutes. Stir. To serve, arrange salmon over white beans and spinach. Top with olive relish.

Yield: 4 servings | **Serving size:** 4 oz salmon; 1 cup spinach; 2 Tbsp olives

Nutrition Facts (per serving): Calories: 381; Fat: 14g; Saturated Fat: 2g; Cholesterol: 70mg; Sodium: 556mg; Carbohydrates: 32g; Fiber: 8g; Protein: 33g



CHICKEN COUSCOUS WRAP

Couscous, chickpeas and olives give this healthy chicken wrap a healthy, flavorful boost. This recipe makes a delicious lunch that fits into the Mediterranean diet.

- 1 cup cooked whole wheat couscous
- 1 garlic clove, *minced*
- 1 Tbsp olive oil
- 1 Tbsp chopped fresh parsley
- 1 Tbsp chopped fresh tarragon
- 3 Tbsp lemon juice
- ⅛ tsp salt
- 1 lb cooked chicken breast, *cubed*
- ½ cup drained canned chickpeas
- ½ cup sliced Kalamata olives, *optional*
- ¼ cup walnuts
- ¼ cup sliced scallions
- ¼ cup sliced red seedless grapes
- Black pepper to taste
- 4 whole wheat tortillas (8-inch diameter)
- 2 cups shredded arugula

In a small bowl, combine cooked couscous with garlic, oil, parsley, tarragon, 2 tablespoons of the lemon juice and salt. In another bowl, toss chicken, remaining 1 tablespoon of the lemon juice, chickpeas, olives if using, walnuts, green onions and grapes. Season with black pepper.

Spread equal portions of couscous mixture on the bottom half of each tortilla, leaving room around the edges. Top with the chicken mixture and arugula. Fold the side and bottom edges of each tortilla toward the middle over the filling, then roll to close the wrap.

Yield: 4 servings | **Serving size:** 1 wrap

Nutrition Facts (per serving): Calories: 453; Fat: 15g; Saturated Fat: 3g; Cholesterol: 70mg; Sodium: 580mg; Carbohydrates: 43g; Fiber: 5g; Protein: 34g



FRESH TOMATO PASTA

Make a quick, heart-healthy pasta dinner with a no-cook tomato sauce. Multigrain penne, arugula and heaps of fresh basil sauce make this a pasta recipe worth repeating.

- 1 lb fresh tomatoes, *cut into ½-inch pieces*
- 3 oz arugula, *washed and stemmed*
- 1 ⅓ cups fresh basil
- 2 Tbsp extra virgin olive oil
- 1 Tbsp balsamic vinegar
- 1 garlic clove, *minced*
- 3 oz Parmesan cheese
- 1 lb whole grain pasta or multigrain penne pasta
- Black pepper to taste

In a large pot, bring 2 gallons of water to a boil.

In a large serving bowl, add tomatoes. Tear arugula and basil into small pieces. Add to the bowl. Add the olive oil, balsamic vinegar and garlic.

With a vegetable peeler, shave thick slices of cheese and add to serving bowl. Grate the cheese that is too small to shave and reserve for garnish. Toss well.

Cook pasta in the boiling water until al dente. Drain and immediately toss pasta with the tomato mixture until well coated. Serve sprinkled with reserved Parmigiano-Reggiano cheese and black pepper.

Yield: 8 servings | **Serving size:** 1 cup

Nutrition Facts (per serving): Calories: 290; Fat: 8g; Saturated Fat: 3g; Cholesterol: 9mg; Sodium: 172mg; Carbohydrates: 47g; Fiber: 6g; Protein: 14g

