Mediterranean Recipes
EHC Annual Conference
2017
Hummus

Ingredients:

2 (15 oz) cans garbanzo beans, rinsed & drained
3 tablespoons tahini (sesame seed paste)
4 cloves garlic
Juice of 2 lemons
4 Tbsp olive oil
½ cup water - add as needed
Salt and freshly ground black pepper to taste

Directions:

1. Place the drained garbanzo beans, tahini, garlic, lemon juice and oil in the bowl of a food processor or blender. Chop or blend until smooth, adding enough water to obtain a creamy dip.
2. Season with salt and pepper.
3. Transfer to a serving bowl.
4. If liked, serve immediately, but it will be tastier if refrigerated overnight.
5. Take out of the refrigerator 1 hour before serving.

Makes 10 servings

Nutrition Facts

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* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Equipment:

Measuring cups and spoons
Food processor or blender
Serving bowl
Knife
Cutting board
Greek Salad
A terrific accompaniment for kebabs

Ingredients:

- 3/4 pound tomatoes, seeded, diced (about 2 cups)
- 2 cups diced seeded peeled cucumber (from about 1 large)
- 1 cup diced red bell pepper (from about 1 large)
- ¼ cup pitted kalamata olives or other black olives, halved
- ¼ cup diced red onion
- 3 tablespoons chopped fresh Italian parsley
- 3 tablespoons extra-virgin olive oil
- 1½ tablespoons red wine vinegar
- ½ teaspoon dried oregano
- ¼ cup crumbled feta cheese (about 2 ounces)

Equipment:

- Cutting board
- Sharp knife
- Medium bowl
- Vegetable peeler
- Measuring cups and spoons
- Spoon – to scoop out cucumber seeds

Directions:

1. Toss first 9 ingredients in medium bowl to blend.
2. Gently mix in cheese.
3. Season with salt and pepper.

(Can be made 2 hours ahead. Let stand at room temperature a few minutes before serving.)

Makes about 4½ cups

### Nutrition Facts

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*Percent Daily Values (DV) are based on a 2,000 calorie diet.
White Bean Tuna Salad
Family Size

Ingredients:

1 (6-ounce) can tuna, packed in olive oil or water
1 (15-ounce) can cannellini white beans, drained and rinsed
3 Tablespoons small capers, drained and rinsed
3 Tablespoons red wine vinegar
Sea salt and fresh ground black pepper, to taste
½ medium red onion, thinly sliced
¾ cups cherry tomatoes (cut in half if large)
1 cup fresh arugula
3 fresh basil leaves

Equipment:

Large bowl
Small bowl
Fork
Large strainer
Measuring cups
Measuring spoons
Cutting board
Sharp knife
Large platter

Directions:

1. In a large bowl, add the tuna, reserving the olive oil in a separate small bowl.
2. Break tuna into bite-size pieces with a large fork.
3. Add the beans and capers.
4. Into the bowl of olive oil, add the red wine vinegar. You should have 1 part vinegar to 2 parts oil - add more extra-virgin olive oil if necessary.
5. Season with salt and pepper.
6. Pour dressing on the tuna, bean and caper mixture and allow the flavors to infuse while slicing the vegetables.
7. Add the onion and tomatoes to tuna mixture and toss gently.
8. Place the arugula on large decorative platter and top with tuna mixture.
9. Tear fresh basil leaves over the top and serve immediately.

Makes 4 servings

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Briam: Roasted Summer Vegetables

Variations of this vegetable combination can be found throughout the Mediterranean basin. In this case, the vegetables are allowed to shine. Briam is a perfect accompaniment to broiled fish or lamb chops, but it's also a great meal on its own.

Ingredients:

1 large eggplant, peeled, halved lengthwise and cut into ¼ inch slices
2 medium zucchini or yellow squash, halved lengthwise then cut into ½ inch slices
2 medium potatoes, peeled and sliced ¼ inch thick
4 medium tomatoes, cut into large chunks
1 large onion, halved lengthwise then thinly sliced
3-4 cloves of garlic, minced
¼ cup of olive oil
2 tablespoons of ground cumin
3 tablespoons of dried oregano
Black pepper to taste
Cayenne pepper to taste
Salt to taste
1 bunch fresh parsley, chopped (reserve ¼ cup for garnish)

Preparation:

1. Preheat oven to 350°F.
2. Place all ingredients in a large mixing bowl and toss to mix. Pour into a heavy shallow baking pan and bake until tender (about 1 hour), shaking pan occasionally. Resist the temptation to stir the vegetables, as they will turn to mush. Let them caramelize for the best results.
3. Arrange on a large platter and garnish with chopped parsley. Serve lukewarm or at room temperature with marinated roasted red peppers, a big slice of feta or manouri cheese and a slice of rustic bread.

Makes 8 servings

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* Percent Daily Values (DV) are based on a 2,000 calorie diet.
Ham & Asparagus Frittata

**Ingredients**

3 eggs, beaten  
6 egg whites, beaten  
1/3 cup Parmesan cheese, grated  
1/2 teaspoon black pepper  
Pinch of salt  
1 teaspoon butter  
1/2 cup roasted asparagus, chopped  
1/2 cup country ham, chopped  
1 Tablespoon parsley leaves

**Equipment**

Measuring cups/spoons  
Cutting board  
Knife  
Baking sheet  
Medium bowl  
Fork or whisk  
Nonstick, oven safe sauté pan  
Rubber spatula

**Directions**

1. Roast asparagus in 400°F oven or on a grill under tender-crisp. Let cool, then chop.  
2. Preheat oven to broil setting.  
3. In medium size bowl, using a fork or whisk, blend together eggs, Parmesan, pepper and salt.  
4. Heat 12 inch nonstick, oven safe sauté pan over medium high heat. Add butter to pan and melt. Add asparagus and ham to pan and sauté for 2 to 3 minutes. Pour egg mixture into pan and stir with rubber spatula.  
5. Cook for 4 to 5 minutes or until the egg mixture has set on the bottom and begins to set up on top. Sprinkle with parsley.  
6. Place pan into oven and broil for 3 to 4 minutes, until lightly browned and fluffy. Remove from pan and cut into 6 servings. Serve immediately.

**Makes 6 servings**

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*Percent Daily Values (DV) are based on a 2,000 calorie diet.
Chicken Scaloppini with Capers and Lemon
Family Size

Ingredients:
4 chicken breasts
Salt, to taste
White pepper, to taste
Flour for dredging, as needed
¼ cup extra virgin olive oil
½ cup dry white wine
¼ cup fresh lemon juice
3 Tablespoons capers

Equipment:
Measuring cups and spoons
Cutting board
Meat mallet
Shallow pan
Large skillet
Tongs

Directions

1. Gently pound each chicken breast with a meat mallet. Season with salt and white pepper and dredge in flour.
2. Add olive oil to skillet and heat to medium high. Add chicken breasts and sauté until golden brown. Remove and hold in a warm place.
3. Deglaze the pan with the wine; then add the lemon juice and capers. Return the chicken breasts to the pan to coat with the sauce and reheat.
4. Serve with a portion of the sauce.

Makes 4 servings

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Tuscan Salmon

**Ingredients:**

- 1 teaspoon ground mustard
- 1 teaspoon dried thyme (crushed)
- 1 teaspoon salt
- ½ teaspoon ground pepper
- 6 salmon steaks or fillets (4 oz each)
- 2 teaspoons honey
- 1 Tablespoon olive oil, divided
- 8 cups spinach leaves
- ½ teaspoon minced garlic
- 2 cups red seedless grapes, cut in half
- ½ cup dry red wine
- Salt, to taste

**Equipment:**

- Measuring cups and spoons
- Mixing bowl
- Nonstick skillet
- Spatula
- Tongs
- 13- x 9- x 2-inch baking dish
- Aluminum foil

**Directions:**

1. Combine salt, mustard, thyme and pepper: mix well. Rub both sides of salmon fillets with honey and sprinkle with seasoning mixture.
3. Toss spinach and garlic with remaining 1 teaspoon oil in 13 x 9 x 2-inch baking dish. Place salmon on spinach, cover loosely with aluminum foil and bake at 300°F for 10 minutes.
4. Sauté grapes in skillet used to brown salmon. Add wine, bring to boil, season to taste with remaining seasoning mixture and salt; reduce by half.
5. Serve salmon on spinach; top with grape sauce.

**Makes 6 servings**

**Nutrition Facts**

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*Percent Daily Values (DV) are based on a 2,000 calorie diet.
Cherry Clafouti

Ingredients:
1 pound pitted cherries, fresh or thawed
1 cup whole milk
¼ cup heavy whipping cream
4 large eggs
½ cup all-purpose flour
½ cup sugar
¾ teaspoon lemon zest
¾ teaspoon vanilla extract
½ teaspoon kosher salt
Powdered sugar to dust

Equipment:
Measuring cups and spoons
10" spring form cake pan or
8 (6 oz) ramekins
Small saucepan
Lemon zester
Medium mixing bowl
Wire whisk

Directions:
1. Preheat oven to 375°F. Butter cake pan or ramekins. Arrange cherries in a single layer in pan.
2. Combine milk and cream in a small saucepan; bring just to a simmer over medium heat. Set aside.
3. Combine eggs, flour, sugar, lemon zest, vanilla and salt in a medium bowl; whisk to blend. Very slowly whisk in hot milk; whisk until custard is smooth. Pour custard evenly over cherries in pan. If necessary, gently shake pan to allow custard to settle.
4. Bake clafouti until custard is set and top is golden brown, about 30 minutes for ramekins and 45-55 minutes for cake pan. Let cool 3 minutes, then run a knife around pan sides to loosen clafouti (if using a cake pan). Dust top with powdered sugar; cut into wedges and serve.
Serves 8.

Nutrition Facts
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Servings 8
Calories 200

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* Percent Daily Values (%DV) are based on a 2000 calorie diet.