

Mediterranean Recipes EHC Annual Conference 2017



UofA

DIVISION OF AGRICULTURE
RESEARCH & EXTENSION

University of Arkansas System



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

Equipment:

- Measuring cups and spoons
- Food processor or blender
- Serving bowl
- Knife
- Cutting board

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.
6. Serve with pita bread.

Makes 10 servings

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size about 1/2 cup (124g) Servings 10 Calories 192 Fat Cal. 80	Total Fat 9g	15%	Total Carb. 24g
	Sat. Fat 1g	6%	Fiber 5g	20%
	Trans fats 0g		Sugars 0g	
	Cholest. 0mg	0%	Protein 6g	
	Sodium 309mg	15%		
	Vitamin A 0%	Vitamin C 10%	Calcium 4%	Iron 10%

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



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)
- 1/4 cup pitted kalamata olives or other black olives, halved
- 1/4 cup diced red onion
- 3 tablespoons chopped fresh Italian parsley
- 3 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons red wine vinegar
- 1/2 teaspoon dried oregano
- 1/4 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 4 1/2 cups

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Total Fat 7g	10%	Total Carb. 5g	2%
Serv. size about 1/2 cup (124g) Servings 8 Calories 85 Fat Cal. 61	Sat. Fat 1g	8%	Fiber 1g	6%
	Trans fats 0g		Sugars 2g	
	Cholest. 4mg	0%	Protein 2g	
	Sodium 96mg	4%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 8%	Vitamin C 70%	Calcium 4%	Iron 4%



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

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size 1/4 of recipe (342g) Servings 4 Calories 279 Fat Cal. 13	Total Fat 1g	2%	Total Carb. 34g
	Sat. Fat 0g	2%	Fiber 8g	30%
	Trans fats 0g		Sugars 2g	
	Cholest. 25mg	8%	Protein 32g	
	Sodium 676mg	30%		
	Vitamin A 8%	Vitamin C 25%	Calcium 15%	Iron 35%

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



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 ⅛ 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)

Equipment:

- Cutting board
- Sharp knife
- Vegetable peeler
- Large bowl
- Heavy baking pan
- Measuring cups & spoons
- Large platter

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

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size 1/8 of recipe (305g) Servings 8 Calories 180 Fat Cal. 70	Total Fat 8g	10%	Total Carb. 27g
	Sat. Fat 1g	4%	Fiber 6g	25%
	Trans fats 0g		Sugars 5g	
	Cholest. 0mg	0%	Protein 4g	
	Sodium 45mg	2%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 15%	Vitamin C 80%	Calcium 8%	Iron 15%



Ham & Asparagus Frittata

Ingredients

3 eggs, beaten
6 egg whites, beaten
1/3 cup Parmesan cheese, grated
½ teaspoon black pepper
Pinch of salt
1 teaspoon butter
½ cup roasted asparagus, chopped
½ 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.

Prep Time: 30 minutes

Makes 6 servings

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size 1/6 of recipe (90g) Servings 6 Calories 96 Fat Cal. 44	Total Fat 5g	8%	Total Carb. 2g
	Sat. Fat 2g	10%	Fiber 0g	0%
	Trans fats 0g		Sugars 1g	
	Cholest. 117mg	40%	Protein 11g	
	Sodium 418mg	15%		
	Vitamin A 4%	Vitamin C 2%	Calcium 8%	Iron 4%

*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

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size 1/4 of recipe (250g) Servings 4 Calories 392 Fat Cal. 133	Total Fat 15g	25%	Total Carb. 14g
	Sat. Fat 2g	10%	Fiber 1g	4%
	Trans fats 0g		Sugars 0g	
	Cholest. 105mg	35%	Protein 44g	
	Sodium 316mg	15%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0%	Vitamin C 10%	Calcium 4%	Iron 15%



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.
2. Heat 2 teaspoons olive oil in nonstick skillet. Brown both sides of salmon fillets.
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	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size 1/6 of recipe (207g) Servings 6 Calories 307 Fat Cal. 161	Total Fat 18g	25%	Total Carb. 9g
	Sat. Fat 4g	20%	Fiber 1g	4%
	Trans fats 0g		Sugars 7g	
	Cholest. 62mg	20%	Protein 25g	
	Sodium 514mg	20%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 2%	Vitamin C 30%	Calcium 6%	Iron 10%



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	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size 1/8 of recipe (138g) Servings 8 Calories 200 Fat Cal. 45	Total Fat 5g	8%	Total Carb. 34g
	Sat. Fat 2g	10%	Fiber less than 1g	6%
	Trans fats 0g		Sugars 27g	
	Cholest. 100mg	35%	Protein 6g	
	Sodium 200mg	8%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 6%	Vitamin C 0%	Calcium 6%	Iron 6%