

## Mediterranean Diet Recipes

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### Za'atar Blend

Use this like you would salt. Sprinkle on your favorite vegetable, grain, or meat entrée.

Makes 12

#### Ingredients

- 1 Tbsp. roasted sesame seeds
- 1/4 cup ground sumac
- 2 Tbsp. dried thyme
- 2 Tbsp. dried marjoram
- 2 Tbsp. dried oregano
- 1 tsp. coarse salt

#### Instructions:

1. Gather the ingredients.
2. Grind the sesame seeds in a food processor, spice grinder, or with a mortar and pestle.
3. Transfer to a bowl and add the remaining ingredients. Mix well.
4. Use in your favorite Middle Eastern dish and enjoy.

### Shawarma Spice Blend

Makes 4 Tbsp.

#### Ingredients

- 3/4 Tbsp. ground cumin
- 3/4 Tbsp. turmeric powder
- 3/4 Tbsp. ground coriander
- 3/4 Tbsp. garlic powder
- 3/4 Tbsp. sweet Spanish paprika
- 1/2 tsp. ground cloves
- 1/2 tsp. cayenne pepper, more or less if you prefer

#### Instructions:

1. In a small mixing bowl, add the cumin, turmeric, coriander, garlic powder, paprika, cloves, and cayenne pepper. Mix with a spoon until well combined.
2. Transfer the seasoning to a mason jar. Cover tightly and keep at room temperature. Will keep for 6 months.

## **Mediterranean Style Breakfast Toast**

An easy and versatile way to start the day in a Mediterranean way.

Makes 4 toast

### **Ingredients**

- 4 thick slices of whole wheat or sourdough bread
- ½ cup hummus
- Za'atar spice blend, to taste
- Handful baby arugula
- 1 cucumber, sliced into rounds
- 1-2 Roma tomatoes, sliced into rounds
- 2 Tbsp. chopped olives
- Sprinkle of feta cheese, optional

### **Instructions**

1. Toast bread slices to your liking
2. Spread about 2 Tbsp. hummus on each slice of bread. Add a generous sprinkle of Za'atar spice, then load on the arugula and remaining toppings. Enjoy!

If desired, try flavored hummus such as roasted red pepper or garlic. You can be creative by using other vegetables on hand, such as leftover roasted/grilled veggies. Also, you can add protein such as an egg or leftover chicken shawarma.

## **Herb and Freekeh Salad**

A simple salad that packs a ton of flavor and nutrition. It is delicious on its own, or as a side to a meat or fish dish.

Serves 4

### **Ingredients**

- 1 cup freekeh
- Kosher salt
- 3-4 green onions, trimmed and chopped (both white and green parts)
- 2 medium carrots, peeled and chopped
- 3 Persian cucumbers, chopped
- 1 packed cup chopped fresh parsley
- ½ packed cup chopped fresh mint
- 1 large lemon, juiced
- 2 tsp. Pomegranate molasses
- Extra virgin olive oil

### **Instructions**

1. Prep the freekeh. Look through and pick over the freekeh to remove any debris or unwanted small stones. Rinse well a few times.
2. Cook the freekeh. In a medium saucepan, combine the rinsed freekeh with 2 ½ cups water. Bring to a boil, and season very lightly with salt (freekeh is quite savory on its own). Reduce the heat, cover, and simmer over low heat until the grains are tender and slightly chewy, anywhere from 30 to 40 minutes. Drain any remaining water and fluff the freekeh with a fork. Let cool briefly.
3. While the freekeh cooks, make the dressing. In a small bowl, combine the lemon juice and pomegranate molasses. Whisk, and while whisking, drizzle about ¼ cup extra-virgin olive oil. Continue to whisk until emulsified.
4. Assemble the salad. In a medium mixing bowl, add the cooked freekeh, green onions, carrots, cucumber, parsley, and mint. Pour the dressing on top and toss well. Taste and adjust the salt to your liking. Enjoy!

Enjoy the salad leftover when refrigerated for up to 4 days.

## Cauliflower Shawarma

A quick and flavorful vegetarian option for lunch or dinner.

Serves 6

### Ingredients

- 1 large head cauliflower, divided into florets
- 1 large yellow onion, halved and sliced
- 2 tsp. shawarma spice blend
- Kosher salt
- Ground black pepper
- Extra virgin olive oil
- Pita bread
- Simple salad\*
- Tahini sauce\*
- 1 red onion, halved and thinly sliced

### Instructions

1. Preheat oven to 450°F.
2. Place cauliflower and onions in a large bowl and toss with the shawarma spice blend and a large pinch of kosher salt and black pepper. Drizzle with 2 Tbsp. extra virgin olive oil, making sure to coat florets.
3. Spread the seasoned cauliflower and onions in a single layer on a large sheet pan. Cover the sheet pan with a large piece of foil. Bake, covered, on the center rack of your oven for about 15 minutes.
4. Carefully remove the foil and allow the cauliflower to roast for another 25 to 30 minutes or so. Check occasionally to rotate the baking sheet and turn the cauliflower over using a pair of tongs.
5. While the cauliflower is roasting, make the salad (see below) and \*tahini sauce. Mince 1-2 garlic cloves and add to the bowl of a processor with 1/2 tsp. salt, 3/4 cup tahini, 1/4 cup lime juice and blend. Add a little water and blend until desired consistency is achieved.
6. Pile the roasted shawarma cauliflower on a pita and add a couple spoons of the salad, a few slices of sliced or pickled red onion, cucumber pickles (if using) and a drizzle of Tahini Sauce. Wrap the pita up and enjoy!

\*To make a simple salad, add 3 cups fresh diced tomatoes, 1 large diced cucumber, 1/2 sliced small red onion, 3/4 cup chopped bunch parsley, kosher salt to taste, 1/2 tsp. black pepper, 1 tsp. ground sumac, 2 Tbsp. extra virgin olive oil, and 2 tsp. fresh lemon juice. Let side for 5 minutes to let flavor develop.