

Made From Scratch



Mediterranean diet recipes

The Mediterranean diet consists of large quantities of fresh fruits and vegetables, nuts, fish, and olive oil, coupled with physical activity, which can help to reduce your risk of mental and physical health issues.

Brown rice breakfast risotto

Ingredients

- 1 cup short-grain brown rice
- 1/2 Tbsp olive oil
- 1/4 cup yellow onion, diced
- 1 1/2 cups frozen butternut squash, cubed
- 1 tsp rubbed sage
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1 3/4 cups low-sodium vegetable broth
- 1 1/2 cups fresh baby spinach leaves, packed
- 1/2 oz Parmesan cheese
- 4 large eggs, cooked (optional)



Directions

1. In a glass bowl, soak brown rice in water overnight, or for at least 8 hours. Remove water from rice with a strainer.
2. Heat oil in a large saucepan over medium heat. Add onion and sauté 3 to 4 minutes, or until translucent.
3. Add butternut squash, sage, garlic powder, and salt. Sauté 2 minutes. Add soaked brown rice and vegetable broth.
4. Turn heat to medium-high and allow liquid to come to a boil. Reduce heat to medium-low and cover with a lid. Stir occasionally. Allow to simmer for 15 to 20 minutes or until brown rice is al dente.
5. Add spinach and grate Parmesan cheese into the risotto. If you're using eggs, cook them to your liking.
6. To serve, divide risotto evenly between four bowls and top each with a cooked egg.

Servings: 4 | **Serving Size:** 3/4 cup risotto plus optional 1 egg | **Nutrition facts per serving:** Calories 308; Total fat 9g; Saturated fat 2.5g; Sodium 391mg; Carbohydrates 48g; Fiber 5g; Protein 13g

Roasted beet hummus

Ingredients

- 1 (15 oz) can chickpeas, drained and rinsed
- 1/2 cup roasted beets, peeled and chopped*
- 1/4 cup extra-virgin olive oil
- 2 Tbsp lemon juice
- 1/4 tsp salt
- 1/4 tsp pepper

Directions

1. Combine chickpeas, beets, olive oil, lemon juice, salt, and pepper in a food processor. Cover and process until smooth, scraping down sides as needed.

How to roast beets:

1. Preheat oven to 400°.
2. Wrap beets in foil and seal tightly. Bake for 45 minutes or until tender when pierced with a knife. Cool.
3. Use a paper towel to rub skins off beets and chop coarsely.

Servings: 14 | **Serving Size:** 2 Tbsp | **Nutrition facts per serving:** Calories 240; Total fat 6g; Saturated fat 0g; Sodium 550mg; Carbohydrates 29g; Fiber 4g; Protein 16g

Recipe note: Serve with your favorite veggies or whole-wheat pita bread.

Colorful couscous salad

Ingredients

- 2 cups cooked couscous
- 1/2 cup frozen corn, thawed
- 1 cup cherry tomatoes, halved
- 1 cup zucchini, diced
- 1 cup orange bell pepper, diced
- 1/4 cup extra-virgin olive oil
- 2 Tbsp fresh squeezed lemon juice
- 1 Tbsp fresh thyme leaves
- 1/4 tsp salt
- 1/8 tsp freshly ground black pepper

Directions

1. In a large bowl, add cooked couscous, corn, tomatoes, zucchini, and bell pepper; stir until combined. Set aside.
2. In a small bowl or glass jar with a lid, add olive oil, lemon juice, thyme leaves, salt, and black pepper. Stir or shake until dressing ingredients are combined.
3. Pour dressing over the couscous mixture and stir until evenly coated. Chill before serving.

Servings: 4 | **Serving Size:** 1 3/4 cup | **Nutrition facts per serving:** Calories 214; Total fat 13g; Saturated fat 2g; Sodium 106mg; Carbohydrates 22g; Fiber 3g; Protein 4g

Grilled tuna steaks with roasted tomatoes

Ingredients

- 4 small tuna steaks (4 to 6 oz each, with bone)
- 1 Tbsp plus 2 tsp extra-virgin olive oil, divided
- 1 Tbsp lemon juice
- Vegetable oil cooking spray
- 1/2 tsp salt
- 1/4 cup red onion, finely diced
- 2 cloves garlic, minced
- 2 cups cherry or pear tomatoes, cut in halves
- 2 Tbsp fresh flat-leaf parsley, chopped
- 1 Tbsp capers (optional)
- Freshly ground black pepper, to taste



Directions

1. Rinse the fish and pat it dry with paper towels. Place it in a glass pie plate and drizzle with olive oil and lemon juice. Let the fish marinate in the refrigerator for at least 15 minutes and up to 4 hours.
2. Preheat grill. Place the tuna on a double-thick sheet of aluminum foil that has been sprayed with the cooking spray; place it on the grill. Grill the fish, turning it once, until it flakes and is not quite opaque in the center. This takes between 4 and 8 minutes per side, depending on the thickness of the fish.
3. Preheat oven to 400°. Combine the remaining 2 teaspoons of olive oil, the chopped onion, and the garlic in a glass, oven-safe pie plate. Bake for 7 to 8 minutes, stirring halfway through. Mix the salt into the tomatoes; stir the tomatoes into the onion mixture and continue to roast for 4 to 5 minutes, until the tomatoes are warmed and the onion is starting to brown. Remove from the oven, stir in the chopped parsley and capers, if using. Spoon the mixture evenly over the grilled tuna steaks. Add the desired amount of black pepper.

Servings: 4 | **Serving Size:** 1 steak, 1/4 cup sauce | **Nutrition facts per serving:** Calories 230; Total fat 8g; Saturated fat 1g; Sodium 355mg; Carbohydrates 7g; Fiber 1g; Protein 34g

Recipe note: You can also roast the tuna steaks in the oven at 400° for 10 to 15 minutes, depending on the thickness of the fish. Use a pan coated with vegetable cooking spray and turn the tuna once for even cooking. Italian, or flat-leaf, parsley has more flavor than curly parsley, which is more commonly used as a garnish than to flavor food.