



# Mediterranean Recipe Pack

This collection of healthy recipes includes simple, delicious options for breakfast, lunch, snack and dinner



# Welcome!

I'm so glad you're here.

Our team of credentialed nutrition professionals and culinary facilitators have created these healthy recipes to help you meet your health goals. All are extensively tested and feature whole food ingredients with easy-to-follow directions for people of all cooking levels.

The recipes in this e-book are available on my digital meal plans +1,000s more. You can build your ultimate meal plan with our search-click-and-drag technology with automatic nutrition facts calculation and grocery list generation.

Now, let's get cooking!

*Marysa Cardwell*

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All of Nutrition



# Recipes

## BREAKFAST

Spinach and Tomato Sheet Pan Frittata

Triple Berry Chia Jam

Greek Yogurt and Jam Parfaits

## LUNCH

Braised Fennel with Feta

Greek-style Lemon and Kale Soup

Escarole with Beans

## DINNER

Chicken Bruschetta

Pan-seared Salmon with Artichokes

Simple Broccoli Rabe

### NUTRIENT GUIDE

Per serving:

 calories

 carbohydrates

 total fat

 protein



# Spinach and Tomato Sheet Pan Frittata

Serves 4

Prep: 10 mins. | Total: 25 mins.

## Ingredients

- 1 cup sun-dried tomatoes, drained and chopped, chopped
- 2 cup spinach, chopped
- 1/4 tsp garlic powder
- 1/2 tsp oregano, dry
- cooking oil spray
- 6 eggs, large
- 1/2 cup feta cheese, crumbled (optional)
- Salt & pepper, to taste

Per serving:

- C** 196 calories
- C** 12g carbohydrates
- F** 53g total fat
- P** 14g protein

## Directions

### Prep

1. Drain and rinse sun-dried tomatoes if using canned. Chop.
2. Wash and chop spinach.
3. Preheat oven to 425° Fahrenheit.
4. Line sheet pan with parchment paper and lightly coat with cooking oil spray.

### Make

1. Place the sun-dried tomatoes and spinach on the pan and then sprinkle with garlic, oregano, salt, and pepper. [You can also use an Italian herb blend].
2. In a small bowl whisk together the eggs. Pour the eggs over the vegetable mixture in pan. Top with feta cheese, if desired.
3. Bake for 10-15 minutes or until eggs are set.
4. Season with salt and pepper to taste.



# Triple Berry Chia Jam

Serves 6

Prep: 15 mins. | Total: 20 mins.

## Ingredients

- 1 cup raspberries, frozen or fresh
- 1 cup blueberries, wild, frozen
- 1 lemon, juiced (2 tablespoon)
- 2 Tbs maple syrup
- 2 Tbs chia seeds

## Directions

### Prep

1. Wash raspberries if using fresh.

### Make

1. Add berries to the saucepan with lemon juice and simmer over medium heat until the fruit breaks down. Mash with a fork to break apart.
2. Remove from heat and stir in maple syrup and chia seeds.
3. Let stand for 10 minutes to thicken. If you want a thicker consistency, stir in more seeds a teaspoon at a time.
4. Transfer to a jar to cool.
5. Store in refrigerator for up to two weeks.

Per serving:

- C** 66 calories
- C** 13g carbohydrates
- F** 1g total fat
- P** 1g protein



# Chia Jam Yogurt Parfaits

Serves 3

Prep: 15 mins. | Total: 20 mins.

## Ingredients

- 1 cup raspberries, frozen or fresh
- 1 cup blueberries, wild, frozen
- 1 lemon, juiced (2 tablespoon)
- 2 Tbs maple syrup
- 2 Tbs chia seeds
- 3 cup yogurt, Greek plain

## Directions

### Prep

1. Wash raspberries if using fresh.

### Make

1. Add both berries to the saucepan with lemon juice and simmer over medium heat until the fruit breaks down. Mash with a fork to break apart and create a smoother jam.
2. Remove from heat and stir in maple syrup and chia seeds.
3. Let stand for 10 minutes to thicken. If you want a thicker consistency, stir in more seeds a teaspoon at a time.
4. Once cool, layer jam and yogurt to create parfaits.
5. You can transfer any extra jam to a jar and refrigerate for up to two weeks.

Per serving:

**C** 253 calories

**C** 31g carbohydrates

**F** 7g total fat

**P** 19g protein



# Braised Fennel with Mint and Goat Cheese

Serves 4

Prep: 5 mins. | Total: 20 mins.

## Ingredients

- 3 bulbs fennel, trimmed and sliced
- 2 Tbs olive oil, extra-virgin
- 1 cup vegetable broth
- salt, to taste
- pepper, to taste
- 1/4 cup mint leaves, fresh
- 4 oz goat cheese, crumbled
- 1/4 cup pomegranate arils

Per serving:

**C** 203 calories

**C** 16g carbohydrates

**F** 13g total fat

**P** 8g protein



## Directions

### Prep

1. Trim fennel saving some fronds for garnish - be sure to not trim too much of the root. You want to maintain the shape of the bulb.

### Make

1. Cut fennel bulbs into wedges.
2. In a large skillet, add oil and fennel. Sauté over medium heat to slightly brown both sides of the wedges.
3. Add broth, season with salt and pepper, and reduce heat to low. Simmer for 10-15 minutes, turning gently, until the fennel is tender.
4. Serve topped with reserved fronds, fresh mint, cheese, and pomegranate arils.



# Greek-style Lemon, Kale, and Quinoa Soup

Serves 6

Prep: 25 mins. | Total: 60 mins.

## Ingredients

- 1 onion, chopped
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh thyme, chopped
- 5 cloves garlic, minced
- 1/2 cup celery, chopped
- 1 cup carrots, chopped
- 3 cup kale, chopped
- 1/3 cup chives, chopped
- 1 lemon, zested and juiced
- 2 Tbs olive oil
- 1 tsp cumin, ground
- 6 cups low-sodium vegetable broth

Per serving:

**C** 203 calories

**C** 16g carbohydrates

**F** 13g total fat

**P** 8g protein

- 4 cups water
- 1 Tbs soy sauce (or liquid aminos)
- 1 tsp crushed red pepper
- 1/2 cup feta cheese, crumbled, optional
- 1 cup quinoa, pre-cooked
- salt & pepper, to taste

## Directions

### Prep

1. Chop onion, parsley, thyme, garlic, celery, carrots, kale and chives.
2. Zest lemon.

### Make

1. On medium heat, pour olive oil in a large pot.
2. Sauté onions, carrots, celery, garlic, lemon zest, herbs, and spices.
3. Add in soy sauce (or liquid aminos), low-sodium vegetable broth, lemon juice, lemon rind, and water.
4. Stir frequently, cook for 5-10 minutes or until vegetables become tender.
5. Bring to a simmer, add kale and cooked quinoa.
6. Add salt and pepper to taste and garnish with crumbled feta cheese and chives.



# Escarole and Beans

Serves 4

Prep: 10 mins. | Total: 15 mins.

## Ingredients

- 8 cup escarole, chopped
- 1/4 cup onion, sweet, chopped
- 4 cloves garlic, minced or pressed
- 1 Tbs rosemary, fresh, chopped
- 1 1/2 cup cannellini beans, drained and rinsed
- 2 Tbs olive oil
- 2 cup vegetable broth
- salt and pepper to taste
- 1/2 tsp crushed red pepper
- 2 Tbs pine nuts

## Directions

### Prep

1. Chop escarole, onion, and rosemary. Mince garlic.
2. Drain and rinse cannellini beans.

### Make

1. Sauté onion in olive oil in a large sauté pan over medium heat until soft and fragrant. Stir in garlic and rosemary.
2. Add escarole and sauté until wilted, about 1 minute.
3. Add cannellini beans and broth and cook until liquid reduces by half and escarole is tender.
4. Season with salt and pepper.
5. Serve with crushed red pepper and pine nuts.

Per serving:

**C** 234 calories

**C** 28g carbohydrates

**F** 10g total fat

**P** 10g protein



# Chicken Bruschetta

Serves 4

Prep: 20 mins. | Total: 30 mins.

## Ingredients

- 2 lb chicken breast, boneless and skinless
- 2 Tbs olive oil
- 2 cloves garlic, minced
- 1 Tbs Italian seasoning (or other herb mix)
- salt and pepper, to taste

## Directions

### Prep

1. Pat chicken breasts dry and place in a glass baking dish or deep bowl.
2. Preheat oven to 375° F.
3. Mince garlic.
4. Prepare bruschetta topping: prep ingredients according to instructions and add to a bowl - mix well and set aside.

### Make

1. Whisk together olive oil, garlic, and Italian seasoning. Pour into the glass baking dish or deep bowl and add chicken. Turn to coat and let stand for 10 minutes.
2. Place chicken on a parchment-lined baking sheet, sprinkle with Italian seasoning, and season with salt and pepper. Bake for about 20 minutes until the internal temperature reaches 165° F.
3. Meanwhile, prepare bruschetta topping.
4. Remove chicken from oven and top with bruschetta mixture. Serve immediately.

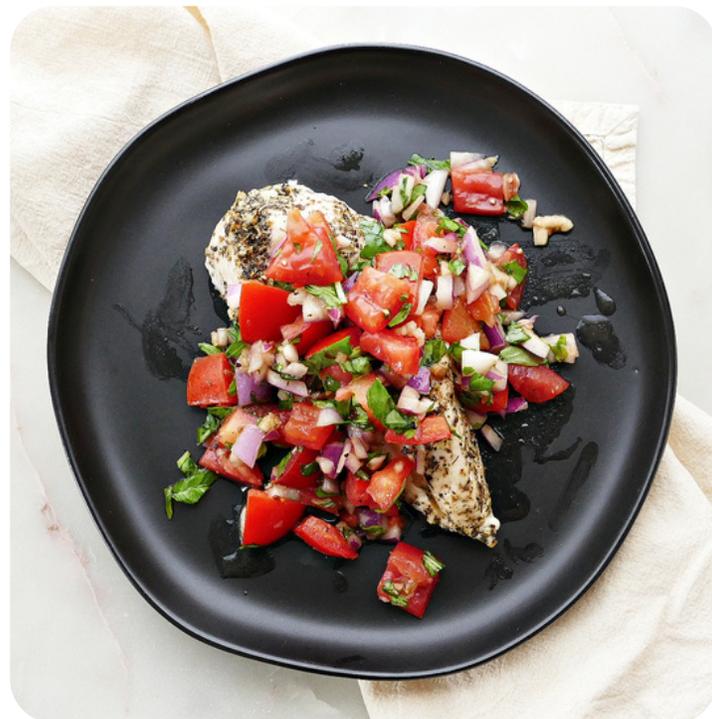
Per serving:

**C** 497 calories

**C** 12g carbohydrates

**F** 34g total fat

**P** 41g protein



## Bruschetta Ingredients

- 4 roma tomatoes, chopped
- 1/4 cup red onion, chopped
- 1/2 cup fresh basil, chopped
- 2 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 2 cloves garlic, minced or pressed
- salt and pepper to taste



# Pan-Seared Salmon with Artichokes

Serves 4

Prep: 10 mins. | Total: 20 mins.

## Ingredients

- 1 1/2 lb salmon, cut into fillets
- 2 Tbs olive oil
- 2 lemons
- 2 cup spinach
- 1 1/2 cup artichokes, canned, drained

## Directions

### Prep

1. Zest and juice 1 lemon. Cut one into wedges for serving
2. Whisk together olive oil, lemon juice, and 2 teaspoons of zest.
3. Brush salmon with this mixture and sprinkle with pepper to taste.

### Make

1. Heat a medium non-stick skillet on medium heat. Drizzle with 1 tablespoon of oil.
2. When pan is hot, place salmon fillets in the pan skin side down. Cover the top and let them cook for 4-5 minutes until cooked throughout. Flip them over for a few seconds to brown the top.
3. Remove from pan and add remaining oil and artichoke hearts and sauté until browned. Add spinach - heat over low until spinach just wilted.
4. Serve salmon over spinach and artichokes with lemon wedges.

Per serving:

- C** 455 calories
- C** 8g carbohydrates
- F** 30g total fat
- P** 37g protein



# Broccoli Rabe with Garlic

Serves 4

Prep: 15 mins. | Total: 20 mins.

## Ingredients

- 1 1/2 lb broccoli rabe
- 4 Cloves garlic, sliced
- 2 Tbs olive oil
- 1/2 tsp red pepper, crushed optional
- salt and pepper to taste

## Directions

### Prep

1. Trim ends from broccoli rabe.
2. Peel and slice garlic thinly.

### Make

1. Add 4" of water to a large sauce pot. Add broccoli rabe and bring to a boil. Reduce heat and simmer for 3 minutes until bright green and stems have softened a bit. Rinse in cold water and chop. Set aside.
2. In a large sauté pan, add olive oil and garlic and simmer gently until fragrant. Add broccoli rabe and cook gently for an additional 2 minutes.
3. Stir in red pepper if desired and season with salt and pepper.

Per serving:

- C** 102 calories
- C** 6g carbohydrates
- F** 8g total fat
- P** 6g protein

