



RECIPE CLUB
NOVEMBER 2ND AT
5:00PM
IN THE CLUBHOUSE
THIS MONTH'S THEME
IS
"MEDITERRANEAN"

Appetizers

Roasted Red Pepper Hummus

By Jennifer Segal

With a hint of smoky sweetness, this creamy roasted red pepper hummus is a fresh take on a Mediterranean classic.

Servings: 3 cups

Prep Time: 20 minutes

Total Time: 20 minutes

INGREDIENTS

- 2 (15-oz) cans chickpeas, well-drained
- ¼ cup freshly squeezed lemon juice, from 2 lemons
- ¼ cup sesame tahini, well-stirred
- ⅔ cup jarred roasted red bell peppers, drained and patted dry, roughly chopped
- 2 cloves garlic, roughly chopped
- ¾ teaspoon sumac, plus more for serving (optional but recommended)
- Heaping ¼ teaspoon cumin
- ⅛ teaspoon cayenne pepper
- 1 teaspoon salt
- ¼ teaspoon sugar
- 3 tablespoons extra-virgin olive oil, plus more for drizzling
- 2 tablespoons pine nuts, toasted, for serving (optional, see note)



INSTRUCTIONS

1. In the bowl of a food processor fitted with the metal blade, combine the chickpeas, lemon juice, tahini, roasted red bell peppers, garlic, sumac (if using), cumin, cayenne pepper, salt, sugar, and olive oil. Process for 1 to 2 minutes, until smooth and creamy. The hummus should hold its shape when you drag a spoon through it. Taste and adjust seasoning, if necessary.
2. Transfer the hummus to a serving bowl. Use the back of a spoon to swirl a shallow well in the center. Drizzle a little olive oil in the well; sprinkle with sumac (if using), then garnish with the toasted pine nuts (if using). Serve at room temperature with pita bread, pita chips, or crudités.

NOTES

Note: To toast pine nuts, heat a small skillet over medium heat. Add the pine nuts and cook, stirring frequently, until golden, about 4 minutes. Immediately transfer the nuts to a small bowl to stop the cooking process. (Pay close attention: they go from perfectly golden to burnt quickly.)

Make-Ahead Instructions: Red pepper hummus can be made and stored in a covered container in the refrigerator up to two days ahead of time. Bring to room temperature before serving.

NUTRITION INFORMATION

Serving:	0.25 cup
Calories:	163kcal
Carbohydrates:	18g
Protein:	6g
Fat:	8g
Saturated Fat:	1g
Sodium:	215mg
Fiber:	5g
Sugar:	3g

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<https://www.onceuponachef.com/recipes/easy-roasted-red-pepper-hummus.html>

Muhammara Recipe (Roasted Red Pepper Dip)

★★★★★
4.80 from 221 votes

Muhammara (roasted red pepper and walnut dip) makes the perfect addition to the mezze table next to other favorites like baba ganoush or hummus. Serve it with warm pita bread or pita chips. For a shortcut, feel free to use roasted red peppers from a jar if you don't have time to roast your own peppers.

Prep Time
10 mins

Cook Time
30 mins

Course: Appetizer Cuisine: Mediterranean, Middle Eastern Servings: 6 people
Author: The Mediterranean Dish

Ingredients

- 2 red bell peppers
- 4 tbsp Extra Virgin Olive Oil divided
- 1/4 lb shelled toasted walnuts
- 1 garlic clove roughly chopped
- 2 1/2 tbsp tomato paste
- 3/4 cup bread crumbs
- 2 tbsp pomegranate molasses
- 1 tsp Aleppo pepper
- 1/2 tsp sugar
- 1 tsp sumac
- 1/2 tsp salt
- 1/2 tsp cayenne pepper optional

Instructions

1. Preheat the oven to 425 degrees F.
2. Brush the bell peppers with 1 tbsp of olive oil, and place in a lightly oiled oven-safe pan or cast-iron skillet. Roast the peppers in the 425 degrees F heated oven for 30 minutes or so, turning them over once or twice.
3. Remove from the oven and place the peppers in a bowl. Cover with plastic wrap for a few minutes. This traps the steam from the roasted peppers, making them easy to peel. When cool enough to handle, simply peel the peppers, remove the seeds and slice the peppers into small strips.
4. Now in the bowl of a large food processor, combine the roasted red pepper strips with 3 tbsp extra virgin olive oil, garlic, walnuts, tomato paste, bread crumbs, pomegranate molasses, Aleppo pepper, sugar, sumac, salt and cayenne. Blend into a smooth paste.
5. Transfer to a serving bowl. You may cover the muhammara and refrigerate, but be sure to bring the dip to room temperature before serving.
6. When ready to serve, top the dip with a drizzle of extra virgin olive oil, and garnish with a little more walnuts and fresh parsley, if you like. Serve with pita bread or pita chips. Enjoy!

Notes

- **Storage:** You can refrigerate muhammara in a tight-lid container for 4 days and up to one week. A thin layer of extra virgin olive oil to cover the top of the dip will help preserve it.
- Find [Aleppo-style pepper here](#) and [extra virgin olive oil here](#).
- **Visit our [Online Shop](#)** to browse quality Mediterranean ingredients including all-natural and organic spices, extra virgin olive oil and more.

Nutrition

Calories: 201kcal | Carbohydrates: 21.5g | Protein: 5.5g | Fat: 22.6g | Saturated Fat: 2.6g | Potassium: 267.6mg | Fiber: 3.1g | Vitamin A: 1511.8IU | Vitamin C: 52.5mg | Calcium: 48.4mg | Iron: 1.7mg

QR code

Scan this QR code with your phone's camera to view this recipe on your mobile device.



<https://www.themediterraneandish.com/muhammara-recipe-roasted-red-pepper-dip/>

Mini Peppers Stuffed with Goat Cheese, Cream Cheese, and Herbs

Alice Mault & Mike Cascio

Ingredients

- 1 pound mini sweet peppers (about 18-20 peppers)
- 4 ounces goat cheese, softened
- 4 ounces cream cheese, softened
- 2 tablespoons fresh herbs, finely chopped (chives, parsley, oregano, garlic)
- 1 teaspoon lemon zest
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon salt
- 1 tablespoon olive oil (for drizzling, optional)
- Dash of crushed pistachios for garnish
- Dash of smoked paprika for garnish

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WITH JENN SEGAL

Tzatziki (Yogurt & Cucumber Dip)

Tzatziki is a refreshing and good-for-you yogurt and cucumber dip. Serve it with pita, grilled meats, gyros, or just eat it with a spoon!

Servings: 2 cups

Prep Time: 20 Minutes

Total Time: 20 Minutes

INGREDIENTS

- 1½ cups plain 2% Greek yogurt (I use Fage)
- 1 medium English or hothouse cucumber, seeded, coarsely grated and squeezed as dry as possible (about 1 cup)
- 2 small garlic cloves, minced
- 2 tablespoons extra virgin olive oil
- Scant ¾ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons finely chopped fresh mint



INSTRUCTIONS

1. Combine all ingredients in a medium bowl and mix until well combined. Taste and adjust seasoning if necessary (I often add a generous pinch of sugar to balance the flavors). Cover and chill until ready to serve. Before serving, drizzle with a bit of olive oil and sprinkle with fresh mint, if desired.

NUTRITION INFORMATION

Powered by *Doan's*

Serving size:	1/4 cup
Calories:	77
Fat:	5 g
Saturated fat:	1 g
Carbohydrates:	4g
Sugar:	3 g
Fiber:	0 g
Protein:	6 g
Sodium:	223 mg
Cholesterol:	3 mg

GLUTEN-FREE ADAPTABLE NOTE

To the best of my knowledge, all of the ingredients used in this recipe are gluten-free *or widely available in gluten-free versions*. There is hidden gluten in many foods; if you're following a gluten-free diet or cooking for someone with gluten allergies, always read the labels of your ingredients to verify that they are gluten-free.

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<https://www.onceuponachef.com/recipes/tzatziki.html>

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WITH JENN SEGAL

Whipped Feta Dip

This whipped feta dip recipe is as easy as it is crowd-pleasing—pair it with pita wedges or fresh veggies and watch it disappear!

Servings: Makes about 1½ cups

Total Time: 15 Minutes

INGREDIENTS

- 1 8-oz block feta cheese
- ½ cup sour cream
- ½ cup mayonnaise, best quality such as Hellman's or Duke's
- Zest from 1 lemon (about 1 teaspoon, packed)
- 1 small clove garlic, chopped
- ¼ teaspoon dried dill
- ¼ teaspoon dried oregano
- ¼ teaspoon dried thyme
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ½ teaspoon crushed red pepper flakes, plus more for serving

FOR SERVING

- Toasted sesame seeds
- Extra virgin olive, for drizzling
- Toasted pita wedges (or pita chips) and/or sliced vegetables

INSTRUCTIONS

1. Combine all of the ingredients in a food processor or blender and process until smooth. Taste and adjust seasoning, if necessary. Transfer to a serving bowl and use a small spoon to create a swirl on the surface of the dip. Drizzle with olive oil and sprinkle with toasted sesame seeds and crushed red pepper flakes, if using.

To make the toasted pita wedges: Preheat the oven to 350°F. Brush the pita bread on both sides with olive oil and sprinkle with a pinch of salt. Cut into wedges, then arrange on a parchment-lined baking sheet. Bake for about 10 minutes until lightly toasted.

To make the toasted sesame seeds: In a small pan over medium heat, cook the sesame seeds, stirring frequently, until golden, a few minutes. Watch carefully as they are quick to burn.

Make-Ahead Instructions: This dip can be made up to 3 days ahead of time and stored in a covered container in the refrigerator. It will stiffen up in the fridge to a spread-like consistency, so be sure to let it sit at room temperature for about an hour before serving.



NUTRITION INFORMATIONPowered by *Soanana*

Serving size:	2 tablespoons
Calories:	137
Fat:	13 g
Saturated fat:	5 g
Carbohydrates:	1 g
Sugar:	1 g
Fiber:	0 g
Protein:	3 g
Sodium:	233 mg
Cholesterol:	26 mg

GLUTEN-FREE ADAPTABLE NOTE

To the best of my knowledge, all of the ingredients used in this recipe are *gluten-free or widely available in gluten-free versions*. There is hidden gluten in many foods; if you're following a gluten-free diet or cooking for someone with gluten allergies, always read the labels of your ingredients to verify that they are gluten-free.

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<https://www.onceuponachef.com/recipes/creamy-whipped-feta-dip.html>

Layered Greek Dip

Garnish With Lemon

Need an easy, flavorful appetizer for a crowd? Look no further than this Layered Greek Dip recipe. It's the veggie-packed, Mediterranean version of the popular 7 Layer Dip!



★★★★★ 4.75 from 726 votes

INGREDIENTS

- 8 ounces cream cheese softened
- 1 tablespoon fresh lemon juice
- 1 teaspoon dried Italian seasoning
- 2 cloves garlic minced
- 1 cup prepared hummus
- ¾ cup chopped cucumber
- ¾ cup chopped tomato
- ½ cup chopped pitted Kalamata olives
- ½ cup crumbled feta cheese
- ¼ cup sliced green onions
- Pita chips

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INSTRUCTIONS

1. Add cream cheese, lemon juice, Italian seasoning and garlic in a medium mixing bowl. Beat with an electric mixer until combined.
2. Spread cream cheese mixture into a serving dish. Spread the hummus on top of the cream cheese mixture then top with the remaining ingredients.
3. Cover and refrigerate for at least 2 hours and up to 12 hours. Serve with pita chips.

Sides



roasted eggplant salad

★★★★★
4.67 from 15 votes

This sweet and spicy Moroccan-inspired roasted eggplant salad recipe is a delicious mezze. Healthy, flavorful vegan side dish.

Prep Time	Cook Time	Total Time
30 mins	1 hr	1 hr. 30 mins

Course: **Salad** Cuisine: **Middle Eastern** Keyword: **roasted eggplant salad**
Kosher Key: **Parve** Servings: **4 cups** Calories: **280kcal**

INGREDIENTS

- 2 pounds eggplant (2 medium sized eggplants)
- 1/3 cup olive oil, divided, plus more for brushing baking sheet
- 2 whole red bell peppers
- 1 whole jalapeño or fresno chili pepper
- 2 1/2 pounds tomatoes (8-10 large), peeled, seeded and diced ([learn how here](#)) or 2 large cans (1 lb 12 oz each) diced tomatoes
- 1 clove garlic minced
- 3/4 teaspoon salt, or to taste
- 2 tablespoons tomato paste
- 1/2 teaspoon red chili pepper flakes or more to taste
- Sugar, or your favorite sweetener, to taste (optional)
- 2 1/2 teaspoons paprika
- 1/2 teaspoon smoked paprika

INSTRUCTIONS

1. Heat oven to 425 degrees F. While oven is heating, slice stem ends off the eggplants, then peel them halfway in stripes down the side so strips of skin remain intact around the

eggplant, with half of the skin peeled away. This helps the eggplant cubes to hold their shape without being too tough (too much skin can negatively affect the texture).

2. Slice the eggplant into 1 - 1 1/2 inch chunks and toss them in a bowl with 1 tbsp olive oil.
3. Brush a full-sized baking sheet liberally with olive oil, then spread the eggplant out in a single layer on the sheet.
4. Line a half baking sheet with parchment paper and place the bell peppers and jalapeño or fresno chili pepper on the sheet.

Place both baking sheets in the oven and let the vegetables roast for 10 minutes.

5. After 10 minutes, turn all of the peppers over with tongs and continue roasting for another 3-5 minutes, until the small pepper is soft and collapsing. Remove the small roasted pepper and set it on a cutting board. Place a small bowl over the top of the pepper to let it steam.
6. Turn the larger bell peppers again and return them to the oven. Stir the eggplant on its baking sheet. Continue roasting the eggplant and bell peppers for another 10 minutes or so until eggplant is tender and lightly browned and the bell peppers are soft and collapsing.
7. While the rest of the vegetables finish roasting, stem the small pepper, peel off any loose skin, and take out the seeds (unless you want a really spicy salad-- I leave 10-15 seeds in for a little kick). Dice into small pieces. You may want to wear gloves during this process to protect sensitive skin from the capsaicin of the pepper.

When the eggplant and peppers finish roasting, remove them from the oven. Place the peppers in a bowl, cover the bowl with a plate, and allow them to steam for a few minutes. Set the eggplant aside. Once the peppers have steamed, seed them and peel the skin off. Dice into small pieces.

8. Combine peppers, tomatoes, garlic, salt, tomato paste, and chili flakes in a 6 quart pot. Bring ingredients to a boil, then simmer for 30-40 minutes, stirring every 8-10 minutes, until the mixture has cooked down and most of the excess liquid has evaporated.
9. Stir in the roasted eggplant chunks. Continue to simmer for 5-10 minutes longer until thick and saucy. Remove from heat. Stir in sugar or your favorite sweetener to taste. I usually end up adding about 2 tbsp of sugar; it's supposed to be a sweet salad with a bit of a spicy kick. You can add more hot pepper flakes or salt to taste too, if you like.
10. Stir together remaining 1/4 cup olive oil, paprika and smoked paprika in a small bowl. Pour oil into the salad and stir until well mixed.
11. Serve salad at room temperature or chilled.

NOTES

You will also need: 2 baking sheets (1 full, 1 half), 4-6 quart pot, parchment paper, bowls

NUTRITION

Calories: 280kcal | Carbohydrates: 27g | Protein: 5g | Fat: 19g | Saturated Fat: 2g | Sodium: 523mg | Potassium: 1305mg | Fiber: 11g | Sugar: 16g | Vitamin A: 3455IU | Vitamin C: 46.8mg | Calcium: 55mg | Iron: 2mg

Nutritional information should be considered an estimate only; please consult a registered dietician, nutritionist, or your physician for specific health-related questions. [Read here](#). Please note that the recipe above is published using a recipe card plugin, with preexisting software which can auto-calculate metric measurements, as well as change the number of servings. Metric conversions and changes to the number of servings (resulting in different ingredient amounts) will only appear in the ingredient list, and are not changed within the step-by-step directions of the recipe.



Vegetable Couscous

★★★★★

This easy one-pot Vegetable Couscous recipe is loaded with highly nutritious vegetables amongst other ingredients. It's Fluffy, fragrant, and tasty with a kiss of warm flavors.

Course Lunch/Dinner

Cuisine	Global
Keyword	couscous, homemade
Prep Time	5 minutes
Cook Time	15 minutes
Servings	4 people
Calories	206kcal
Author	Lola Osinkolu

Ingredients

- 1 Red bell pepper
- ½ Cup Onion Chopped
- ½ cup carrots sliced
- 1 tablespoon Olive Oil
- 1.25 Cup broth
- 1 cup peas frozen
- 2 tablespoon raisins
- ⅛ teaspoon cinnamon
- ¼ teaspoon Tumeric
- ¾ cup couscous
- Salt and pepper to taste
- ¼ cup parsley chopped fresh
- ½ teaspoon Salt and Pepper to taste crushed

Instructions

1. Preheat the oil in a pan and stir fry the onions, bell peppers, and carrots in the oil for about 5 minutes
2. Stir in the crushed peppers, peas, raisins and cinnamon and season with salt, black pepper Tumeric and cinnamon
3. Add the broth and bring to a boil
4. Stir in the couscous cover immediately, turn off the heat off and let it stand for 5 minutes
5. Fluff with a fork and sprinkle the parsley over it.

Notes

Maryam DePaul

Food & Recipes > Healthy Recipes

Chickpea Salad with Smashed Cucumbers

This is an all-star side.

BY KATE MERKER AND TAYLOR WORDEN UPDATED: JUL 5, 2022

Yields:

4 - 6 serving(s)

Total Time:

25 mins

Cal/Serv:

156

Ingredients

12 oz. Persian cucumbers

Kosher salt and pepper

2 Tbsp. fresh lemon juice

1 tsp. honey

2 Tbsp. olive oil

1 Tbsp. capers, drained and roughly chopped

1/4 tsp. dried oregano

1/2 very small red onion, finely chopped

1 jalapeño, seeded and finely chopped

1 15-ounce can chickpeas, rinsed

12 oz. mixed cherry and grape tomatoes (halved or sliced)

1/2 cup flat-leaf parsley, chopped

Crumbled feta cheese, for serving

1/2 cup chopped Kalamata olives

2 T chopped mint

1 lg clove garlic

Directions

Step 1

With side of chef's knife, bash cucumbers slightly to crush, halve lengthwise, then cut each into 4 to 6 chunks. Transfer cucumbers to bowl and toss with 2 tsp salt. Let sit 10 minutes.

Step 2

Meanwhile, in large bowl, whisk together lemon juice and honey to dissolve. Whisk in oil, capers, oregano, and 1/4 teaspoon each salt and pepper. Add onion, jalapeño, and chickpeas and toss to combine. Let sit at least 10 minutes.

Step 3

Transfer cucumbers to colander and rinse, then shake off as much water as possible. Add to bowl with dressing, along with tomatoes

Main Dishes

Mediterranean salmon



5 from 16 votes

This spectacular sheet-pan Mediterranean salmon is the easiest to throw together. Delicious, nutritious and gorgeous!

Prep Time	Cook Time	Total Time
15 mins	20 mins	35 mins

Course: Main Dish Cuisine: Mediterranean Diet: Diabetic, Gluten Free
 Keyword: easy, fancy, holidays, oven Servings: 6 Calories: 310kcal
 Author: Veronique Eichler

Equipment

- Baking sheet
- Cutting board
- Chef knife
- Aluminum foil

Ingredients

- 2 lbs salmon filet skin on
- 1 ea lemon sliced thin
- 1/2 cup Kalamata olives pitted
- 3 cups cherry tomatoes multi-colored, cut in half
- 1 tbsp capers
- 1/2 ea red onion
- 2 ea garlic cloves sliced thin
- 3 tbsp extra virgin olive oil
- 1 tbsp fresh rosemary or 1 tsp dry
- 1/2 tbsp fresh oregano or 1/2 tsp dry
- 1/2 tbsp fresh thyme or 1/2 tsp dry
- 1/2 tsp Salt
- Fresh ground pepper

Instructions

1. Preheat oven to 400F.
2. Line baking sheet with aluminum foil. Drizzle a tablespoon of olive oil on it.
3. Sprinkle a pinch of salt and pepper on the skin side of the salmon and rub it on gently. Place the fish skin down onto the parchment paper. Sprinkle the flesh side with another pinch of salt and pepper.
4. Cut the tomatoes in halves. Slice the lemons in thin slices. Slice the red onion and garlic in thin slices. Drain and rinse the capers. Wash and dry your herbs.
5. Arrange a few lemon slices on top of your fish and the rest around it. Arrange the tomatoes, olives, garlic, and half of the onion slices around the fish. Sprinkle the rest of the onion and

the capers on top of the fish. Sprinkle the herbs all over.

6. Drizzle with olive oil all over, and sprinkle with salt and pepper.
7. Bake for about 20 minutes, or until the fish is done to your liking and flakes easily with a fork. The exact cooking time will depend on the size and thickness of your fish.
8. Take out of the oven and rest 5 minutes before serving.

Nutrition

Calories: 310kcal | Total Carbohydrate: 4g | Protein: 31g | Total Fat: 18g | Saturated Fat: 3g |
Cholesterol: 83mg | Sodium: 481mg | Potassium: 925mg | Dietary Fiber: 1g | Total Sugars: 2g |
Vitamin A: 546IU | Vitamin C: 19mg | Calcium: 46mg | Iron: 2mg | Includes Added Sugar: 0g



Sheet-Pan Baked Feta With Broccolini, Tomatoes and Lemon

By [Yasmin Fahr](#)

Published NYT Cooking, July 24, 2020



Total Time - 25 minutes

Rating - 5 out of 5, 18,885 user ratings

When baked, feta gains an almost creamy texture, similar to goat cheese but with feta's characteristic tang. In this easy vegetarian sheet-pan dinner, broccolini (or broccoli), grape tomatoes and lemon slices roast alongside the feta until the broccolini crisp, the tomatoes burst and the lemon rinds soften. (Remember, broccolini has a tender, delicious stalk so only the bottom ½-inch needs to be trimmed.) Serve this dish over a pile of orzo for a complete meal. If you like, cut the broccolini, feta and lemon into bite-size pieces and toss with the orzo.

INGREDIENTS

Yield: 4 servings

- 1 bunch broccolini, ends trimmed, thick stalks split lengthwise, or broccoli, stalks trimmed and cut into bite-size pieces
- 1 pint grape tomatoes, halved (about 2 cups)

- 1 small red onion, peeled, quartered and cut into 2-inch wedges
- 1 lemon, ½ cut into thin rounds and the remaining ½ left intact, for serving
- 3 tablespoons olive oil, plus more for serving
- 1 teaspoon ground cumin
- ½ teaspoon red-pepper flakes
- Kosher salt and black pepper
- 2 (6- to 8-ounce) blocks feta, cut into 1-inch slices
- Cooked orzo or farro, for serving
- ½ cup fresh basil or cilantro leaves and fine stems, roughly chopped (optional)

PREPARATION

1. **Step 1** Heat the oven to 400 degrees with a rack set in the lower third. On a sheet pan, combine the broccolini, tomatoes, onion and lemon slices with the olive oil and toss. Add cumin and red-pepper flakes, season with salt and pepper, and toss again until evenly coated. Nestle the feta slices into the vegetables. (It's OK if they break apart a little.)
2. **Step 2** Roast 15 to 20 minutes, stirring halfway through but leaving the feta in place, until the broccolini is charred at the tips, the stems are easily pierced with a fork and the tomato skins start to blister and break down.
3. **Step 3** Serve over orzo or farro. Drizzle with olive oil and serve with the remaining lemon half for squeezing. Top with fresh herbs, if using.

Comments

Recommend seasoning all the ingredients recommended in a large bowl and then transferring to the sheet pan. It's easier to coat everything that way. And don't worry about measuring the olive oil. Use what you think you need.

Nutritional analysis per serving (4 servings)

548 calories; 33 grams fat; 15 grams saturated fat; 0 grams trans fat; 12 grams monounsaturated fat; 2 grams polyunsaturated fat; 43 grams carbohydrates; 7 grams dietary fiber; 6 grams sugars; 24 grams protein; 1188 milligrams sodium

Moussaka (adapted from Betty Crocker's International Cookbook)
(The meat sauce can be done a day ahead)

2 eggplant (enough for 20 slices)

2 Tbs butter
1-1/2 pounds lamb
1 medium onion, chopped
1 can (15 oz) tomato sauce
3/4 C. red wine
1 Tbs. snipped parsley
1/4 tsp. pepper
1/4 tsp. allspice

1 C. grated Parmesan cheese
2/3 C. dry bread crumbs
1 egg, beaten

White Sauce (recipe follows)

Cut unpared eggplant crosswise into 1/2 inch slices. Cook slices in a small amount of boiling, salted water until tender, about 5—8 minutes. Drain.

Heat butter in a 12 inch skillet and cook onion and lamb until lamb is browned. Drain the juices, then add tomato sauce, wine, parsley, pepper and allspice. Cook uncovered until half of the liquid is absorbed, about 20 minutes.

Stir 2/3 C. of cheese, 1/3 C. of bread crumbs, and the egg into the meat mixture. Sprinkle remaining bread crumbs in a greased baking dish, 13x9x2 inches. Arrange half of the eggplant slices in the baking dish. Cover with meat mixture. Sprinkle 2 tablespoons of the remaining cheese over the meat. Top with remaining eggplant slices. Pour white sauce over mixture. Sprinkle with remaining cheese.

Bake at 375 for 45 minutes. Let stand for 20 minutes before serving.

White Sauce

1/4 C. butter
1/4 C flour
3/4 tsp. salt
1/4 tsp. nutmeg
2 C. milk, warmed in microwave
2 eggs, slightly beaten

Heat butter over low heat. Add flour, salt and nutmeg and stir constantly until bubbly. Add warmed milk. Heat until thickened, stirring constantly. Stir a few scoops of this mixture into the eggs, then return the egg mixture to the white sauce. Stir until smooth.

Crock Pot Mediterranean Chicken

Crock Pot Mediterranean Chicken is an easy dinner idea to serve to your family. Tender chicken with garlic, lemon, feta cheese, and more.



★★★★★
5 from 13 votes

Prep Time
5 mins

Cook Time
2 hrs

Total Time
2 hrs 5 mins

Course: Main Course Cuisine: American, Mediterranean Servings: 6
Calories: 365.7 Author: Taryn

Ingredients

- 2.5-3 lb boneless skinless chicken thighs
- 1 cup roasted red peppers drained (cut into bite sized pieces if large)
- 1/2 cup green olives with pimentos + 1/2 CUP GARLIC STUFFED KALAMATA OLIVES
- 14 oz marinated or canned artichokes
- 3 tbsp lemon juice
- 2 tbsp olive oil
- 2 tsp dried minced garlic
- 1 tsp dried oregano
- 1 tsp salt
- 1/2 tsp pepper + 1 TBS CAPER + 1 SPRIG FRESH ROSEMARY



1. Put chicken thighs in the crock pot. Put the next ^{1/2} ingredients on top (reserve the spinach and feta to add when serving). Stir to combine. Cook on low 4-6 hours or on high 2-3 hours until the chicken is done.
2. To serve put a big handful of spinach in a bowl, add 1-2 chicken thighs (I use 2 for adults and 1 for kids), add in some of the other yummy things from the pot like artichokes and olives, and top with a few scoops of cooking liquid to wilt the spinach. Sprinkle some feta on top.

Nutrition

Calories: 365.7 | Carbohydrates: 6.2g | Protein: 37.6g | Fat: 20.2g | Saturated Fat: 3.5g | Polyunsaturated Fat: 2.4g | Monounsaturated Fat: 7.4g | Trans Fat: 0.03g | Cholesterol: 179.5mg | Sodium: 1303mg | Potassium: 528mg | Fiber: 2.3g | Sugar: 1g | Vitamin A: 879.4IU | Vitamin C: 27.7mg | Calcium: 53.2mg | Iron: 2.5mg

Crock Pot Mediterranean Chicken <https://joyfilledeats.com/mediterranean-chicken/>

One-Pot Smoky Fish With Tomato, Olives and Couscous

By **Lidey Heuck**

YIELD 4 servings

TIME 30 minutes

Flaky white fish and pearl couscous simmer together in a rich, smoky tomato sauce for a punchy one-pot dinner that comes together in just half an hour. The sauce relies heavily on pantry ingredients (think anchovies, roasted red peppers, crushed tomatoes and paprika); if you like more green on your dinner plate, a lemony arugula salad is a nice complement to the smoky flavors in this dish.

INGREDIENTS

¼ cup olive oil, plus more for serving
¾ cup jarred roasted red peppers, roughly chopped, or 1 fresh red bell pepper, cored, seeded and diced
1 medium yellow onion, thinly sliced
4 (6-ounce) skinless mild, white fish fillets, such as cod, fluke or halibut
Kosher salt and black pepper
1½ tablespoons minced garlic (about 3 large cloves)
1 tablespoon chopped anchovies (about 4 fillets)
1 teaspoon smoked paprika
Pinch of ground cayenne
⅓ cup dry white wine
1½ cups chicken stock, preferably low-sodium
1 (14-ounce) can crushed tomatoes
½ cup olives, preferably black or

PREPARATION

Step 1

In a large (12-inch) skillet (use one with a tight-fitting lid), heat the olive oil over medium. If using fresh red bell pepper, add it with the onion, and cook, tossing occasionally, until tender and lightly browned, 8 to 10 minutes. Meanwhile, pat the fish fillets dry with a paper towel and season with salt and pepper.

Step 2

If using roasted red peppers, add them with the garlic, anchovies, paprika and cayenne, and cook for 1 more minute, until the garlic is fragrant. Add the wine and stir to scrape up any brown bits from the pan. When the wine has almost entirely evaporated, add the chicken stock, tomatoes, olives, parsley, 1 teaspoon salt and ½ teaspoon black pepper. Bring to a boil over medium-high heat.

Step 3

Add the couscous, stir, then add the fish fillets, wiggling them lightly to submerge them in the sauce. Turn the heat to low, cover and simmer for 6 to 8 minutes, until fish is opaque and flakes easily with a fork. Carefully transfer the fish to a plate. Simmer the couscous, uncovered, stirring occasionally, until it's tender and the liquid in the pan has reduced slightly, about 5 minutes.

Step 4

Kalamata, pitted or not

2 tablespoons chopped fresh parsley,
plus more for serving

$\frac{3}{4}$ cup pearl couscous

2 teaspoons sherry vinegar or red
wine vinegar

Off the heat, stir in the vinegar and gently return the fish to the skillet to warm, being careful to keep it intact. Serve hot in shallow bowls garnished with additional parsley and a drizzle of olive oil.

PRIVATE NOTES

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Stifado (Greek Beef Stew)

★★★★★
5 from 19 votes

A hearty red wine beef stew with warming spices that is typically served as a Sunday family dinner on colder fall and winter days. This is one of the many traditional Greek comfort foods that is flavorful, satisfying, and mouth-wateringly delicious! Serve with mashed potatoes, orzo or good, crusty bread.

Prep Time
20 mins

Cook Time
2 hrs 45 mins

Total Time
15 mins

Course: Entree, Soup Cuisine: Greek Diet: Gluten Free, Low Lactose
Servings: 12 Author: [Marilena Leavitt](#)

Ingredients

- 4 pounds chuck roast, trimmed and cut into 1 ½-inch pieces
- 1.5 teaspoon [kosher salt](#)
- 1 teaspoon freshly ground pepper
- 0.5 cup [extra virgin olive oil](#)
- 3 pounds whole pearl onions, peeled (frozen are fine—they do not need to be defrosted)
- 10 garlic cloves, coarsely chopped
- 2 tablespoons tomato paste
- 4 bay leaves
- 2 cinnamon stick
- 0.5 teaspoon ground clove
- 8 allspice berries or 1/4 teaspoon [ground allspice](#)
- 2 cup full-bodied red wine
- 0.5 cup Cognac or Brandy
- 2 (14 ounce) can of good quality whole or diced tomatoes

Instructions

1. **Brown the beef in batches.** Pat the meat dry, spread it on a tray, and season it well with salt and pepper. In a Dutch oven or heavy-bottom non-reactive pot, heat the olive oil over high heat. When the oil begins to shimmer, add the meat in a single layer and sauté, turning until lightly browned on all sides, about 1 to 2 minutes per side. You will need to do this in batches so as not to overcrowd the pot (which would prevent it from getting a nice sear and seal in the juices). Use a

slotted spoon to transfer the browned pieces to a large mixing bowl. Cover and set aside.

- Sauté the pearl onions.** Turn the heat to medium and add the peeled pearl onions (if you are using frozen, you do not need to defrost them first). Stir to coat with the oil, adding a dash more oil if needed. Cook until they are softened but not caramelized, about 10 minutes. Add the chopped garlic, stir, and cook for another minute.
- Season the onions and garlic.** With a wooden spoon, stir in the tomato paste, bay leaves, cinnamon, ground clove, and allspice berries. Allow this mixture to caramelize for one minute, then return the meat and its accumulated juices to the pot and stir to coat with the spices.
- Deglaze the pan.** Pour the red wine and cognac, into the pot scraping the bottom with a wooden spoon to release any fond (browned bits). Let it simmer for 5 minutes to allow some of the alcohol to evaporate and to deglaze the pan.
- Simmer.** Add the canned tomatoes and enough warm water to cover the meat. Reduce the heat to a medium or medium-low — you just want a slow simmer —and cover the pot. Cook until the meat is tender and the sauce is slightly thickened. This takes about 1 hour 40 minutes to 2 hours, depending on the size of the meat pieces. Halfway through cooking, open the lid, give it a stir, and check to make sure there is still enough water. If you need to add a little more hot water.
- Finish and serve.** When the meat is nice and tender, taste it and adjust the seasoning. Remove the bay leaves, cinnamon stick, and allspice berries. Allow the dish to sit, uncovered, for 15 minutes. Serve the stifado warm, over orzo pasta, rice, mashed potatoes, or, Greek French fries.

Notes

- Frozen pearl onions are a convenient way to save time peeling. If you'd like to use fresh, see the "How to Peel Pearl Onions" section above for tips.
- If you can't source pearl onions, substitute with peeled shallots or 1-inch leek pieces.
- Visit [our shop](#) to browse quality Mediterranean ingredients including [olive oils](#), [honey](#), [jams](#), and [spices](#).

Nutrition

Calories: 474.1kcal | Carbohydrates: 16.4g | Protein: 31.1g | Fat: 26.6g | Saturated Fat: 8.9g | Polyunsaturated Fat: 2.4g | Monounsaturated Fat: 15.4g | Trans Fat: 1g | Cholesterol: 104.3mg | Sodium: 539.4mg | Potassium: 891mg | Fiber: 3.2g | Sugar: 7.1g | Vitamin A: 148.9IU | Vitamin C: 16.2mg | Calcium: 89.8mg | Iron: 4.5mg

QR code

Scan this QR code with your phone's camera to view this recipe on your mobile device.

Eggplant Parmesan

Peel & slice thin one or two eggplants. Scramble two eggs, then dip eggplants in flour egg then bread crumbs. Fry till brown

Layer tomato sauce then eggplant more sauce and put layer of risotto, beaten with 2 egg yolks as next layer sprinkled with parmesan. layer eggplant & sauce. 350° for 45 minutes

Desserts



Lemon Olive Oil Cake Recipe, dairy-free

Dessert • Cake • Mediterranean
thedeliciouslife.com

Serving size: 12 servings | Prep time: 15 mins | Cook time: 50 mins

Ingredients

2 cups all-purpose flour
1 cup sugar
1 teaspoon kosher salt
½ teaspoon baking soda
½ teaspoon baking powder
1¼ cups extra-virgin olive oil
3 large eggs
2 tablespoons grated lemon
zest (from 2-3 lemons,
depending on lemon size)
6 tablespoons lemon juice
(from those same 2-3
lemons, depending on size)
optional: 1 tablespoon
chopped fresh thyme or
rosemary
garnish for serving:
confectioner's sugar, fresh

Directions

1. Heat the oven to 350° F.
2. Prep 9-inch cake pan with baking spray or rub with a little olive oil and line the bottom with parchment paper.
3. In a large mixing bowl, whisk the olive oil, eggs, lemon zest and juice. In a second mixing bowl, whisk the flour, sugar, salt, baking soda and powder. Add the dry mix to the olive oil mixture and stir until just combined. If using chopped fresh herbs (thyme or rosemary), stir in now.
4. Pour the batter into prepared pan and bake for 50 minutes, checking at 45 minutes with a cake tester. Cake is done when top is medium golden brown and tester comes out clean.

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↓

berries, lemon zest

Nutrition

Amount per serving

Serving size: 1 serving

Calories: 359

Total Fat: 23.9g

Dietary Fiber: 0.6g

Protein: 3.5g

5. Allow cake to cool in pan for 20 minutes. Remove from pan and continue to let cake cool completely for an additional hour.

6. To serve, dust with powdered sugar and top cake with fresh berries and lemon zest.

Spiced Olive Oil Cake

1 cup EVOO
2 cups flour (+ pan)
1 tsp kosher salt
1 tsp baking powder
 $\frac{1}{4}$ tsp cinnamon
 $\frac{1}{4}$ tsp allspice
 $\frac{1}{2}$ tsp nutmeg

$1\frac{1}{2}$ cups + 2 T sugar
3 large eggs
Zest of 2 oranges
2 T fresh OJ
 $1\frac{1}{4}$ cups whole milk
2 T powdered sugar (optional)

- Preheat oven to 350°F
- Brush 9" round pan with EVOO. Line bottom with parchment; dust w/ flour.
- Mix dry ingredients in med bowl (flour, salt, baking powder, soda)
- Mix wet ingredients in large bowl with $1\frac{1}{2}$ cups sugar (spices + eggs) on high for 5 mins. While running, slowly drizzle in EVOO.
- Reduce speed to low; add orange juice, milk + orange zest

- Beat until smooth.
- Combine wet + dry ingredients, Mix on low.
- Pour batter into pan + top with sugar
- Bake 40-45 mins or until center is set.
- Cool cake for 30 mins. Invert onto cooling rack to cool completely.
- Garnish with orange slices or zest.