



The Mediterranean Diet  
**Recipe Book**  
Seventeenth Edition



By Ray Baker



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**Breakfast  
&  
Light Lunches**

# ARTICHOKES WITH WHITE WINE AND LEMON

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Serves 4

4 medium to large artichokes

¼ cup extra-virgin olive oil

1 cup dry white wine

3 garlic cloves, peeled and lightly smashed

Juice of 1 lemon

1 teaspoon salt

½ teaspoon pepper

Melted butter, lemon juice or mayonnaise for dipping



**Step 1.** To trim the artichokes, cut off the pointy tops and remove a row or two of the hardest outer leaves. Peel the bottom stem with a paring knife; trim off the hard bottom and stringy sections.

**Step 2.** Place a deep pot over medium high heat. Add the oil, wine, garlic, lemon juice, salt, pepper and one cup water.

**Step 3.** Let the mixture come to a boil then add the artichokes, stems down. Cover and adjust the heat so the liquid simmers.

**Step 4.** Cook the artichokes until tender but not mushy, 30 to 60 minutes.

**Step 5.** Serve hot or at room temperature with melted butter, lemon juice or mayonnaise.

# CAPONATA WITH FLATBREAD

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Serves 12

2 medium eggplants (about 1 pound each), halved lengthwise

1 tablespoon plus 1 teaspoon red-wine vinegar

2 teaspoons sugar

Coarse salt and freshly ground pepper

1 cup fresh flat-leaf parsley, chopped

2/3 cup chopped homemade or store-bought roasted red peppers

1/4 cup drained brine-packed capers, rinsed

48 whole-wheat flatbreads



**Step 1.** Preheat oven to 350 degrees. Place eggplants, cut sides down, on a parchment-lined baking sheet. Roast until soft, about 1 hour. Let stand until cool enough to handle but still warm.

**Step 2.** Scoop flesh into a bowl; discard skins. Add vinegar, sugar, 1 1/2 teaspoons salt, and 1/2 teaspoon pepper; stir until smooth. Let cool completely.

**Step 3.** Stir in parsley, red peppers, and capers. Refrigerate for at least 1 hour. Serve with flatbread.

# COUSCOUS AND VEGETABLES

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Serves 4

300 grams Couscous  
4 pieces ripe tomatoes  
150 grams canned corn  
2 pieces carrots  
100 grams green olives  
1 piece green pepper  
5 tablespoons extra-virgin olive oil



**Step 1.** Thoroughly wash the vegetables and cut into small pieces. Place them in a large bowl then add the corn and grated carrot. Put salt and oil to season.

**Step 2.** Boil one quart of salted water mixed with one tablespoon of oil. Pour the couscous into the boiling mixture and stir continuously until the water has been absorbed. Let the couscous to cool a bit by stirring. Mix the couscous in the vegetables and stir thoroughly. Season the preparation with lemon juice.

# CRUMBED FISH

Serves 6

- 1 teaspoon garlic powder
- 2 tablespoons lemon juice
- 1 ½ pounds fish fillets (cut into cubes or small pieces)
- 1 large egg
- 2 teaspoons milk
- ¼ cup fine dry bread crumbs
- 3 tablespoons finely grated fresh Parmesan cheese
- 1 teaspoon black pepper
- 3 tablespoons chopped fresh parsley
- ¼ tablespoon salt or to taste
- 3 tablespoons all-purpose flour
- 1 ½ tablespoons extra-virgin olive oil



- Step 1.** Marinate fish with garlic powder and lemon for 5 minutes.
- Step 2.** In a mixing bowl whisk together milk and egg and set aside.
- Step 3.** In another mixing bowl combine dry ingredients together including crumbs, parmesan cheese, pepper and salt.
- Step 4.** In a platter spread flour on it and dust pieces of fish with flour.
- Step 5.** Dip the dusted fish in beaten egg and then coat with bread crumbs mixture; press it tightly so that crumbs would stick to the fish.
- Step 6.** Heat oil in a non-stick pan and fry fish in batches over medium heat until become light golden from both sides and cook perfectly form inside, it would take 8-10 min for one batch to fry.



# DOLMADES

Yields 36

- 1 red bell pepper
- 1 tablespoon plus 1 teaspoon extra-virgin olive oil
- 1 medium yellow onion, finely diced
- 1 teaspoon ground oregano
- 1 teaspoon coarse salt
- 2 cups cooked brown rice
- ½ cup currants
- ½ cup chopped fresh flat-leaf parsley
- Grated zest and juice of 2 lemons
- One 1-pound jar vine leaves, rinsed



**Step 1.** Place pepper directly on the trivet of a gas-stove burner over high heat. As each section turns puffy and black, turn pepper with tongs. (If you don't have a gas stove, place pepper on a baking pan, and broil, turning as each side chars.) Transfer pepper to a small bowl; cover with plastic wrap. Let sweat until it is cool enough to handle, about 15 minutes. Transfer to a work surface. Peel off and discard blackened skin. Cut pepper into ¼ -inch dice, discarding seeds and inner membranes; transfer to a bowl; set aside.

**Step 2.** Heat 1 teaspoon olive oil in a skillet set over medium heat. Add onion, oregano, and salt; cook until onion is beginning to brown, about 4 minutes. Transfer to bowl with red pepper. Add cooked brown rice, currants, parsley, zest, and all but 1 tablespoon lemon juice; stir to combine.

**Step 3.** Remove stem from a rinsed vine leaf; lay leaf on work surface.

Place 1 tablespoon filling at stem end; roll leaf tightly, tucking in ends. Repeat until all filling is used.

- Step 4.** Line an 8-inch saucepan with remaining leaves; arrange stuffed leaves, seam side down, in pan. They may be stacked in 2 layers. Drizzle with remaining tablespoon olive oil and remaining tablespoon lemon juice. Add enough water to the pan to just cover stuffed leaves; weight leaves for cooking with a kitchen plate or a lid smaller than the diameter of the pan.
- Step 5.** Place saucepan over high heat; bring to a boil. Reduce heat to medium low; allow to simmer gently until leaves are tender, about 45 minutes. Transfer stuffed leaves to a serving platter, and allow to cool. Serve chilled or at room temperature.

# FENNEL CARPACCIO WITH BLOOD ORANGES AND BLACK OLIVES

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Serves 4

2 blood oranges

1 medium-size fennel bulb, stalks removed and very thinly sliced, preferably with a mandoline or vegetable slicer

12 oil-cured black olives, pitted and quartered

Kosher salt and freshly ground black pepper



**Step 1.** Over a bowl, cut the peel and pith from the oranges and cut the sections free from the membranes. Squeeze the membranes over the orange sections, then discard.

**Step 2.** Divide the fennel, orange sections, and olives among 4 salad plates. Drizzle the juice from the oranges over the salad and season with salt and pepper.

# GOAT CHEESE, CRANBERRY, AND WALNUT CANAPES

Serves 8

24 walnut halves (about  $\frac{3}{4}$  cup)

4 teaspoons extra-virgin olive oil

$\frac{1}{8}$  teaspoon ground cinnamon

Coarse salt and ground pepper

24 thin slices whole-wheat baguette, from  $\frac{1}{2}$  baguette

8 ounces fresh goat cheese

$\frac{1}{2}$  cup dried cranberries

1 teaspoon chopped fresh thyme, plus leaves for garnish



- Step 1.** Preheat oven to 375 degrees. On a large rimmed baking sheet, toss nuts with 1 teaspoon oil and cinnamon; season with salt and pepper. Bake until golden, 4 to 6 minutes; set aside to cool.
- Step 2.** Spread baguette slices on same baking sheet and brush with remaining 3 teaspoons oil; season with salt and pepper. Bake until lightly toasted, 10 to 15 minutes, rotating pan halfway through; set aside to cool.
- Step 3.** Meanwhile, in a medium bowl, stir together cheese and 2 tablespoons water until smooth; stir in cranberries and thyme. Season with salt and pepper. Divide goat cheese among bread slices and top each with a walnut and thyme leaves.

# GOLDEN BRUSCHETTA

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Serves 4

Four ¼ -inch-thick slices brioche  
½ pound pear tomatoes, halved  
½ cup assorted fresh herbs (basil, tarragon, thyme, dill, chives)  
2 teaspoons extra-virgin olive oil  
Kosher salt and freshly ground black pepper



- Step 1.** Grill or toast the bread slices until golden and crisp. Set aside.
- Step 2.** In a small bowl, toss together the tomatoes, herbs, olive oil, and salt and pepper. Spoon a quarter of the mixture onto each brioche slice, season with additional pepper, and serve.

# GREEK CROSTINI

---

Serves 8

1000 grams of bread  
200 grams of Greek Kalamata Olives  
100 grams of Greek Feta Cheese  
8 tablespoons of extra-virgin olive oil  
1 clove Garlic  
Salt and Pepper



**Step 1.** Make 1.5-inch thick slices of bread. Place the sliced bread in the oven or toaster. Rub garlic on each slice of bread after toasting.

**Step 2.** Meanwhile, cut the feta cheese into small cubes. Cut the olives into quarters or halves. In a separate mixing bowl, mix the cubed feta cheese and olives and season with olive oil. Make sure the toasted breads are still hot before sprinkling the cheese and olive mixture. Serve and Enjoy.

# MEDITERRANEAN CHICKEN WRAP

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Serves 1

1 chicken cutlet (3 ounces)  
Coarse salt and ground pepper  
1 whole-wheat wrap, 10 inches  
1 tablespoon olive tapenade  
2 cans artichoke hearts, squeezed dry and thinly sliced  
½ small tomato, thinly sliced  
¼ cup mixed baby greens



- Step 1.** Heat broiler with rack 4 inches from heat. Season chicken with salt and pepper and broil until opaque throughout, 4 to 5 minutes; let cool.
- Step 2.** Spread bottom of wrap with the olive tapenade. Layer with chicken, artichoke hearts, tomato, and baby greens; season with salt and pepper. Fold tortilla to seal.

# OLIVE AND EGGPLANT DIP

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Serves 4

2 Italian eggplants (10 ounces each), halved lengthwise  
1 ½ teaspoons extra-virgin olive oil  
1 garlic clove, thinly sliced  
¼ teaspoon coarse salt  
½ cup pitted Kalamata olives  
½ cup pitted green olives, such as Picholine or Sicilian  
1 teaspoon finely chopped fresh oregano, plus small leaves for garnish  
1 teaspoon finely grated lemon zest, plus long strips zest for garnish  
2 yellow bell peppers, seeds and ribs removed, flesh cut into 1 ½-inch pieces  
Pinch of red-pepper flakes



- Step 1.** Preheat oven to 400 degrees. Place eggplants, cut sides up, on a rimmed baking sheet, and brush with ½ teaspoon oil. Scatter garlic over tops, and sprinkle with salt. Roast until golden and tender, about 20 minutes. Let cool slightly.
- Step 2.** Remove eggplant seeds; spoon flesh and garlic into a food processor. Puree; transfer to a medium bowl.
- Step 3.** Add olives to processor, and pulse until coarsely chopped. Add to bowl with eggplant mixture. Stir in chopped oregano, lemon zest, red-pepper flakes, and remaining teaspoon oil. Garnish with oregano leaves and lemon-zest strips. Serve with bell peppers.





# Salads

# CAULIFLOWER SALAD

---

5 cups water  
2 tablespoons chopped parsley  
2 tablespoons lemon juice  
Salt to taste  
1 medium cauliflower, rinsed  
2 hard boiled eggs, quartered  
2 black olives  
4 radishes, finely sliced  
2 scallions, chopped



## For the Green Pepper Sauce:

1 green pepper  
1/3 cup extra-virgin olive oil  
5 tablespoons lemon juice  
1/4 teaspoon mustard  
Salt to taste

## To make the salad:

- Step 1.** In a saucepan, bring to boil 5 cups of water, add the lemon juice and salt. Then add the whole, washed cauliflower. Boil until tender, 20 to 30 minutes. Allow to cool.
- Step 2.** Remove cauliflower to salad bowl. Arrange egg slices around it. Decorate with olives, radishes, scallions, and parsley. Pour sauce on top and serve as a cold salad.

## To make the Green Pepper Sauce:

- Step 1.** Wash green pepper and cut in half. Remove seeds. Slice horizontally into very thin slices. Place in a bowl. Add oil, lemon juice, mustard, and salt. Mix well.
- Step 2.** May be prepared several hours ahead of serving time, or over night. This sauce may be served with all kinds of green salads, or with boiled potatoes and zucchini.

# Cornbread Salad

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1 medium size cornbread (crumbled)  
½ cup celery (chopped)  
1 bell pepper (chopped)  
2 red tomatoes (cut into cubes)  
1 bunch green onions (chopped)  
3 hard-boiled eggs (grated)  
1 cup whole kernel corn (drained)  
1 cup black beans (rinsed and drained)  
¼ cup salsa  
½ cup sour cream  
¾ cup mayonnaise  
Salt and pepper to taste



- Step 1.** In a salad bowl start making layer of cornbread and veggies, at first spread half of the cornbread crumbs at the base, put half of the chopped veggies on it including celery, pepper, tomatoes, onion, corn and beans.
- Step 2.** Spread half of the grated boiled egg onto the veggies and repeat the same pattern of layers of crumbs, veggies and egg.
- Step 3.** In the end whisk together sour cream and mayonnaise and pour it to the salad evenly, top with salsa and sprinkle some salt and pepper. Refrigerate the salad for 1-2 hrs. and then serve.

# FAJITA SALAD

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Serves 2

- 1 cup Italian dressing
- 1 teaspoon cumin
- ½ teaspoon hot pepper sauce
- 250 gm boneless chicken (strips)
- ½ cup onion (sliced)
- ½ cup cheddar cheese (shredded and melted)
- 3 cup salad greens
- 2 cups crushed tortilla chips (optional)



- Step 1.** Prepare marinate for chicken fajita by mixing cumin, hot pepper sauce and Italian dressing. divide this marination into two equal parts.
- Step 2.** Marinate chicken in half of the above marinade and leave it for at least 45 mins.
- Step 3.** In a sauce pan fry the marinated chicken for 5-8 mins until all the water of chicken would get dry and become light brown. After that remove it from heat.
- Step 4.** Now mix rest of the dressing in the veggies and tortilla chips.
- Step 5.** Add the cooked chicken pieces into the veggies mixture and keep the salad in fridge to chill for 3-4 hrs.
- Step 6.** After that pour the melted cheese onto this fajita salad and then serve.

# GREEK CABBAGE SALAD

---

Serves 4 to 6

- 1 green cabbage (coarsely shredded)
- 1 sweet red pepper (cut into julienne strips)
- ½ cup olives (quartered)
- ½ cup parsley (chopped)
- 8 ounces feta cheese (crumbled)
- 2 cloves garlic (minced)
- ½ teaspoon salt
- 2-3 grinds freshly ground black pepper from pepper mill
- ¼ cup vinegar
- 2/3 cup extra-virgin olive oil
- 1 teaspoon ground oregano



- Step 1.** In a bowl mix well minced garlic, salt, pepper, vinegar, oils, and oregano.
- Step 2.** Mix all the vegetable and cheese separately (cabbage, sweet red pepper, olives, parsley, feta cheese). You can add other vegetable as well like cucumber, red cabbage etc.
- Step 3.** Pour dressing on the vegetable mixture and mix well.

# MEDITERRANEAN TUNA SALAD

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Serves 4

1 large can (12 ounces) water-packed solid albacore tuna, drained

1 celery stalk, diced ( $\frac{1}{2}$  cup), leaves reserved ( $\frac{1}{4}$  cup)

1 strip (1  $\frac{1}{2}$  inches) lemon zest, thinly sliced

3 tablespoons fresh lemon juice (from 2 to 3 lemons)

3 tablespoons almonds, toasted and coarsely chopped

1 tablespoon plus 2 teaspoons extra-virgin olive oil

2 tablespoons drained brine-packed capers, rinsed and coarsely chopped

Coarse salt and freshly ground pepper

$\frac{1}{4}$  cup dill sprigs

8 ounces mixed salad greens

4 slices multigrain bread, halved and toasted



Combine tuna, diced celery, lemon zest and juice, almonds, oil, capers, and  $\frac{1}{4}$  teaspoon salt in a bowl. Season with pepper, and stir gently. Mix in dill and celery leaves. Serve tuna over greens with toast on the side.

# PECAN SALAD

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Serves 4

4-5 lettuce leaves  
1/8 cup crumbles blue cheese  
2 apples (cut into cubes)  
4-5 fresh strawberries

## For Spiced Pecans:

1/2 cup of chopped pecans  
3 teaspoons dark brown sugar  
1/2 teaspoon cayenne pepper

## For Strawberry Vinaigrette:

1 teaspoon salt  
1 teaspoon pepper  
8 tablespoons sugar  
8 tablespoons vinegar  
1 cup extra-virgin olive oil  
8 tablespoons strawberry Jam



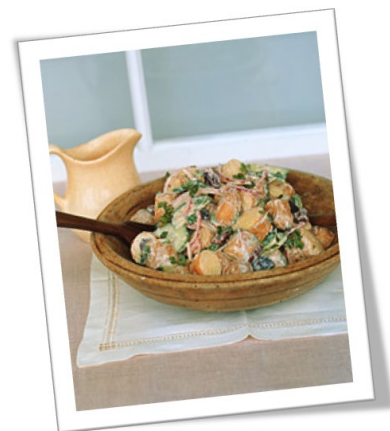
- Step 1.** Wash pecan with water.
- Step 2.** Mix pecans with cayenne and brown sugar.
- Step 3.** Transfer the mixture on cookie sheet and roast the pecans for 5-10 mins at 400 degrees F.
- Step 4.** After that take them out from oven and cool to room temperature.
- Step 5.** To prepare strawberry vinaigrette combine all the ingredients mentioned above to prepare it and make a uniform mixture. This is the dressing of salad.
- Step 6.** Now in a salad bowl, mix chopped strawberries, spiced pecans, apples and lettuce leaves.
- Step 7.** Pour the prepared dressing into the mixture and serve after chill.

# PINK POTATO SALAD

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Serves 6

- 2 cups plain nonfat yogurt
- 1 ½ pounds fingerling potatoes
- 1 seedless cucumber, cut into ¼ -inch-thick half moons
- 4 ounces (about 1 cup) kalamata olives, pitted and cut in half
- 1 small red onion, sliced into thin half moons
- ¼ cup picked fresh chervil leaves
- 3 tablespoons red-wine vinegar
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon coarse salt
- ¼ teaspoon paprika



- Step 1.** Drain yogurt in a cheesecloth-lined sieve for 30 minutes. Place potatoes in a medium pot, and cover with cold water; bring to a boil over high heat. Boil until tender, about 20 minutes. Remove from heat. Drain; run under cold water to stop cooking. Set aside until completely cool.
- Step 2.** Cut potatoes into 1-inch pieces; place in a bowl. Add cucumber, olives, onion, and chervil; set aside.
- Step 3.** Place drained yogurt (about 1 ½ cups) in a bowl. Add red-wine vinegar, cinnamon, nutmeg, salt, and paprika; stir until well combined. Pour over potato mixture; stir until potatoes are well coated. Transfer to a serving bowl; serve immediately.



# VINEGAR COLE SLAW

---

Serves 20

3 pounds cabbage (shredded)  
1 large onion (chopped)  
1 medium carrot (grated)  
2 cup sugar  
1 tablespoon extra-virgin olive oil



## For Dressing:

1 cup vinegar  
½ cup extra-virgin olive oil  
2 tablespoons sugar  
2 teaspoons salt  
1 teaspoon black pepper  
1 teaspoon celery seed

- Step 1.** Toss all the veggies together with sugar and 1 tablespoon oil and place in fridge.
- Step 2.** Now prepare dressing for that you need to mix all the ingredients of dressing and bring to boil.
- Step 3.** After that remove the dressing from heat and let it cool to room temperature, it would take 1 hr.
- Step 4.** Pour the prepared dressing over the chilled veggies and then put in fridge to chill for an hour. This cole slaw can be stored in fridge for a week.



# & Soups Vegetarian

# Egg Drop and Parmesan Cheese Soup

---

4 cups chicken stock or broth  
2 eggs  
4 tablespoons freshly grated Parmesan cheese  
2 teaspoons chopped fresh parsley



- Step 1.** Heat the stock or broth to a boil over high heat. Season to taste with salt and pepper.
- Step 2.** Beat the eggs with the Parmesan and parsley and season with a bit of salt and pepper. Slow stir the egg mixture into the soup and stir constantly for 2-3 minutes until the eggs float to the top and form tiny “flakes”. Serve Immediately.
- Step 3.** You can add cooked chicken cut into bite-sized pieces to this soup if you want something a bit more hearty. This is very good with a thin slice of lemon floating on top.

# GARLIC SOUP

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Serves 4

3 bunch of garlic (separate cloves)  
2 tablespoons extra-virgin olive oil  
2 tablespoons butter  
3 medium onions (sliced)  
1 cup stewed tomatoes  
1 ½ teaspoons chopped fresh thyme  
3 ½ cup chicken stock  
½ cup whipping cream  
½ cup Parmesan cheese



- Step 1.** Preheat oven to 350°F.
- Step 2.** Marinate garlic cloves with olive oil, salt and pepper.
- Step 3.** Place these cloves in bakign dish, cover tightly with aluminum foil and bake for 30-40 mins until garlic become tender and soft.
- Step 4.** After that cool roasted garlic to room temperature and then remove skins
- Step 5.** Now take a large sauce pan, heat butter and add onion and thyme and cook for 3-4 mins until onions become soft.
- Step 6.** Add roasted garlic, chicken stock and stewed tomatoes and simmer for 20-30 mins.
- Step 7.** When all the ingredients mix together then make puree of the sauce in blender.
- Step 8.** Again pour the blended soup in sauce pan and add cream with salt and pepper and cook on low heat for just 4-5 mins.
- Step 9.** Now take out the soup in serving bowl and sprinkle grated Parmesan cheese on top.

# MEDITERRANEAN CHICKEN STEW

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Serves 4

- 1 tablespoon extra-virgin olive oil
- 3 boneless, skinless chicken breast halves (6 to 8 ounces each), cut into 1-inch pieces
- Coarse salt and ground pepper
- 4 garlic cloves, thinly sliced
- 1 medium onion, halved and thinly sliced
- ½ teaspoon dried oregano
- 1 can (28 ounces) whole peeled tomatoes in puree
- 1 ½ pounds escarole (about 2 medium heads), ends trimmed, coarsely chopped
- 1 cup whole-wheat couscous, cooked according to package instructions



- Step 1.** In a Dutch oven or a large, heavy pot (at least 5 quarts), heat oil over medium-high. Season chicken with salt and pepper and cook in two batches, tossing occasionally, until browned, about 5 minutes per batch; transfer to a plate.
- Step 2.** Add garlic, onion, and oregano to pot; season with salt and pepper. Cook until onion begins to brown, 2 to 4 minutes (don't worry if pan darkens). Add tomatoes (crushing with back of a spoon as you add them) and cook until slightly thickened, 8 to 10 minutes. Add chicken with any accumulated juices and bring to a simmer; cover and cook until chicken is opaque throughout, 2 to 4 minutes.
- Step 3.** Add as much escarole to pot as will fit. Cook, tossing and adding more as space becomes available. Cook until escarole is tender, 2 to 4 minutes. Serve stew over couscous.

# SPICY SEARED EGGPLANT

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Serves 4

1 medium eggplant, about 1 pound, cut crosswise into 8 slices, each about  $\frac{3}{4}$  inch thick

Coarse salt

2 small shallots, sliced crosswise,  $\frac{1}{4}$  -inch thick

1 garlic clove, minced

1 tablespoon sugar

3 tablespoons sherry-wine vinegar

$\frac{1}{4}$  teaspoon red-pepper flakes

2 tablespoons golden raisins

1 tablespoon capers, rinsed

4 Gaeta olives, pitted and coarsely chopped

$\frac{1}{4}$  cup plus 4 teaspoons extra-virgin olive oil

Extra-virgin olive oil for grill



**Step 1.** Sprinkle the eggplant slices with salt, place in a colander set over a bowl, and let stand for 30 minutes. Rinse eggplant and pat dry.

**Step 2.** In a small saucepan over medium heat combine shallots, garlic, sugar, vinegar, red-pepper flakes, and 3 tablespoons water. Bring to a boil, cook 1 minute, and remove from heat. Stir in raisins, capers, olives, and  $\frac{1}{4}$  cup of olive oil; cool to room temperature.

**Step 3.** Heat grill to high and brush grates with extra-virgin olive oil. Brush eggplant with remaining 4 teaspoons olive oil. Cook eggplant until charred and tender, turning over halfway through, about 10 minutes.

**Step 4.** Arrange eggplant on platter and spoon shallot mixture over top. Cool to room temperature and serve.

# STEWED BABY ARTICHOKES WITH FAVA BEANS

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Serves 6

- 1 ½ pounds fava beans, shelled
- 4 cups water
- 3 tablespoons lemon juice plus a lemon half for rubbing cut artichokes
- 2 ¼ pounds (about 24) baby artichokes
- 2 teaspoons extra-virgin olive oil
- 3 cloves garlic, peeled and lightly crushed
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon crushed red-pepper flakes
- 4 sprigs fresh thyme
- 4 sprigs fresh flat-leaf parsley



- Step 1.** Fill a large bowl with ice and water; set aside. Bring a medium pot of water to a boil. Add fava beans; blanch 30 seconds. Remove from water; place in ice bath until cool. Peel outer skin from beans; set aside.
- Step 2.** Place 4 cups water in a large bowl; add lemon juice; set aside. Remove tough outer leaves from artichokes; cut 1 inch from tip of each artichoke. Trim and peel stem of each; rub all over with lemon half. Place in reserved lemon water.
- Step 3.** Heat olive oil in a saucepan over medium heat. Add shallot, garlic, salt, black pepper, and red-pepper flakes; cook, stirring frequently, until shallot is lightly browned, about 2 minutes. Add artichokes, 1 cup lemon water, thyme, and parsley; bring to a simmer. Reduce heat to medium low, and cover; simmer until artichokes are tender, about 14 minutes.
- Step 4.** Add fava beans. Cook until beans are tender, about 3 minutes more. Serve hot.



Dinner



# BRAISED CHICKEN WITH OLIVES

Serves 4

- 1 tablespoon extra-virgin olive oil
- 4 whole chicken legs, skinned and cut into thighs and drumsticks (about 2 ½ pounds)
- 1 medium yellow onion, cut into ½-inch dice
- 3 carrots, cut into ½-inch dice
- 2 garlic cloves, minced
- 1 ½ inch piece fresh ginger, finely chopped (about 2 tablespoons)
- 1 cup low-sodium canned chicken broth
- 1 cup water
- 1 cup dry white wine
- 4 sprigs thyme
- 1/3 cup raisins
- ½ cup pitted and roughly chopped large green olives, such as Cerignola (about 6)
- ¾ cup canned chickpeas, rinsed and drained



- Step 1.** Preheat oven to 350 degrees. In a large ovenproof skillet or Dutch oven, heat olive oil over medium heat. Place chicken pieces in skillet, being careful not to overcrowd the pan. Saute until chicken is nicely crisped and browned on both sides, about 5 minutes per side. Transfer chicken to a large plate, and set aside.
- Step 2.** Reduce heat to medium-low; to the same skillet, add onion, carrots, garlic, and ginger. Saute, stirring frequently, until onion is soft and translucent, about 5 minutes. Add chicken broth, the water, and wine; bring to a boil, and deglaze pan by scraping up any browned bits from the bottom with a wooden spoon. Return chicken to skillet, and add thyme. Bring liquid back to a boil; cover, and transfer to the oven. Braise 45 minutes.
- Step 3.** Remove skillet from oven, and stir in raisins, olives, and chickpeas. Return to oven; continue braising, uncovered, 20 minutes more. Remove from oven, and discard thyme. Serve hot.

# CIOPPINO SEAFOOD DELIGHT

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Serves 14

¾ cup butter  
2 pieces onions, chopped  
2 cloves garlic, minced  
2 (14.5 ounces) cans stewed tomatoes  
2 (14.5 ounces) cans chicken broth  
2 pieces bay leaf  
1 tablespoon dried basil  
½ teaspoon dried thyme  
½ teaspoon dried oregano  
1 cup water  
1 ½ cups white wine  
1 ½ pounds large shrimps, peeled and deveined  
1 ½ pounds bay scallops  
18 pieces small clams  
18 pieces mussels, cleaned and debearded  
1 ½ cups crabmeat  
1 ½ pounds cod fillets, cubed



- Step 1.** In a large stockpot, melt butter over medium low heat. After melting, add onions, parsley and garlic. Stir occasionally and slowly until the onions become tender and soft.
- Step 2.** Add the stewed tomatoes to the stockpot. While adding the tomatoes, break them into chunks. Pour the chicken broth then add the bay leaves, thyme, basil, oregano, wine and water. Mix thoroughly then cover the stockpot. Simmer for about 30 minutes.
- Step 3.** Add all the seafood ingredients (shrimps, scallops, mussels, and crabmeat). If desired, fish can be added to the soup. Boil over low heat and cover the pot. Simmer for 5 to 7 minutes or until the clams open. Serve while hot. Pair with crusty bread.

# CURRY RUBBED SALMON WITH NAPA SLAW

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Serves 4

1 cup brown basmati rice  
Coarse salt and ground pepper  
1 pound Napa cabbage (½ head), thinly sliced crosswise  
1 pound carrots, coarsely grated  
½ cup fresh mint leaves  
¼ cup fresh lime juice, plus lime wedges for serving  
2 tablespoons extra-virgin olive oil  
4 salmon filets (6 ounces each)  
2 teaspoons curry powder



- Step 1.** In a large saucepan, bring 2 cups water to a boil; add rice. Season with salt and pepper, cover, and reduce heat to medium-low. Cook until tender, 30 to 35 minutes.
- Step 2.** Meanwhile, in a large bowl, combine cabbage, carrots, mint, lime juice, and oil; season with salt and pepper. Toss.
- Step 3.** Heat broiler with rack set 4 inches from heat. About 10 minutes before rice is done cooking, place salmon on a foil-lined rimmed baking sheet. Rub salmon with curry, and season with salt and pepper. Broil until just cooked through, 6 to 8 minutes. Fluff rice with a fork and serve alongside salad and salmon.

# GINGER SHRIMP AND CHARRED TOMATO RELISH

Serves 4

2 garlic cloves, minced

1 ½ tablespoons grated peeled ginger (2-inch piece)

3 tablespoons extra-virgin olive oil, plus more for grill

20 extra-large shrimp (about 1 pound), peeled, deveined, tails left on

4 ripe plum tomatoes, halved lengthwise

2 medium green tomatoes, halved lengthwise

Coarse salt and freshly ground black pepper

2 tablespoons fresh lime juice (1 lime)

1 tablespoon minced fresh jalapeno pepper (with seeds)

1 teaspoon sugar

1 tablespoon chopped cilantro

1 tablespoon chopped basil



**Step 1.** Soak 20 skewers in a pan of water for 30 minutes.

**Step 2.** In a medium bowl, stir together garlic and ginger. Transfer half of the mixture to a large bowl and stir in 2 tablespoons oil. Add the shrimp, toss until evenly coated, and then cover and refrigerate for 30 minutes. Cover remaining garlic-ginger mixture and refrigerate.

**Step 3.** Heat grill to hot; lightly oil grates. In a medium bowl toss plum and green tomatoes with remaining tablespoon oil; season with salt and pepper. Grill tomatoes, cut side up, until skins are charred and flesh is tender, 4 to 6 minutes for the plum tomatoes, 8 to 10 minutes for the green tomatoes (if the green tomatoes are very

hard, this may take longer). Be careful as you grill, as the juice from the tomatoes and the oil on their surface may cause flare-ups.

- Step 4.** When tomatoes are cool enough to handle, remove and discard skins and seeds. Finely chop flesh and add to bowl with reserved garlic-ginger mixture. Add lime juice, jalapeno, sugar, cilantro, and basil.
- Step 5.** Season shrimp with salt and pepper. Thread shrimp, lengthwise, onto prepared skewers (going through tail and top of shrimp), one shrimp per skewer. Grill until shrimp are opaque throughout, about 2 minutes per side.
- Step 6.** To serve, place skewered shrimp on a platter with a bowl of the relish.

# GRILLED SARDINES OVER WILTED BABY ARUGULA

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Serves 4

2 large bunches of baby arugula, trimmed  
16 fresh sardines, gills and innards removed  
2 teaspoons extra-virgin olive oil  
Kosher salt and freshly ground black pepper  
Lemon wedges, for garnish



**Step 1.** Prepare a stove-top griddle or outdoor grill. Rinse the arugula, shaking off any excess water. Arrange on a large platter and set aside.

**Step 2.** Rinse the sardines in cold water, rubbing to remove the scales. Wipe dry. In a bowl, combine the sardines and olive oil and toss to coat. Grill over very hot coals or heat about 2 to 3 minutes per side, or until the sardines are crispy and golden. Season with salt and pepper. Transfer immediately to the arugula-lined platter and serve with lemon wedges.

# ISRAELI COUSCOUS PILAF

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- 1 tablespoon extra-virgin olive oil
- 1 medium-size onion, finely chopped
- 2 cups Israeli couscous
- 1  $\frac{3}{4}$  cups Chicken Stock, or low-sodium canned
- Kosher salt and freshly ground black pepper
- 1 tablespoon lemon juice
- 2 plum tomatoes, finely diced
- 1 teaspoon coarsely chopped parsley



- Step 1.** In a saucepan over medium heat, place 1 teaspoon of olive oil and saute the onion until translucent. Add the couscous and stir until coated and slightly golden, about 1 minute. Add the chicken stock to cover, then cover and simmer until the liquid is absorbed, about 10 to 15 minutes.
- Step 2.** Season with salt and pepper. Add the lemon juice, tomatoes, and parsley, and serve.

# LINGUINE WITH TWO-OLIVE TAPENADE

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Serves 4

½ pound linguine

One 6-ounce can tuna, packed in water, drained

1 ½ cups cherry tomatoes, quartered

## For the Tapenade:

1/3 cup pitted brine-cured olives, such as Kalamata (about 16)

1/3 cup pitted ripe green olives, such as Picholine (about 18)

Finely grated zest of 1 lemon

2 garlic cloves

2 tablespoons plus 1/3 cup roughly chopped fresh flat-leaf parsley, plus whole sprigs for garnish

½ teaspoon freshly ground black pepper

¼ teaspoon crushed red-pepper flakes



**Step 1.** Bring a large pot of water to a boil. Add linguine; cook according to package instructions, stirring occasionally, until it is al dente. Remove from heat, and transfer linguine to a colander; let drain, reserving ¼ cup cooking water.

**Step 2.** Make tapenade: In the bowl of a food processor fitted with the metal blade, combine olives, lemon zest, garlic, 2 tablespoons parsley, black pepper, and red-pepper flakes. Process until mixture is finely chopped and combined.

**Step 3.** Transfer linguine to a large serving bowl, and toss with reserved cooking water. Add tapenade, tuna, tomatoes, and remaining 1/3 cup chopped parsley; toss well to coat. Serve immediately, garnished with parsley sprigs.



# MEDITERRANEAN PASTA WITH ARTICHOKES, OLIVES AND TOMATOES

Serves 4

Coarse salt and ground pepper  
12 ounces whole-wheat spaghetti  
2 tablespoons extra-virgin olive oil  
½ medium onion , thinly sliced, lengthwise  
2 garlic cloves, thinly sliced crosswise  
½ cup dry white wine  
1 can artichoke hearts, drained, rinsed, and quartered lengthwise  
1/3 cup pitted kalamata olives, quartered lengthwise  
1 pint cherry or grape tomatoes , halved lengthwise  
¼ cup grated Parmesan cheese, plus more serving  
½ cup fresh basil leaves, torn



- Step 1.** In a large pot of boiling salted water, cook pasta until al dente according to package directions. Drain, reserving 1 cup of pasta water. Return pasta to pot.
- Step 2.** Meanwhile, in a large skillet, heat 1 tablespoon oil over medium-high. Add onion and garlic, season with salt and pepper, cook, stirring occasionally until browned, 3 to 4 minutes. Add wine and cook until evaporated, about 2 minutes.
- Step 3.** Stir in artichokes and cook until starting to brown, 2 to 3 minutes. Add olives and half of the tomatoes; cook until tomatoes start to break down, 1 to 2 minutes. Add pasta to skillet. Stir in remaining tomatoes, oil, cheese, and basil. Thin with reserved pasta water if necessary to coat the spaghetti. Serve with additional cheese.

# MUSTARD TROUT AND LADY APPLES

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Serves 4

1 shallot, minced  
1 teaspoon chopped fresh thyme, plus sprigs for garnish  
3 tablespoons fine plain bread crumbs  
Coarse salt and ground pepper  
1 tablespoon unsalted butter, melted  
4 lady apples (6 to 8 ounces total), halved lengthwise and cored  
2 teaspoons light-brown sugar  
1 cup apple cider  
8 trout fillets (about 3 ounces each)  
2 tablespoons extra-virgin olive oil  
1 tablespoon Dijon mustard  
1 tablespoon capers, rinsed



- Step 1.** Preheat the oven to 375 degrees. In a small bowl, combine shallot, thyme, and bread crumbs; season with salt and pepper. Add butter and toss to combine.
- Step 2.** Place apple halves cut-side up in a baking dish large enough to hold them in a single layer. Sprinkle with sugar and top with bread-crumbs mixture. Pour  $\frac{1}{4}$  cup cider around apples. Cover and bake for 30 minutes. Uncover and bake 20 minutes more or until apples are tender and crumbs are crispy. Remove from the oven.
- Step 3.** Turn oven to broil with the rack 4 inches from the heat source. Pat trout fillets dry with paper towels. Season both sides with salt and

pepper. Brush a rimmed baking sheet with 1 tablespoon of oil. Place trout skin-side up on the baking sheet; brush trout skin with remaining tablespoon oil. Broil 6 minutes, or until skin is golden brown and trout is cooked through. Reheat apples on the shelf underneath the trout so the crumbs don't burn for the last 1 to 2 minutes.

**Step 4.** Meanwhile, in a small saucepan, whisk together remaining  $\frac{3}{4}$  cup cider, mustard, and capers until well combined. Cook over medium-high heat until reduced to a sauce consistency, 5 to 7 minutes; you should have about 8 tablespoons of liquid remaining. Place two trout fillets side by side on each of four dinner plates. Spoon juices around the fish, set two apple halves next to each pair of fillets, and garnish with fresh thyme.

# OVEN PUTTANESCA

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Serves 6

6 tomatoes (about 1 ¾ pounds), cut into 1-inch wedges  
2 cloves garlic, thinly sliced (1 tablespoon)  
3 tablespoons capers, rinsed  
2 tablespoons extra-virgin olive oil, plus more for drizzling  
Kosher salt and freshly ground pepper  
1/3 cup pitted kalamata olives, halved  
12 ounces neutral-flavored penne, such as Bionaturae gluten-free (rice, soy, potato)



**Step 1.** Preheat oven to 425 degrees.

**Step 2.** Toss tomatoes, garlic, capers, oil, salt, and pepper on a rimmed baking sheet. Roast for 35 minutes, then reduce oven to 375 degrees. Add olives, stirring once, and roast 15 minutes more.

**Step 3.** Meanwhile, bring a large pot of salted water to a boil. Add pasta and cook until al dente. Drain.

**Step 4.** Toss with tomato sauce, and season to taste with salt and pepper. Serve drizzled with olive oil.

# SHISH KEBABS

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Serves 4 to 6

500 gm chicken breast (cut into small cubes)

1 tablespoon garlic paste

½ teaspoon ground white pepper

1 teaspoon mustard powder

3 tablespoons mayonnaise

3 tablespoons yogurt

2 tablespoons tahini sauce

2 tablespoons lemon juice

1 teaspoon dried oregano

Salt to taste

2 onion (cut into cubes and separate each layer)

2 capsicum (cut into cubes)

2 tomatoes (seeded and cut into cubes)



**Step 1.** Marinate chicken pieces with the ingredients mentioned above and leave for 2-3 hrs.

**Step 2.** After that insert chicken pieces and vegetables in skewers alternately.

**Step 3.** Now grill the skewed chicken and veggies on griddle with little amount of oil until become light brown from every side. It would take 5-10 min.

**Step 4.** When all the chicken have been grilled place them in a deep sauce pan, drop 1 teaspoon of oil onto the hot charcoal piece, then place it in the pan of skewers and cover the lid. Smoke starts to release form the coal and cover for 10-15 min until white smoke stop to release from the coal.

**Step 5.** Serve the smoky shish kebabs with pita bread and hummus.

# VEAL SCALLOPINI MILANESE

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Serves 4

1 small spaghetti squash (about 4 pounds), halved lengthwise  
1 pound veal scallopini, pounded thin

## For the garnish:

1 ½ teaspoons plus 1 tablespoon extra-virgin olive oil

## For the sprouts:

1 garlic clove, peeled and halved  
1 tablespoon freshly squeezed lemon juice  
¼ teaspoon coarse salt  
1 cup grape or cherry tomatoes, halved  
3 ounces sunflower sprouts (2 cups packed)  
2 ounces pea shoots (3 cups packed)



## For the crumbs:

½ cup plain breadcrumbs  
¼ cup finely shredded Parmesan cheese  
¼ teaspoon freshly ground pepper

**Step 1.** Preheat oven to 400 degrees. Place squash cut side down in baking dish; add ¼ inch water. Cover with foil, and bake in oven until fork-tender, about 1 hour. Scoop out and discard seeds. Scrape strands from the flesh with a fork. Transfer to a bowl; cover with foil to keep warm.

**Step 2.** Preheat broiler. In a shallow bowl, combine breadcrumbs, Parmesan, and 1/8 teaspoon pepper. Place veal in another bowl, and coat with 1 ½ teaspoons oil. Dredge veal in breadcrumb mixture; turn to coat well. Transfer to baking sheet.

- Step 3.** Rub inside of large wooden salad bowl with garlic. Add lemon juice, salt, and remaining tablespoon oil. Add tomatoes, sprouts, and shoots to bowl; set aside.
- Step 4.** Place veal about 5 inches under broiler, and cook until golden and browned in spots, 2 to 3 minutes, rotating pan every minute. Turn over; cook 2 to 3 minutes more. Transfer veal to serving plates.
- Step 5.** Toss sprout mixture; season with remaining 1/8 teaspoon pepper. Serve on top of veal, with spaghetti squash on the side.

# YOGURT – MARINATED SWORDFISH KEBABS

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Serves 4

One pound 1-inch-thick swordfish steaks, rinsed and patted dry, cut into 24 cubes

Kosher salt and freshly ground black pepper

One 8-ounce container plain nonfat yogurt, 4 tablespoons reserved

2 tablespoons roughly chopped parsley

8 metal skewers

8 red cherry tomatoes

4 yellow cherry tomatoes

4 scallions, halved, then sliced



- Step 1.** Season the fish with salt and pepper. Combine the yogurt and 1 tablespoon parsley in a shallow baking dish and add the fish, turning to coat. Marinate the fish for 15 minutes at room temperature or for 1 hour in the refrigerator.
- Step 2.** Meanwhile, combine the reserved yogurt and remaining parsley in a small bowl and mix well.
- Step 3.** Thread the skewers, alternating the fish, tomatoes, and scallions.
- Step 4.** Prepare a stove-top griddle or outdoor grill. Grill the kebabs 3 to 4 minutes per side, or until opaque. Serve with a dollop of the yogurt sauce.





# Sweets

# ALBANIAN COOKIES

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1 cup of yogurt  
3 eggs  
1 cup of sugar  
½ cup of butter  
1 teaspoon of baking soda  
2 packs of vanilla or the peel of half of a lemon  
2 pounds of flour



- Step 1.** Mix the baking soda in the yogurt, add the all the above ingredients one by one and prepare the dough.
- Step 2.** Cover your hands with melted butter take pieces of the dough and shape into ovals about the size of a walnut, then place them on a butter covered baking pan and leave half and inch spaces in between each piece of dough. From above cover the pieces of dough with beat eggs, sprinkle sugar and cook in a medium-heat oven until brown.

# GINGERED CRANBERRY – PEAR COBLER

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## For the filling:

1/3 cup pear nectar, apple juice or water

1 tablespoon lemon juice

8 slightly underripe pears, preferably Bosc or Bartlett, peeled and cut into 1/2-inch-thick slices

3/4 cup packed light brown sugar

2 tablespoons cornstarch

2 teaspoons freshly grated lemon zest

1 tablespoon finely minced fresh ginger

2 cups cranberries, fresh or frozen, thawed, coarsely chopped

1 teaspoon vanilla extract

## For the crust:

1/3 cup reduced-fat sour cream

1 tablespoon lemon juice

1 1/3 cups all-purpose flour, plus more for dusting

2 tablespoons sugar, divided

1/2 teaspoon salt

1/4 teaspoon baking soda

1/4 cup extra-virgin olive oil



- Step 1.** Position a rack in the center of the oven; preheat to 400°F. Coat a 3-quart nonreactive baking dish (see Kitchen Note) with cooking spray.
- Step 2.** To prepare filling: Combine pear nectar (or juice or water) and lemon juice in a large bowl. Toss pears with the juice. Whisk brown sugar, cornstarch, lemon zest and ginger in a nonreactive Dutch oven until combined. Drain the liquid from the pears into this mixture; stir until well blended. Heat the mixture over medium heat, stirring, just until it begins to boil, 2 to 3 minutes. Stir in the pears and cranberries and cook, stirring, until the mixture is steaming, about 2 minutes. Stir in vanilla. Spread the fruit in an even layer in the prepared baking dish.

## GINGERED CRANBERRY – PEAR COBLER (CONT.)

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- Step 3.** To prepare crust: Combine sour cream and lemon juice in a small bowl. Place flour, 1 tablespoon sugar, salt and baking soda in a food processor fitted with a dough hook or chopping blade; process to combine. Drizzle in oil and process in quick pulses just until the mixture is the consistency of very fine crumbs, stopping and scraping the bottom and sides several times. Add the sour cream mixture; process in quick pulses just until incorporated and the mixture holds together when pressed between the fingers; do not overprocess. If the mixture seems dry, gradually add a little cold water, a teaspoon at a time, and pulse briefly several times just until the mixture is moistened and holds together.
- Step 4.** Lightly dust a 14-inch-long piece of parchment or wax paper with flour. Turn the dough out onto the paper and let rest for 5 minutes. Knead briefly until the dough just comes together. Lightly flour the top and cover with a second sheet of paper. Roll or press the dough into the same shape as your baking dish, just slightly smaller. Discard the top sheet of paper. Invert the dough, centered, over the fruit. Discard the paper. Using a greased sharp paring knife, cut large decorative slashes in the dough to vent steam. Sprinkle the dough evenly with the remaining 1 tablespoon sugar. Place the baking dish on a rimmed baking sheet (to catch any overflowing juices).
- Step 5.** Bake the cobbler until the top is golden brown, 40 to 50 minutes. Let cool on a wire rack for at least 20 minutes before serving. Serve warm or at room temperature.

# MAPLE NUT AND PEAR SCONES

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1 cup whole-wheat pastry flour  
1 cup all-purpose flour  
1 cup old-fashioned rolled oats  
¼ cup plus 1 ½ teaspoons sugar, divided  
2 teaspoons baking powder  
½ teaspoon baking soda  
¼ teaspoon salt  
1 teaspoon ground cinnamon  
4 tablespoons chilled reduced-fat cream cheese (Neufchâtel), cut into small pieces (2 ounces)  
2 tablespoons chilled butter, cut into small pieces  
¼ cup extra-virgin olive oil  
1 cup diced peeled pear, preferably Bartlett (1 large)  
½ cup chopped pecans, or walnuts, divided  
¾ cup low-fat buttermilk, or equivalent buttermilk powder  
1 teaspoon maple extract, (see Note) or vanilla extract  
1 egg lightly beaten with 1 tablespoon water, for glaze



**Step 1.** Preheat oven to 400°F. Line a large baking sheet with parchment paper or coat with cooking spray.

**Step 2.** Combine whole-wheat flour, all-purpose flour, oats, ¼ cup sugar, baking powder, baking soda, salt and cinnamon in a large bowl; whisk to blend. Using a pastry blender or your fingertips, cut or rub cream cheese and butter into the dry ingredients. Add oil and toss with a fork to coat. Add pear and ¼ cup nuts; toss to coat. Mix buttermilk and maple (or vanilla) extract in a measuring cup and add just enough to the dry ingredients, stirring with a fork,

until the dough clumps together. (It will be sticky.)

- Step 3.** Turn the dough out onto a lightly floured surface and knead several times; do not overwork it. Divide the dough in half and pat each piece into a 7 ½-inch circle. Cut each circle into 6 wedges and transfer to the prepared baking sheet. Brush the tops with the egg glaze and sprinkle with the remaining ¼ cup nuts, pressing lightly. Sprinkle with the remaining 1 ½ teaspoons sugar.
- Step 4.** Bake the scones until golden and firm to the touch, 20 to 30 minutes. Transfer to a wire rack to cool slightly before serving.

# MIXED BERRY – ALMOND GRATIN

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1/3 cup slivered almonds, (1 ¼ ounces)  
½ cup granulated sugar, or 2 tablespoons all-purpose flour  
Pinch of salt  
1 large egg  
1/3 cup firm silken low-fat tofu  
1 tablespoon butter, softened  
¼ teaspoon pure almond extract  
3 cups mixed berries, such as raspberries,  
blackberries and blueberries  
Confectioners' sugar, for dusting



- Step 1.** Preheat oven to 400°F. Coat a 1-quart gratin dish or a 9-inch pie pan with cooking spray.
- Step 2.** Spread almonds in a shallow baking pan and bake until light golden and fragrant, 4 to 6 minutes. Let cool.
- Step 3.** Place sugar (or Splenda), flour, salt and almonds in a food processor; process until finely ground. Add egg, tofu, butter and almond extract; process until smooth.
- Step 4.** Spread berries evenly in the prepared gratin dish. Scrape the almond mixture over the top, spreading evenly.
- Step 5.** Bake the gratin until light golden and set, 40 to 50 minutes. Let cool for at least 20 minutes. Dust with confectioners' sugar and serve warm.

**TIP:** Prepare through Step 3. Cover and refrigerate for up to 8 hours.

# Pecan Pralines

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- 1 cup brown sugar
- 1 cup sugar
- ½ cup evaporated milk
- ¼ teaspoon salt
- ¼ teaspoon maple flavoring
- 1 ½ cup pecans coarsely chopped



- Step 1.** In a sauce pan cook together sugars, milk, and salt over slow heat till it starts boiling.
- Step 2.** After that cook the mixture to 235 degrees so that when a drop of mixture drops into the water it would get the shape of soft ball. Keep stirring while cooking to avoid burning.
- Step 3.** Then remove the pan from heat and let it cool so that all the steam escape out but mixture remains slightly hot.
- Step 4.** At that point add maple flavor and pecans and fold it nicely.
- Step 5.** Using tablespoon drop the batter on a wax paper in the shape of patties, you should do it quickly so that batter would not cool down to room temperature.



# Zucchini Pie

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- 2 teaspoons extra-virgin olive oil
- 1 pound (about 2 or 3) green zucchini, cut into ½-inch pieces
- 4 scallions, thinly sliced
- 4 cloves garlic, minced
- 1 teaspoon dried marjoram
- 1 teaspoon coarse salt
- ½ teaspoon freshly ground pepper
- ½ cup freshly chopped dill
- ¼ cup freshly chopped flat-leaf parsley
- 5 large eggs plus 5 large egg whites, lightly beaten
- 1 tomato, thinly sliced
- 2 ounces low-fat feta cheese, crumbled
- 1 pound (about 2 or 3) yellow zucchini, cut into ½-inch pieces



- Step 1.** Preheat oven to 325 degrees. Heat 1 teaspoon olive oil in a large skillet set over medium heat. Add green zucchini, half the scallions, half the garlic, A teaspoon marjoram, ½ teaspoon salt, and ¼ teaspoon pepper; cook, stirring frequently, until zucchini has softened and is beginning to brown, about 5 minutes. Remove from heat; transfer to a large bowl; set aside.
- Step 2.** Rinse skillet; repeat process with yellow zucchini and remaining teaspoon olive oil, scallions, garlic, ½ teaspoon marjoram, ½ teaspoon salt, and ¼ teaspoon pepper. Transfer to bowl with cooked green zucchini; let sit until cooled. Drain and discard any liquid.
- Step 3.** Add dill, parsley, and eggs to zucchini; stir to combine. Pour into a 9 ½-inch round, deep baking dish. Cover with tomato; sprinkle with feta. Bake until set, about 1 hour. Serve hot or at room temperature.