

THE DEBORAH

Heart-Healthy Mediterranean Cookbook



Deborah®



Greek Salad

This healthy salad comes straight from the islands of Greece. This tasty Greek salad is a classic Mediterranean diet recipe that's easy and delicious.

- 3 Tbsp lemon juice**
- 2 Tbsp olive oil**
- 1 garlic clove, minced**
- 1 tsp dried oregano**
- 1 tsp chopped fresh dill**
- 1 tsp chopped fresh parsley**
- ½ tsp black pepper**
- 4 cups shredded Romaine lettuce**
- 3 small tomatoes, quartered**
- 1 cucumber, chopped**
- 1 can (15 oz) chickpeas, rinsed and drained**
- ¼ cup crumbled feta cheese**
- ½ red onion, sliced**
- 2 Tbsp sliced kalamata olives**
- 1 can (4 oz) sardines with bones, packed in water, drained, optional**

In a large bowl, whisk lemon juice, oil, garlic, oregano, dill, parsley and black pepper until well combined. Add lettuce, tomatoes, cucumber, chickpeas, feta, red onion and olives and toss. Divide the salad among 4 plates and top with sardines, if desired.

Yield: 4 servings | **Serving size:** 1 cup

Nutrition Facts (per serving without sardines)

Calories: 210; Fat: 9g; Saturated Fat: 1g; Cholesterol: 0;
Sodium: 90mg; Carbohydrates: 25g; Fiber: 8g; Protein: 6g

Nutrition Facts (per serving with sardines)

Calories: 263; Fat: 13g; Saturated Fat: 2g; Cholesterol: 37mg;
Sodium: 290mg; Carbohydrates: 25g; Fiber: 8g; Protein: 13g

Eggplant Caponata

An easy appetizer recipe, eggplant caponata pairs nicely with whole wheat crostini or crackers. A Mediterranean recipe classic, caponata may be served as a warm, cold or room temperature appetizer.

- 2 Tbsp olive oil**
- 1 medium yellow onion, cut into ½-inch cubes**
- 2 medium red bell peppers, cut into ½-inch cubes**
- 1½ lb eggplant or zucchini, unpeeled, cut into ½-inch cubes**
- 4 large garlic cloves, crushed**
- ¼ cup Champagne or red wine vinegar**
- ¼ cup honey**
- ¼ cup golden raisins**
- 2 Tbsp drained capers, rinsed**
- ⅛ tsp herbes de Provence**
- Black pepper to taste**

In a large skillet, heat olive oil over medium heat until hot. Add onion, bell peppers, eggplant and garlic and sauté until onion is softened. Reduce heat to low and cook for 20 minutes, or until vegetables are tender. Push vegetables to one side of skillet. On the other side of the skillet, add vinegar, honey and raisins and stir liquid and raisins together. Mix vegetables and liquid together and add capers and herbes de Provence. Cook for 10 to 15 minutes more, or until heated through. Season with black pepper. Caponata may be served warm, cold or at room temperature.

To make ahead, spread caponata in a single layer on a rimmed baking sheet and cool in refrigerator. Store in an airtight container for up to 1 week.

Yield: 6 servings | **Serving size:** ¾ cup

Nutrition Facts (per serving)

Calories: 147; Fat: 5g; Saturated Fat: 1g; Cholesterol: 0;
Sodium: 90mg; Carbohydrates: 27g; Fiber: 5g; Protein: 2g





Mediterranean Bean Salad

High-protein beans, fresh tomatoes and herbs, and healthy olive oil make this Mediterranean bean salad a tasty lunch.

- 2 whole wheat pita breads (6-inch diameter), cut into bite-size pieces**
- 2 garlic cloves, peeled**
- 1/8 tsp salt**
- 2 Tbsp fresh lemon juice**
- 1/2 tsp ground cumin**
- 3 Tbsp extra virgin olive oil**
 - Black pepper to taste**
- 1 cup cooked black beans, rinsed and drained**
- 1 cup canned chickpeas, rinsed and drained**
- 1/2 pint cherry tomatoes, quartered**
- 1/2 cucumber, peeled and diced**
- 1 cup sliced romaine lettuce**
- 2 green onions, chopped**
- 1/2 cup crumbled feta cheese**
- 3 Tbsp chopped fresh parsley**
- 3 Tbsp chopped fresh mint**

Preheat oven to 400°. On a large baking sheet, arrange pita pieces in one layer. Bake until crisp and just brown, about 5 to 7 minutes. Let cool.

In a small bowl, mash garlic and salt to form a paste. In another small bowl, combine garlic paste, lemon juice and cumin and whisk to blend. Whisk in oil until combined. Season with black pepper.

In a serving bowl, combine black beans, chickpeas, tomatoes and cucumber. Add the pita pieces, lettuce, green onions, feta, parsley, mint and the lemon dressing. Toss to mix. Season with additional black pepper to taste.

Yield: 6 servings | **Serving size:** 1 cup

Nutrition Facts (per serving)

Calories: 233; Fat: 10g; Saturated Fat: 3g; Cholesterol: 11mg;
Sodium: 299mg; Carbohydrates: 26g; Fiber: 5g; Protein: 8g

Chicken & Couscous Wrap

Couscous, chickpeas and olives give this chicken wrap a healthy, flavorful boost. This recipe is a delicious lunch that fits into the Mediterranean diet.

- 1 cup cooked whole wheat couscous
- 1 garlic clove, minced
- 1 Tbsp olive oil
- 1 Tbsp chopped fresh parsley
- 1 Tbsp chopped fresh tarragon
- 3 Tbsp lemon juice
- 1/8 tsp salt
- 1 lb cooked chicken breast, cubed
- 1/2 cup canned chickpeas, rinsed and drained
- 1/2 cup sliced kalamata olives, optional
- 1/4 cup walnuts
- 1/4 cup sliced green onions
- 1/4 cup sliced seedless red grapes
- Black pepper to taste
- 4 whole wheat tortillas (8-inch diameter)
- 2 cups shredded arugula

In a small bowl, combine cooked couscous with garlic, oil, parsley, tarragon, 2 tablespoons of the lemon juice and salt. In another bowl, toss chicken, remaining 1 tablespoon of the lemon juice, chickpeas, olives if using, walnuts, green onions and grapes. Season with black pepper.

Spread equal portions of couscous mixture on the bottom half of each tortilla, leaving room around the edges. Top with the chicken mixture and arugula. Fold the side and bottom edges of each tortilla toward the middle over the filling, then roll to close the wrap.

Yield: 4 servings | **Serving size:** 1 wrap

Nutrition Facts (per serving)

Calories: 453; Fat: 15g; Saturated Fat: 3g; Cholesterol: 70mg;
Sodium: 580mg; Carbohydrates: 43g; Fiber: 5g; Protein: 34g





Potato & Green Bean Salad

No need for mayo with this delicious potato salad. Potatoes, tomatoes and crisp green beans are tossed in a light white wine dressing.

- 1 lb small white potatoes**
- 1 lb small red potatoes**
- ¼ cup white wine or white grape juice**
- ½ lb French green beans**
- 3 Tbsp Champagne vinegar**
- ½ tsp Dijon mustard**
- ½ tsp black pepper**
- 6 Tbsp olive oil**
- ¼ cup drained capers, rinsed**
- 1 cup halved cherry tomatoes**
- 1 small red onion, finely chopped**
- 2 Tbsp pitted kalamata olives**
- 2 Tbsp chopped fresh parsley**
- 2 Tbsp chopped fresh basil**
- 2 Tbsp chopped fresh thyme**

In a large pot of boiling water, add white and red potatoes and cook for 20 to 30 minutes, or until fork-tender but not mushy. Drain and cut into quarters. Place in a large bowl. Toss gently with the wine and set aside.

Bring another pot of water to a boil. Boil the green beans for 3 to 5 minutes, or until just tender. Drain and immerse in ice water to stop the cooking process. Drain again and set aside.

In a small bowl, combine the vinegar, mustard and black pepper. Add the olive oil and whisk to combine. Add the vinaigrette to the potatoes.

Add the green beans, capers, tomatoes, onion, olives and fresh herbs to the potatoes. Season with additional black pepper to taste. Toss. Serve cold or at room temperature.

Yield: 10 servings | **Serving size:** 1 cup

Nutrition Facts (per serving)

Calories: 179; Fat: 9g; Saturated Fat: 2g; Cholesterol: 0;
Sodium: 139mg; Carbohydrates: 22g; Fiber: 3g; Protein: 3g

Zucchini Bread

Instead of butter, this zucchini bread uses heart-healthy olive oil, essential to the Mediterranean diet. The bread is also packed with toasted walnuts and good-for-you zucchini.

- 1 cup all-purpose flour**
- 1 cup whole wheat flour**
- 2 tsp ground cinnamon**
- 1 tsp baking soda**
- 1 tsp baking powder**
- ¼ tsp salt**
- 1 cup sugar**
- ½ cup applesauce**
- ⅔ cup olive oil**
- 2 eggs**
- 1 tsp vanilla extract**
- 3 cups grated zucchini**
- ½ cup chopped walnuts, toasted**

Preheat oven to 350°. Lightly coat a 9 x 5-inch loaf pan with nonstick cooking spray. Into a medium bowl, sift flours, cinnamon, baking soda, baking powder and salt. In a large bowl, beat sugar, applesauce, oil, eggs and vanilla. Mix in zucchini. Add dry ingredients and walnuts and stir well.

Transfer batter to prepared pan. Bake until tester inserted into center comes out clean, about 1 hour 20 minutes. Cool bread in pan on rack for 15 minutes. Cut around bread to loosen. Turn out onto rack and cool completely.

Yield: 14 servings | **Serving size:** ¾-inch slice

Nutrition Facts (per serving)

Calories: 249; Fat: 12g; Saturated Fat: 1g; Cholesterol: 26mg;
Sodium: 12mg; Carbohydrates: 31g; Fiber: 2g; Protein: 4g





Tuna Kebabs

These tuna kebabs are a meal in one. Colorful bell peppers and squash help make this seafood recipe a pretty and healthy entrée.

- ¼ cup olive oil**
- 3 Tbsp white wine vinegar**
- 2 Tbsp minced shallots**
- 1 Tbsp chopped fresh tarragon**
- 1 Tbsp lemon juice**
- 1 tsp lemon zest**
- ⅛ tsp salt**
- Black pepper to taste**
- 1 lb tuna or halibut fillets, cut into 1-inch chunks**
- 1 yellow squash, cut into 1-inch-thick pieces**
- 1 red or orange bell pepper, cut into 1-inch pieces**
- 1 red onion, cut into eighths**
- 6 cups salad greens**

In a bowl, whisk together oil, vinegar, shallots, tarragon, lemon juice and lemon zest. Add the salt and black pepper to taste. Arrange tuna in a shallow bowl. Pour half of the vinaigrette over the tuna and turn to coat. Marinate fish for 15 minutes at room temperature.

Preheat grill or grill pan to medium-high heat. Thread fish and vegetables onto 8 metal skewers. Brush the vegetables with half of the remaining vinaigrette. Grill until fish chunks are just opaque in center, turning occasionally, about 8 minutes.

In a bowl, toss the greens with remaining vinaigrette. Divide salad among 4 plates. Place skewers on greens and serve immediately.

Yield: 4 servings | **Serving size:** 2 skewers

Nutrition Facts (per serving)

Calories: 283; Fat: 15g; Saturated Fat: 2g; Cholesterol: 51mg;
Sodium: 125mg; Carbohydrates: 8g; Fiber: 3g; Protein: 28g

Seared Salmon & Olives

Seared salmon is paired with mellow white beans and garlicky spinach in this quick, healthy recipe. Top it with a flavorful olive relish.

- 1 cup mild green olives (such as Picholine), pitted and diced**
- 1 Tbsp diced shallot**
- ¼ cup chopped fresh parsley**
- 2 Tbsp Champagne vinegar (or other white vinegar)**
- 2 Tbsp honey**
- 2 lemons, zested, segmented and juice reserved**
 - Black pepper to taste**
- 1 Tbsp olive oil**
- 4 salmon fillets (4 oz each)**
- 2 Tbsp crushed garlic**
- 2 cups white beans, drained, with ¼ cup liquid reserved**
- 4 cups fresh baby spinach**

In a bowl, mix olives, shallot, parsley, vinegar, honey, lemon zest, segments and lemon juice. Add black pepper to taste. Set aside. Relish can keep in an airtight container for up to 2 weeks.

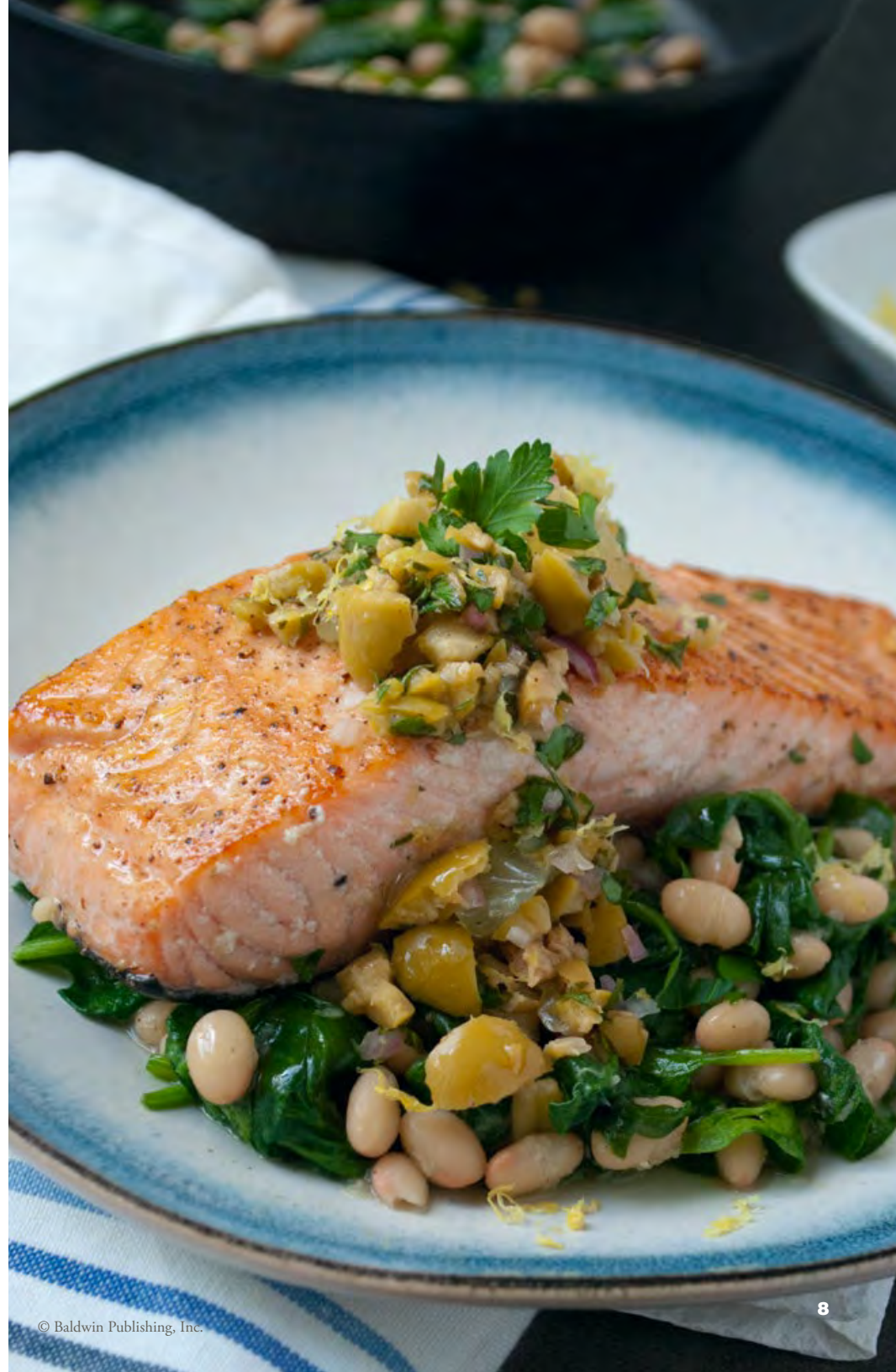
In a large skillet, heat ½ tablespoon of the olive oil until hot but not smoking. Season salmon with black pepper and carefully lay in skillet. Sear in hot oil for 2 to 3 minutes; do not move the fish. Flip fish over and cook for another 2 to 3 minutes.

In same skillet, combine remaining ½ tablespoon olive oil and garlic and cook over medium heat until garlic is golden brown, about 1 minute. Add white beans with reserved liquid, spinach and black pepper to taste. Cover pan and cook for 2 minutes. Stir. To serve, arrange salmon over white beans and spinach. Top with olive relish.

Yield: 4 servings | **Serving size:** per 4 oz salmon, 1 cup spinach, 2 Tbsp olives

Nutrition Facts (per serving)

Calories: 381; Fat: 14g; Saturated Fat: 2g; Cholesterol: 70mg;
Sodium: 556mg; Carbohydrates: 32g; Fiber: 8g; Protein: 33g





Roasted Halibut

Here's a fish recipe that makes roasted halibut a rich and hearty dinner. A flavorful tomato sauce is livened up with anchovies, capers and olives.

- 5 garlic cloves, sliced**
- 2 anchovy fillets packed in oil, drained**
- ¼ tsp crushed red-pepper flakes**
- 2 lb fresh plum tomatoes, coarsely chopped**
- ¼ cup red wine or grape juice**
- ¼ cup halved, pitted oil-cured black olives**
- ¼ tsp black pepper**
- 1½ lb small red potatoes, quartered**
 - 1 medium eggplant, unpeeled and cut into 1-inch cubes**
 - 2 Tbsp olive oil**
 - 3 shallots, peeled and quartered**
 - ½ tsp salt**
- 12 oz halibut fillets, cut into 1½-inch cubes**
 - 1 Tbsp drained capers, rinsed**
- 1½ Tbsp chopped fresh parsley**

Coat a saucepan with cooking spray and heat over low heat. Add garlic, anchovies and red-pepper flakes and cook, breaking up anchovies, until garlic is softened, 3 minutes. Add tomatoes and wine and increase heat to medium. Cook, stirring occasionally, until sauce thickens, about 20 minutes. Stir in olives and black pepper and simmer for 5 minutes.

Meanwhile, preheat oven to 425°. In a bowl, toss potatoes and eggplant with oil, shallots and black pepper to taste. Spread mixture in a single layer in a 13 x 9-inch baking dish. Sprinkle salt over mixture and roast for 15 minutes. Turn potatoes and eggplant over and roast for 20 minutes, or until potatoes and eggplant are soft. Remove from oven, add fish and season with black pepper. Place on bottom oven rack and roast until fish is just opaque and potatoes are tender, about 10 minutes. Spoon sauce on plates and top with fish, vegetables, capers and parsley.

Yield: 6 servings | **Serving size:** 1 cup

Nutrition Facts (per serving)

Calories: 272; Fat: 7g; Saturated Fat: 0; Cholesterol: 20mg;
Sodium: 343mg; Carbohydrates: 33g; Fiber: 6g; Protein: 16g

Fresh Tomato Pasta

Have a pasta party with this no-cook tomato sauce. Multigrain pasta and fresh tomato sauce make this a fast, easy and healthy pasta recipe.

- 1 lb fresh tomatoes, chopped into ½-inch pieces**
- 3 oz arugula, washed and stemmed**
- 1⅓ cups fresh basil**
- 2 Tbsp extra virgin olive oil**
- 1 Tbsp balsamic vinegar**
- 1 garlic clove, minced**
- 3 oz Parmigiano-Reggiano cheese**
- 1 lb whole grain or mixed grain penne pasta**
- Black pepper to taste**

In a large pot, bring 2 gallons of water to a boil.

Place tomatoes in a large serving bowl. Tear arugula and basil into small pieces. Add to the bowl. Add the olive oil, balsamic vinegar and garlic.

With a vegetable peeler, shave thick slices of cheese and add to serving bowl. Grate the cheese that is too small to shave and reserve for garnish. Toss well.

Cook pasta in the boiling water until al dente. Drain and immediately toss pasta with the tomato mixture until well coated. Serve sprinkled with reserved Parmigiano-Reggiano cheese and black pepper.

Yield: 8 servings | **Serving size:** 1 cup

Nutrition Facts (per serving)

Calories: 290; Fat: 8g; Saturated Fat: 3g; Cholesterol: 9mg;
Sodium: 172mg; Carbohydrates: 47g; Fiber: 6g; Protein: 14g



Fact: Over 60% of women believe their biggest health threat is breast cancer, but heart disease kills 6 times as many women as breast cancer.

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