

The 7-Day  
**MEDITERRANEAN  
DIET MEAL PLAN**  
FROM THE ISLAND OF CRETE

“The Heart of the Mediterranean Diet”



**Bill Bradley, RD, LDN**  
with recipes by Koula Barydakis,  
Bill Bradley, and Christine Dutton



**Mediterranean<sup>®</sup>  
Living**



Dear Reader,

I am excited that your curiosity about the Mediterranean diet has led you to our e-book! Whether you just “dip your fork” into this delicious and healthy way of eating, or dive in wholeheartedly, I think you will discover many great benefits for your health and your life.

*Bill Bradley, RD, LDN*

PRESIDENT, MEDITERRANEAN LIVING



# The 7-Day MEDITERRANEAN DIET MEAL PLAN

FROM THE ISLAND OF CRETE

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## ABOUT BILL

Bill has been teaching and writing about Mediterranean Diet and Lifestyle for the past 10 years. Recently, Bill spent time on the Mediterranean island of Crete researching the traditional cuisine and co-writing “Foods of Crete, Traditional Recipes from the Healthiest People in the World.”

Bill has led over 1600 talks and cooking workshops; has been featured on ABC News on-line, various newspapers, magazines, and talk shows; and has authored 2 cookbooks. Recently, Bill and Gerry LeBlanc created two 10 week on-line challenge based wellness programs including one on “How to Eat and Live Mediterranean” which has had thousands of participants reporting that the programs helped them to make significant changes in their lives.

Bill’s passion is to live and teach the principles of good food, generosity, and how to open our hearts while we take care of ourselves and others. Bill shares a love of travel and adventure with his wife, Christine Kenneally.



## MY STORY

The Mediterranean way of living has changed my life. I was brought up on a typical American diet of sugary, processed, frozen, often microwaved or boiled foods. As a kid, I learned dieting behaviors from my mom, who struggled with weight problems her entire life. I was often dragged to Weight Watchers and Overeaters Anonymous meetings. I tried the first version of Weight Watchers ice cream and I remember being disgusted by the gummy, fake taste. There were times when our house was filled with “diet” foods, and other times when it was overloaded with Nutter Butter cookies and Fluff. In my pre-teen years I learned how to “stuff my emotions” by overeating. Suddenly, I, too was overweight and struggling.

Over the years I tried different ways to lose weight. This always led to me gaining more weight. Because of my struggles with weight loss, I decided to become a dietitian. I wanted to help others lose weight. But, by the time I had received my dietetic license, I had gained another 30 pounds!

A few years after becoming a dietitian, I was hired into a groundbreaking program at Noble Hospital in Westfield, Massachusetts. It was a one-year lifestyle modification program for patients with heart disease. Participants met for 3½ hours once a week, during which time they consulted with a doctor, took part in a support group, exercised, did a Tai Chi class, and cooked a Mediterranean meal. Participants made very significant and lasting lifestyle changes resulting in lower heart attack risk.

As I researched the Mediterranean diet and lifestyle, I began to think of how and what I ate in a very different way. At this point my understanding of the diet was only from reading and research. Even though I was lecturing about the benefits of the Mediterranean diet and teaching many Mediterranean cooking classes, I hadn’t yet experienced the Mediterranean diet and lifestyle firsthand.





## THE ISLAND OF CRETE

I decided to enrich my understanding of the Mediterranean diet by living on the Greek island of Crete. I chose Crete because of its incredibly high longevity and low morbidity rates. In the 1960's, Crete had the highest longevity rates in the world, and men there lived to be the same age as women. I mention these studies and several more below.

While living in Crete, I interviewed villagers and chefs, collecting recipes and experiencing firsthand how the people of the island eat and live. I was fortunate enough to meet Koula Barydakis, a chef from the island, who shared with me over 125 of her family's recipes. These were exactly the recipes I had been working so hard to find—the traditional recipes from a time when the diet in Crete was considered the healthiest in the world. These recipes became the cookbook “Foods of Crete: Traditional Recipes from the Healthiest People in the World”, which I co-wrote with Koula. The recipes in the 7-day meal plan below are mostly Koula's from the cookbook.

I took away many important lessons from my time on the Island of Crete. First and foremost, I began the process of giving up dieting. It took me a while, because the practice of dieting was so ingrained in me. But as I switched my focus to eating well, moving my body, and taking care of my emotions and stress in creative and healthy ways (besides eating), I have steadily lost weight. I have begun to celebrate food and eating instead of considering it my “frenemy”. There are certainly days when I eat decidedly “un-Mediterranean”, but now the times I slip back into my old unhealthy habits are few and far between.

On top of being able to truly enjoy eating again, the Mediterranean lifestyle of slowing down, not taking everything so seriously, and taking time to enjoy life has made me a happier, more centered person. The Mediterranean way is about coming back to your healthy self by eating and living well. I hope it helps to change your life the way it has changed mine.

I hope you find this e-book helpful. We love to hear from our community (that's you!) about your experiences incorporating the Mediterranean diet and lifestyle into your life.

Bill Bradley, R.D., L.D.N.  
President, Mediterranean Living





## THE DIET OF CRETE "HEART OF THE MEDITERRANEAN DIET"

To discover how people in Crete ate over 60 years ago (when they were truly considered the healthiest people in the world), I traveled to remote villages in the mountains of the island. I learned that their traditional foods were simple (usually cooked over a fire), full of flavor (utilizing lots of fresh herbs and olive oil), and made from ingredients that can be easily obtained in the U.S. Here are some of the things I learned:

**The food was mostly unprocessed:** There were no packaged convenience foods on the island. Everything was made from scratch. The vast majority of processed foods in stores today are full of inflammatory ingredients such as sugars, heavily processed flour, and chemicals.

**They ate a high fat diet:** Over the last 40 years we have heard the mantra that fat is bad for us. It has become so ingrained in our culture that it is very difficult to think otherwise. On the island of Crete, they traditionally ate 40% of their daily calories from fat. 30% of that was from fresh extra virgin olive oil. Extra virgin olive oil with a peppery burn is a strong anti-inflammatory and will help decrease your "bad" LDL cholesterol. It will also help you lose weight if combined with a Mediterranean diet.

**They ate a mostly organic, plant-based diet:** The average American eats about 2½ servings of fruits and vegetables per day. The average person in Crete traditionally ate at least 9 servings of fruits and vegetables per day.

**Their main protein source was beans:** Americans get the majority of their protein from meat and chicken. In Crete and Greece and the rest of the Mediterranean, the main protein source is beans. Beans have been shown to decrease the risk of heart disease, diabetes, and colorectal cancer.



**They ate lots of foods with omega-3 fats:** It has been hypothesized that one of the reasons that Greeks and the inhabitants of Crete are so healthy is because of the large amounts of omega-3 fats they get in their diet. Where do all the omegas come from? First, they eat greens packed with omega-3's, such as dandelion and mustard greens. They also eat grass-fed meat, chicken, and eggs, as well as ocean-raised fish, and nuts such as walnuts and almonds, all of which are high in omega-3 fats.

**They drank wine and ate bread and cheese:** In Crete, wine is consumed in small amounts every day, sometimes with both lunch and dinner. Red wine may decrease the risk of heart disease by increasing HDL (good) cholesterol and protecting the arteries in the heart. The inhabitants of Crete also eat whole grain sourdough bread daily (sourdough has a slower effect on blood sugar than yeast bread) and naturally low-fat cheese (feta and goat) in small amounts.

### **The Rockefeller Foundation's Studies on the Mediterranean Diet in Crete**

The first studies on the Mediterranean diet were done on the Greek island of Crete just after World War II. Initially, the Rockefeller Foundation was asked by the Greek government to help Crete because of its abject poverty and the destruction of the island that took place during the war. The Rockefeller Foundation sent many different "field staff" to the island, including nutritionists. Student nurses visited 1 out of every 150 homes, where they took notes on all food and drink consumed during a two week period. To the total surprise of the researchers, the inhabitants of Crete ate a low protein, high fat diet (mostly olive oil), and were "living well" into old age. The other surprise was that they could find almost no heart disease among a population that was eating 40% of their daily calories from fat.

### **Ancel Keys' 7 Country Study, and Heart Disease in Crete**

In the late 1950's, a large research project led by the American scientist Ancel Keys looked at heart disease in men from around the world and found some truly incredible results. At the time of the study, the heart disease rate for men in the United States was 92 men per 1,000, while on the island of Crete it was 3 men per 1,000. As a matter of fact, when the researchers first went to Crete, they could only find one man who had suffered any type of heart disease in the previous ten years!

### **Recent Mediterranean Diet Studies**

Since these first studies appeared there have been literally thousands of studies that show the health benefits of the Mediterranean Diet. Some of the latest studies show that people who eat Mediterranean have a decrease in diabetes risk even if they don't lose weight, as well as a decreased risk of dementia and Alzheimer's.



# HOW TO USE THE RECIPES:

The recipes for the 7-day meal plan were chosen to represent a typical week on the Mediterranean island of Crete. You should be able to find all the ingredients in most supermarkets.

**Olive Oil:** You will notice that some of the recipes call for up to a cup of extra virgin olive oil. When I was researching on the island I found some recipes with up to two cups of olive oil. Yet the inhabitants had the lowest rates of heart disease in the world! A diet high in the right types of fats is not only delicious, but healthy! I recommend trying the recipes and seeing how you feel. Since most of what you will be eating on the Mediterranean diet is low calorie vegetables, and because healthy fats help you feel full, you will probably find yourself eating less and losing weight.

**Calories:** There is no calorie counting in the Mediterranean. The Mediterranean way is about celebrating food, family and community. Counting calories is a large part of what has made many of us in the U.S. “crazy” around food. Giving it up returns us to truly enjoying what we eat. For these reasons there are no calories listed for the recipes.

**Breakfast:** The breakfast suggestions we have included follow the basic guidelines of eating Mediterranean and are quick and simple for the person on the run. Most of the breakfast ideas are so simple that we don’t give specific recipes. What you want to stay away from is highly processed foods such as sugary cereals, bagels, doughnuts, and heavily sweetened (and fattened) coffee drinks.

**Coffee:** Coffee is enjoyed throughout the Mediterranean. For most, coffee is a healthy drink as long as lots of sugar and processed creams are not added.

**Herbal Teas: Mountain Teas:** One time while I was in Crete I caught a cold. I wanted to get some kind of cold medicine so I headed down to the local market. When I told the clerk my symptoms he pulled a bag of dried herbs from under the counter and told me to make a tea out of it. It turned out to be an herb called “diktamos”. I made the tea, went to bed, and woke up the next morning feeling much better.

There is a long history in Crete of medicinal teas, which are used for everything from digestion to mental clarity, as well as their antimicrobial and antiviral properties.

*Here are a few examples of teas that are enjoyed in the Mediterranean:*

**Mint Tea** - Helps with digestion, coughs, and bad breath. Mint tea may also help with mental clarity and relaxation.

**Green Tea** - Packed with antioxidants, green tea has been shown to decrease the risk of congestive heart failure, lower blood pressure, and stabilize blood sugar levels in diabetics. Potentially helpful in reducing cancer cell growth, reducing the risk of Alzheimer’s, and increasing brain function.

**Chamomile Tea** – Decreases anxiety, reduces inflammation, and may help to fight off cancer.

**Oregano Tea** - Helps with digestion, especially after heavy meals.

**Wine:** The inhabitants of Crete are famous for their consumption of red wine and a moonshine drink called “Raki”. Wine is consumed every day, usually with lunch and dinner. It is almost always consumed with food. As with most everything else, the wine is organic and local. It also has none of the sulfites and additives that are in most wines bought in stores. Any type of alcohol will increase your “good” HDL cholesterol, but there is a substance in red wine (Resveratrol) that may also help decrease the “bad” LDL and reduce blood clots. Obviously, if you have any issues with alcohol, then we don’t recommend you start drinking. If you do like wine, then you should drink it in small amounts (no more than a glass or two) with a meal.

**Desserts:** The dessert of choice in Crete is fresh fruit. Occasionally there is baklava (a very small amount) or a cookie (made with extra virgin olive oil), but the majority of the time it’s an apple, orange, or grapefruit.

**Salads:** Salads are eaten often on the Island of Crete either as a main meal, side dish, or a snack. Feel free to add or substitute a salad for any of the meals in the 7-Day Mediterranean Diet Meal P7lan. Below is my take on a traditional Greek salad, and a few of my favorite dressings which you can use on a simple salad. These dressings are very flavorful. Consider adding them to your repertoire and use instead of store bought dressings.

## Crunchy Greek Salad

2 large carrots, cut into small pieces  
1/2 red onion, thinly sliced  
1 red pepper, cut into bite-sized pieces  
1 large cucumber, peeled and sliced  
1 tomato, cut into bite-sized pieces  
3-4 sprigs parsley, stems removed  
1/2 cup pitted Kalamata olives  
1/2 cup olive oil  
Juice of 1 lemon  
4 ounces feta cheese  
Salt and pepper, to taste

1. Mix all vegetables in a bowl with olive oil and lemon juice.
2. Top with crumbled feta cheese. Toss with salad.

Serves 4 as main dish salad  
Serves 6 as side salad

*Recipe by Bill Bradley, R.D.*





## DRESSINGS:

### Dijon Balsamic Vinaigrette

1 cup extra virgin olive oil  
1/3 cup balsamic vinegar  
1 tablespoon Dijon mustard  
2 tablespoons honey  
1/4 teaspoon oregano  
Salt and pepper, to taste

1. Mix all ingredients in a bowl and whisk for about 2 minutes until mixture begins to thicken.
2. Pour dressing into a jar. Refrigerate for at least 1 hour before serving.

*Recipe by Bill Bradley, R.D.*

### Lemon Parmesan Dressing

1/4 cup lemon juice  
1 cup extra virgin olive oil  
1/2 cup grated parmesan cheese  
2 teaspoons Dijon mustard  
1 teaspoon dried dill  
2 cloves garlic, pressed through garlic press  
Salt and pepper, to taste

1. Mix all ingredients in a bowl and whisk for about 2 minutes until mixture begins to thicken.
2. Pour dressing into a jar. Refrigerate for at least 1 hour before serving.

*Recipe by Bill Bradley, R.D.*

## LUNCH AND DINNER

In Crete, the same meal is usually eaten both at lunch and dinner. My suggestion is to cook a recipe for dinner and then have the leftovers for lunch the next day.

If, when you look through the recipes, you see something that doesn't appeal to you, I recommend two possibilities: 1) Give it a try anyway. Recipes from Crete are quite different than what you are probably used to. You might find you like what you think you won't!  
2) Feel free to substitute. We have given you recipes for 3 extra meals. You can substitute these for meals on the plan if you like. Or, if there is a recipe you really enjoyed, you can always make it again!



# Meal ONE

Egg Noodles with Walnuts and Basil  
Leeks and Celery

## Egg Noodles with Walnuts and Basil

1 pound egg noodles, dry  
4 tablespoons extra virgin olive oil  
1 onion, grated  
1 cup white wine  
1 clove garlic, chopped  
1 pound fresh tomatoes, cubed  
1 cup walnuts, chopped  
2 tablespoons fresh basil, chopped (or 1 teaspoon dried)  
Salt and pepper, to taste  
1 teaspoon sugar  
1 teaspoon tomato paste

1. Sauté onions in 2 tablespoons oil for 5 minutes.
2. Add the wine, garlic, and tomatoes. Simmer for 15 minutes.
3. Add the walnuts, basil, salt, pepper, sugar, and tomato paste. Simmer for 10 minutes or until thick.
4. Cook egg noodles according to directions on package. Strain noodles and add 2 tablespoons of olive oil. Add sauce and toss. Serve with freshly grated parmesan cheese.

Serves 6

Recipe by Koula Barydakis  
From the book "Foods of Crete: Traditional Recipes from the Healthiest People in the World"

## Leeks and Celery

1/2 cup extra virgin olive oil  
1 pound celery, thinly  
1 pound leeks (white part only), cut into thin rounds  
1 large onion, chopped  
1 cup grated tomatoes  
1½ cups water  
Salt and pepper, to taste  
Nutmeg

1. Sauté celery and leeks in olive oil for 5 minutes.
2. Add the onion and tomatoes. Sauté for 5 minutes more.
3. Add water and simmer for 30 minutes. Add salt and pepper to taste.
4. Once finished, sprinkle (very lightly) with nutmeg.

Serves 8

Recipe by Koula Barydakis  
From the book "Foods of Crete: Traditional Recipes from the Healthiest People in the World"





# Meal Two

*Halibut with Rosemary  
Cucumber, Carrot, and Beet Salad*

## Halibut with Rosemary

- 4 6-ounce halibut steaks
- 2 onions, chopped
- 2 cloves garlic, mashed
- 1/2 cup extra virgin olive oil
- 3 fresh tomatoes, cubed small
- 1/2 cup fresh lemon juice
- 2 tablespoons rosemary, fresh or dried
- Salt and pepper, to taste
- 1 tablespoon mustard

1. Preheat oven to 350 degrees F.
2. Sauté the onions and garlic in olive oil for 5 minutes.
3. Add the tomatoes, lemon juice, rosemary, mustard, salt, and pepper. Sauté for 5 minutes.
4. Place the halibut steaks in one layer on a lightly oiled baking dish. Cover with rosemary mixture.
5. Cover baking dish with foil and bake for 30 minutes.

Serves 4

*Recipe by Koula Barydakis.  
From the book "Foods of Crete: Traditional Recipes from the Healthiest People in the World"*

## Cucumber, Carrot, and Beet Salad

- 1 cucumber, sliced into rounds
- 1 carrot, grated
- 1 small or 1/2 large beet, grated
- Handful of dark green lettuce
- 1/4 cup Dijon vinaigrette (recipe on page xx)

1. In a salad bowl, add all veggies and toss with vinaigrette.

Serves 2

*Recipe by Bill Bradley, R.D.*





# Meal THREE

Stuffed Tomatoes and Peppers

## Stuffed Tomatoes and Peppers

5 tomatoes  
5 green or red peppers  
1 cup parsley, stems removed  
1 cup dill, stems removed  
2 large onions, cut into quarters  
1 cup water  
1 tablespoon tomato paste  
1 cup uncooked rice  
1/2 cup extra virgin olive oil  
1 teaspoon salt  
1/2 teaspoon pepper

For the sauce:

1/2 cup extra virgin olive oil  
1 tablespoon tomato paste  
1 cup water  
1/2 teaspoon salt  
Dash of pepper

1. Preheat oven to 350 degrees F.
2. Wash the tomatoes. Slice the tops almost off but leave attached to the tomato, creating a “hinge”. Scoop out the insides with a spoon, reserving pulp for stuffing.
3. Wash the peppers, slice the tops almost off, but leave attached to the pepper, creating a “hinge”. Remove and discard seeds.
4. In a blender, add the insides of the tomatoes with the parsley, dill, onions, 1 cup water, and tomato paste. Blend for 2 minutes.
5. Pour the blended mixture into a bowl. Add the rice, oil, salt, and pepper. Mix well with a spoon.
5. Fill each tomato and pepper with the rice/vegetable mixture. Put in a casserole dish.
6. For the sauce, mix the 1/2 cup olive oil, tomato paste, water, salt, and pepper. Cover the tomatoes and peppers with the sauce.
7. Bake for 1 hour uncovered or until rice is done.

Serves 5

Recipe by Koula Barydakis.

From the book “Foods of Crete: Traditional Recipes from the Healthiest People in the World”



# Meal FOUR

*Beef with Eggplant and Herbs*

*Spinach with Lemon*

*Serve with a salad*

## Beef with Eggplant and Herbs

2 pounds lean beef, cut into bite-sized cubes  
5 tablespoons extra virgin olive oil  
2 onions, chopped  
1 lb zucchini, sliced  
1 lb eggplant, cubed  
1 teaspoon dried thyme  
1 teaspoon dried sage  
2 tablespoons fresh mint, chopped  
Salt and pepper, to taste

1. In a pot, heat half of the oil and brown the meat. Cover the meat with water and simmer.
2. In another pot, add the rest of the oil and sauté the onions and vegetables until soft, about 10 minutes.
3. Stir in the tomatoes, then add the vegetable mixture to the meat.
4. Add the thyme, sage, and mint. Add salt and pepper to taste. Bring to a boil and simmer for 45 minutes.

Serves 6

*Recipe by Koula Barydakis.  
From the book "Foods of Crete: Traditional Recipes from the Healthiest People in the World"*

## Spinach with Lemon and Garlic

10-oz. bag fresh spinach  
2 tablespoons extra virgin olive oil  
2 cloves garlic, chopped  
Juice of 1/2 lemon  
Salt and pepper, to taste

1. In a medium sized pot, sauté garlic in olive oil for 1 minute.
2. Add spinach and sauté until wilted.
3. Add lemon juice, and salt and pepper to taste.

Serves 2-4

*Recipe by Bill Bradley, R.D.*





# Meal FIVE

Cretan Salad  
Serve with whole grain bread

## Cretan Salad

2 or 3 zucchini, sliced into thin rounds  
4 potatoes, cut into cubes  
2 tomatoes, sliced  
2 cucumbers, peeled and sliced  
1 onion, sliced into thin rings  
1/2 cup pitted Greek olives  
1/2 cup lemon juice  
3 hard boiled eggs, sliced into quarters  
4 ounces of Greek feta, cubed  
1 teaspoon dried oregano  
Salt and pepper, to taste

1. Boil zucchini until soft. Rinse in cold water to cool, drain.
2. Boil potatoes until soft. Rinse in cold water to cool, drain.
3. Add all ingredients. Toss lightly. Season with salt and pepper to taste. Chill until ready to serve.

Serves 4

*Recipe by Koula Barydakis.  
From the book "Foods of Crete: Traditional Recipes from the  
Healthiest People in the World"*



# Meal Six

*Black-Eyed Beans with Herbs*  
*Serve with a Salad*

## Black-Eyed Beans with Herbs

2 large (29 oz) or 4 small (15 oz) cans black-eyed beans  
1/2 cup extra virgin olive oil  
1 cup fresh parsley, stems removed, chopped  
1 cup fresh dill, stems removed, chopped  
4 green onions, thinly sliced  
2 carrots, peeled and grated  
2 bay leaves  
2 slices orange with peel and flesh  
2 tablespoons tomato paste  
Salt and pepper, to taste

1. Drain beans, reserving liquid.
2. Heat oil in a deep pot. Sauté beans, parsley, dill, onions, and carrots for 3 minutes.
3. Add bay leaves, orange peel, tomato paste, 2 cups reserved liquid from beans, and 1 cup water.
4. Stir and cook for 30 minutes.
5. Add salt and pepper to taste.

Serves 6

*By Koula Barydakis and Bill Bradley, R.D.*  
*From the book "Foods of Crete: Traditional Recipes from the Healthiest People in the World"*



# Meal SEVEN

Lentil Soup  
Serve with Feta Cheese and Olives

## Lentil Soup serve with Feta Cheese and Olives

1 pound lentils, washed well, stones removed  
6 cups water  
1 cup extra virgin olive oil  
2 cloves garlic  
2 tablespoons tomato paste  
1 onion, grated  
3 carrots, grated  
1 slice orange, peel and flesh  
1 bay leaf  
Salt and pepper, to taste

1. In a deep pot, add lentils and 6 cups water. Bring to a boil and continue boiling for 15 minutes.
2. Add remaining ingredients and continue cooking on a low boil for 30 minutes or until lentils are soft. Add more water if needed.

Serves 6

Recipe by Koula Barydakis and Bill Bradley, R.D.  
From the book "Foods of Crete: Traditional Recipes from the Healthiest People in the World"







# BONUS MEAL ONE

Green Beans with Lean Pork or Chicken  
Serve with a Greek Salad (recipe on pg. 8)

## Green Beans with Lean Pork (in the Slow Cooker)

A tasty way to get two servings of veggies per bowlful and satisfy the hungry meat-eater!

- 1 pound lean pork, cut into bite-sized cubes (or substitute chicken)
- 1 large onion, chopped
- 1/2 cup extra virgin olive oil
- 2 carrots, thinly sliced
- 2 celery sticks, sliced thin
- 3 fresh tomatoes, grated or 2 cups canned crushed tomatoes
- 1 pound green beans (fresh or frozen)
- 2 potatoes, peeled and cut into quarters
- Salt and pepper, to taste

1. Add all ingredients to a slow-cooker (also called a crockpot). Stir well.
2. Cook on high for 6 hours or low for 10 hours. Meat should be fork-tender.

Serves 4

Recipe by Koula Barydakis and Bill Bradley, R.D.  
Adapted from the book "Foods of Crete: Traditional Recipes from the Healthiest People in the World"





# BONUS MEAL TWO

White Bean Soup  
Serve with crusty whole grain bread and a salad

## White Bean Soup serve with crusty whole grain bread and a salad

4 large carrots, thinly sliced  
5 celery sticks, thinly sliced  
1 large onion, thinly sliced  
1 cup extra virgin olive oil  
1/2 teaspoon dried oregano  
1/2 teaspoon dried basil  
3 slices orange, with peel  
2 tablespoons tomato paste  
4 15-oz. cans cannellini beans

1. Sauté carrots, celery, and onion in olive oil on medium heat until soft. Add oregano and basil.
2. Add orange slices and tomato paste. Sauté for 2 minutes.
3. Add cannellini beans, 3 cans with liquid, 1 can drained.
4. Simmer for 20 minutes.

Serves 8

Recipe by Koula Barydakis and Bill Bradley, R.D.  
Adapted from the book "Foods of Crete: Traditional Recipes from the Healthiest People in the World"





# BONUS MEAL THREE

*Salmon with Yogurt, Spinach, Lemon and Capers*

## Salmon with Yogurt, Spinach, Lemon and Capers

2 lemons, peeled and thinly sliced  
1 container (16-18 oz) Greek yogurt  
8 cloves garlic, minced or squeezed through garlic press  
10-ounce bag fresh spinach, chopped  
1/4 cup extra virgin olive oil  
2 teaspoons dried dill  
1/8 teaspoon salt  
1/8 teaspoon ground black pepper  
1/2 cup capers, drained  
1 ½ pounds fresh salmon filet (wild, not farm raised, if possible)

1. Preheat oven to 350 degrees F.
2. Layer the lemon slices in the bottom of a casserole dish (needs to be big enough to fit salmon in one layer).
3. Mix yogurt, garlic, spinach, olive oil, dried dill, salt, pepper, and capers in a bowl.
4. Place salmon on top of lemon slices.
5. Cover salmon with yogurt mixture.
6. Cover casserole dish tightly with aluminum foil or other tight cover.
7. Bake covered for 20 minutes, uncover and continue baking for 10-20 minutes more, or until salmon is flaky and no longer pink in the middle. Drain excess liquid if necessary.

Serves 6

*Recipe by Bill Bradley, R.D.*





# BONUS RECIPE

Patata Salata

## Patata Salata

1 medium white onion  
5-6 medium-large potatoes  
1/2 cup of extra virgin olive oil  
1/4 cup of lemon juice  
zest of 1 lemon  
2 cloves of garlic, crushed  
1 Tbsp capers  
1/4 cup of chopped fresh parsley  
sea salt and pepper to taste

1. Cut the onion into thin slices, then cut slices in half.
2. Peel the potatoes, cut into large bite-sized chunks of approximately the same size, and rinse well.
3. Add potatoes to a pot of cold water to cover by 1 1/2 inches, bring to a boil, and boil at medium-high heat. Test after 15 minutes for doneness - they should be easily pierced with a fork.
4. Remove when done, drain, and place in a serving bowl or dish.
5. Add onions and toss.
6. To make the dressing, in a small bowl, combine olive oil, lemon juice, lemon zest, garlic, capers, parsley, salt, and pepper with a whisk.
7. Mix the dressing into the salad and serve hot or at room temperature.

Serves 6

Recipe by Christine Dutton



# Mediterranean Diet Resources

I hope you enjoyed your week of eating Mediterranean! To learn more about Mediterranean diet and lifestyle, check out some of my favorite resources, listed below.

## More of our Favorite Greek Recipes:

Summer Veggies with Roasted Almonds Recipe Video with Recipe

Horta and Potatoes Recipe Video with Recipe

Feta Cheese Pancake (Tiganopita me Feta)

Lamb Stew with Spinach & Garbanzos

Tomato Slices with Feta Cheese

## Websites and Blogs:

**[www.mediterraneanliving.com](http://www.mediterraneanliving.com)**

How to eat and live the Mediterranean Way. Includes recipes and cooking videos.

**[www.oldwayspt.org](http://www.oldwayspt.org)**

Oldways created the Mediterranean Food Guide Pyramid. Full of recipes from all over the Mediterranean.

**<http://www.olivetomato.com>**

Elena Paravantes is a Greek-American Registered Dietitian who lives in Greece. Full of great information about the Mediterranean diet with lots of traditional recipes!

**<http://www.aglaiakremezi.com>**

Aglaia Kremezi has written many Greek and Mediterranean cookbooks, and her blog “Aglaia’s Table” is a rich resource for traditional Greek recipes.

**<http://kouzinacousins.com>**

Part of a large, extended Greek family, the Kouzina cousins have been blogging delicious recipes from the mainland for years.

## Cookbooks:

Foods of Crete: Traditional Recipes from the Healthiest People in the World  
*Koula Barydakis and Bill Bradley, R.D., L.D.N.*

The Complete Books of Greek Cooking: The Recipe Club of St. Paul’s Orthodox  
*Cathedral St. Paul’s Greek Orthodox Church*

The Foods of the Greek Islands: Cooking and Culture at the Crossroads of the Mediterranean,  
*Aglaia Kremezi*

Ikaria: Lessons on Food, Life, and Longevity from the Greek Island Where People Forget to Die,  
*Diane Kochilas*

