

*Mediterranean Diet Background:* Interest in the Mediterranean diet began in the 1950s with the observation that coronary heart disease caused fewer deaths in Mediterranean countries, such as Greece and Italy, than in the U.S. and northern Europe. Subsequent studies found that the Mediterranean diet is associated with reduced risk factors for cardiovascular disease and stroke.

*What is the Mediterranean Diet?* The Mediterranean diet is a way of eating based on the traditional cuisine of countries bordering the Mediterranean Sea. While there is no single definition of the Mediterranean diet, it is typically high in vegetables, fruits, whole grains, beans, nut and seeds, and olive oil.

*The main components of Mediterranean diet include:*

- Daily consumption of vegetables, fruits, whole grains and healthy fats
- Weekly intake of fish, poultry, beans and eggs
- Moderate portions of dairy products
- Limited intake of red meat and sweets

*Information Source:* [www.mayoclinic.org](http://www.mayoclinic.org)

### **Baked Eggs**

1 tablespoon olive oil  
6 mushrooms, thinly sliced  
½ medium onion, thinly sliced  
¼ teaspoon sea salt  
Freshly ground black pepper, to taste  
4 cups roughly chopped greens  
1 clove garlic, minced, divided  
¾ teaspoon dried Italian Seasoning, crushed  
¼ teaspoon red pepper flakes  
2-4 large eggs

Preheat oven to 400°.

In a heated 8-inch cast iron skillet, add oil. Sauté mushrooms with a pinch of salt until they squeak. Add onion; sauté until they soften. Add garlic then greens; cook until greens are wilted. Drain excess liquid and add the seasonings, mixing them in.

Make 4 wells in the greens and crack the eggs into each well; season with a bit of salt and pepper.

Bake until the eggs are set, 7 to 10 minutes.

Serve with a dollop of whole grain mustard or chunky salsa.



## Mediterranean Kale and Cannellini Stew with Farro

*Recipe Source: Better Homes & Gardens Mediterranean Diet Magazine*

Makes 6 servings (1 1/3 cup each)

2 medium carrots, halved lengthwise and thinly sliced  
1 cup coarsely chopped onion  
1 cup coarsely chopped celery  
4 cloves of garlic, minced  
4 cups reduced sodium vegetable or chicken broth  
1 cup dried farro  
1 (14.5 ounce) can no salt added fire roasted tomatoes, undrained  
½ teaspoon crushed red pepper  
¼ teaspoon salt  
4 cups coarsely chopped green kale or swiss chard  
1 (15 ounce) can no-salt added cannellini beans, rinsed, and drained  
3 tablespoons lemon juice

### Optional Toppings:

½ cup crumbled feta cheese or grated parmesan cheese (2 oz.)  
Chopped fresh parsley or basil, for garnish if desired

### Crock Pot Directions:

1. In a 3 ½ or 4-quart slow cooker combine first nine ingredients (through salt). Cover and cook on high 2-3 hours or until farro is tender but still chewy.
2. Stir in kale, beans and lemon juice. Cover and cook on high 1 hour more.
3. Serve warm with optional toppings. Enjoy!

### Stove Top Directions:

1. Heat oil in a large pot over medium-high heat.
2. Add carrots, onion and celery and sauté 3 minutes. Add garlic and sauté 30 seconds longer.
3. Stir in vegetable broth, tomatoes, farro, red pepper flakes and season with salt to taste.
4. Bring soup to a boil. Reduce heat just below medium.
5. Cover and simmer 20 minutes. Stir in kale and cook 10 - 15 minutes longer until both farro and kale are tender.
6. Adding in cannellini beans and heat through, about 1 minute.
7. Stir in lemon juice and add additional vegetable broth or some water to thin soup as desired (the farro will absorb more liquid as the soup rests).
8. Serve warm with optional toppings. Enjoy!



### **Healthy Baked Salmon**

4 salmon fillets (about 6 ounces each)  
2 tablespoons olive oil  
Salt and pepper, to taste  
2 garlic cloves, minced  
1 teaspoon of Italian seasoning  
1 lemon

1. Preheat oven to 425 degrees and line a large baking sheet with parchment paper. Lightly brush the parchment with olive oil.
2. Arrange salmon fillets on the baking sheet and season with salt and pepper.
3. In a small bowl, stir together olive oil, minced garlic, dried herbs, and the juice of ½ lemon.
4. Brush or spoon olive oil mixture over the top and sides of the salmon.
5. Thinly slice the remainder of the lemon and top each piece of salmon with a slice of lemon.
6. Bake until the internal temperature of the salmon reaches 145°F, about 4-6 minutes per half inch of thickness (measured by the thickest part of the filet). The salmon should be opaque and flaky.
7. Remove slice of lemon, and enjoy alongside your favorite green salad, roasted vegetables, or whole grains!

