

# 20 Italian Recipes to Lose Weight

By Mediterraneanbook.com





# Introduction

Before we get started with the Mediterranean diet ecookbook, you are probably wondering if this type of lifestyle is really going to help you with weight loss and increase your overall health.

I am proof that it does, and there are many **testimonials from readers** of our newsletter that have wonderful success stories about the quality of the Mediterranean lifestyle as well.

Changing my lifestyle made that possible, and it may help to change your life, as well.

Copyright 2012 by MediterraneanBook.com™. All Rights Reserved.

*"At the age of 51 I found myself overweight and needing to lose around 21lbs. I had tried the South Beach Diet but found it too restrictive. I lost 12lbs doing this diet on the first stage but when I went on to the 2nd stage I put it all back on.*

*I found the Mediterranean diet website and found it really interesting; The food plans are really easy to follow. I have very rarely felt hungry and sometimes have a double take on what I have to eat some days as it looks too much but its correct.*

*I have lost 9lbs in four weeks and am going to continue doing the first stage until I have reached my own target weight, I feel good and my clothes feel much better on me, (not bulging at the seams) I am enjoying the variety of healthy foods on the plan which includes fish, pasta, bread, fruit, vegetables, cheeses and lots of olive oil.*

*This is a diet I will definitely stick to as I want to eat healthy, maintain my weight and make this a way of eating for the rest of my life. I have no reservations about recommending this way of eating to anyone. "*

Mary Thomson

# Mediterranean Style Brownies

## Ingredients:

(Makes 22 brownies)

- 9 Oz 70% Dark Chocolate
- 1 Tsp Baking Soda
- 2 Oz. Nuts
- 1/2 Cup Extra Virgin Olive Oil
- 1/2 Cup Soy Milk
- 2 Tbsp Brown Sugar
- 2 Cup Whole Wheat flour

## Directions:

1. Melt the chocolate in a double boiler and add the oil. Work it all with a whisk, until creamy
2. In another bowl, mix the flour, sugar, chopped nuts and baking soda.
3. Combine ingredients in 1) with the ones in 2) and add slowly the soy milk to make the mixture more fluid. (Note: The consistency should be neither too thin nor too thick)
4. Pour a little oil in a pan (to prevent sticking) and pour in the mixture.
5. Level the surface and bake at 350 F for 35/45 minutes.
6. When the cake is ready, cut into 1.5 Oz. squares

Nutritional Facts (Per Serving)	Gr.
Calories	173
Carbs	15
Fiber	3
Fat	12
Protein	3



# Mediterranean Pancake

(Preparation time: 5 minutes Cooking time: 15 minutes)

## Ingredients:

(Makes 8 servings)

- 1 1/2 cups whole wheat flour
- 3 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon raw cane sugar (Optional)
- 1 1/4 cups soy milk
- 1/4 cup applesauce, mashed banana, or a mixture of both
- 2 1/2 tablespoons olive oil

## Directions:

1. In a mixing bowl, sift together the whole wheat flour, baking powder, salt, and raw cane sugar. Make a well in the center and set aside.
2. In another bowl, combine the soy milk, applesauce or banana, and olive oil and mix well.
3. Pour wet ingredients into dry ingredients and mix until just combined. The batter may have lumps.
4. Spray a griddle or frying pan with cooking spray or oil and heat over medium high heat. Pour approximately 1/4 cup of batter onto the hot pan for each pancake.
5. Cook until edges look dry and bubbles appear on the surface.
6. Flip over and cook until browned.
7. Serve hot, with fruit topping.

Nutritional Facts (Per Serving)	Gr.
Calories	145
Carbs	21
Fiber	3
Fat	5.4
Protein	4



# Whole Wheat Biscuits

(Preparation time: 20 minutes Cooking time: 12 minutes)

## Ingredients:

(Makes 12 servings)

- 2 cups of whole wheat flour
- 1 tbs. baking power
- 1/4 tsp. salt
- 3/4 cup dry soy, almond or oat milk
- 1/3 cup olive oil

## Directions:

1. Preheat oven to 450 degrees F.
2. In a medium sized mixing bowl stir together all of the ingredients save the olive oil. Then, sprinkle in the olive oil a bit at a time. Toss and mix with a fork until the dry ingredients are moistened.
3. Turn the dough out on a lightly floured surface. Then, with floured hands knead the dough, folding about a dozen times until it's smooth. With hands or rolling pin roll the dough till it's about a 1/2 inch thick. Flour a two and a half inch biscuit cutter and use to cut out the biscuits.
4. Place the biscuits about an inch apart on an ungreased cookie sheet. Bake for 10 to 12 minutes or until golden. Then, remove the biscuits from the cookie sheet and serve hot.

Nutritional Facts (Per Serving)	Gr.
Calories	100
Carbs	15
Fiber	3
Fat	6
Protein	3



# Refreshing Smoothie

(Preparation time: 20 minutes )

## Ingredients:

(Makes 2 servings)

- 1 Cup black seedless grapes
- 1 Cup green seedless grapes
- 1 Cup strawberries
- 1 Medium ripe banana
- ½ Cup plain yogurt
- 1 Tbsp honey
- ½ Cup ice (Optional)

## Directions:

1. Rinse your fruit thoroughly.
2. Place the fruit in a blender and mix on high until all of the fruits are well blended.
3. Add the yogurt and honey (and ice).
4. Blend again and enjoy.

Nutritional Facts (Per Serving)	Gr.
Calories	209
Carbs	48
Fiber	4
Fat	2
Protein	5



# Mediterranean Pasta Salad

(Preparation time: 20 minutes Cooking time: 15 minutes)

## Ingredients:

(Makes 6 servings)

- 1 cup whole wheat pasta
- 1 cup fresh spinach leaves, stems removed
- ¼ cup kalamata olives, pitted and halved
- 1 cup roma or vine-ripened tomato, diced
- 1 cup orange and yellow sweet peppers, diced
- ¼ cup toasted Mediterranean pine nuts
- 1 T garlic
- 2 T extra virgin olive oil
- sea salt and cracked pepper to taste
- Optional: balsamic for sweeter pasta salad, avocado oil to add richness

## Directions:

1. Bring lightly salted water to boil. Add pasta and cook until al dente or according to package directions.
2. While the pasta is cooking, chop tomatoes and peppers, halve the pitted olives, and remove the stems from the spinach leaves. Combine the vegetables in a large bowl. Carefully drain the pasta and pour over the vegetables while still warm to allow the spinach to wilt slightly.
3. Using a small skillet, lightly toast pine nuts until golden brown, being careful not to burn them. Add garlic, olive oil, sea salt, and cracked pepper to taste, and lightly toss.
4. If a sweeter pasta salad is preferred, add a splash of balsamic vinegar.
5. To add richness to the pasta salad, drizzle with avocado oil. Serve warm or cover and refrigerate. Top with toasted pine nuts before serving.

Nutritional Facts (Per Serving)	Gr.
Calories	254
Carbs	27
Fiber	3
Fat	14
Protein	6



# Fresh Vegetable Pasta Salad

(Preparation time: 20 minutes Cooking time: 15 minutes)

## Ingredients:

(Makes 4 servings)

- 8 ounces dry, whole-wheat small pasta (rotini, shells, etc.) (\*)
- 1 teaspoon Extra Virgin Olive Oil
- 1 cup onion, chopped
- 2 garlic cloves, chopped
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 4 cups fresh spinach, chopped
- 1/2 cup sliced or slivered almonds
- 1/4 teaspoon ground black pepper
- salt to taste

## Directions:

1. Bring water to a boil according to package directions for the pasta.
2. Heat oil in a skillet over medium-high heat. Add onion and cook 2 minutes. Add garlic and cook 1 minute. Add bell pepper and cook 5 minutes. Add spinach to wilt and remove from heat. Allow to cool while boiling pasta according to package directions (approximately 7 minutes).
3. Drain pasta and cool under cold water.
4. Combine the vegetable mixture, pasta, almonds, black pepper, and salt.
5. Refrigerate or serve.

Nutritional Facts (Per Serving)	Gr.
Calories	339
Carbs	53
Fiber	7.5
Fat	9
Protein	11.5



# Mediterranean Style Burritos

(Preparation time: 15 minutes Cooking time: 12 minutes)

## Ingredients:

(Makes 4 servings)

- 2T extra virgin olive oil
- 1 red bell pepper
- 1 yellow bell pepper
- 1 red onion
- 1 zucchini
- 1 can black beans
- 1 can diced tomatoes
- 1c cooked brown rice or quinoa
- 2t ground cumin
- 1T chili powder
- 1/2t salt
- ground black pepper to taste
- gluten free tortillas (brown rice or sprouted grain tortillas work well)

## Directions:

1. Remove seeds from peppers and thinly slice all vegetables.
2. Rinse and cook rice or quinoa.
3. Heat olive oil in a large skillet. Saute peppers and onions until soft, about 4 minutes. Then add zucchini, cumin, chili powder, salt and pepper, stir and cook for 2 more minutes. Add canned tomatoes (fire roasted tomatoes work nicely) and stir to incorporate. Reduce heat, cover, and continue cooking for an additional 5 minutes.
4. Finally, remove from heat, add black beans to skillet and mix thoroughly.
5. Heat individual tortilla shell to soften, add one scoop of the veggie and bean mixture to the bottom portion of the tortilla.
6. Then top with one scoop of the cooked brown rice or quinoa and roll up into a burrito.

Nutritional Facts (Per Serving)	Gr.
Calories	318
Carbs	56
Fiber	6
Fat	6
Protein	12



# Mediterranean Garlic Bread Pizza

(Preparation time: 120 minutes Cooking time: 20 minutes)

## Ingredients:

(Makes 4 servings)

- 1 cup hot water
- 1 package active dry yeast
- 1 Tablespoon whole cane sugar
- 2 cups whole wheat flour
- 3/4 teaspoon salt (You can use less for low sodium)
- 1 Tablespoon extra virgin olive oil
- 2 small cans tomato paste without salt
- 3 Tablespoons water
- 1 teaspoon to 1 Tablespoon chopped garlic
- 1 teaspoon dried oregano

## Directions:

1. In a large mixing bowl, combine the 1 cup hot water, sweetener, salt and yeast. Make sure the water is warm to the touch, but not scalding. Allow to rest for 5 minutes for the yeast to bloom.
2. Add the 2 cups of whole-wheat flour and oil to the yeast mixture and mix well until all ingredients are incorporated, and the dough is springy. Cover with plastic wrap and place in a warm place to rise until double, about 1 to two hours.
3. Pre-heat your oven to 425 degrees.
4. Punch the dough down to deflate it. Press the dough into a greased 15 by 10 by 1 inch pan or a 12-14 inch pizza pan. Pinch the edges to form a rim. Cover with plastic wrap and allow to rise for 20 minutes.
5. While the dough is rising, mix the tomato paste, water, chopped garlic and dried oregano in a small bowl. If you are using fresh vegetables, add them to the pizza sauce and stir well to coat. This will prevent them from drying out during baking.
6. Spread the pizza sauce over the bread dough and bake for 15 to 20 minutes, or until the crust is a light gold color and crisp, and the toppings are tender.

Nutritional Facts (Per Serving)	Gr.
Calories	320
Carbs	63.5
Fiber	11.8
Fat	5
Protein	12.6



# Pasta With Pesto

(Preparation time: 6 minutes Cooking time: 10 minutes)

## Ingredients:

(Makes 8 servings)

- 3/4 cups basil leaves
- 1/2 cup shredded parmesan cheese
- 3 tablespoons pine nuts
- 2 cloves of peeled garlic
- Pinch of salt
- Pinch of pepper
- 1/3 cup extra virgin olive oil
- 12 ounces of whole wheat pasta
- 2 diced tomatoes

## Directions:

1. In a food processor, add your fresh basil leaves, the 1/2 cup parmesan and pine nuts along with the salt and pepper.
2. Run the machine at medium speed while drizzling in your olive oil as the ingredients are blending to create a smooth paste. Be sure to run your food processor until the ingredients are entirely blended. If you need more olive oil for your preferred consistency, then adding more oil won't affect the flavor.
3. Boil water and cook your pasta until it is prepared al dente. After your pasta has cooked to the right firmness, drain it in a colander and pour the pasta into a medium size serving bowl.
4. Scoop your pesto sauce over the pasta and allow it to soak into the noodles. Also, add your tomatoes and serve the dish immediately.

Nutritional Facts (Per Serving)	Gr.
Calories	384
Carbs	29
Fiber	2.4
Fat	15
Protein	12



# Italian Lasagna

(Preparation time: 30 minutes Cooking time: 30 minutes)

## Ingredients:

(Makes 6 servings)

- 1 large onion
- 1 clove garlic
- 2 tablespoons oil
- 1 teaspoon salt
- 1 can (6 ounces) tomato paste
- 1 cup Meat Stock, bouillon, or water
- 6 ounces wide noodles
- 1 pound skim milk dry cottage cheese
- 1/2 cup skim milk
- 4 ounces Mozzarella cheese (“Pizza cheese”)
- 1/4 cup grated Parmesan cheese

## Directions:

1. Chop 1 large onion and 1 clove garlic, brown in 1 tablespoon oil, add 1 teaspoon salt, 1 can tomato paste, and 1 cup Meat Stock, bouillon, or water, and simmer for half an hour.
2. Meanwhile, bring to a boil 3 quarts salted water.
3. Cook 6 ounces wide noodles in the rapidly boiling water until tender (12-15 minutes). Drain and rinse with cold water.
4. Mix 1 pound dry cottage cheese with 1/2 cup skim milk and 1 tablespoon oil.
5. Slice thinly 4 ounces Mozzarella cheese.
6. Alternate in an oiled baking dish layers of noodles, Mozzarella slices, cottage cheese mixture, tomato sauce, and a sprinkling of grated Parmesan cheese until all ingredients are used, topping with grated cheese.
7. Back in a 375-degree oven for 30 minutes.

Nutritional Facts (Per Serving)	Gr.
Calories	352
Carbs	29
Fiber	2.4
Fat	10
Protein	27



# Macaroni With Cheese and Tomato

(Preparation time: 5 minutes Cooking time: 20 minutes)

## Ingredients:

(Makes 4 servings)

- 1 3/4 cups uncooked elbow macaroni
- 1 tablespoon margarine
- 2 tablespoons flour
- 1 1/4 cups skim milk
- 1/2 teaspoon dry mustard
- 1/8 teaspoon fresh ground pepper
- 1 teaspoon Worcestershire sauce
- 1/8 teaspoon hot sauce
- 1 1/2 cups grated reduced-fat cheddar cheese
- 3 tablespoons small cherry tomatoes cut in half
- 1/4 teaspoon basil

## Directions:

1. Cook your pasta by following the directions on the package.
2. However, don't add the salt or oil.
3. After the macaroni is thoroughly cooked, strain the noodles and set them aside.
4. Next, in a regular sized pan, melt the margarine and add the flour.
5. You'll need to cook the flour for one minute.
6. Turn off the heat and add the dry mustard, pepper and Worcestershire sauce.
7. Then, stir in the cheddar cheese and allow it to melt.
8. Lastly, spread the Parmesan cheese over the top and add the tomatoes and basil.

Nutritional Facts (Per Serving)	Gr.
Calories	253
Carbs	25
Fiber	2.4
Fat	8.5
Protein	20



# Spicy Broth with Avocado

(Preparation time: 10 minutes Cooking time: 60 minutes)

## Ingredients:

(Makes 4 servings)

- 1 or 2 fresh jalapeno chilies (about 3/4 oz. each)
- 1 quart fat-skimmed chicken or vegetable broth
- 2 strips (1/2 by 3 in.) lime rind (green part only)
- 1 firm-ripe avocado (3/4 lb.)
- 2/3 cup diced Roma tomatoes (optional)
- 2 tablespoons lime juice
- 2 tablespoons fresh cilantro leaves
- Salt

## Directions:

1. Rinse chilies and cut in two lengthwise. Put 2 chili halves, broth, and lime rind in a 3 – to 4 – quart pan over high heat; reduce heat to low, cover, bring to a boiling point, and simmer five minutes. Flavor broth and, if desirable, add more chili and simmer, covered, 5 minutes longer.
2. Meanwhile, pit and peel avocado. Arrange equal parts of avocado and tomatoes in all of 4 broad, shallow bowls.
3. With a slotted spoon, raise chili and lime rind from broth and discard. Stir lime juice in to broth. Gently ladle broth around tomatoes and avocado in bowls. Sprinkle with cilantro leaves. Add salt to taste.

Nutritional Facts (Per Serving)	Gr.
Calories	142
Carbs	6
Fiber	1.4
Fat	9.8
Protein	9.4



# Lentil Soup

(Preparation time: 10 minutes Cooking time: 70 minutes)

## Ingredients:

(Makes 12 servings)

- 3 tbsps olive oil
- 6 celery ribs (1/2 inch dice)
- 3 carrot (peeled, 1/2 inch dice)
- 2 chopped onions
- 1 lb dried red lentils
- 1/4 cup long grain white rice
- 12 cups water
- 1 tbsp lemon pepper seasoning
- 1 tbsp seasoned salt
- 2 tsps salt
- 1 1/2 tsps ground black pepper
- 1/2 tsp ground cumin (optional)
- 1/4 cup fresh lemon juice
- fresh parsley (optional)
- 2 tbsps butter (optional)
- 1 tsp dried mint (optional)

## Directions:

1. Add the olive oil to a stockpot. Heat the oil over medium-high heat.
2. Add the carrots, celery and onions and saute them for 10 minutes or until they have begun to turn tender and the onions have begun to caramelize.
3. Add the red lentils, the rice and the water to the pot. Stir to combine the ingredients. Cover the pot and allow the ingredients to come to a boil.
4. Turn the burner to to medium-low. Simmer the soup for 25 minutes, or until the lentils are soft. Stir occasionally.
5. Remove the cover and add the lemon pepper, seasoned salt, salt, pepper, and cumin. Continue simmering for 20 minutes.
6. Add the lemon juice and stir it in.
7. Melt the butter in a separate saucepan, if you are using it. Add the mint to the butter and stir.
8. Serve the lentil soup in bowls. Add the minted butter to each bowl, if you are using it. Add parsley to garnish.

Nutritional Facts (Per Serving)	Gr.
Calories	233
Carbs	6
Fiber	1.4
Fat	6
Protein	12



# Spinach Ring

(Preparation time: 20 minutes Cooking time: 40 minutes)

## Ingredients:

(Makes 4 servings)

- 1 ½ Pounds spinach
- 4 Tablespoons powdered soy or rice milk
- 1 Cup water
- 1 Teaspoon salt
- ½ Cup bread crumbs
- 1 Pound fresh mushrooms
- 1 Cup boiling water
- 1 Tablespoon oil
- 2 Tablespoons whole-wheat flour mint (optional)

## Directions:

1. Preheat oven to 325 degrees Fahrenheit
2. Wash, drain, and chop spinach. Set aside. In a large bowl, combine water, salt and powdered milk. Add breadcrumbs and spinach. Mix to combine.
3. Place mixture in a small casserole dish or 7-inch ring mold. Place this dish into a larger pan and fill with hot water until halfway up the casserole dish. I prefer to put the water into the pan after I put the pan in the oven.
4. Bake for 25 minutes in 325-degree oven.
5. Clean and slice mushrooms. Place them in a bowl and cover with boiling water. Let sit for 10 minutes.
6. Drain mushrooms but reserve the liquid.
7. Saute mushrooms in oil over medium heat for fifteen minutes, stirring occasionally.
8. Add flour to the pan and cook for a few minutes to remove the raw flour taste, stirring often.
9. Add reserved liquid and stir to combine, cooking over medium heat until desired thickness is reached. For a thinner sauce, sue more liquid, for a thicker sauce, use less liquid.
10. Serve mushroom sauce over spinach for an enjoyable side dish.

Nutritional Facts (Per Serving)	Gr.
Calories	158
Carbs	6
Fiber	1.4
Fat	5
Protein	8



# Foil-Wrapped Chicken

(Preparation time: 30 minutes Cooking time: 30 minutes)

## Ingredients:

(Makes 4 servings)

- 1 whole chicken
- 1/2 lb. fresh mushrooms
- 1/2 clove garlic
- 1 small onion
- 3 fresh parsley sprigs
- 1 tablespoon extra virgin olive oil
- salt and pepper

## Directions:

1. Wash the chicken thoroughly, then pat dry. Place on a clean surface with the breast side up. Sever the wing tips with a sharp kitchen knife. Cut along one side of the breastplate, slicing into the inner breast along the ribcage. Pull the breast away from the chicken as you cut. Sever straight through the shoulder; the breast should come off with the wing still attached. Cut into the chicken leg near the body until you reach the bone. Pull the leg behind the chicken, pressing your fingers into the resistant joint until it pops from the socket. Save the carcass to use in chicken stock.
2. Wash each of the mushrooms using the faucet. Slice them into 1/2 inch pieces, trimming off and discarding the bottom of each stem. Mince the garlic. Finely chop the onion and parsley.
3. Combine the parsley, onion and garlic in a medium bowl. Add the mushrooms and toss them with the mixture. Rub each piece of chicken with olive oil on both sides and sprinkle liberally with salt and pepper. Place one piece of chicken onto a square of aluminum foil. Add a quarter of the mushroom mixture to each packet and fold them shut. Seal the foil packets by triple-folding the edges. Lightly grease a 16x9 baking pan and place the foil packets inside. Place it in the oven (or cook over hot coals as in the traditional manner) for 30 minutes. After removing from oven, unfold one packet containing a chicken breast and insert a meat thermometer into the thickest part of the breast. If the temperature is less than 165 degrees, return the chicken to the oven for another 5-10 minutes.

Nutritional Facts (Per Serving)	Gr.
Calories	290
Carbs	6
Fiber	0.3
Fat	14
Protein	35



# Chicken Chili

(Preparation time: 120 minutes Cooking time: 10 minutes)

## Ingredients:

(Makes 6 servings)

- 4 cups onions, chopped
- 1/8 cup olive oil, plus an ounce or so more for chicken
- 2 cloves garlic, minced
- 2 yellow bell peppers, chopped
- 2 red bell peppers, chopped
- 1 tsp. each of chili powder and ground cumin
- ¼ tsp. each of red pepper flakes and cayenne pepper
- 1 tsp. of salt, plus a sprinkle for chicken
- 2 28 ounce cans of whole tomatoes, undrained and pureed
- ¼ cup of fresh basil, minced
- 4 split chicken breasts with skin
- Fresh ground black pepper

## Directions:

1. Cook the onions in a 2 quart pot over medium heat for 10 minutes, or until they are soft and translucent. Add the minced garlic, and cook for another minute. Stir in chopped bell peppers, salt, and all the spices. Cook for another minute. Add pureed tomatoes and stir in the basil. Bring the mixture to a gentle boil, and then reduce to a simmer. Continue to simmer the chili for thirty minutes, stirring occasionally.
2. Preheat the oven to 350 degrees while the chili simmers. Rub the chicken with olive oil and the salt. Place the chicken on a baking sheet and place in oven. Roast the chicken for about 40 minutes, or until juices run clear. Once the chicken is cooked, let the chicken sit and cool for a few minutes.
3. When the chicken is cool enough to handle, pull the meat off the bones, and cut into one-inch chunks. Add the chicken to the pot of chili, and let it simmer for another 20 minutes uncovered.
4. Serve the chili hot

Nutritional Facts (Per Serving)	Gr.
Calories	217
Carbs	5
Fiber	0.3
Fat	6
Protein	20



# Grilled Chicken Pasta

(Preparation time: 7 minutes)

## Ingredients:

(Makes 1 servings)

- 2/3 cup of brown rice pasta, cooked
- 1/2 grilled chicken breast
- 1 garlic clove, crushed
- 1 dash of sea salt
- 2/3 cup of broccoli, steamed
- 1/4 cup of Parmesan cheese, grated
- 1 cup baby spinach

## Directions:

1. In a small pot lightly steam broccoli.
2. While the broccoli is steaming, on a dinner plate, place cooked pasta, chicken, crushed garlic, and salt.
3. Place plate in microwave to heat it.
4. Add steamed broccoli the mixture on the plate.
5. Grate cheese over the top.
6. Sprinkle spinach on top of the cheese.
7. Enjoy!

Nutritional Facts (Per Serving)	Gr.
Calories	210
Carbs	15
Fiber	2
Fat	9
Protein	26



# Pasta, Chicken, Beans and Mushrooms

(Preparation time: 10 minutes Cooking time: 30 minutes)

## Ingredients:

(Makes 4 servings)

- 2 boneless, skinless chicken breasts, 4 ounces each
- 1 tablespoon olive oil
- 1/2 cup chopped white onion
- 1 cup sliced mushrooms
- 1 cup white beans, cooked
- 2 tablespoons chopped garlic
- 1/4 cup chopped fresh basil
- 12 ounces uncooked rotelle pasta (Whole)
- 1/4 cup Parmesan cheese
- Ground black pepper, to taste

## Directions:

1. Pre-heat the oven @ 350 for 10 mins. Then cook the chicken @ 350 for 30 minutes or 375 for 20 minutes or cook until the exterior is browned and the interior of the chicken is cooked through (juices should no longer appear bloody). The most interior part of the chicken breast should be 165o F.
2. Once the chicken has been sufficiently heated, transfer to a cutting board and allow it to cool for 5 minutes prior to cutting into strips.
3. In a large skillet (preferably non-stick), pour in olive oil. Sauté vegetables including mushrooms and white onions until tender, about 5 minutes. Add the cooked white beans, fresh basil, garlic and grilled chicken strips. Stir well to make the mixture homogeneous and keep it warm on the stovetop at a low temperature.
4. Next, fill a large saucepan ¾ full with water and bring to a boil. Add dry pasta and cook in boiling water according to package directions, around 10 to 12 minutes.
5. When pasta has finished cooking, drain it thoroughly. Next, add the pasta to the chicken mixture on the stovetop.
6. Serve immediately, garnishing with black pepper and one tablespoon of Parmesan cheese.

Nutritional Facts (Per Serving)	Gr.
Calories	408
Carbs	5
Fiber	0.3
Fat	7
Protein	28



# Bean Patties

(Preparation time: 10 minutes Cooking time: 30 minutes)

## Ingredients:

(Makes 4 servings)

- 1 cup dried red kidney beans, soaked overnight in 1 quart of water
- 2 tablespoons oil
- 1/2 cup chopped chives, shallots and/or parsley
- 1 lemon

## Directions:

1. Cook pre-soaked beans in vegetable stock over a low flame until very tender. Drain off the stock and set it aside. (Vegetable stock is naturally low in sodium and preservative free and is easy to make at home simply by boiling onions, carrots, celery, tomatoes, potatoes, and any other vegetables you have on hand. )
2. Heat two tablespoons of oil in a skillet, then add ½ cup of parsley, chives, shallots or any mixture of the three, then add the beans.
3. Mash all of the beans with a fork then add the stock, stirring occasionally.
4. When almost all the water has evaporated from the pan, form the mixture into patties. Serve with a slice of lemon.

Nutritional Facts (Per Serving)	Gr.
Calories	240
Carbs	8
Fiber	3
Fat	7.75
Protein	10.3



# Veggie Burger

(Preparation time: 5 minutes Cooking time: 10 minutes)

## Ingredients:

(Makes 8 servings)

- 4 garlic cloves (minced)
- 3-4 tablespoons olive oil
- 8 large Portobello mushrooms
- 8 slices reduced fat Provolone cheese
- 8 crusty rolls (split)
- 2/3 cup basil pesto
- 3 cups arugula
- 2/3 cup sun-dried tomatoes in olive oil (drained and chopped)
- 1/4 cup sliced black olives (optional)
- Salt and pepper (optional)

## Directions:

1. Preheat your grill to medium-high. Mix the oil and garlic in a bowl, and brush the mixture on the mushrooms. Season the mushrooms with salt and pepper. Grill the mushrooms for about 5-7 minutes stalk side down or until they are tender.
2. Flip the Portobellos over and top with Provolone cheese. Cook covered for about 3 minutes or until the cheese has melted. Remove from the grill. Cut the rolls in half and grill cut sides for a minute or two to brown.
3. Assemble your veggie burger by spreading pesto on the bottom of the roll. Top with arugula, sun-dried tomatoes and olive slices.

Nutritional Facts (Per Serving)	Gr.
Calories	251
Carbs	8
Fiber	3
Fat	6.4
Protein	7.3





## Closing Thoughts

Thanks for reading our free ecookbook. If you liked it...**you'll absolutely love our 28 days Mediterranean diet plan** and the cookbook with **over 100 healthy Mediterranean recipes.**

The only thing left now is for you to take action. We can tell you what to do and how to do it, but we can't make you do it.

That's up to you.

We will close out by reminding you of a wise saying we learned years ago that has monumentally changed our lives...

***There are only two ways to get to the top of an oak tree:***

***One is to sit on an acorn and wait.***

***The other is to start climbing...***

***...See you at the top!***

Copyright 2012 by MediterraneanBook.com™. All Rights Reserved.

*"I just wanted to spread the good word about this diet and this website! I've used the information given to me and it has been very helpful! To date, I have lost 30lb!!*

*All it takes is changing your lifestyle. I took a good look at what I was eating and the way it made me feel, which was horrible. I feel so much better now and I am amazed by the difference in my cholesterol levels, my vitamin D level has climbed back up quickly, too.*

*I've also become addicted to Hummus!! lol*

*Thanks everyone !!"*

*Christi S.*

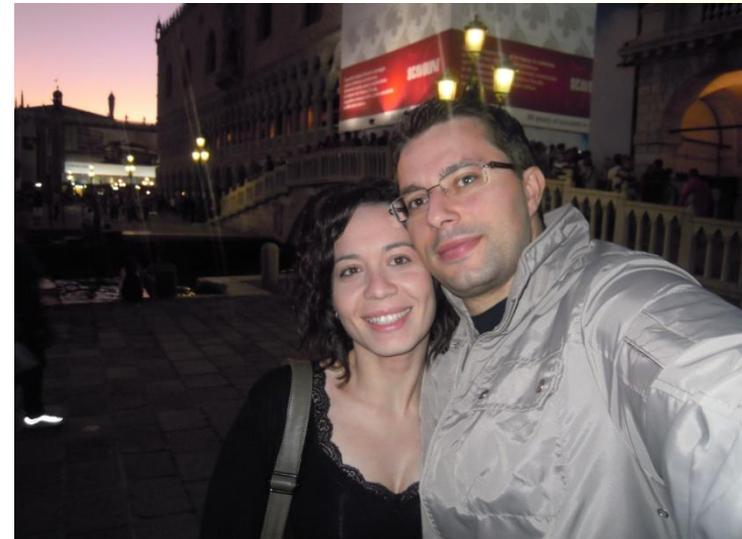


## About the Authors

Enrico Forte is a certified nutrition and wellness consultant and member of the Alliance for Natural Health USA (<http://www.anh-usa.org/>).

It's since 2004 that Enrico and his wife Valerie use [Mediterraneanbook.com](http://Mediterraneanbook.com) to help people change their eating lifestyles.

They are Italians, and the same principles in the ebook have worked for their families for centuries.



### **Contact Us:**

- [support@mediterraneanbook.com](mailto:support@mediterraneanbook.com)
- [Follow us on Twitter](#)
- [Become a Facebook Fan](#)
- [Connect with Google Plus](#)



## Disclaimer & Terms of Use

The information contained in this material (including, but not limited to any manuals, CDs, recordings, MP3s or other content in any format) is based on sources and information reasonably believed to be accurate as of the time it was recorded or created. Mediterraneanbook.com does not assume any liability for the information contained herein, whether by its author, affiliates, associates of this website, or all its publications, emails, e books, programs and/or newsletters. **The information contained herein reflects only the opinion of the author and is in no way to be considered as medical advice.** The information provided by this Web Site or this company is not a substitute for a face-to-face consultation with your physician, and should not be construed as individual medical advice. If a condition persists, please contact your physician. **Consult with your doctor before you begin any nutrition program and change in your lifestyle.** This site is provided for personal and informational purposes only. **This site is not to be construed as any attempt to either prescribe or practice medicine.** Neither is the site to be understood as putting forth any cure for any type of acute or chronic health problem. You should always consult with a competent, fully licensed medical professional when making any decision regarding your health. Mediterraneanbook.com cannot guarantee that this site or all its publications and programs are error-free and secure. These terms and conditions may change at any time. It is your responsibility to check for updates regularly. This e book and all of its content, programs and publications are to be used solely at your own risk. The owners of this site shall not be liable for any damages or injury resulting from your access to, or inability to access, this Internet site, or from your reliance upon any information provided on this site. You understand that mediterraneanbook.com expresses no guarantee or warranty about any of its publications, products, programs, content and any other item stemming from this site. **By accessing the website and/or its publications and programs, you agree to the legal notice, disclaimer, and terms of service stated above.** If you do not agree with any part of it, please discontinue use of the site, its publications, programs and any other information related to Mediterraneanbook.com immediately.