A HANDS-ON COOKING CLASS

MEDITERRANEAN MEALS

COOKING ACROSS *Cultures*

SEPTEMBER 29

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Nutrition Facts by Nutritionist

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HERBY GREEK MEATBALLS
SERVES 4

INGREDIENTS

- *For the meatballs*
- 1/2 cup slivered almonds
- ½ cup arugula
- ¾ cups fresh herbs (dill or parsley)
- 1 onion, quartered
- 1 large garlic clove, peeled
- 1 lb. ground lamb, beef, pork or a combo
- 1 tablespoon olive oil
- 1 tsp salt
- Freshly ground black pepper

INSTRUCTIONS

1. Heat oven to 400°F.
2. In a Cuisinart, pulse almonds; transfer to a bowl.
3. Pulse arugula and herbs; add to bowl.
4. Process onion and garlic until finely chopped.
5. Add meat, olive oil, salt, and pepper; mix until combined.
6. Scoop with a small ice cream scoop onto a parchment-lined sheet pan.
7. Bake 12 minutes.

EQUIPMENT

- mini food processor or box grater
- large bowl
- mixing spoon
- cutting board
- chef knife
- sheet tray

SUPERFOOD HIGHLIGHT

Olive oil is a source of healthy monounsaturated fats and antioxidants like polyphenols. It supports heart health and reduces inflammation.

Nutrition Facts

Servings per recipe: 4

Serving size **2 meatballs (about 2.7 oz / 75g)**

Amount per serving

Calories **210**

	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 55mg	**18%**
Sodium 290mg	**13%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 1g	**4%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 16g	**32%**
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 2mg	10%
Potassium 300mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

TZATZIKI
MAKES 2 CUPS

INGREDIENTS

- *1 english cucumber*
- *1 tsp Kosher salt*
- *2 garlic cloves, finely grated or minced*
- *1 tsp distilled white vinegar*
- *1 tbsp Olive oil*
- *2 cups Greek yogurt*
- *Handful of chopped fresh dill and/or mint*
- *Freshly ground pepper*

INSTRUCTIONS

1. Using a small food processor, finely chop cucumber. Toss the cucumbers in ½ tsp kosher salt.
2. In a medium bowl, place the grated garlic with the remaining ½ tsp salt, white vinegar, and olive oil. Mix to combine.
3. Add cucumber, greek yogurt, and herbs.
4. Season with salt and pepper to taste.

EQUIPMENT

- Food processor
- Rubber spatula
- microplane
- measuring spoons
- measuring cups
- medium bowl

SUPERFOOD HIGHLIGHT

Cucumber: Crisp, hydrating and packed with antioxidants—cucumber supports hydration, digestion and an everyday healthy glow.



Nutrition Facts

Serving size	**1 Tbsp (15g)**
Servings per recipe: 32	
Amount per serving	
Calories	**20**
	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 30mg	**1%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 1g	**2%**
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 0mg	0%
Potassium 30mg	0%

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MIDDLE EASTERN LEMON ORZO
SERVES 4

INGREDIENTS

- *1 cup orzo*
- *1 lemon, juiced and zested*
- *Olive oil*
- *1 garlic clove, peeled and finely grated*
- *½ cup panko or GF panko*
- *Grated parmesan to taste*
- *½ cup dill, parsley or mint (or a combo)*

INSTRUCTIONS

1. Bring a medium pot of salted water to a boil. Add the orzo and cook until al dente according to package directions. Drain the orzo. Keep the pot, wipe it out and reserve the pot for the 3rd step
2. Add the drained orzo to a bowl and drizzle with olive oi and lemon juice to lightly coat. Set aside while you toast the bread crumbs.
3. In the reserved pot, heat 1 tablespoon of oil over medium heat. Add the panko and cook, stirring, until golden brown, 3 to 5 minutes.
4. Remove from heat, then stir in the garlic and season with salt and pepper.
5. Stir herbs, zest into the orzo, taste, then season with salt, pepper and additional lemon juice, if desired. Top with the toasted bread crumbs and a light dusting of grated Parmesan if you like. Serve warm or at room temperature.

EQUIPMENT

- Medium pan
- Wooden or plastic Spoon
- Sieve or strainer
- Serving bowl
- Chef knife
- Butting board

SUPERFOOD HIGHLIGHT

Orzo: A satisfying source of complex carbs, plant-based protein, B vitamins and iron to support steady energy and overall wellness

Nutrition Facts

4 servings per recipe

Serving size	**1/2 cup cooked (113g)**
Amount per serving	
Calories	**160**
	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 110mg	**5%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 1g	**4%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 4g	**8%**
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 0.6mg	4%
Potassium 60mg	1%

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SERBIAN TOMATO ONION SALAD
SERVES 4

INGREDIENTS

- *1 ½ lbs tomatoes or 4 medium vine-ripened tomatoes*
- *1 seedless cucumber, peeled and cut into chunks*
- *1 small sweet white onion, cut into half moons*
- *1 green bell pepper*
- *Scallion*
- *Greek feta packed in water*
- *1 tbsp distilled vinegar or red wine vinegar*
- *2 tbsp olive oil*
- *½ tsp Salt*
- *Freshly ground Pepper*

INSTRUCTIONS

1. Thinly slice onions in half moons and soak in cold water.
2. Cut tomatoes and cucumber into chunks.
3. Cut Green bell pepper into squares.
4. Dice scallion.
5. In a large bowl combine tomatoes, onion, cucumber, scallion, green bell pepper, vinegar and oil.
6. Crumble Feta over top.
7. Season with salt and pepper.

EQUIPMENT

- Medium pan
- Wooden or plastic Spoon
- Sieve or strainer
- Serving bowl
- Chef knife
- Butting board
- Microplane or grater

SUPERFOOD HIGHLIGHT

Tomatoes are packed with lycopene, a powerful antioxidant that protects against heart disease and cancer. They're also rich in vitamin C.

Nutrition Facts

4 servings per recipe

Serving size	**3/4 cup (113g)**
Amount per serving	
Calories	**60**
	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 170mg	**7%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 1g	**4%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein 3g	**6%**
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 0.4mg	2%
Potassium 215mg	4%

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GROCERY LIST

Produce

1/2 cup slivered almonds

arugula

1 large bunch dill

1 bunch flat-leaf parsley

mint

1 onion

1 head garlic

2 English cucumber

1 cup orzo

1 lemon

1 ½ lbs tomatoes or 4 medium vine-ripened tomatoes

1 small sweet white onion

1 green bell pepper

Scallion

Grocery

olive oil

panko or GF panko

parmesan

distilled white vinegar

Dairy

2 cups Greek yogurt

Greek Feta packed in water

Meat

1 lb. ground lamb, beef, pork or a combo