



Summer Recipes



Contents

Introduction and cooking abbreviations	2
Summer Mediterranean diet recipes:	
Breakfast	
Melon with crunchy yoghurt	4
Tomato, Basil and Parmesan Scrambled Egg	5
Tropical fruit salad	6
Lunch	
Tuna salad with feta cheese	8
Mediterranean beans on toast	9
Pasta with spinach, beans and nuts	10
Mediterranean salad with sardines	11
Simple cheese and tomato pizza	12
Pancetta wrapped fish	13
Dinner	
Chicken paella	15
Simple salad	16
Mediterranean fish pasta	17
Lemon and herb pork	18
Lasagne	19
Lemon and olive pasta	20
Mediterranean chicken skewers	21
Baked salmon	22
Dessert	
Pineapple and passion fruit muffins	24
Example 7-day Mediterranean meal plan	25

Introduction

This book contains adaptable everyday meal ideas and recipes for following a healthy diet based on a Mediterranean style diet. These are recipes using foods which are in season in summer but can be enjoyed at any time of the year.

For each recipe, an ingredient list, step by step method and an approximate meal cost is given.

Timings given are also approximate, so should be used as a guide only. Preparation timings may vary depending on techniques used by different people and cooking times may also vary.

These recipes are suggestions for you to try and the ingredients used can also be changed to suit your preferences. No specialist equipment is required to make these recipes.

Most recipes are designed to serve two people. If you wish to make a recipe for one person, the ingredients should be halved. E.g. 150g pasta for two people would mean 75g would serve one person.

Cooking abbreviations

tbs: tablespoon

tsp: teaspoon

oz: ounce

fl oz: fluid ounce

pt: pint

lbs: pounds

Breakfast



Melon with Crunchy Yoghurt

Ingredients

(Serves 1)

.....
½ **honeydew or cantaloupe melon**,
flesh removed and cut into chunks
.....

150g natural yogurt
.....

30g **walnuts/ almonds/ hazelnuts**
.....

Instructions

Prepare the melon and place in a bowl, pour yoghurt over and top with nuts.

(Prepare in 10 minutes)

Contains 2 key Mediterranean diet foods

Tip

This recipe can be varied using different types of fruit or different flavours of yoghurt.

.....
Total meal cost: £1.50

Cost per serving: 75p
.....

Tomato, Basil and Parmesan Scrambled Egg

Ingredients (Serves 1)

.....
1 plum tomato

.....
1 tbsp olive oil spread

.....
1 tbsp grated parmesan

.....
2 large eggs

.....
2 slices of wholegrain bread

.....
A few basil leaves

Instructions

Cut a plum tomato into wedges and cook in the olive oil spread for about a minute.

Stir 1 tbsp of grated Parmesan into the eggs then add to the pan and scramble.

Spoon the eggs onto a serving plate. Scatter over a few torn basil leaves, some extra Parmesan and serve with toasted wholegrain bread on the side.

Contains 3 key Mediterranean diet foods

.....
Total meal cost: £1.02

Cost per serving: 51p
.....



Tropical Fruit Salad

Ingredients

(Serves 2)

.....

1 mango, sliced

.....

60g blueberries

.....

60g raspberries

.....

2 passion fruits

.....

Instructions

Put the sliced mango and berries into 2 bowls and top with the passion fruit seeds and juice.

(Ready in 10 mins)

Contains 4 key Mediterranean diet foods

Tip

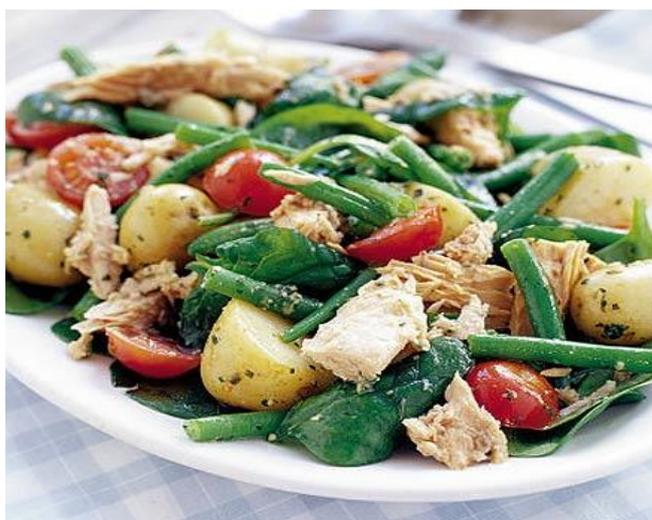
You could also create a tropical fruit smoothie by blending the mango, blueberries and raspberries together with yoghurt and topping the glass with the passion fruit serve.

.....
Total meal cost: £3.43

Cost per serving: £1.71

.....

Lunch



Tuna Salad with Feta Cheese

Ingredients

(Serves 1)

.....
4-5 **cherry tomatoes**, sliced

.....
1 head of any **lettuce**, torn into pieces

.....
1 x 160g tin **tuna** in spring water

.....
½ medium **onion**, thinly sliced

.....
75g (3oz) feta cheese

.....
Pepper to taste

.....
Red wine vinegar to taste

.....
2 tbsp **extra virgin olive oil**

.....

Instructions

Arrange the lettuce on a plate and place with the tomato slices, red onion slices and feta cheese on top.

Season with pepper to taste. Drizzle with red wine vinegar and olive oil.

Tip

You can vary this salad with different types of fish or try adding nuts.

Contains 5 key Mediterranean diet foods

.....
Total meal cost: £3.05

Cost per serving: £1.52

.....

Mediterranean Beans on Toast

Ingredients

(Serves 2)

.....
1 tbsp **extra virgin olive oil**

.....
1 tbsp red wine vinegar

.....
200g **cherry tomatoes**

.....
½ **green pepper**

.....
400g tin **cannellini beans**,
drained

.....
4 slices **wholegrain bread**

.....

Instructions

Heat a tbsp of olive oil in a frying pan. Add the tomatoes and vinegar and cook, stirring gently until they start to break down. Stir in the pepper and beans and cook for 2-3 minutes.

Lightly toast the bread and serve the bean mixture on top.

(Ready in 20 mins)

Contains 5 key Mediterranean diet foods

.....
Total meal cost: £1.53

Cost per serving: 76p

.....

Pasta with Spinach, Beans and Nuts

Ingredients

(Serves 2)

.....
110g **wholegrain pasta**

.....
1 tbsp **extra virgin olive oil**

.....
1 **garlic** cloves, crushed

.....
215g **cannellini beans**, rinsed
and drained

.....
60g chopped baby **spinach** leaves

.....
60g parmesan cheese

.....
60g crushed **almonds**

.....
Freshly ground black pepper to taste

Instructions

Cook the pasta according to package instructions. Meanwhile, heat the olive oil in a frying pan and sauté the garlic over medium heat for 3 minutes, stirring frequently. Add the beans, reduce the heat to low, and cook, stirring occasionally, until the pasta is ready.

Drain the pasta in a colander and immediately put the spinach in the bottom of the hot pasta pot. Pour the drained pasta on top, add the beans, garlic and almonds. Cover and let the mixture sit for a few minutes.

Toss the mixture and serve with parmesan cheese and black pepper to season.

Contains 6 key Mediterranean diet foods

.....
Total meal cost: £1.57

Cost per serving: 78p

.....

Mediterranean Salad with Sardines

Ingredients

(Serves 2)

.....
110g tin **sardines in olive oil**, drained
.....

1 ½ tbsp **lemon** juice
.....

1 tbsp **extra virgin olive oil**
.....

½ clove **garlic**, crushed
.....

½ tsp mixed herbs
.....

6 **cherry tomatoes**, halved
.....

½ **cucumber**, cut into large chunks
.....

½ **yellow pepper**, chopped into strips
.....

210g **chickpeas**, rinsed
.....

Instructions

Add lemon juice, oil, garlic and mixed herbs into a bowl and mix well.

Add tomatoes, cucumber, pepper and chickpeas and gently toss to combine.

Serve the salad on each plate topped with sardines.

(Ready in 20 minutes)

Tip

The sardines in this salad can be swapped for other types of fish or chicken.

Contains 8 key Mediterranean diet foods

.....
Total meal cost: £2.25

Cost per serving: £1.13
.....

Simple Cheese and Tomato Pizza

Ingredients

(Serves 2)

.....
½ **wholegrain ciabatta loaf**,
sliced horizontally

.....
Fresh basil leaves, chopped

.....
3 tbsp **tomato puree**

.....
1 **garlic** cloves, finely chopped

.....
5 **cherry tomatoes**, halved

.....
60g cheddar cheese, grated

.....
Pepper

.....
Salad to serve

.....
2 tbsp **olive oil** (salad dressing)

Instructions

To make the tomato topping, mix the tomato puree, garlic and a pinch of pepper together in a bowl. Spread over the ciabatta. Scatter the cherry tomatoes and cheese on top.

Bake in a pre-heated oven, 200°C/ 400°F/ gas mark 6 for 8-10 minutes until hot and bubbling. Season with pepper, scatter with basil leaves and serve with a salad drizzled in olive oil.

Tip

Create different types of pizza through adding different toppings to this basic recipe.

Contains 6 key Mediterranean diet foods

.....
Total meal cost: £1.38

Cost per serving: 69p

.....

Pancetta Wrapped Fish

Ingredients

(Serves 2)

.....
300g new potatoes

.....
100g **green beans**

.....
Small handful of **black olives**

.....
Zest and juice of 1 **lemon**

.....
2 tbsp **olive oil**

.....
2 chunky **salmon fillets**

(or another fish fillets)

.....
4 slices pancetta or thinly
sliced smoked streaky bacon

.....
Few tarragon sprigs, leaves picked

.....
Salt and black pepper

.....

Instructions

Heat oven to 200°C/ Gas mark 6.
Place potatoes in a pan of water
and boil for 10-12 minutes until
tender. Add the beans for the final
2-3 minutes. Drain well and slice
potatoes in half.

Place into a baking dish and toss
with the olives, lemon and oil.
Season well.

Season fish and wrap with the
pancetta or bacon. Place on top of
potatoes. Bake for 10-12 minutes
until cooked through, then add a
squeeze of lemon juice and scatter
with tarragon before serving.

Contains 5 key Mediterranean diet foods

.....
Total meal cost: £5.81

Cost per serving: £2.90

.....

Dinner





Chicken Paella

Ingredients

(Serves 2)

.....
2 tbsp **extra virgin olive oil**
.....

1 **onion**, chopped
.....

2 skinless, chicken breasts, sliced
.....

1 **red pepper**, chopped
.....

1 **yellow pepper**, chopped
.....

2 **garlic** cloves, finely chopped
.....

1 **tomato**, chopped
.....

1 tbsp **tomato puree**
.....

½ tsp paprika
.....

2 pinches saffron
.....

600ml chicken or vegetable stock
.....

175g paella rice
.....

55g **frozen peas**
.....

Black pepper
.....
.....

.....
Total meal cost: £2.38

Cost per serving: £1.19
.....

Instructions

Heat the oil in a wok or large frying pan with a lid. Add the onion and fry for 5 minutes or until soft.

Add the chicken, pepper and garlic and sauté for 5 minutes over a medium heat, stirring frequently. Add the tomato, tomato puree, paprika, saffron and stock to the pan.

Stir in the rice and bring to the boil, then reduce the heat and simmer, covered for 15 minutes or until the rice is cooked. Add the frozen peas and cook for a further 2-3 minutes. Season with black pepper and serve immediately.

Tip

You could also make seafood paella using prawns and mussels.

Contains 8 key Mediterranean diet foods

Simple Salad

Ingredients

(Serves 2)

.....
½ a round **lettuce**

.....
2 medium **tomatoes**

.....
½ of a **cumber** or **courgette**

.....
1 **yellow pepper**

.....
1 **carrot**, grated

.....
4 tbsp **extra virgin olive oil**

.....
60g **walnuts**, chopped
.....

Instructions

Remove the lettuce leaves, wash and cut into strips. Cut the tomatoes into quarters, slice the cucumber/ courgette, pepper and onion, grate the carrot and place in a large bowl.

Add in the walnuts, toss salad with olive oil and serve.

Contains 7 key Mediterranean diet foods

Tip

This can be eaten as a lunch or as a side salad with an evening meal. To vary this salad, use different vegetables such as mushroom, celery, sweetcorn, broccoli, spring onion etc or swap walnuts for almonds.

.....
Total meal cost: £2.06

Cost per serving: £1.03
.....

Mediterranean Fish Pasta

Ingredients

(Serves 2)

.....
200g wholegrain pasta

.....
1 tbsp extra virgin olive oil

.....
1 clove garlic, peeled and finely sliced

.....
¼ tsp chilli powder

.....
Fresh basil leaves, chopped

.....
2 x 40g herring fillets, cut into strips

.....
4 cherry tomatoes, halved

.....
Pepper

.....
Contains 5 key Mediterranean diet foods

Instructions

Cook the pasta according to packet instructions.

Heat the olive oil in a frying pan and then add the garlic and chilli powder. Cook for a couple of minutes until just starting to colour. Add the herring and cook for 2 minutes, then add the tomatoes.

Drain the pasta and transfer it into the frying pan. Add the basil leaves, mix the ingredients together and serve hot.

Tip

To vary this recipe, use different types of fish or chicken.

.....
Total meal cost: £1.19

Cost per serving: 59p

.....

Lemon and Herb Pork

Ingredients

(Serves 2)

.....
2 pork loin chops

.....
1 **garlic** cloves, crushed

.....
Mixed herbs

.....
½ tbsp paprika

.....
zest and juice ½ **lemon**

.....
1 tbsp **extra virgin olive oil**

.....
Freshly ground black pepper

Instructions

Place the pork in a dish. Mix together the garlic, mixed herbs, paprika, lemon zest and juice and oil and rub over the chops. Leave the chops to marinate for at least an hour.

Place the chops in a frying pan and cook for 5-8 mins on each side until cooked through. Season with pepper and serve with vegetables or salad.

(Prep: 15 mins, Cook: 15 mins plus marinating)

Contains 3 key Mediterranean diet foods

Tip

This marinade can also be used on chicken, turkey or fish.

.....
Total meal cost: £3.30

Cost per serving: £1.65

.....
Remember: As part of a Mediterranean diet, meals containing red meat should be eaten no more than twice/ week and meals containing processed meat should be eaten no more than once/week.

Lasagne

Ingredients (Serves 2)

-
- 250g lean minced steak
-
- ½ onion
-
- 1 clove garlic
-
- 2 courgettes, sliced
-
- 1 red pepper, chopped
-
- 1 400g tin of chopped tomatoes
-
- 1 tbsp tomato puree
-
- 2 tbsp extra virgin olive oil
-
- Pinch mixed herbs
-
- Pepper
-
- 25g olive oil spread
-
- 25g wholegrain flour
-
- 250mls milk
-
- 25g cheese
-
- 4 sheets lasagne
-

.....

Total meal cost: £4.31
Cost per serving: £2.15

.....

Remember: As part of a Mediterranean diet, meals containing red meat should be eaten no more than twice/ week and meals containing processed meat should be eaten no more than once/week.

Instructions

Using 2 tbsp olive oil, fry the mince, onion and garlic in a saucepan until the mince is brown. Add the tomato puree, tomatoes and season with herbs. Bring to boil, simmer for 25-30 minutes.

To make the cheese sauce: place milk, flour and olive spread in cold saucepan and season with pepper. Heat gently whisking all the time until sauce thickens and boil for 1 minute.

In an ovenproof dish, assemble the lasagne by layering mince, pasta sheets and sauce, finishing with sauce. Sprinkle with grated cheese. Cook for 30 minutes at 200°C/ Gas mark 6/ 390°F until golden brown.

Serve with salad drizzled in olive oil.

Tip

You can create a vegetable lasagne through replacing the meat with extra cheese and a selection of vegetables.

Contains 8 Mediterranean diet foods



Lemon and Olive Pasta

Ingredients

(Serves 2)

.....
150g **wholegrain pasta**

.....
3 tbsp **extra virgin olive oil**

.....
1 **garlic** clove, crushed

.....
10 **green/ black olives**, pitted and halved

.....
½ **lemon**, zested and juiced

.....
fresh parsley, chopped
.....

Contains 5 key Mediterranean diet foods

Instructions

Cook the pasta following the pack instructions.

Gently heat the olive oil in a pan, add the garlic and cook for a few minutes. Add the olives and stir until heated through.

Drain pasta and add to the garlic and olive pan. Add the lemon juice and zest and parsley and mix the ingredients together.

Ready in 20 minutes

Tip

To vary this recipe, add chicken or fish.

.....
Total meal cost: 74p

Cost per serving: 37p
.....



Mediterranean Chicken Skewers

Ingredients

(Serves 2)

.....
1 chicken thighs, skinless and boneless

.....
1 chicken breasts, skinless and boneless

.....
1 limes, juice

.....
50ml extra virgin olive oil

.....
1 courgettes, thickly sliced

.....
2 mushrooms, sliced

.....
Salad to serve:

.....
¼ lettuce, leaves separated

.....
2 tomatoes, cut into chunks

.....
½ green pepper, finely chopped

.....
½ yellow pepper, finely chopped

.....
Contains 8 key Mediterranean diet foods

.....
Total meal cost: £3.61

Cost per serving: £1.80

.....

Instructions

Cut the chicken into chunks.

Mix the lime juice and olive oil in a bowl and add the chicken.

Thread the courgettes and mushrooms onto oiled skewers, alternating with the marinated chicken.

Cook under a hot grill for about 10 minutes until tender and beginning to char around the edges.

Put the salad ingredients together in a bowl, toss with olive oil and serve with the skewers. You may also want to serve with cooked wholegrain rice, couscous or another grain.

(Prep: 15 min, Cook time: 10 min)

Tip

You could also create vegetable skewers to serve alongside chicken, fish or meat.

Baked Salmon

Ingredients

(Serves 2)

.....
2 x 140g **salmon** fillets

.....
1 ½ tbsp **extra virgin olive oil**

.....
200g chopped **tomatoes**, drained

.....
20 ml fresh **lemon juice**

.....
½ tsp dried basil or thyme

.....
black pepper

.....
Contains 4 key Mediterranean diet foods

Instructions

Preheat the oven to 200°C/ Gas mark 6/ 390°F.

Drizzle 1 tbsp of olive oil over the salmon.

Create a tomato based sauce through stirring together the tomatoes, 2 tbsps of oil, lemon juice, basil or thyme and pepper in bowl.

Place one salmon fillet, oiled side down on a sheet of foil. Wrap the ends of the foil to form a spiral shape. Spoon the tomato based sauce over the salmon. Fold the sides of the foil over the salmon, covering completely. Place on a heavy large baking sheet and repeat for the other salmon fillets.

Bake for 25 minutes or until the salmon is cooked through. Using a metal spatula, transfer the salmon packets to plates and serve. Serve with a salad or vegetables and baked potatoes.

.....
Total meal cost: £3.89

Cost per serving: £1.94

.....

Dessert





Pineapple and Passion Fruit Muffins

Ingredients (Makes 6 muffins)

.....
100g dried **pineapple** pieces, chopped
.....

150ml freshly squeezed **lime** juice
.....

1 small egg
.....

37g unsalted butter, melted
.....

162g self-raising **wholegrain flour**
.....

½ tbsp. baking powder
.....

1 **passion fruit**
.....

45g icing sugar
.....

Contains 4 key Mediterranean diet foods

Tip

To vary this recipe, you could try using different types of fruit, for example replacing the dried pineapple with dried mango or apricot or instead of making icing you could simply dust the muffins with icing sugar and serve with fresh berries.

Instructions

Preheat the oven to to 200°C/ 400°F/ Gas mark 6. Line a 12 section muffin tray with paper muffin cases. Put the pineapple pieces and 100ml of the lime juice in a saucepan. Heat until the juice bubbles around the edges then reduce the heat, cover and cook gently for 5 minutes. Leave to cool. Blend the pineapple and juice in a food processor or blender until pureed but with some pieces of fruit remaining.

Put the mixture into a bowl and beat in the egg, butter and remaining lime juice. Sift the flour and baking powder into a bowl. Add the pineapple mixture and stir gently until only just combined.

Divide mixture among the muffin cases and bake for about 15 minutes until risen and golden. Transfer to a cooling rack for 15 minutes.

Halve the passion fruit and scoop the pulp into a bowl. Add the icing sugar and stir until mixed to make an icing. Drizzle over the muffins and serve warm or cold.
(Prep: 10 mins, Cook: 20 mins)

.....
Total meal cost: £3.29

Cost per serving: 54p (per muffin)
.....

Remember: As part of a Mediterranean diet, no more than 3 servings of sweet food should be eaten/ week.

7 day Summer Mediterranean diet Menu

Here is what an example Mediterranean menu plan might look like. This can be altered to suit your likes and dislikes, adapting the Mediterranean style ingredients as you wish.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><u>Breakfast</u></p> <p>Banana on wholegrain toast & olive spread & glass of 100% fruit juice</p>	<p><u>Breakfast</u></p> <p>Melon with crunchy yoghurt</p>	<p><u>Breakfast</u></p> <p>Toasted bagel with olive spread & 100% fruit juice</p>	<p><u>Breakfast</u></p> <p>Tropical fruit salad</p>	<p><u>Breakfast</u></p> <p>Fresh fruit and low fat yoghurt</p>	<p><u>Breakfast</u></p> <p>Tomato, basil & parmesan scrambled egg</p>	<p><u>Breakfast</u></p> <p>Wholegrain cereal and milk & glass of 100% fruit juice</p>
<p><u>Lunch</u></p> <p>Tuna salad with feta cheese</p> <p><i>A piece of fruit as a snack</i></p>	<p><u>Lunch</u></p> <p>Poached egg, wholegrain bread with olive oil spread (2 slices)</p>	<p><u>Lunch</u></p> <p>Pasta with spinach, beans & nuts</p>	<p><u>Lunch</u></p> <p>Mediterranean salad with sardines & wholegrain bread with olive spread (2 slices)</p>	<p><u>Lunch</u></p> <p>Mediterranean beans on toast</p> <p><i>A piece of fruit as a snack</i></p>	<p><u>Lunch</u></p> <p>Bagel with smoked salmon, olive spread & salad</p>	<p><u>Lunch</u></p> <p>Simple salad and wholegrain bread with olive spread (2 slices)</p>
<p><u>Dinner</u></p> <p>Chicken paella</p>	<p><u>Dinner</u></p> <p>Mediterranean herring pasta</p>	<p><u>Dinner</u></p> <p>Baked salmon with vegetables & lemon potatoes</p>	<p><u>Dinner</u></p> <p>Lasagne with salad</p> <p>Fresh fruit salad</p>	<p><u>Dinner</u></p> <p>Lemon and olive pasta</p>	<p><u>Dinner</u></p> <p>Grilled chicken with simple salad & baby potatoes</p>	<p><u>Dinner</u></p> <p>Lemon and herb pork and vegetables & bowl of mixed berries</p>

