

A Mediterranean Summer Menu

- *Pita Sandwiches with Garden Falafel Patties*
- *Baba Ganoush, Tom Thumb Tomato Compote, and Tzatziki*
- *Bruschetta with Fresh Strawberries*

Nutrition Facts	
Serving: 1 meal	
Amount Per Serving	
Calories 492	
Total Fat 17 g	
Saturated Fat 3 g	
Monounsaturated Fat 10 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 9 mg	
Sodium 643 mg	
Potassium 829 mg	
Total Carbohydrate 71 g	
Dietary Fiber 13 g	
Sugars 12 g	
Added Sugars 4 g	
Protein 19 g	
Vitamin A	39%
Vitamin C	125%
Calcium	16%
Iron	34%

Pita Sandwiches with Garden Falafel Patties

Makes 4 servings

Ingredients

1 large garlic clove
2 green onions, trimmed
½ cup fresh flat-leaf parsley
¼ cup fresh cilantro
¼ cup fresh mint leaves
½ jalapeño pepper, halved and seeded
1 cup cooked chickpeas, drained (or 1 cup no-salt-added canned chickpeas, rinsed and drained)
1 egg white
¼ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
2 whole-wheat pita rounds, cut in half
¼ cup baba ganoush, divided (recipe follows)
1 cup Tom Thumb tomato compote, divided (recipe follows)
¾ cup tzatziki, divided (recipe follows)
¼ cup lettuce chiffonade, divided

Preparation

In the bowl of a food processor, pulse the garlic, green onions, parsley, cilantro, mint, and jalapeño to roughly chop until combined. Add the chickpeas and process until the mixture is even and relatively smooth, like a course meal (the mixture is not completely smooth). Add the egg white, salt, and pepper, and process to combine. Transfer the mixture to a bowl and refrigerate for 15 to 20 minutes. (Note: The falafel can be made up to this point and stored in the refrigerator, covered, for up to three days before cooking.)

Shape the falafel mixture into 8 small patties about 2-inches in diameter. Heat a dry, non-stick skillet over medium-high heat. Add the falafel patties and cook until golden brown, about 2 to 3 minutes per side.

While the falafel cook, heat the pita on a grill or in a microwave for 10 seconds. Spread 1 tablespoon baba ganoush evenly in each pita pocket half. Fill each pita pocket with two falafel patties. Divide the Tom Thumb tomato compote, tzatziki, and lettuce chiffonade evenly into the pita pockets with the falafel. Serve immediately.

Notes: *Chiffonade* is a slicing technique in which herbs or leafy green vegetables (such as lettuce and spinach) are cut into long, thin strips. This is accomplished by stacking leaves, rolling them tightly, then slicing the leaves perpendicular to the roll.

Nutrition information (per serving): 301 calories, 14 grams total fat (2 grams saturated fat, 9 grams monounsaturated fat, 3 grams polyunsaturated fat, 0 grams trans fat), 1 mg cholesterol, 315 mg sodium, 507 mg potassium, 35 grams total carbohydrate, 9 grams fiber, 3 grams sugar (0 grams added sugar), 12 grams protein

Baba Ganoush

Makes about 1 ⅓ cups; serving size is 1 heaping tablespoon

Ingredients

1 small eggplant, peeled and cut into 1-inch slices
¼ cup lemon juice
¼ cup tahini paste
2 garlic cloves, peeled
1 ½ tablespoons extra-virgin olive oil
½ teaspoon salt
½ teaspoon smoked paprika

Preparation

Grill eggplant slices over medium-high heat for 3 minutes, flip over, and grill for another 3 minutes. Let cool, then coarsely chop.

Add eggplant, lemon juice, tahini, and garlic to a food processor or blender. Puree until very smooth and no pieces of eggplant remain. With the machine running on low, add the olive oil in a steady stream until fully incorporated. Stir salt into the mixture.

Transfer to a serving dish and sprinkle with the smoked paprika.

Nutrition information (per serving): 33 calories, 3 grams total fat (0 grams saturated fat, 1 gram monounsaturated fat, 1 gram polyunsaturated fat, 0 grams trans fat), 0 mg cholesterol, 59 mg sodium, 66 mg potassium, 2 grams total carbohydrate, 1 gram fiber, 1 gram sugar (0 grams added sugar), 1 gram protein

Tom Thumb Tomato Compote

Makes 4 servings (approximately 1 cup); serving size is ¼ cup

Ingredients

¾ cup basil leaves, packed (stems removed)

2 tablespoons extra-virgin olive oil, divided

1 cup tiny tomatoes, halved (e.g., grape, cherry), preferably a variety of colors

1 tablespoon basil chiffonade

Preparation

To make a basil pistou, place the basil leaves and 1 tablespoon olive oil in a blender. Pulse to coarsely chop the basil. With the machine running on high, drizzle the additional 1 tablespoon olive oil into the food processor until smooth.

Transfer the basil pistou to a small bowl. Add the tomatoes and basil chiffonade, tossing gently until the tomatoes are coated.

Notes: *Pistou* is a Provençal cold sauce made from fresh basil, olive oil, and sometimes garlic. It is similar to pesto, although it lacks pine nuts.

Nutrition information (per serving): 69 calories, 7 grams total fat (1 gram saturated fat, 5 grams monounsaturated fat, 1 gram polyunsaturated fat, 0 grams trans fat), 0 mg cholesterol, 3 mg sodium, 112 mg potassium, 2 grams total carbohydrate, 1 gram fiber, 1 gram sugar (0 grams added sugar), 0 grams protein

Tzatziki

Makes 4 servings (approximately ¾ cup); serving size is 3 tablespoons

This sauce is terrific as a dip for raw vegetables. It will hold overnight but is best when eaten within hours of preparation.

Ingredients

½ cup nonfat plain Greek yogurt
2 tablespoons finely chopped fresh mint
2 tablespoons peeled, seeded, and grated cucumber
1 tablespoon grated white onion

Preparation

In a small bowl, fold all ingredients together to thoroughly combine. Serve immediately or cover and refrigerate until ready to serve.

Nutrition information (per serving): 12 calories, 0 grams total fat (0 grams saturated fat, 0 grams monounsaturated fat, 0 grams polyunsaturated fat, 0 grams trans fat), 1 mg cholesterol, 10 mg sodium, 38 mg potassium, 1 gram total carbohydrate, 0 grams fiber, 0 grams sugar (0 grams added sugar), 3 grams protein

Bruschetta with Strawberries

Makes 4 servings

This is a delicious and satisfying dessert (or breakfast!) that is simple to make on short notice. The flavor of the berries is enhanced by heat and brightened by the lemon zest. The resulting syrup accentuates the clear strawberry flavor.

Ingredients

¼ cup light brown sugar
½ teaspoon grated lemon zest
2 teaspoons lemon juice
2 cups sliced or diced strawberries, hulled
4 1 ½-inch thick slices whole-wheat baguette
4 tablespoons ricotta cheese or low-fat cream cheese

Preparation

Add the brown sugar, lemon zest, and lemon juice to a shallow pan. Cook over high heat, stirring, until the sugar dissolves and the mixture begins to bubble, about 30 seconds to 1 minute. Add strawberries and stir until they begin to release their juices and are heated through, less than a minute more.

Lightly toast the baguette slices in a toaster or toaster oven. Spread 1 tablespoon of ricotta on each piece of toast. Top with the warm berries and serve immediately.

Nutrition information (per serving): 191 calories, 3 grams total fat (1 gram saturated fat, 1 gram monounsaturated fat, 0 grams polyunsaturated fat, 0 grams trans fat), 8 mg cholesterol, 328 mg sodium, 322 mg potassium, 36 grams total carbohydrate, 4 grams fiber, 9 grams sugar (4 grams added sugar), 7 grams protein

Notes: 313 mg of the sodium in this recipe comes from the baguette. To reduce the sodium, look for a low-sodium, whole-grain bread such as Ezekiel 4:9 Low-Sodium Sprouted Whole Grain Bread, which has 0 mg sodium per slice and is available at Trader Joe's, New Seasons, and Whole Foods. Or try baking your own at home! We've included a low-sodium, whole-grain bread recipe at the end of this packet.

BONUS RECIPE:

Whole-Grain and Honey Bread

Makes 2 loaves, 12 slices per loaf. Serving size is 1 slice.

This recipe makes two loaves of a basic bread that gets its hearty, chewy texture from bulgur. The bread is great for both sandwiches and toast. If you don't want to bake both loaves at once, you can freeze half of the unbaked dough to use another time.

Source: American Heart Association Eat Less Salt: An Easy Action Plan for Finding and Reducing the Sodium Hidden in Your Diet with 60 Heart-Healthy Recipes

Ingredients

½ cup uncooked bulgur
½ cup boiling water
2 cups water
½ cup honey
2 tablespoons canola oil
2 teaspoons active dry yeast
½ teaspoon salt
2 cups bread flour or all-purpose flour
¼ cup toasted wheat germ
4 cups whole-wheat flour and ½ cup whole-wheat flour, divided
Cooking spray

Preparation

1. In a small bowl, stir together the bulgur and ½ cup boiling water. Let stand for 15 minutes to allow the bulgur to soften.
2. In a large bowl, combine the 2 cups water, honey, oil, yeast, and salt, stirring to dissolve the yeast.
3. Stir in the bread flour, wheat germ, and softened bulgur mixture. Stir in as much of the 4 cups whole-wheat flour as you can until the dough starts to pull away from the side of the bowl.
4. Knead for 6 to 7 minutes, gradually adding, if needed, enough of the remaining ½ cup whole-wheat flour to make the dough smooth and elastic. (The dough shouldn't be dry or stick to the surface. You may not need any of the additional ½ cup whole-wheat flour, or you may need the entire amount if the dough is too sticky.)
5. Using cooking spray, lightly spray a large bowl and a piece of plastic wrap large enough to cover the top of the bowl. Transfer the dough to the bowl, turning to coat all sides with the cooking spray. Cover the bowl with the plastic wrap with the sprayed side down. Let the dough rise in a warm, draft-free place (about 85°F) for 1 ½ to 2 hours, or until doubled in bulk.
6. Using cooking spray, lightly spray two 8 ½ x 4 ½ x 2 ½-inch loaf pans and 2 pieces of plastic wrap large enough to cover the pans. Punch the dough down. Divide it in half. Shape each half into a loaf. Place each loaf in one of the pans. Cover the pans with the plastic wrap with the sprayed side down. Let the dough rise in a warm, draft-free place for 1 ½ to 2 hours, or until the dough is 1 ½ inches higher than the top of the pans.
7. Preheat the oven to 350°F.

8. Bake for 30 minutes, or until the loaves sound hollow when tapped. (Tent the bread with aluminum foil during the last 10 minutes if necessary to prevent overbrowning.) Turn the loaves out onto a cooling rack. Let the bread cool for 15 to 20 minutes before slicing.
9. To freeze one loaf of dough to bake later, follow the preceding directions to the point where you place the shaped dough in a loaf pan. Cover the pan with plastic wrap or aluminum foil, and freeze the dough. After the dough is frozen, about 4 hours, remove it from the pan and wrap it tightly in plastic wrap, then in aluminum foil. When you are ready to bake, unwrap the dough and place it in a sprayed loaf pan. Cover the pan with lightly sprayed plastic wrap with the sprayed side down and let the dough thaw and rise at room temperature in a draft-free place (the thawing and rising will take 4 to 5 hours) or let the dough thaw overnight in the refrigerator and rise as directed. Bake as directed.

Nutrition information (per serving): 156 calories, 2 grams total fat (0 grams saturated fat, 1 gram monounsaturated fat, 1 gram polyunsaturated fat, 0 grams trans fat), 0 mg cholesterol, 51 mg sodium, 114 mg potassium, 31 grams total carbohydrate, 3 grams fiber, 6 grams sugar (6 grams added sugar), 5 grams protein