

Menu for a Summer Celebration

- *Mediterranean Lemon-Herb
Chicken Kebabs*
- *Tzatziki (Greek-style yogurt sauce)*
- *Avocado-Eggplant Relish*
- *Provençal Brown Rice and Green
Lentil Pilaf*

Nutrition Facts	
Servings: 1 meal	
Amount Per Serving	
Calories 494	
Total Fat 19 g	
Saturated Fat 3 g	
Monounsaturated Fat 11 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 85 mg	
Sodium 220 mg	
Potassium 1170 mg	
Total Carbohydrate 48 g	
Dietary Fiber 8 g	
Sugars 9 g	
Added Sugars 1 g	
Protein 38 g	
Vitamin A	23%
Vitamin C	83%
Calcium	12%
Iron	20%

Mediterranean Lemon-Herb Chicken Kebabs

Makes 4 servings

Ingredients

1 pound boneless, skinless chicken breast, cut into 16 pieces, about the same size
1 red bell pepper, seeds removed, halved lengthwise and then quartered
½ sweet onion, peeled, cut into wedges
1 medium summer squash (zucchini, yellow or other marrow squash variety), cut into 8 pieces
2 tablespoons extra-virgin olive oil
Grated zest from 1 lemon
2 tablespoons fresh lemon juice (from about 1 lemon)
2 tablespoons chopped fresh oregano
2 garlic cloves, minced or pressed
¼ teaspoon freshly ground black pepper
Lemon wedges, for serving
8 8-inch wooden skewers, soaked in a tall glass of water

Preparation

In a medium bowl, toss the chicken and vegetables with the olive oil, lemon zest, lemon juice, oregano, garlic, and pepper.

Skewer the chicken with 4 pieces to each skewer. On separate skewers, alternate the vegetables. Cover the skewers and place in the refrigerator overnight (alternatively, marinate at room temperature for about 20 to 30 minutes, covered).

Preheat a broiler, grill, or large pan until very hot. Cook the kebabs (discard any excess marinade), turning frequently until chicken is cooked through and browned and vegetables are tender. Serve with lemon wedges.

Nutrition information (per serving): 230 calories, 10 grams total fat (2 grams saturated fat, 6 grams monounsaturated fat, 1 gram polyunsaturated fat, 0 grams trans fat), 83 mg cholesterol, 58 mg sodium, 587 mg potassium, 8 grams total carbohydrate, 2 grams fiber, 4 grams sugar (0 grams added sugar), 27 grams protein

Tzatziki

Makes 6 servings; serving size is ¼ cup

Ingredients

1 cup nonfat plain Greek yogurt

1 cucumber, seeded and grated, about 1 ½ cups

¼ cup white onion, grated

1 ½ tablespoons chopped fresh mint

Preparation

In a bowl, stir together the yogurt, cucumber, onion, and mint until thoroughly combined.

Refrigerate until ready to serve.

Nutrition information (per serving): 24 calories, 0 grams total fat (0 grams saturated fat, 0 grams monounsaturated fat, 0 grams polyunsaturated fat, 0 grams trans fat), 2 mg cholesterol, 17 mg sodium, 81 mg potassium, 3 grams total carbohydrate, 0 grams fiber, 1 gram sugar (0 grams added sugar), 4 grams protein

Avocado-Eggplant Relish

Makes about 6 servings; serving size is ¼ cup

Ingredients

1 tablespoon capers
1 tablespoon extra-virgin olive oil, divided
½ pound eggplant, peeled (or not) and cut into ½-inch dice, about 2 cups
½ medium onion, finely chopped (about a heaping ¼ cup)
½ celery rib, finely chopped, about ½ cup
½ medium tomato, finely chopped, about ¾ cup (can substitute 1 Roma or 7 cherry tomatoes)
1 tablespoon red wine vinegar
1 teaspoon honey or sugar
1 teaspoon pine nuts
¼ teaspoon salt
¼ teaspoon freshly ground black pepper
1 Hass avocado, diced

Preparation

In a small bowl, cover the capers with water and let soak for 5 minutes; drain and set aside.

Meanwhile, in a large skillet, heat ½ tablespoon olive oil. Add eggplant and cook over medium-high heat until the bottom browns, about 5 minutes. Stir and cook until browned all over, about 5 to 7 minutes longer. Transfer the eggplant to a bowl.

Add the remaining ½ tablespoon olive oil to the skillet along with the onion and celery. Cover and cook over low heat, stirring occasionally, for about 5 minutes. Add the tomato, cover, and cook until soft, about 5 minutes more. Remove from heat.

In a separate saucepan, simmer the vinegar and sugar, stirring, until sugar is dissolved. Add the pine nuts and capers and cook for 1 minute.

Return the eggplant to the skillet with the tomato mixture. Stir in the vinegar mixture and cook over low heat for 3 minutes. Transfer to a bowl and let cool to room temperature. Season with salt and pepper, then fold in the avocado.

Nutrition information (per serving): 86 calories, 7 grams total fat (1 gram saturated fat, 4 grams monounsaturated fat, 1 gram polyunsaturated fat, 0 grams trans fat), 0 mg cholesterol, 49 mg sodium, 271 mg potassium, 7 grams total carbohydrate, 3 grams fiber, 3 grams sugar (1 gram added sugar), 1 gram protein

Provençal Brown Rice and Green Lentil Pilaf

Makes 12 servings (serving size is approximately $\frac{2}{3}$ cup)

Ingredients

4-5 garlic cloves, peeled
2 cups dry brown rice, rinsed
6 $\frac{1}{2}$ cups water
1-2 bay leaves
 $\frac{1}{2}$ tablespoon whole cumin seeds
1 pinch ground cinnamon
1 cup dry green lentils, rinsed
1 tablespoon extra-virgin olive oil
1 teaspoon kosher salt

Preparation

Peel and crush the garlic cloves lightly with the back of a knife. Leave the cloves mostly whole, so that they flavor the dish but can be removed later, if desired. Combine garlic, rice, water, bay leaves, cumin seeds, and cinnamon in a large pot. Bring to a boil (this should take about 20 minutes).

Once boiling, add the lentils and cook for about 20 minutes more, or until the rice and lentils are both tender. Add the olive oil and salt and return to a boil. Reduce heat to low, cover the pot, and simmer for an additional 5 to 7 minutes.

Check to make sure the rice is done. If there is still too much liquid in the pot, let sit, uncovered, for a few minutes. Adjust seasonings, if needed, before serving.

Nutrition information (per serving): 154 calories, 2 grams total fat (0 grams saturated fat, 1 gram monounsaturated fat, 0 grams polyunsaturated fat, 0 grams trans fat), 0 mg cholesterol, 96 mg sodium, 231 mg potassium, 30 grams total carbohydrate, 3 grams fiber, 1 gram sugar (0 grams added sugar), 6 grams protein