

## Recipes for Mediterranean–Style Dishes

### **Kotopulo Skorthato: Lemon Garlic Chicken (with Potatoes)**

Pronounced koh-TOH-poo-loh skor-THAH-toh is a simple authentic Mediterranean entrée that exemplifies common delicious flavors used in this culture. I recommend removing the skin from the fattier pieces of chicken before cooking.

#### Ingredients:

3 – 3 ¾ pound chicken, cut into quarters  
2 pounds potatoes, peeled and cut in quarters  
Juice from 2 lemons (1/3- ½ cup)  
1 tablespoon of dried oregano leaves  
2 tablespoons or 4 large cloves of garlic, finely chopped  
1/3 cup of olive oil  
1/2 teaspoon pepper  
1/2 teaspoon salt

Method: Preheat oven to 350 degrees F. Rinse the chicken and pat dry. Peel the potatoes and cut into quarters, lengthwise. Salt and pepper the chicken and potatoes. Transfer chicken to a 9x13 inch roasting pan, and add potatoes, on and around the chicken. Add oregano, garlic, olive oil, and lemon juice, distributing evenly across the pan. Roast uncovered for a total of 1 hour and 40 minutes. Half ways through (50 minutes), turn the chicken. Check periodically to make sure there is still juice on the bottom of the pan, if needed add ¼ cup of water. Nutrients for 1/6 recipe: calories: 400, fat: 10g, sat fat: 2g, cholesterol: 120mg, sodium: 310mg, carbs: 29g, fiber: 3 g, protein: 47g. Recipe from about.com

## **Polpettes (Greek Dill Rolls)**

Pronounced pol-PET-tehs. These are a light and zesty Mediterranean side dish that can complement a variety of meat and fish-based entrees.

### **Ingredients:**

1 ¼ lb of potatoes

4 oz feta cheese

4 spring onions, chopped

3 Tbs chopped fresh dill ( 1 Tbsp dried)

1 egg, beaten

1 Tbsp lemon juice

Salt and ground black pepper

Flour for dredging

3 Tbsp olive oil

**Method:** Boil the potatoes in their skins in lightly salted water until soft. Drain, peel while still warm.

Place in bowl and mash. Crumble the feta cheese into the potatoes and add the spring onions, dill, egg and lemon juice and season with salt and pepper. (The cheese is salty, so may omit salt.) Stir well. Then cover the mixture and chill until firm. Divide the mixture into walnut-size balls, and then flatten them slightly. Dredge with flour. Heat the oil in a frying pan and fry the polpettes until golden brown on each side. Drain on paper towels and serve at once. Makes about 20. Serving size is 2 pieces.

Nutrients for 1/10 recipe: Calories: 130, fat: 7g, saturated 2.5g, cholesterol 30mg, sodium 135mg, carbs 13g, fiber 1g, protein 4g.

Recipe from 50 Greek Recipes by Jacqueline Clark and Joanna Farrow

## **Greek Salad**

Unlike most salads we find here in the U.S, a Greek salad like this one contains no lettuce and is instead filled with fresh vegetables that are nutritious and delicious. This authentic Greek salad needs no additional salad dressing; the olive oil and lemon juice provide a fresh and light touch to the salad.

### **Ingredients:**

4 large tomatoes, chopped  
1 green bell pepper, chopped  
1 cucumber, peeled and chopped  
1 red onion, chopped  
3 ounces crumbled feta cheese  
¼ cup olive oil  
1/8 cup lemon juice

**Method:** In a large bowl, combine the tomatoes, green bell pepper, cucumber, red onion, olive oil, and lemon juice. Refrigerate until thoroughly chilled. Sprinkle feta cheese before serving. Nutrients for 1/6 recipe: Calories: 110, fat: 8g, saturated fat: 3g, cholesterol: 15mg, sodium: 160mg, carbs: 6g, fiber: 2g, protein: 3g. From [www.allrecipes.com](http://www.allrecipes.com)

## **Roasted Garlic**

Roasted garlic is truly delicious and mild tasting. It can be used in a variety of ways, including on vegetables, potatoes, or as a spread for bread instead of butter. You will be surprised at the velvety texture and wonderful flavor.

### **Ingredients:**

1 head of garlic  
1 tsp. extra virgin olive oil

### **Method:**

Slice off ½ inch of the top of the head of garlic, exposing the tops of each clove. Place garlic on a piece of aluminum foil and drizzle with 1 tsp of extra virgin olive oil, then wrap tightly with the foil. Roast in a 425 degree oven until cloves are soft, about 35-45 minutes. When the garlic cools, squeeze roasted garlic from skins. Roasted garlic can be used on breads, potatoes, or vegetables. One head of garlic has 12+ cloves! Source: [Cooksillustrated.com](http://Cooksillustrated.com)

### **Garlic Health Benefits:**

Low in calories, about 3 calories per clove! Low in sodium! 1 clove contains 3 mg. sodium. Powerful phytochemicals! Garlic can help lower cholesterol, reduce risk of heart disease, lower blood pressure, and possibly prevent cancer!

## **Walnut Mini Baklava**

Baklava is one of the more famous Mediterranean desserts and this recipe will provide you with a guilt-free way to enjoy this sweet and savory treat in just a bite!

### **Ingredients:**

15 (1 package) mini phyllo shells, such as Athens brand  
½ cup coarsely chopped walnuts  
¼ cup honey  
2 tsp. fresh lemon juice  
1 tsp. grated lemon zest

**Method:** Preheat oven to 350 degrees. Place the phyllo shells on a rimmed baking sheet. Fill each shell evenly with walnuts. Combine the honey, lemon juice and zest. Drizzle the honey mixture over the walnuts. And bake for 8-10 minutes. Allow to cool briefly before serving. Makes 15 servings. Nutrition facts per serving: 60 calories, 3.5 gm fat, .2 gm sat fat, 0 cholesterol 15 mg. sodium, 7 gm carbs, and 1 gm protein.

Recipe from Diabetes Forecast Magazine, August 2011.

## **Greek Yogurt with Honey**

This recipe gives you a healthy way to indulge your sweet tooth. Greek yogurt is naturally higher in protein because it is more concentrated, making it thicker and providing a full bodied taste, compared to the yogurt we are used to here in the U.S.

### **Ingredients:**

6 oz. plain Greek yogurt  
1 tablespoon honey

**Method:** Spoon yogurt into serving bowl and add honey. Feel free to use more or less honey until you get the desired sweetness. Mix together and enjoy!