



May Is Mediterranean Month...

MAKE EACH DAY MEDITERRANEAN!

1 TRY FLAVORED OILS

Try flavored oils for a change. Sample basil, lemon, or blood orange flavored oil at your next meal.

2 MED DINNER PARTY

Having friends over for dinner? Start off with Mediterranean dips like baba ganoush, hummus, or tapenade with a bowl of luscious olives.

MON

MED LUNCH ON A BUDGET

Need to tighten your food budget? Bring a Mediterranean soup—lentil, bean or minestrone—for your brown bag.

TUE

REAP THE BENEFITS OF YOGURT

Use Greek yogurt instead of sour cream for dips, sauces, baked goods to slash calories and saturated fat.

WED

HEALTHY PASTA MEALS

A healthy pasta meal is the perfect meal on a plate—just chop the veggies, boil the pasta, and heat a fabulous pasta sauce.

THU

KIDS' SNACKS

Give your kids hummus or mash up an avocado to serve with carrot and celery sticks for after school snacks.

FRI

OMEGA 3s

Look for fish that are high in Omega 3s: salmon, sardines, mackerel, albacore tuna, and herring.

SAT & SUN

OLIVE OIL TASTING

Have your dinner guests sample three different olive oils and use their choice on their salad.

GO VEGETARIAN

Go vegetarian for three days this week—use peanuts, nuts, and beans of all kinds to get your healthy and delicious protein.

SPRING ART

Artichokes are native to the Mediterranean. You can grill, sauté, roast, or stuff them with rice or shrimp.

OLIVE OIL AND HUMMUS

Try olive oil in place of butter on mashed potatoes—or add hummus to baked potatoes for a zesty taste!

AGED BALSAMIC VINEGAR

Drizzle this wonderful condiment on chunks of Parmigiano-Reggiano or strawberries and enjoy its luscious flavor.

HOST A WINE TASTING

Host a wine tasting! Sample two whites and two reds and see how they pair with your food.

CHEESE COURSE

Cheese is not just for snacks or sandwiches. Think about serving a French cheese course instead of a sweet dessert.

GREEK BREAKFAST

Imagine you are on a Greek island at breakfast time. Enjoy Greek yogurt, mixed with fruit, honey and nuts.

GO NUTS

Sample peanuts and nuts as a snack, ground into sauces, or sprinkled on salads. They're rich sources of protein, fiber,

AVOCADO SPREAD

Try substituting avocado spread or hummus on your morning toast today!

ITALIAN TRATTORIA

Pretend you're having dinner in an Italian trattoria tonight. Sample recipes from the heart of Italy.

RICE – A MED STANDARD

Try Italian risotto, Spanish paella, Greek dolmas or fragrant Turkish-style rice.

FRUIT FOR DESSERT

Savor fresh fruit for dessert two or three days this week.

POMEGRANATE FOR BREAKFAST

Try pomegranate juice for breakfast, instead of orange juice! You'll love its flavor burst.

SPICE IT UP

High-flavor herbs and spices, like basil, give great flavor to food without any added salt or fat. They're also naturally high in antioxidants.

TURKISH DINNER

Imagine this week you're staying alongside the Bosphorus in Istanbul. Check out new Turkish fish recipes for dinner.

OLIVES

Try two new and different types of olives—enjoy one variety for a snack and incorporate the second into a salad or main dish.

PORTOBELLO MUSHROOMS

Serve sliced on whole grain toast for lunch, or use them in place of a meat burger and enjoy as a veggie burger.

TOMATOES

Tomatoes are staples in Mediterranean kitchens. Add them to salads and soups, or try roasting them with a bit of olive oil.