

INSTRUCTIONAL KITCHEN

Mediterranean Cuisine

Mediterranean Baked Sweet Potatoes

Serves 4

Ingredients

- 4 medium sweet potatoes (~140 g each)
- 1 15-ounce (425 g) can chickpeas, rinsed and drained
- 1/2 Tbsp olive oil
- 1/2 tsp each cumin, coriander, cinnamon, smoked (or regular) paprika
- *Optional:* Pinch of sea salt *or* lemon juice

Garlic Herb Sauce

- 1/4 cup (60 g) hummus (Use the homemade hummus!)
- Juice of 1/2 lemon (~1 Tbsp)
- 3/4 - 1 tsp dried dill (or sub 2-3 tsp fresh)
- 3 cloves garlic, minced (1 1/2 Tbsp or 9 g)
- Water
- *Optional:* Sea salt to taste

Instructions

1. Preheat oven to 425 degrees F (204 C) and line a large baking sheet with foil.
2. Rinse and scrub potatoes and cut medium dice. This will speed cooking time.
3. Toss chickpeas and sweet potatoes with olive oil and spices and place on a foil-lined baking sheet.
4. While the sweet potatoes and chickpeas are roasting, prepare your sauce by adding all ingredients to a mixing bowl and whisking to combine, only adding enough water to thin so it's pourable. Taste and adjust seasonings as needed. Add more garlic for more zing, salt for savoriness, lemon juice for freshness, and dill for a more intense herb flavor. I found mine didn't need anything else.
5. Also prepare the parsley-tomato topping by tossing tomato and parsley with lemon juice and setting aside to marinate.

6. Once sweet potatoes are fork tender and the chickpeas are golden brown - roughly 15-25 minutes - remove from oven. The scent of the spices will be very fragrant and potatoes soft.
7. For serving, flip potatoes flesh-side up and smash down the insides a little bit. Then top with chickpeas, sauce and parsley-tomato garnish. Serve immediately.

Source: <https://minimalistbaker.com/mediterranean-baked-sweet-potatoes/>

Greek Lemon Chicken Skewers

Serves 6

Ingredients

Skewers

- 1 1/2 pounds chicken breast, cut into approximately 1-inch cubes (or lamb or beef, tofu)
- 3 tablespoons fresh lemon juice
- 1 tablespoon red wine vinegar
- 1 tablespoon extra virgin olive oil
- 2 cloves of garlic, minced
- 2 teaspoons dried oregano
- 1/2 teaspoon dried parsley
- 1/2 teaspoon coriander
- 3/4 teaspoon kosher salt
- 1/8 teaspoon black pepper

Tzatziki Sauce

- 1 cup peeled and diced English cucumber, about 1/2 of a cucumber
- 1 1/2 cups plain non-fat Greek yogurt
- Juice of half a lemon
- 1 heaping tablespoon chopped fresh dill
- 1/2-1 teaspoon grated garlic
- 1/2 teaspoon kosher salt
- Black pepper to taste

Instructions

Skewers

1. Pre-heat oven to 350.
2. In a large bowl whisk together the remaining ingredients then add in the cubed chicken and toss to coat.

3. Cover and refrigerate the chicken for 45 minutes to 3 hours.
4. Thread the chicken onto metal or wooden skewers, be sure to soak wooden skewers for 30 minutes.
5. Oil the grates of the grill or grill pan and place the skewers on them.
6. Bake the chicken, flipping halfway through until done. Chicken should register 165 F.

Tzatziki Sauce

7. Peel and dice the cucumber.
8. In a medium sized bowl combine the remaining ingredients and whisk together.
9. Fold in the cucumber and refrigerate until ready to serve.

Source: <https://reciperunner.com/greek-lemon-chicken-skewers-tzatziki-sauce/>

Quinoa Salad

Serves 4-6

Ingredients

- 1 cup quinoa
- 1/2 tsp salt
- 1 1/2 cups water
- 2 diced tomatoes
- 1 cup diced bell peppers
- 1 cup diced cucumber
- 1 cup chopped kalamata olives
- 1/4 cup chopped green onion

Dressing

- 1/4 cup extra virgin olive oil
- 2 tbsp honey
- juice and finely minced zest of one lemon
- 2 tbsp chopped fresh oregano or 1 tbsp dried oregano
- 1/2 tsp kosher salt
- 1/2 tsp black pepper

Instructions

1. Bring the water, salt, and quinoa to a boil over low heat.

2. Cover and simmer slowly for 15 to 20 minutes until the grains are cooked but still a little firm to the bite.
3. Remove from heat and add the tomatoes, peppers, cucumber, olives and green onion.
4. Toss everything together with the Lemon Oregano Dressing.

For the Lemon Oregano Dressing

1. Whisk together the olive oil, honey, lemon zest, oregano, salt, and pepper.
2. Pour over the salad while warm and toss very well.

Source: <https://www.rockrecipes.com/mediterranean-quinoa-salad/>

Classic Hummus

Serves 10

Ingredients

- 2 cans chickpeas/garbanzo beans
- ¼ cup olive oil
- 2 Tbsp lemon juice
- Water, as needed to thin
- 1 ½ tsp cumin
- 1/2 tsp salt, or more to taste
- Pinch cayenne pepper
- Paprika and fresh minced parsley for garnish optional

Instructions

1. Place all ingredients in a blender. Start with 2-4 Tbsp of water.
2. Blend the mixture until it becomes a smooth, creamy hummus. Add more water, as necessary.
3. Taste the mixture and add more salt, lemon juice, or garlic to taste. Process again to blend any additional ingredients.
4. Serve with chips and veggies.

Pita Chips

Serves 3-5

Ingredients

- 3 pitas, sliced into 8 wedges
- 4 Tbsp olive oil
- 1 clove garlic, minced
- Salt, pepper

- Additional seasonings, if desired

Instructions

1. Preheat oven to 375 F.
2. Combine olive oil, garlic, salt, and pepper in a small dish. Brush onto pita.
3. Arrange pita on a baking sheet in a single layer and bake for 12-15 minutes, or until desired crispiness is achieved.