



How to follow The Mediterranean Diet for better health and longevity

THREE DAYS ON THE MEDITERRANEAN DIET

DAY 1	DAY 2	DAY 3
Walk at least 30 minutes	Walk at least 30 minutes	Walk at least 30 minutes
Breakfast Cold oatmeal♥ Soy milk Flax seeds Dried cranberries	Breakfast Steel-cut Oatmeal Soy milk Flax seeds Dried cranberries Melon	Breakfast Oatmeal-walnut pancakes♥ Fresh raspberries
Snack Walnuts on fat-free Greek yogurt, dried figs, Splenda if desired	Snack Walnuts on fat-free Greek yogurt, dried figs, Splenda if desired	Snack Starbucks' soy latté Dried figs
Lunch Salsa♥ with "Light" tortilla chips Vegetarian Mexican bean wrap♥	Lunch At the Japanese restaurant: Edamame Miso soup Assorted sashimi Brown rice	Lunch Tuna and tofu salad♥
Snack Soy yogurt Fresh blackberries	Snack Veggies/ hummus♥ dip	Snack Nectarine
Dinner* Green pea and lima bean soup♥ Grilled swordfish♥ Roasted Brussels sprouts♥ Quinoa with walnuts♥ Whole grain bread dipped in EVOO	Dinner* Basil pesto Crostini♥ Mixed greens with shallot vinaigrette♥ Whole-grain pasta with roasted eggplant, olives and tomatoes♥	Dinner* Mixed greens with parsley chive dressing♥ Bean and turkey chili♥ Brown rice
Green tea Dark chocolate	Green tea Dark chocolate	Green tea Chocolate brownies♥

♥Heart healthy recipe included * Optional glass or two of red wine with dinner EVOO= extra virgin olive oil



Free recipes with the 3 Day Meal Plan

- Cold Oatmeal
- Salsa
- Mexican Bean Wrap
- Green Pea and Lima Bean Soup
- Grilled Swordfish
- Roasted Brussels Sprouts
- Quinoa with Walnuts and Currants
- Roasted Red Pepper Hummus
- Basil Pesto and Tomato Whole Wheat Crostini
- Mixed Greens with Shallot Vinaigrette
- Dr. Janet's Whole-grain Pasta with Roasted Eggplant, Olives, and Tomatoes
- Oatmeal, Walnut and Flaxseed Pancakes
- Dr. Janet's Baba Ghanoush (Eggplant Dip)
- Tuna Tofu Salad
- Parsley Chive Dressing
- Bean Turkey Chili
- Tuna Cannellini Bean Salad
- Arugula Salad with Figs and Walnuts



- Chocolate Brownies



Cold Oatmeal with Yogurt and Fresh Berries

INGREDIENTS

- 1 1/2 cups quick-cooking oats
- 3/4 cup fat-free vanilla yogurt, such as Dannon Light and Fit®
- 1/2 cup orange juice
- 1 tablespoon honey
- 3/4 cup fresh raspberries
- 3/4 cup diced strawberries
- 1/2 cup fresh blueberries
- 1/2 medium apple, peeled, cored and coarsely grated
- 3 tablespoons ground flax seed
- 1/4 cup chopped walnuts
- 4 teaspoon ground cinnamon

DIRECTIONS

In a large bowl, combine oats, yogurt, orange juice and honey. Let stand 5 minutes.



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Gently fold in raspberries, strawberries, blueberries, apple, flax seed, and walnuts. Sprinkle with cinnamon. Cover and refrigerate overnight. Serve cold.

Serves 6

NUTRITION

- Per 1/2 cup serving:
- Calories: 202
- Fat: 7 g (0 g EPA, 0 g DHA, 2 g ALA)
- Saturated Fat: 1 g
- Cholesterol: 1 mg
- Sodium: 26 mg
- Carbohydrate: 31 g
- Dietary Fiber: 6 g
- Sugars: 12 g
- Protein: 7 g



Salsa

Yield: 8 servings (serving size: 1/8th recipe, 87 grams or ~ 1/3 cup)

INGREDIENTS

- 1/2 teaspoon fresh lemon juice
- Juice from one lime
- 1/4 teaspoon salt
- 1 pound ripe plum tomatoes, cored and chopped
- 1/2 medium sized Vidalia onion, diced
- 2 garlic cloves, minced
- 1 tablespoon jalapeno pepper, chopped
- 1 teaspoon fresh cilantro, chopped

DIRECTIONS

Mix lemon juice, lime juice, and salt together in a mixing bowl until salt dissolves.

Add tomatoes to juice and stir. Add in onions, garlic, jalapeno, and cilantro.

Mix well and chill until serving time.



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NUTRITION

Per Serving (~ 1/3 cup):

- Food Weight: 0
- Calories: 22
- Fat: 0 g
- Cholesterol: 0 mg
- Sodium: 76 mg
- Carbohydrate: 5 g
- Dietary Fiber: 1 g
- Sugars: 2 g
- Protein: 1 g



Mexican Bean Wrap

INGREDIENTS

- 1 100% whole wheat tortilla
- 2 tablespoons canned black beans (rinsed and drained)
- 2 tablespoons frozen corn (thawed)
- 1 tablespoon fat-free shredded cheddar cheese
- 1/4 cup fat-free salsa
- 1/4 cup fresh spinach, chopped
- 1 slice avocado 1/4 teaspoon ground cinnamon

DIRECTIONS

Top tortilla with beans, corn and cheese. Microwave 30 seconds. Roll with salsa, spinach and avocado.



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Serves 1

NUTRITION

Per serving (1 sandwich):

- Calories: 228
- Fat: 5 g (0 g EPA, 0 g DHA, 0 g ALA)
- Saturated Fat: 0 g
- Cholesterol: 1 mg
- Sodium: 465 mg
- Carbohydrate: 36 g
- Dietary Fiber: 5 g
- Sugars: 4 g
- Protein: 9 g



Green Pea and Lima Bean Soup

INGREDIENTS

Surprisingly easy and made from readily available ingredients

- 1/4 cup extra-virgin olive oil
- 1 large sweet onion, peeled and chopped
- One 1-pound bag frozen green peas
- One 1-pound bag baby lima beans
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 8 cups reduced-sodium chicken broth or water
- Extra-virgin olive oil for garnish



DIRECTIONS

In a soup pot, heat the olive oil over medium heat. Add onion and cook until golden brown, about 10 to 12 minutes. Stir in peas and lima beans. Season with salt and pepper. Cook, stirring occasionally, for 10 minutes. Stir in the water, bring to a boil and reduce to a simmer. Cook until the beans and peas are soft, about 20 minutes. With a blender or food processor, puree the soup until velvety. Season with salt and pepper. Serve each bowl drizzled with olive oil.



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Serves 8

NUTRITION

Per 1 cup serving:

- Calories: 201
- Fat: 7 g (0 g EPA, 0 g DHA, < 1 g ALA)
- Saturated Fat: 1 g
- Cholesterol: 0 mg
- Sodium: 791 mg
- Carbohydrate: 25 g
- Dietary Fiber: 6 g
- Sugars: 4 g
- Protein: 10 g



Grilled Swordfish

INGREDIENTS

Delicious served with a side of Braised Broccoli Rabe.

- Two 6-ounce center cut swordfish fillets
- Juice of 1 lemon
- 3 tablespoons extra-virgin olive oil
- 1 garlic clove, peeled and chopped
- 1 tablespoon fresh chopped oregano or mint
- 1/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

DIRECTIONS

Place fish fillets in a shallow dish. Mix lemon juice, olive oil, garlic, oregano or mint, salt, and black pepper. Pour over fish and refrigerate for one hour. Preheat a grill or sauté pan to medium high heat. Grill or sauté swordfish for about 5 minutes on each side depending on thickness and desired degree of doneness. Meanwhile, heat marinade in a small saucepan, or in the skillet used to cook the swordfish, until boiling for 1 minute. Serve hot marinade over grilled fish with a pinch of fresh mint for garnish.



Serves 2

NUTRITION

Per 6-ounce serving:

- Calories: 395
- Fat: 27 g (<1 g EPA, 1 g DHA, <1 g ALA)
- Saturated Fat: 5 g
- Cholesterol: 66 mg
- Sodium: 294 mg
- Carbohydrate: 3 g
- Dietary Fiber: < 1 g
- Sugars: 1 g
- Protein: 34 g



Roasted Brussels Sprouts

INGREDIENTS

When roasted with slices of fresh garlic, Brussels sprouts turn into a vegetable everyone will love.

- 1 pound Brussels sprouts, trimmed and cut in half
- 2 tablespoons extra-virgin olive oil
- 3 garlic cloves, peeled and sliced
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

DIRECTIONS

Preheat oven to 375°F. In a glass baking dish, toss Brussels sprouts with olive oil, sliced garlic, salt, and pepper. Bake for 30 to 35 minutes until lightly browned.



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Serves 4

NUTRITION

Per 2/3 cup serving:

- Calories: 113
- Fat 7g (0 g EPA, 0 g DHA, <1 g ALA)
- Saturated Fat: 1 g
- Cholesterol: 0 mg
- Sodium: 174 mg
- Carbohydrate: 11 g
- Dietary Fiber: 4 g
- Sugars: 3 g
- Protein: 4 g



Quinoa with Walnuts and Currants

INGREDIENTS

Rinse the quinoa in a fine-mesh strainer with cool running water before cooking to remove the saponin, a natural coating on the quinoa which can be an irritant to the stomach if not removed. Some quinoa is sold pre-rinsed.

- 1 cup quinoa, rinsed
- 2 cups reduced-sodium chicken or vegetable broth
- 1/4 cup dried currants
- 1/2 cup chopped walnuts, toasted
- 1/4 cup finely sliced scallions, green and white part (2 thin scallions)

DIRECTIONS

In a saucepan bring the quinoa and broth to a boil. Add the currants, cover and reduce heat to low. Cook for 15 minutes. Turn off the heat, leave covered, and let sit for 5 minutes. After 5 minutes open the pan and lightly fluff the quinoa with a fork to separate the grains. Gently stir in the walnuts and scallion. Serve warm or at room temperature.



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Serves 6

NUTRITION

Per 1/2 cup serving:

- Calories: 194
- Fat: 8 g (0 g EPA, 0 g DHA, 1 g ALA)
- Cholesterol: 0 mg
- Sodium: 192 mg
- Carbohydrate: 26 g
- Dietary Fiber: 3 g
- Sugars: 4 g
- Protein: 7 g



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Roasted Red Pepper Hummus

INGREDIENTS

Use either jarred, or Roasted Red Pepper Strips, red peppers for this tasty dip or sandwich spread. Refrigerate for at least 4 hours for the best flavor.

- 1/2 cup roasted red pepper strips
- One 15-ounce can chickpeas, drained and rinsed
- 1/2 cup water
- 1/2 cup tahini
- 2 garlic cloves, peeled and minced
- Juice of 1 lemon
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 6 large basil leaves, chopped

DIRECTIONS

In a blender or food processor mix the red pepper strips, chickpeas, water, tahini, garlic, lemon juice, oil, salt, pepper, and basil until smooth.



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NUTRITION

Per 1/4 cup:

- Calories: 141
- Fat: 10 g (0 g EPA, 0 g DHA, < 1 g ALA) Saturated Fat: 1 g
- Cholesterol: 0 mg
- Sodium: 243 mg
- Carbohydrate: 11 g Dietary Fiber: 3 g Sugars: < 1 g Protein: 4 g



Basil Pesto and Tomato Whole Wheat Crostini

INGREDIENTS

- 1 cup fresh basil leaves
- 2 garlic cloves, peeled and crushed
- 1/4 cup grated Parmigiano-Reggiano cheese
- 1/3 cup chopped walnuts
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup extra-virgin olive oil
- 8-ounce whole-wheat baguette cut into sixteen 1/2 - inch slices
- 1 cup grape tomatoes, quartered



DIRECTIONS

For pesto:

In a blender or food processor combine basil, garlic, Parmesan, walnuts, salt, and pepper. Slowly add the olive oil to make a thick paste.



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For crostini:

Preheat oven to 350°F. Place bread slices on a rimmed baking sheet and bake until crisp and lightly golden, about 12 minutes. Remove from oven and let cool. Spread 1 teaspoon of pesto on each slice of bread. Top with grape tomatoes. Serve immediately.

Serves 8 (Makes 16 crostini each with 1 slice bread, 1 teaspoon pesto, 1 grape tomato, halved)

NUTRITION

Per 2 piece serving:

- Food weight: 2.5
- Calories: 256
- Fat: 19 g (0 g EPA, 0 g DHA, 1 g ALA)
- Saturated Fat: 3g
- Cholesterol: 3 mg
- Sodium: 238 mg
- Carbohydrate: 18 g
- Dietary Fiber: 2 g
- Sugars: < 1 g
- Protein: 5 g



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Mixed Greens with Shallot Vinaigrette

A simple way to dress a fresh bowl of mixed salad greens.

INGREDIENTS

- 2 tablespoons fresh lemon juice
- 2 small shallots, peeled and minced
- 2 teaspoons Dijon mustard
- 1/2 cup extra-virgin olive oil
- Salt and pepper to taste
- One 5-ounce container mixed salad greens

DIRECTIONS

In bowl, whisk together the lemon juice, shallots, and mustard. Slowly whisk in the olive oil.



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Season to taste with salt and pepper. Toss with mixed salad greens. Serve immediately.

Serves 5

NUTRITION

Per 1 ounce salad greens and 2 tablespoons vinaigrette:

- Calories: 128
- Fat: 14 g (0 g EPA, 0 g DHA, < 1g ALA)
- Saturated Fat: 2 g
- Cholesterol: 0 mg
- Sodium: 18 mg
- Carbohydrate: 2 g
- Dietary Fiber: <1 g
- Sugars: <1 g
- Protein: 1 g



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Dr. Janet's Whole-grain Pasta with Roasted Eggplant, Olives, and Tomatoes

Roasting the tomatoes and eggplant adds a sweet, rich flavor to the vegetables. Delicious served with whole-grain pasta.

INGREDIENTS

- 2 pints grape tomatoes
- One 1 1/2 pound eggplant, cut into 1-inch cubes
- 1 cup pitted Kalamata olives
- 6 garlic cloves, peeled and roughly chopped
- 1/4 cup extra-virgin olive oil
- 2 tablespoons fresh thyme leaves or 2 teaspoons dried
- 1 teaspoon kosher salt
- 1 teaspoon crushed red pepper flakes
- 1/2 cup thinly sliced fresh basil
- 1 cup Roasted Red Pepper Strips
- 4 cups (about 8 ounces) whole-grain rotini or penne pasta



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DIRECTIONS

Preheat oven to 375°F. Spray a rimmed baking sheet with nonstick cooking spray. Place tomatoes, eggplant cubes, olives, and garlic on the prepared baking sheet. Drizzle with 1/4 cup olive oil and season with thyme, salt, and red pepper flakes. Shake the baking sheet back and forth a few times to coat the vegetables with the oil and seasonings.

Bake for 1 hour and 10 minutes until tomatoes are softened and the eggplant is lightly browned. When vegetables are done remove them from the oven and spoon into a shallow bowl or platter. Stir in the basil, and red pepper strips. Near the end of the cooking time, bring a large pot of water to a boil. Add pasta and cook until al dente about 10 minutes. Serve over hot whole-grain pasta.

Serves 8

NUTRITION

Per 1/2 cup sauce and 1/2 cup dry pasta:

- Calories: 249
- Fat: 13 g (0 g EPA, 0 g DHA, <1 g ALA)
- Saturated Fat: 2 g
- Cholesterol: 0 mg
- Sodium: 364 mg
- Carbohydrate: 32 g
- Dietary Fiber: 5 g



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Oatmeal, Walnut and Flaxseed Pancakes

Serve warm, sprinkled with fresh berries, a touch of powdered sugar and fat-free whipped topping for a real Sunday morning treat (for you and your arteries!).

INGREDIENTS

- 1 cup 100% whole wheat flour
- 1/2 cup old-fashioned oat flakes, ground
- 1/4 cup ground flaxseeds
- 1/4 cup finely chopped walnuts
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 1 1/4 cups light soy milk
- 1/4 cup pure maple syrup
- 1 large egg white
- Powdered sugar, optional
- Pancake syrup, optional

DIRECTIONS

Combine dry ingredients in a medium bowl to blend.

Separately combine soy milk maple syrup, and egg white in another medium bowl.



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Add soymilk mixture to dry ingredients and whisk just until incorporated.

Coat a large fry pan with non-stick cooking spray. Heat pan over medium heat. Spoon in four circular pancakes about ¼ cup each. Cook until batter bubbles then flip with a spatula. Use more cooking spray when necessary. Remove from pan when golden brown in color. Sprinkle lightly with powdered sugar; add whipped topping to taste, garnish with fresh berries.

Serves 6

NUTRITION

2 pancakes

- Calories: 234
- Fat: 16 g
- Saturated fat: 0 g
- Cholesterol: 0 mg
- Sodium: 440 mg
- Carbohydrate: 35 g
- Dietary Fiber: 7 g
- Sugars: 11 g
- Protein: 9 g



Dr. Janet's Baba Ghanoush (Eggplant Dip)

INGREDIENTS

- 1 large eggplant (about 1 1/2 pounds)
- 2 garlic cloves, chopped
- 1/4 cup chopped flat-leaf parsley
- Juice of 1 lemon
- 2 tablespoons extra virgin olive oil
- 1 tablespoon tahini
- 1/4 teaspoon kosher salt
- 1/4 teaspoon cayenne pepper

DIRECTIONS

Preheat the oven to 450° F. Using a fork, prick the eggplant in about eight places.

Place on a foil-lined baking sheet. Bake for 35 to 40 minutes, or until soft. Remove from the oven and let cool. Cut the eggplant in half, drain any liquid, and scoop out the pulp into the container of a blender or food processor.

Add the garlic, parsley, lemon juice, olive oil, tahini, salt, and cayenne. Blend until smooth. Refrigerate for 30 minutes to blend the flavors.

Serves 6



Tuna and Tofu Salad

DRESSING INGREDIENTS

- 1 clove garlic, minced
- 1 tablespoon balsamic vinegar (well aged)
- 1 1/2 teaspoons Dijon mustard
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1/3 cup extra virgin olive oil



For the dressing

Whisk together all dressing ingredients except the oil and blend until smooth. Slowly add in the oil and mix until dressing is a thick consistency. Chill dressing until serving salad.



SALAD INGREDIENTS

- 4 cups red leaf lettuce, washed, dried and torn
- 1 large ripe tomato, diced
- 1/2 a large Vidalia sweet onion, sliced
- 1/4 cup green onions, sliced
- 1/2 cup sliced button mushrooms
- 1 block (14 ounce package) extra firm tofu
- 1 (12 ounce) can of water packed tuna fish

For the salad

Arrange lettuce on a large salad plate. Cut tofu into one inch cubes and add to salad. Mix tomato and onion together and sprinkle over tofu. Sprinkle drained tuna flakes over tomato mixture then add green onions. Pour chilled dressing in desired amount over salad before serving.



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Serves 2

NUTRITION

Per Serving (1/2 recipe):

- Food weight: 4.5
- Calories: 461
- Fat: 17 g
- Cholesterol: 51 mg
- Sodium: 779 mg
- Carbohydrate: 15 g
- Dietary Fiber: 2 g
- Sugars: 7 g
- Protein: 60 g

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Parsley Chive Dressing

Delicious served on a salad, or a fillet of Grilled Swordfish

INGREDIENTS

- 3/4 cup extra-virgin olive oil
- 1/4 cup aged balsamic vinegar
- 1 tablespoon Dijon mustard
- 1 shallot, peeled and minced
- 1 bunch flat-leaf Italian parsley, stalks removed
- 3 stalks fresh chives, cut into small pieces



DIRECTIONS

Place all ingredients in a blender. Blend until ingredients are well combined, scraping down the sides of the container at least once.



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Serves 12

NUTRITION

Per 2 tablespoon serving:

- Calories: 123
- Fat: 14 g (0 g EPA, 0 g DHA, < 1g ALA)
- Saturated Fat: 2 g
- Cholesterol: 0 mg
- Sodium: 18 mg
- Carbohydrate: 1 g
- Dietary Fiber: < 1 g
- Sugars: < 1 g
- Protein: < 1 g



Bean and Turkey Chili

Serve warm over brown rice and garnished with a touch of shredded soy cheddar cheese.

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 4 cloves garlic, sliced
- 1.25 pounds extra lean ground turkey breast
- 2 (26.46 ounce) containers no salt added Pomi chopped tomatoes
- 2 (16 ounce) cans dark red kidney beans, rinsed and drained
- 1 (15 ounce) can black beans, rinsed and drained
- ½ medium onion, chopped
- 1 cup frozen corn (defrosted)
- 2 tablespoons chili powder
- 1 teaspoon red pepper flakes
- ½ tablespoon garlic powder
- ½ tablespoon ground cumin
- 1 pinch ground black pepper
- 1 pinch ground allspice
- salt to taste, optional



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DIRECTIONS

Heat oil and garlic in a large skillet over medium high heat until garlic is light golden brown. Place turkey in the skillet and cook until evenly browned. Coat the inside of a slow cooker with non-stick spray. Mix together turkey, crushed tomatoes, kidney beans, black beans, onion and corn. Season with chili powder, red pepper flakes, garlic powder, cumin, black pepper, and allspice and blend.

Cover and cook 4 hours on High (or 8 hours on Low).

Serve hot over brown rice and topped with two tablespoons shredded soy cheddar cheese.

Serves 6

NUTRITION

Per serving (~1 cup):

- Calories: 356
- Fat: 6 g (0 g EPA, 0 g DHA, 0 g ALA)
- Saturated Fat: 1 g
- Cholesterol: 2 mg
- Sodium: 29 mg
- Carbohydrate: 59 g
- Dietary Fiber: 21 g
- Sugars: 11 g
- Protein: 19 g



Tuna Cannellini Bean Salad

INGREDIENTS

- One 15-ounce can cannellini beans, drained and rinsed
- One 6-ounce can or pouch chunk-light tuna packed in water, drained and flaked
- 2 tablespoons finely chopped red onion
- 2 tablespoons chopped basil or sage
- 1 garlic clove, peeled and minced
- 2 tablespoons extra-virgin olive oil
- Juice of 1 lemon
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

DIRECTIONS

In a bowl gently toss together the beans and tuna. Fold in the red onion, basil or sage, garlic, olive oil, lemon juice, salt and pepper. Serve immediately or chill until ready to serve.



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Serves 4

NUTRITION

Per 1/2 cup serving:

- Calories: 244
- Fat: 12 g (0 g EPA, 0 g DHA, <1g ALA) Saturated Fat: 3 g
- Cholesterol: 17 mg
- Sodium: 422 mg
- Carbohydrate: 18 g
- Dietary Fiber: 4 g
- Sugars: <1 g Protein: 17 g



Arugula Salad with Figs and Walnuts

INGREDIENTS

The peppery bite of arugula blends well with the soft flavor of the figs.

- Have ready 1/4 cup Parsley Chive Dressing
- One 5-ounce container baby arugula
- 1 cup dried Mission figs, chopped
- 1/2 cup chopped walnuts, toasted



DIRECTIONS

In a bowl toss arugula with the Parsley Chive Dressing. Arrange arugula on a platter or in a shallow bowl. Sprinkle with figs and walnuts. Serve with more dressing on the side if desired.

Serves 6

NUTRITION

Per 1 1/4 cup salad with 2 teaspoons dressing:



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- Calories: 173
- Fat: 11 g (0 g EPA, 0 g DHA, 1g ALA)
- Saturated Fat: 1 g
- Cholesterol: 0 mg
- Sodium: 15 mg
- Carbohydrate: 18 g
- Dietary Fiber: 4 g
- Sugars: 13 g
- Protein: 3 g



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Flourless Dark Chocolate Brownies with Walnuts



INGREDIENTS

A dark, moist chocolately treat.

- One 15-ounce can black beans, drained and rinsed
- 3/4 cup packed Splenda ® Brown Sugar Blend
- 1/2 cup quick-cooking oats
- 1/4 cup unsweetened dark cocoa powder
- 1/4 cup extra-virgin olive oil
- 2 tablespoons ground flax seed
- 1 tablespoon espresso powder
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1/2 cup chopped walnuts

DIRECTIONS

Preheat oven to 350°F. Spray a 9-inch baking pan with nonstick cooking spray. Place black beans in a mixing bowl. Add the sugar, oats, cocoa powder, olive oil, espresso powder, flax seed, vanilla, and salt. With an electric mixer blend the ingredients until the black beans are mashed up and the mixture is smooth, about 2 minutes.



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Scrape batter into the prepared pan and bake for 30 to 35 minutes until the edges pull away from the sides of the pan and the middle of the brownies is firm. Let cool before slicing into 16 pieces.

Serves 16

NUTRITION

Per brownie:

- Calories: 140
- Fat: 6 g (0 g EPA, 0 g DHA, 1 g ALA)
- Saturated Fat: 1 g
- Cholesterol: 1 mg
- Sodium: 89 mg
- Carbohydrate: 16 g
- Dietary Fiber: 2 g
- Sugars: <1 g
- Protein: 3 g