Mediterranean Medley Salad

Ingredients

* 4 cups roughly chopped raw vegetables (I like a combination of carrots, red onions, cucumbers, tomatoes, green or red bell peppers, and zucchini)
* 2 ounces feta cheese, crumbled
* 1/4 cup sliced Kalamata olives
* 1/2 cup torn basil leaves
* 2 tablespoons extra-virgin olive oil
* 1 tablespoon balsamic vinegar
* 1 pinch Salt and freshly ground black pepper, to taste

Directions

1. Toss all ingredients together

*Recipe By:* USA WEEKEND

Mediterranean Potato Salad



*This recipe makes a large batch of potato salad, perfect for a picnic or potluck. You can easily cut the ingredients in half if you want a more moderate amount of potato salad.*

* **Prep time:** 20 minutes
* **Cook time:** 40 minutes
* **Yield:** Serves 10 to 12

**Ingredients**

* 4 pounds small new potatoes or fingerling potatoes, scrubbed clean
* Salted water (1 1/2 teaspoons salt for every quart of water) for cooking the potatoes
* 1 pound of fresh, tender green beans, trimmed and cut into 1-inch pieces (4 cups prepped green beans)
* 3 large roasted red bell peppers\*, core removed, flesh cut into 2 x 1/4-inch strips (about 2 cups, or a 16 ounce jar, drained)
* 3/4 cup minced red onion
* 1 cup minced, pitted Kalamata and green olives (mini-chopper works well for this)
* A large handful of fresh Italian parsley leaves, roughly chopped
* A large handful of fresh baby arugula leaves

*Dressing:*

* 2 Tbsp whole grain mustard
* 1/3 cup red wine vinegar
* 1 teaspoon dried tarragon (or herbes de provence)
* 1/2 teaspoon salt
* 1/3 cup olive oil

*\* To roast bell peppers, rub with a little olive oil, place on an aluminum foil-lined roasting pan under a broiler, broil until all sides are completely blackened, turning as needed. Place the blackened bell peppers in a bowl and cover with a plate until they cool. Then peel off the blackened bits. For more details on various methods to roast bell peppers see:* [*Marinated Roasted Bell Peppers*](https://www.simplyrecipes.com/recipes/marinated_roasted_red_bell_peppers/)*.*

**Method**

**1 Boil the potatoes:** Place whole potatoes in a large pot, cover with cold water, an inch above the level of the potatoes. Add salt (1 1/2 teaspoons for every quart of water used). Bring to a simmer on high heat, then reduce heat to maintain a simmer.

Cook for 10 to 15 minutes (or more, depending on the size of the potatoes), until pierced easily with the tines of a fork or a sharp knife. Check frequently for doneness.

Once done, drain and place potatoes on a sheet pan to cool. Let cool to room temperature or slightly warm. (You can speed up cooling by placing in the refrigerator if you have space.)

**2 Blanch the green beans:** While the potatoes are cooking, bring another pot of salted water to a rolling boil (2 quarts of water, 1 Tbsp salt). Add the green beans.

Blanch for 4 to 5 minutes, more or less depending on the age and toughness of the beans.

Once cooked until tender, drain and place in a bowl of ice water to shock and stop the cooking.

**3 Make vinaigrette:** While the potatoes and green beans are cooking, make the vinaigrette. Whisk together in a bowl the mustard, vinegar, tarragon, salt, and olive oil.

**4 Cut potatoes into bite-sized pieces:** Once the potatoes have cooled, cut them into 3/4-inch to 1-inch bite-sized pieces. Place in a large bowl.

**5 Toss with green beans, bell peppers, red onion, olives, vinaigrette to marinate:** To the bowl add the green beans, strips of roasted peppers, red onion, and olives. Toss with the vinaigrette.

Let marinate until ready to serve.

**6 Toss with parsley, arugula:** Once ready to serve, toss with the parsley and arugula.

Can easily make ahead. Lasts several days in the fridge.

From: Simply recipes

Mediterranean Chicken Salad

Recipe By: Diabetic Living Magazine “The next time you grill or broil chicken breasts, cook some extra pieces to use in this salad. Or if you prefer, pick up some packaged cooked chicken breast strips or cubes at the grocery store.”

Ingredients

* + ⅓ cup lemon juice
  + 2 tablespoons snipped fresh mint
  + 2 tablespoons snipped fresh basil
  + 2 tablespoons olive oil
  + 1 tablespoon honey
  + ¼ teaspoon ground black pepper
  + 5 cups shredded romaine lettuce
  + 2 cups cut-up cooked chicken breast
  + 2 plum tomatoes, cut into wedges
  + 1 (15 ounce) can garbanzo beans (chickpeas), rinsed and drained
  + 2 tablespoons pitted Kalamata olives, quartered (optional)
  + 2 tablespoons crumbled reduced-fat feta cheese
  + 6 Whole kalamata olives for garnish (optional)

Directions

* 1 In a screw-top jar, combine lemon juice, mint, basil, olive oil, honey, and black pepper to make dressing. Cover and shake well.
* 2 Place lettuce on a large platter. Top with chicken, tomatoes, garbanzo beans, the quartered olives (if using), and feta cheese. Drizzle with dressing. If desired, garnish individual servings with whole olives.

Recipe: Eating Well.com

**CHOPPED MEDITERRANEAN SALAD**

* pkg (9 oz each) romaine lettuce, coarsely chopped
* 1 can (14.5 oz each) Hunt's® Diced Tomatoes with Basil, Garlic and Oregano, drained
* 1 can (15 oz each) garbanzo beans, drained, rinsed
* 1 can (3.8 oz each) sliced ripe olives, drained
* 2/3 cup crumbled feta cheese
* 1/2 cup chopped red onion
* 2 tablespoons red wine vinegar

**Directions**

* **Step one**

Place all ingredients in large bowl. Toss together.

**Tips**

* *For gluten free preparation, confirm all recipe ingredients are gluten free by*
* **212** calories, 20g Carbs

***MEDITERRANEAN SALMON AND POTATOE SALAD***

1 lb. small red potatoes (about 3), cut into wedges

1/2 cup KRAFT Balsamic Vinaigrette Dressing, divided

1-1/2 tsp. dried rosemary leaves, crushed, divided

4 skin-on salmon fillet s (1 lb.)

2 Tbsp. lemon juice

1 pkg. (10 oz.) torn romaine lettuce

1 cucumber, cut into thin slices

1

Cook potatoes in half each of the dressing and rosemary in large nonstick skillet on medium-high heat 8 min., stirring occasionally.

2

Add fish; sprinkle with lemon juice and remaining rosemary. Cover; cook on medium-low heat 6 to 8 min. or until fish flakes easily with fork and potatoes are tender. Remove skin from fish; discard.

3

Toss lettuce with cucumbers. Serve topped with the fish, potatoes and remaining dressing.

***MEDITERRANEAN SALAD***

3 tablespoons extra-virgin olive oil, plus 1/4 cup

2 cloves garlic, minced

1 (1-pound) box Israeli couscous (or any small pasta)

3 cups chicken stock

2 lemons, juiced

1 lemon, zested

1/2 teaspoon salt

1/2 teaspoon freshly ground black pepper

1 cup chopped fresh basil leaves

1/2 cup chopped fresh mint leaves

1/4 cup dried cranberries

1/4 cup slivered almonds, toasted

1. In a medium saucepan, warm 3 tablespoons of the olive oil over medium heat. Add the garlic and cook for 1 minute. Add the couscous and cook until toasted and lightly browned, stirring often, about 5 minutes. Carefully add the stock, and the juice of 1 lemon, and bring to a boil. Reduce the heat and simmer, covered, until the couscous is tender, but still firm to the bite, stirring occasionally, about 8 to 10 minutes. Drain the couscous.
2. In a large bowl, toss the cooked couscous with the remaining olive oil, remaining lemon juice, zest, salt, and pepper and let cool.
3. Once the couscous is room temperature, add the fresh herbs, dried cranberries, and almonds. Toss to combine and serve.

Recipe courtesy of Giada De Laurentiis**d**

**Mediterranean Quinoa Salad**

* 1 cup white quinoa, uncooked
* 1/2 teaspoon salt
* 1 cup diced, seeded, unpeeled cucumber
* 1 can (14.5 oz each) Hunt's® Diced Tomatoes with Basil, Garlic and Oregano, drained
* 1 can (2.25 oz each) sliced ripe olives, drained
* 1/3 cup crumbled feta cheese
* 1/4 cup chopped red onion

**Directions**

**Step one**

Cook quinoa according to package directions, adding the salt.

**Step two**

Meanwhile, combine cucumber, drained tomatoes, olives, cheese and onion in large bowl; set aside.

**Step three**

Spread cooked quinoa in 13x9-inch baking dish. Cool slightly in refrigerator 5 minutes. Add quinoa to vegetable mixture; toss gently to combine. Serve immediately or refrigerate until cold.

**Tips**

* *Quinoa typically is found in the rice and pasta section of supermarkets. Rinse well before cooking to remove the natural bitter coating, if it is not pre-washed.*

*Quinoa can be cooked the day before and stored in a sealed container in the refrigerator, if desired.*

*For gluten free preparation, confirm all recipe ingredients are gluten free by reading product labels each time you make this recipe*

*Recipe courtesy of Hunt’s*

**Mediterranean Chicken Pasta**

**TOTAL TIME:** Prep: 25 min. Cook: 20 min. **YIELD:** 8 servings.

**Ingredients**

* 1 package (12 ounces) uncooked tricolor spiral pasta
* 2 tablespoons olive oil, divided
* 1 pound boneless skinless chicken breasts, cut into 1/2-inch pieces
* 1 large sweet red pepper, chopped
* 1 medium onion, chopped
* 3 garlic cloves, peeled and thinly sliced
* 1 cup white wine or reduced-sodium chicken broth
* 1/4 cup julienned soft sun-dried tomatoes (not packed in oil)
* 1 teaspoon dried basil
* 1 teaspoon Italian seasoning
* 1/2 teaspoon salt
* 1/4 teaspoon crushed red pepper flakes
* 1/4 teaspoon pepper
* 1 can (14-1/2 ounces) reduced-sodium chicken broth
* 1 can (14 ounces) water-packed quartered artichoke hearts, drained
* 1 package (6 ounces) fresh baby spinach
* 1 cup (4 ounces) crumbled feta cheese
* Thinly sliced fresh basil leaves and shaved Parmesan cheese, optional

**Directions**

* **1.** Cook pasta according to package directions. In a 6-qt. stockpot, heat 1 tablespoon oil over medium-high heat. Add chicken; cook and stir 4-6 minutes or until no longer pink. Remove from pot.
* **2.** In same pot, heat remaining oil over medium heat. Add red pepper and onion; cook and stir 4-5 minutes or until onion is tender. Add garlic; cook 1 minute longer. Add wine, sun-dried tomatoes and seasonings; bring to a boil. Reduce heat; simmer 5 minutes, stirring to loosen browned bits from pot.
* **3.** Add broth and artichoke hearts; return to a boil. Stir in spinach and chicken; cook just until spinach is wilted.
* **4.** Drain pasta; stir into chicken mixture. Stir in feta cheese. If desired, top servings with basil and Parmesan cheese.
* *For special days, I make this cheesy pasta bake loaded with chicken and all sorts of veggies. Want a vegetarian version? Use vegetable stock and garbanzo beans. —Liz Bellville, Havelock, North Carolina*

**Healthy Caprese Salad**

Caprese salad is both delicious and nutritional. Make it as an appetizer or a great side dish for a flavorful experience everyone will love.

**Course** Appetizer, Salad, Side Dish

**Cuisine** Italian

**Servings** 4 people

**Calories** 239 kcal

**Author** Barbara Tidwell (Courtesy of Taste of Home)

**Ingredients**

* 4 red on-the-vine tomatoes
* 1 pkg fresh mozzarella log
* 2 tbsp olive oil
* 2 tbsp balsamic vinegar
* 1/2 tsp kosher salt
* 1/2 tsp black pepper
* 1 pkg fresh basil
* 1 large sliced or cubed avocado (optional)

**Instructions**

1. Slice the tomato to about 1/4 inch thick and place on a platter or plate.
2. Slice the fresh mozzarella to about 1/4 inch thick and place on top of each tomato.
3. Sprinkle the balsamic vinegar over the fresh mozzarella and tomato.
4. Sprinkle with olive oil.
5. Lightly salt and pepper.
6. Chop up fresh basil and sprinkle over the tomatoes, or use one basil leave per slice.
7. Serve with your favorite grilled meat