



Our mission is pretty straightforward: empower to live a happy, strong, and healthy lifestyle



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## *Dedication*

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*At SlimFit Health, our team is dedicated to empowering every and all of our members to live and maintain a strong, healthy and happy lifestyle.*



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## Strawberry Banana Smoothie

Prep time: 5 mins | Cook Time: 0 mins | Total time: 5 mins | Serves: 2-3

### OVERVIEW

This refreshing strawberry banana smoothie recipe comes together in seconds in the blender. Perfect for hot summer afternoons or as a healthy breakfast.

#### NUTRITIONAL VALUE:

CALORIES: 159 | FAT: 1g | CARBS: 36g | PROTEIN: 4g

#### Ingredients

- 1 cup strawberries
- 1/2 frozen banana
- 1 cup almond milk, or oat milk
- 1 tablespoon maple syrup with low sugar and calories
- 1 1/2 cup ice
- Handful of mint or basil (optional)

#### Step-by-Step

1. Combine the raspberries, strawberries, banana, almond milk, honey or maple, basil, if using, and ice in a blender. Blend until smooth.
2. Taste. If it's too tart for you, add another 1/2 cup or so of almond milk and another tablespoon of honey or maple.

#### Notes

*Optional step, strain to remove seeds: Blend all ingredients except ice. Strain the liquid to remove strawberry seeds, return to blender, add ice and pulse until combined.*



## Blueberry Smoothie

Prep time: 5 mins | Cook Time: 0 mins | Total time: 5 mins | Serves: 2-3

### OVERVIEW

Raspberries and lemon give this blueberry smoothie the perfect amount of tang. A yummy, healthy breakfast or snack!

#### NUTRITIONAL VALUE:

CALORIES: 197 | FAT: 2g | CARBS: 39g | PROTEIN: 7g

#### Ingredients

- 1 cup frozen blueberries
- 1/2 cup frozen raspberries
- 1/4 cup blanched & peeled almonds, raw cashews or 1/2 frozen banana
- 1 1/2 cups almond milk
- squeeze of lemon
- 1 tablespoon AIYA Rooibos Zen Cafe Blend (optional)
- 1/2 tablespoon honey or maple syrup (optional)

#### Step-by-Step

1. Blend all ingredients together. Add more almond milk to thin the consistency, if necessary.

#### Notes

*Yogurt version: instead of almond or cashews, use one 7 oz. container of greek yogurt and 1/2 cup less almond milk.*



## Kale & Berry Energy Smoothie

Prep time: 5 mins | Cook Time: 0 mins | Total Time: 5 mins | Serves: 1

### OVERVIEW

This kale berry smoothie is packed with “post pig out” fixing qualities, filled with all kinds of goodness!

#### NUTRITIONAL VALUE:

CALORIES: 296 | FAT: 7.7g | CARBS: 56.2g | PROTEIN: 7.9g

#### Ingredients

- 1 cup almond milk
- 1/2 cup kale
- 1/2 cup blueberries
- 1/2 medium banana
- 1 tablespoon nut butter
- 1/3 cup strawberries or raspberries

#### Step-by-Step

1. Place banana, berries, kale, almond milk, nut butter, and strawberries into a blender. Cover and puree until smooth, 20 to 30 seconds.

#### Notes

*You can substitute it with spinach. Add a scoop of protein powder if you're looking for more protein. Using just water works if you don't have any orange juice on hand.*



## Tomato, Avocado, and Hearts of Palm Salad

Prep time: 10 mins | Cook Time: 0 mins | Total Time: 10 mins | Serves: 4

### OVERVIEW

This Heart of Palm Salad with Tomato and Avocado has a squeeze of fresh lime juice and frozen basil.

#### NUTRITIONAL VALUE:

CALORIES: 136 | FAT: 11g | CARBS: 10g | PROTEIN: 2g

#### Ingredients

##### *Salad*

- 2 cups sliced cherry tomatoes
- 1 (14-oz.) can Hearts of Palm

Cut, drained

- 1 avocado, peeled and cubed

##### *Dressing*

- 1/2 teaspoon dried basil or 1  
cube Frozen Basil
- 1/4 teaspoon garlic powder
- 1/8 teaspoon pepper
- 3 tablespoons extra virgin Olive  
Oil

#### Step-by-Step

1. Place tomatoes, hearts of palm, and avocado cubes in a salad bowl. Mix dressing ingredients and pour over vegetables just before serving. Toss to combine.





## Salmon-Stuffed Avocados

Prep time: 15 mins | Cook Time: 0 mins | Total Time: 15 mins | Serves: 4

### OVERVIEW

Canned salmon is a useful pantry staple and a convenient method to get omega-3-rich seafood into your diet. We've combined it with avocados to make a quick no-cook supper.

#### NUTRITIONAL VALUE:

CALORIES: 293 | FAT: 19.6g | CARBS: 10.5g | PROTEIN: 22.5g

#### Ingredients

- ½ cup nonfat plain Greek yogurt
- ½ cup diced celery
- 2 tablespoons chopped fresh parsley
- 1 tablespoon lime juice
- 2 teaspoons mayonnaise
- 1 teaspoon Dijon mustard
- ⅛ teaspoon low fat mayonnaise
- ⅛ teaspoon ground pepper
- 2 (5 ounce) cans salmon,

#### Step-by-Step

1. Combine yogurt, celery, parsley, lime juice, mayonnaise, mustard, mayonnaise, and pepper in a medium bowl; mix well. Add salmon and mix well.
2. Halve avocados lengthwise and remove pits. Scoop about 1 tablespoon flesh from each avocado half into a small bowl. Mash the scooped-out avocado flesh with a fork and stir into the salmon mixture.
3. Fill each avocado half with about 1/4 cup of the salmon mixture, mounding it on top of the avocado halves. Garnish with chives, if desired.

#### Notes

#### Nutrition Facts

*Serving Size: 1/2 avocado and 1/4 cup salmon salad*

*Per Serving: 293 calories; protein 22.5g; carbohydrates 10.5g;*

drained, flaked, skin and bones  
removed

- 2 avocados
- Chopped chives for garnish

*dietary fiber 7g; sugars 1.8g; fat 19.6g; saturated fat 3g;*

*cholesterol 61.2mg; vitamin a 413IU; vitamin c 14.1mg;*

*folate94.1mcg; calcium 94.2mg; iron 1.1mg; magnesium 52mg;*

*potassium 807.2mg; sodium399.8mg.*

## Mediterranean Salmon Kabobs

Prep time: 18 mins | Cook Time: 0 mins | Total Time: 18 mins | Serves: 5 to 6 skewers

### OVERVIEW

Best grilled salmon kabobs, cooked Mediterranean-style with zucchini and onions and a garlicky, spicy marinade! Serve with your favorite Mediterranean salads and sides, as well as a dollop of Tahini or Tzatziki.

#### NUTRITIONAL VALUE:

CALORIES: 295 | FAT: 15.6g | CARBS: 15.4g | PROTEIN: 25.1g

#### Ingredients

- 1.5 lb Salmon fillet, cut into cubes approximately 1-inch to 1-1/2 inch or so in size
- 1 zucchini, sliced into rounds
- 1 small red onion, cut into squares
- Kosher pepper

#### *For marinade*

- 1/4 cup to 1/3 cup Extra Virgin Olive Oil
- 1 lemon, zested and juiced

#### Step-by-Step

1. In a small bowl, whisk together the marinade ingredients of extra virgin olive oil, lemon juice and zest, garlic, oregano, thyme, cumin, Aleppo pepper and coriander.
2. Place salmon pieces, zucchini and onions in a large mixing bowl. Season with kosher pepper, and toss briefly. Now pour the marinade over the salmon and toss again to make sure the salmon is well coated with the marinade. Let the fish marinate for about 15 to 20 minutes (see Notes)
3. Beginning with salmon, thread salmon, zucchini and onions through skewers (if using wooden skewers, be sure to have soaked them for 30 minutes before using.)
4. Heat an outdoor grill (indoor grilling instructions in Notes). Arrange salmon skewers on top and cover the grill. Grill salmon kabobs for 6 to 8 minutes, covered, or until the fish is opaque throughout, turning once midway through cooking (using tongs is the best way to turn the salmon skewers)

- 3 garlic cloves, minced
- 2 tsp chopped [parsley](#) frozen
- 2 tsp dry oregano
- 1 tsp ground cumin
- 1 tsp mild chili pepper (I used this Aleppo pepper)
- 1/2 tsp ground coriander

### **Notes**

- **Cook's Tip:** *The marinade packs the salmon with tons of flavor and also acts as a brine to help keep it from drying out. If you want to give the salmon a little more time in the marinade for even more flavor, cover and refrigerate for one hour or so before grilling.*
- **Indoor grilling instructions:** brush a griddle or grill pan with a little bit of extra virgin olive oil and heat on medium. Arrange the salmon kabobs in one layer (do not crowd the kabobs). Cook for 3 to 5 minutes on side, turn over once and cook for another 4 minutes or so. If you like, you can cover them for even cooking.
- **Broiling Instructions:** Heat oven broiler. Arrange salmon skewers on a large baking sheet and place about 5 to 6 inches below broiler. Cook on one side for 4 to 5 minutes, turn over and cook another 4 minute or so or until fish is opaque throughout.
- **Need to feed a larger crowd?** The work here is in the marinade, if you need to feed a larger crowd, you can easily double the amount of salmon and marinade. You may need to add an extra minute or two for grilling, but always watch to make sure your salmon does not dry out. It is ready when it turns a nice opaque color and flakes easily with a fork.

- **Recommended for this Recipe:** Extra virgin olive oil. And from our spice collection, cumin, Aleppo pepper and coriander.
- **Leftovers?** In general, if the salmon was fresh and in good condition before cooking, you should be able to store it in the fridge in an air-tight container for 2 days or so. Best to eat cold or at room temperature.



## Healthy Chicken Pasta Salad with Avocado, Tomato, & Basil

Prep time: 10 mins | Cook Time: 10 mins | Total Time: 20 mins | Serves: 6

### OVERVIEW

This nutritious chicken pasta salad is loaded with tomatoes, avocado, and fresh basil and is full of flavor, protein, and vegetables. This chunky chicken pasta salad will be one of the best options in your arsenal if you're seeking for a nutritious salad for lunch or dish ideas for a potluck. Enjoy!

#### NUTRITIONAL VALUE:

CALORIES: 572 | FAT: 35g | CARBS: 51g | PROTEIN: 17g

#### Ingredients

- 2 medium cooked chicken breasts, shredded or chopped (we used rotisserie chicken)
- 2 ripe avocado pitted and diced
- 1 pound cooked rotini pasta or similar (specifically 100% whole grain pasta)
- 1/2 cup chopped red onion
- 1 cup cherry tomatoes, halved
- 1/2 cup freshly chopped basil
- Fresh cracked pepper, to taste

#### Step-by-Step

1. In a large bowl, add the salad ingredients, the shredded chicken, avocado, onion, avocado, cherry tomatoes, and basil.
2. In a jar, combine the ingredients for the dressing: vinegar, Italian seasoning, Olive oil, and pepper.
3. Drizzle your chicken pasta salad with the dressing. Toss gently until all the ingredients are combined. Serve the chicken pasta salad immediately, or chill for later. Enjoy!

#### Notes

- *Additional add-ins that go well with this salad would include chopped cucumber, corn, olives, black beans...*
- *To keep the avocado from turning brown, coat the avocado in either lemon juice or lime juice. It will act as an*

### ***Dressing***

- 1/2 cup white wine vinegar
- 1 tablespoon Italian seasoning
- 3/4 cup extra virgin olive oil
- Add pepper to taste

*antioxidant.*

- *Being a cold chicken pasta salad makes it perfect for summer, picnics or potlucks. You can make it up to a day in advance, leaving the avocado and tomato until you are ready to serve the chicken pasta salad to keep the ingredients as fresh as possible.*

### ***Can I grill chicken instead of using rotisserie chicken?***

*Yes, of course, you can grill chicken for this salad. Make sure to grill chicken breasts or pan-sear on medium-low heat, so chicken doesn't burn while undercooked in the inside. When out of fresh chicken, we like to use a bag of frozen grilled organic chicken breasts that we heat up in a skillet and use for the salad.*



## Roasted Zucchini Salad with Feta and Italian Dressing

Prep time: 5 mins | Cook Time: 5 mins | Total Time: 10 mins | Serves: 4

### OVERVIEW

You'll want to make this super flavorful and healthy roasted zucchini salad with feta all summer long! Grilled zucchini is tossed in a homemade Italian dressing before being topped with fresh herbs and feta cheese. This zucchini salad is great for a light lunch or as a side dish for a barbecue.

#### NUTRITIONAL VALUE:

CALORIES: 40 | FAT: 1g | CARBS: 7g | PROTEIN: 2g

#### Ingredients

- 4 medium zucchini
- 3/4 cup crumbled feta cheese
- 2 tablespoons chopped mint
- 1/2 cup Italian salad dressing

([recipe here](#))

#### Steps to Cook

1. To make roasted zucchini salad: Cut the zucchini in half and cut into thin slices.
2. Heat up a large, non-stick skillet or griddle on medium-high heat. Dry roast the zucchini in the skillet, without any oil, for about 3 minutes on each side, until they get golden and soften a little.
3. Transfer zucchini into a salad bowl and sprinkle with feta cheese, and chopped mint. Pour the Italian dressing over the roasted zucchini salad and mix well. Refrigerate until chilled and serve. Enjoy!

#### Notes

*An easy Mediterranean-style grilled zucchini salad with fresh herbs, Italian dressing, and a sprinkle of feta. Serve it at room temperature. Refrigerate the zucchini salad in an airtight container in the refrigerator for up to 3 days.*





## Mediterranean Cottage Cheese Tartines

Prep time: 5 mins | Cook Time: 0 mins | Total Time: 5 mins | Serves: 3

### OVERVIEW

These delicious tartines are packed with powerful protein from the cottage cheese and rye crispbreads.

#### NUTRITIONAL VALUE:

CALORIES: 209 | FAT: 6.5g | CARBS: 27.5g | PROTEIN: 11.9g

#### Ingredients

- 1 cup cottage cheese
- 2 tablespoons prepared pesto
- 6 rye crispbreads
- 1/2 cup thinly sliced cucumber
- 1 cup cherry tomatoes, halved

#### Steps to Cook

1. In a bowl stir together the cottage cheese and pesto.
2. To assemble, spread the cottage cheese mixture onto the crackers and top with the cucumber slices and cherry tomatoes. Season with a sprinkle of freshly cracked black pepper.

#### Notes

*Serving size: 2 crackers*



## Guacamole

Prep time: 10 mins | Cook Time: 0 mins | Total Time: 10 mins | Serves: 4

### OVERVIEW

Depending on your preferences, you may make this avocado salad smooth or chunky.

#### NUTRITIONAL VALUE:

CALORIES: 262 | FAT: 22.2g | CARBS: 18g | PROTEIN: 3.7g

#### Ingredients

- 3 avocados - peeled, pitted, and mashed
- 1 lime, juiced
- 1/2 cup diced onion
- 3 tablespoons chopped fresh cilantro
- 2 roma (plum) tomatoes, diced
- 1 teaspoon minced garlic
- 1 pinch ground cayenne pepper (Optional)

#### Steps to Cook

1. In a medium bowl, mash together the avocados in lime juice. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper. Refrigerate 1 hour for best flavor, or serve immediately.

#### Notes

*Yields: 4 servings*

## Simple Mediterranean Olive Oil Pasta

Prep time: -- mins | Cook Time: -- mins | Total Time: 19 mins | Serves: 4-6

### OVERVIEW

Simple, tasty olive oil pasta loaded with Mediterranean flavors.

#### NUTRITIONAL VALUE:

CALORIES: 389 | FAT: 16.6g | CARBS: 51.1g | PROTEIN: 10.7g

#### Ingredients

- 1 lb 100% whole wheat pasta
- 1/2 cup extra virgin olive oil
- 4 garlic cloves, crushed
- 1 cup chopped [fresh parsley](#)  
frozen
- 12 oz grape tomatoes, halved
- 3 scallions (green onions), top  
trimmed, both whites and  
greens chopped
- 1 tsp black pepper
- 6 oz marinated artichoke

#### Steps to Cook

1. Follow package instructions to cook thin pasta to al dente.
2. When pasta is almost cooked, heat the extra virgin olive oil in a large cast iron skillet over medium heat. Lower the heat and add garlic. Cook for 10 seconds, stirring regularly. Stir in the parsley, tomatoes and chopped scallions. Cook over low heat until just warmed through, about 30 seconds or so.
3. When the pasta is ready, remove from heat, drain cooking water and return to its cooking pot. Pour the warmed olive oil sauce in and toss to coat thoroughly. Add black pepper and toss again to coat.
4. Add the remaining ingredients and toss one more time. Serve immediately in pasta bowls, and if you like, top each with more basil leaves and feta. Enjoy!

bottoms, drained

- 1/4 cup pitted olives, halved
- 1/4 cup crumbled feta cheese,  
more if you like
- 10-15 fresh [basil leaves](#), torn
- Zest of 1 lemon
- Crushed red pepper flakes,  
optional

### **Notes**

*Yields: 4-6*



## Tuna Pasta Recipe, Mediterranean-style

Prep time: 10 mins | Cook Time: 10 mins | Total Time: 20 mins | Serves: 5

### OVERVIEW

This darn delicious tuna pasta with peas comes together in 20 minutes. You'll love the bold flavors thanks to simple ingredients like garlic, bell peppers, parsley, lemon zest, and a big sprinkle of Parmesan.

#### NUTRITIONAL VALUE:

CALORIES: 374.3 | FAT: 0.7g | CARBS: 58g | PROTEIN: 25.1g

#### Ingredients

- 3/4 lb 100% whole wheat pasta
- 1 1/2 cups frozen peas
- Extra virgin olive oil
- 1 red bell pepper, cored and cut into thin strips
- 6 garlic cloves, minced
- 25 - oz cans solid albacore tuna, drained
- Zest of 1 lemon
- Juice of 1/2 lemon, more to your liking

#### Steps to Cook

1. Bring 3 quarts of water to a rolling boil. Cook the pasta in the boiling water to al dante according to package (most spaghetti will cook in 9 to 11 minutes or so). After the pasta has been cooking for 5 minutes, add the frozen peas to cook with the pasta for the remainder of the time. When the pasta is ready, take 3/4 cup of the cooking water and set it aside. Drain the pasta and peas in a colander.
2. In a large, deep cooking pan, heat 2 tablespoon extra-virgin olive oil over medium-high till shimmering but not smoking. Add the red bell peppers and cook for 3 to 4 minutes, tossing regularly. Add the garlic and cook, tossing frequently, for 30 seconds or so until fragrant.
3. Now, add the cooked pasta and peas to the pan and toss to combine. Add the tuna, lemon zest, lemon juice, parsley, oregano, black pepper, kalamata olives, jalapeno if using, and a big sprinkle of Parmesan cheese. Drizzle a bit of extra virgin olive oil and some of the pasta cooking water as needed. Give everything a toss. Taste and adjust seasoning to your liking.
4. Transfer the tuna pasta to serving bowls. Enjoy!

- Handful chopped [fresh parsley](#)  
(about 1 ounce)
- 1 tsp dried oregano
- Black pepper, to your liking
- 6 to 8 pitted kalamata olives  
sliced
- 1 jalapeno pepper (optional),  
sliced
- Grated feta cheese to your  
liking

#### **Notes**

1. **Time Saving Tip:** Get the pasta water boiling and begin to prep the rest of the ingredients while the pasta cooks.
2. **Cook's Tip:** Most spaghetti pasta will take anywhere from 9 to 12 minutes to cook in boiling water. After 5 minutes of cooking, that's when you'll add the frozen peas which will cook together with the spaghetti for the rest of the time.  
  
You do not need to thaw the frozen peas before using in this recipe.
3. **Cook's Tip:** If you're using quality canned tuna that's packed in good extra virgin olive oil, you do not need to drain the tuna. The olive oil from the can will be highly flavored and will enhance this pasta dish.
4. **For Mediterranean Diet friendly:** use whole grain pasta

## Easy Italian Baked Chicken Breast Recipe

Prep time: 10 mins | Cook Time: 18 mins | Total Time: 28 mins | Serves: 6

### OVERVIEW

Easy Italian baked chicken breast, flavored with a simple spice mixture along with fresh garlic and olive oil, and finished with parsley and fresh basil. Be sure to read the tips for best results.

#### NUTRITIONAL VALUE:

CALORIES: 191.8 | FAT: 4.5g | CARBS: 3.4g | PROTEIN: 32.6g

#### Ingredients

- 2 lb boneless skinless chicken breast
- pepper
- 2 tsp dry oregano
- 1 tsp [frozen cilantro](#)
- 1 tsp Sweet paprika
- 4 garlic cloves, minced
- 3 tbsp Extra virgin olive oil
- Juice of ½ lemon
- 1 medium red onion, halved and thinly sliced

#### Steps to Cook

1. Preheat oven to 425 degrees F.
2. Pat chicken dry. Place a chicken breast in a large zip-top bag and zip the top (make sure to release any air in the bag first), then place it on your poultry cutting board. Using a meat mallet, pound to flatten the chicken. Repeat the process with the remaining chicken breast pieces.
3. Season the chicken with pepper on both sides and place in a large mixing bowl or dish. Add spices, minced garlic, extra virgin olive oil, and lemon juice. Combine to make sure the chicken is evenly coated with the spices and garlic.
4. In a large lightly oiled baking dish or pan, spread the onion slices on the bottom. Arrange seasoned chicken on top, and add the tomatoes.
5. Cover the baking dish tightly with foil and bake for 10 minutes covered, then uncover and bake for another 8 to 10 minutes or so. Watch carefully. This can take less or more time depending on the thickness of your chicken breasts. To be sure the chicken is cooked through, use an instant digital cooking thermometer. It should register 165 degrees F.
6. Remove from the heat. Let the chicken breasts rest (cover

- 5 to 6 Campari tomatoes, or small Roma tomatoes, halved
- Handful chopped fresh parsley for garnish
- Fresh [basil leaves](#) for garnish
- [Badia complete seasoning](#)
- Zaatar

with foil or another pan) for 5 to 10 minutes or so before serving. Uncover and garnish with fresh parsley and basil. Enjoy!

#### **Notes**

- **Cook's Tips:** Do not skip pounding the chicken (step #2).

*Pounding the chicken into thinner and more evenly flat pieces helps it cook faster and more evenly. And by pounding the chicken breast, you're also mechanically tenderizing it, which means you'll end up with a juicier and tastier chicken dinner.*

- **Cook's Tip:** Let chicken rest before serving to allow juices to redistribute.



## Italian-Style Sheet Pan Chicken with Vegetables

Prep time: 10 mins | Cook Time: 20 mins | Total Time: 30 mins | Serves: 5

### OVERVIEW

No fuss sheet pan chicken and vegetables, tossed with garlic, oregano, and a splash of citrus. A healthy weeknight meal & great for meal prep!

#### NUTRITIONAL VALUE:

CALORIES: 220 | FAT: 0.4g | CARBS: 14.3g | PROTEIN: 3.8g

#### Ingredients

- 2 medium zucchini about 11 oz, halved length-wise then sliced into half moons
- 1 large red pepper cored, cut into chunks
- 1 red onion cut into chunks
- 9 oz baby broccoli trimmed and cut into pieces of equal size
- 1 1/2 lb boneless chicken breast cut into bite-size pieces
- 5 garlic cloves minced

#### Steps to Cook

1. Heat the oven to 400 degrees F.
2. Place the cut veggies in a large mixing bowl. Add chicken pieces and minced garlic. Season with black pepper. Add spices. Now add lemon zest, lemon juice, vinegar, and a generous drizzle of extra virgin olive oil. Give everything a good toss to combine, making sure the veggies and chicken pieces are evenly coated.
3. Transfer the chicken and vegetables to a large sheet pan. Spread well in one layer.
4. Bake in heated oven for about 20 minutes until chicken is fully cooked through. If you want more color, place under the broiler briefly.
5. If you like, garnish with fresh parsley before serving (optional).

- Black pepper
- 2 tsp Dry oregano
- 1 tsp Paprika
- 1 tsp coriander
- 1 lemon zested and juiced
- 1 tsp white vinegar
- Extra virgin olive oil
- chopped [parsley](#) frozen for garnish optional
- [Badia complete seasoning](#)
- Zaatar

### **Notes**

**Leftovers Storage:** let any leftover chicken and vegetables cool before storing in tight-lid containers. Refrigerate for 3 to 4 days. For lunch meal prep, divide into 5 to 6 containers and add your favorite grain, pasta, or greens such as arugula to serve along.

## Greek Chicken Souvlaki Recipe with Tzatziki

Prep time: -- mins | Cook Time: -- mins | Total Time: 25 mins | Serves: --

### OVERVIEW

All-star chicken souvlaki recipe takes you to the streets of Athens. Best souvlaki marinade; instructions for indoor/outdoor grilling & what to serve along.

#### NUTRITIONAL VALUE:

CALORIES: 168 | FAT: 7.7g | CARBS: 1.8g | PROTEIN: 22g

#### Ingredients

##### *For Souvlaki Marinade*

- 10 garlic cloves, peeled
- 2 tbsp dried oregano
- 1 tsp dried rosemary
- 1 tsp sweet paprika
- 1 tsp black pepper
- 1/4 cup extra virgin olive oil
- 1/4 cup dry white wine
- Juice of 1 lemon
- 2 bay leaves

#### Steps to Cook

1. Prepare the marinade. In the bowl of a small food processor, add garlic, oregano, rosemary, paprika, pepper, olive oil, white wine, and lemon juice (do NOT add the dried bay leaves yet). Pulse until well combined.
2. Place chicken in a large bowl and add bay leaves. Top with marinade. Toss to combine, making sure chicken is well-coated with marinade. Cover tightly and refrigerate for 2 hours or overnight (see note for quicker marinating option.)
3. Soak 10 to 12 wooden skewers in water for 30 to 45 minutes or so. Prepare Tzatziki sauce and other fixings, and if you're adding Greek salad or other sides, prepare those as well. (some sides like roasted garlic hummus may take longer, you can prepare those in advance).
4. When ready, thread marinated chicken pieces through the prepared skewers.
5. Prepare outdoor grill (or griddle). Brush grates with a little oil and heat over medium-high heat. t. Place chicken skewers on grill (or cook in batches on griddle) until well browned and internal temperature registers 155° on instant read thermometer. Be sure to turn skewers evenly to cook

### ***For Chicken***

- 2 1/2 lb organic boneless skinless chicken breast, fat removed, cut into 1 1/2 inch pieces

### ***Toppings***

- Tzatziki Sauce (make according to [this recipe](#))
- Sliced tomato, cucumber, onions, garlic, and Kalamata olives
- [Badia complete seasoning](#)
- Zaatar

on all sides, about 5 minutes total. (Adjust temperature of grill if necessary). While grilling, brush lightly with the marinade (then discard any left marinade).

6. Transfer chicken to serving platter and let rest for 3 minutes. Meanwhile, briefly grill pitas and keep warm.
7. Assemble grilled chicken souvlaki pitas. First, spread Tzatziki sauce on pita, add chicken pieces (take them off skewers first, of course) then add veggies and olives.
8. Optional: if you want more items to add to your buffet, consider Greek salad, watermelon salad, roasted garlic hummus, or a big Mezze platter.

### ***Notes***

***Yield:*** 10 to 12 skewers

*1) If you do not have the time, you can simply marinate the chicken for 30 minutes before cooking. Just cover and leave at room temperature. 2) Grilled Souvlaki will keep well in the fridge for 3 days or so. Be sure to un-thread the chicken from skewers, and place in a tightly-closed container before refrigerating.*

## Easy Mediterranean Lemon Chicken Recipe

Prep time: 10 mins | Cook Time: 12 mins | Total Time: 22 mins | Serves: 6

### OVERVIEW

This lemon chicken recipe is an easy weeknight dinner that will not disappoint. If you have the time, let the chicken marinate in the fridge for a few hours. But if not, letting it marinate at room temperature for just a few minutes will still impart flavor. See suggestions in notes for what to serve along!

#### NUTRITIONAL VALUE:

CALORIES: 239.4 | FAT: 2.6g | CARBS: 5.1g | PROTEIN: 22.5g

#### Ingredients

##### *For Spice Mixture*

- 2 tsp dried oregano
- 1 1/2 tsp ground coriander
- 1 1/2 tsp ground cumin
- 3/4 tsp ground nutmeg

##### *For Marinade*

- 1/3 cup lemon juice
- 1/4 cup extra virgin olive oil,
- 2 to 3 tsp minced garlic

#### Steps to Cook

1. In a small bowl, add the spices and mix to make the spice mixture.
2. In another bowl or large measuring cup, combine the lemon juice, olive oil and garlic to make the marinade.
3. Pat the chicken dry and season pepper and sprinkle the spice mixture on both sides.
4. Place the chicken in a bowl and add the onions. Pour in the marinade and work the chicken a bit to make sure all the pieces are well covered with the marinade.
5. Leave the chicken to marinate at room temperature while you heat up the grill or griddle. OR, if you have the time, cover and refrigerate for 2 to 4 hours (or up to 8 hours).
6. When ready, heat a grill pan over medium-high heat (or an outdoor grill over medium-high heat). Do not add oil yet to the pan. Add the lemon halves, flesh side down, and grill briefly. Remove the grilled lemons and set aside for now.
7. Now, brush the pan with a little extra virgin olive oil. Using a pair of tongs, add the chicken pieces in one layer (discard any remaining marinade). Cook for 6 minutes or so on each

### **For Chicken**

- 1 1/2 lb (6 to 7 pieces) boneless skinless chicken thighs, you can use chicken breast (see notes)
- Pepper
- 1 large onion diced
- 2 lemons halved
- Extra virgin olive oil
- Fresh [parsley](#) for garnish
- [Badia complete seasoning](#)
- Zaatar

side or until chicken is well cooked through (you can adjust heat to medium, if needed. If using an outdoor grill, carefully oil the grates and cook the chicken over medium-high heat for the same amount of time. (Chicken's internal temperature should register 165 degrees F).

8. Transfer the grilled lemon chicken to a serving platter. Add the grilled lemons (which you can squeeze for a little more juice), and garnish with parsley. See notes for serving ideas.

### **Notes**

- ***To use chicken breast instead:*** You'll need up to 3 boneless and skinless chicken breast halves. Be sure to cut them horizontally through the middle to create thinner cutlets. I also like to use a kitchen mallet to help tenderize the chicken breasts.
- ***What to Serve Along?*** This lemon chicken is great with Greek Green Beans, Greek potatoes, or Lebanese rice and a large Greek salad or Balela Salad. A little roasted garlic hummus or tzatziki sauce are the perfect addition.
- ***Leftovers?*** Leftover lemon chicken can be refrigerated in a tight-lid container for 3 to 4 days.



## Moroccan Fish

Prep time: 20 mins | Cook Time: 30 mins | Total Time: 50 mins | Serves: 6

### OVERVIEW

This Moroccan fish recipe is the kind of homey fish stew that you eat with close friends and family. Delicious. Saucy.

#### NUTRITIONAL VALUE:

CALORIES: 278 | FAT: 12g | CARBS: 5.9g | PROTEIN: 35.9g

#### Ingredients

- Garlic
- Carrots
- Multicolor peppers
- Can of chickpeas – [Goya](#) brand
- (use 2-3 Jalapeños)

#### Steps to Cook

1. Use Olive oil in a deep round pan.
2. Simmer veggies for 15 - 20 mins on medium heat...
3. In a small bowl of hot water mix in [Badia Seasoning](#), pepper, sweet paprika, garlic powder, onion powder, turmeric.
4. Mix and pour over veggies (optional add can of crushed or diced tomatoes).
5. Turn to low heat for another 20ish min until soft enough.
6. Then switch off.
7. Add salmon slices on top on low to medium heat for 15-20 minutes, switch off, keep covered.
8. Rinse brown rice, use 1:1.5 ratio.
9. Bring to a boil, then simmer 12-14 minutes covered.
10. Then rest for 8.
11. Fluff and enjoy!
12. Add a spoon of turmeric to make yellow.
13. Add pepper garlic onion powder.

## **Notes**

- **How do you know when fish is ready?** *When fish is ready, it will become opaque in color and will easily flake. Take a fork to the thickest part of the fish at a 45-degree angle, gently twist the fork and pull some of the fish up. It should easily flake. Under-cooked fish will still look a bit grey and will resist flaking. If that's the case, let it cook a bit more but watch carefully so that you don't end up overcooking your cod.*
- **How to Store Leftovers?** *Keep leftovers in a tight-lid glass container in the fridge for up to 2 days.*





## Baked Salmon

Prep time: 10 mins | Cook Time: 15 mins | Total Time: 25 mins | Serves: 4

### OVERVIEW

This simple baked salmon really hits all the right notes: tangy, sweet, savory, a little spicy and crunchy. Cooking a larger piece makes for a nice presentation. Topped with buttery golden breadcrumbs and parsley, it's perfect for a weeknight dinner yet fancy enough to serve to guests.

#### NUTRITIONAL VALUE:

CALORIES: 177 | FAT: 11g | CARBS: 0g | PROTEIN: 17g

#### Ingredients

- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- Freshly ground black pepper
- 1/2 cup parsley leaves, chopped
- 1 1/2 pounds skin-on salmon fillet, preferably center-cut
- 1 tablespoon Dijon

#### Steps to Cook

1. Preheat the oven to 425 degrees F. Line a baking sheet with foil. Mix the paprika, garlic powder, cayenne pepper, and a generous amount of freshly ground black pepper in a small bowl. Mix the panko with the parsley, and a few grinds of black pepper in another small bowl.
2. Place the salmon skin-side down on the prepared baking sheet and spread the surface with the Dijon. Crimp all four sides of the foil to create a border around the salmon; this will help collect the juices so they don't spread and burn. Bake until the salmon is firm and flakes easily when pressed, 15 to 18 minutes. Cut into four equal portions for serving.



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