



# OPA GREEK SEASONING COOKBOOK



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## About the Author



The  
seasoning  
Seasoning

and  
creator.  
carefully  
blend of  
Greek

spices that perfectly complement the flavor of any dish. He made the OPA Greek Seasoning for a Greek dish at their restaurant called Pork Souvlaki but soon found out that it is delicious on all types of meat and vegetables! With their extensive knowledge of flavor profiles and culinary techniques, they have developed a product that enhances the taste of any cut of meat.

Rich in Mediterranean flavors, OPA Greek Seasoning brings a delightful zing to any dish. Whether you're frying, grilling, broiling, or pan-searing, and so much more, this seasoning is a must-have for any food lover. Trust the expertise of the steak owner and creator of OPA Greek Seasoning to elevate your steak experience to new heights.

author of the  
OPA Greek  
is a  
passionate  
skilled  
They have  
crafted a  
traditional  
herbs and

# Introduction

OPA Greek Seasoning is a versatile spice blend that offers numerous advantages. Firstly, it adds a delicious and authentic Greek flavor to a wide range of dishes. Whether it's sprinkled on grilled meats, vegetables, or added to soups and stews, OPA Greek Seasoning enhances the taste and brings out the best flavors in your food.

Another advantage of OPA Greek Seasoning is its all-natural ingredients. Made from a blend of herbs, spices, and seasonings, it doesn't contain any artificial additives, preservatives, gluten or MSG. This makes it a healthier option for those who are conscious of what they consume.

Furthermore, OPA Greek Seasoning provides a convenient way to add complex flavors to your cooking without the need for multiple spices. Its unique blend of Mediterranean ingredients such as oregano, garlic, and lemon zest creates a harmonious flavor profile that complements a variety of dishes.

In addition to its taste-enhancing benefits, OPA Greek Seasoning is also extremely versatile. It can be used as a dry rub on meats before grilling or roasting, sprinkled on vegetables for added flavor, or even used as a seasoning for dips and dressings. The possibilities are endless, making it a must-have in any kitchen.



Lastly, OPA Greek Seasoning is a cost-effective choice compared to buying individual spices and herbs. By having this all-in-one seasoning blend, you save money and pantry space while still enjoying the authentic taste of Greek cuisine. OPA Greek Seasoning offers numerous advantages including its delicious flavor, all-natural ingredients, versatility, and cost-effectiveness. Whether you're a seasoned cook or just starting out, incorporating OPA Greek Seasoning into your culinary repertoire will elevate your dishes and impress your taste buds.

OPA Greek Seasoning offers numerous advantages for those who love Mediterranean cuisine and want to add vibrant flavors to their dishes. With its convenience, versatility, taste enhancement, health benefits, and cost-effectiveness, it is an invaluable addition to any kitchen pantry.

# Chapter 1. Breakfast

## 1. OPA Greek Omelette



**Preparation Time:** 5 minutes

**Cooking Time:** 10 minutes

**Servings:** 2

**Ingredients:**

- 4 large eggs
- 1/4 cup diced red onion
- 1/4 cup diced bell peppers
- 1/4 cup diced tomatoes
- 1/4 cup crumbled feta cheese
- 2 teaspoons OPA Greek seasoning, Original
- Salt and pepper to taste
- 1 tablespoon olive oil

**Directions:**

1. In a bowl, whisk the eggs until well beaten. Add the diced red onion, bell peppers, tomatoes, feta cheese, OPA Greek seasoning, salt, and pepper. Mix well.
2. Heat olive oil in a non-stick skillet over medium heat. Pour the egg mixture into the skillet.
3. Cook for about 3-4 minutes until the edges start to set. Use a spatula to gently lift the edges and tilt the skillet to allow the uncooked eggs to flow to the edges.
4. Cook for another 2-3 minutes until the omelette is mostly set but still slightly runny in the center.
5. Fold the omelette in half using the spatula and cook for an additional 1-2 minutes until the center is cooked through.
6. Transfer the Omelette to a plate and serve hot.

**Nutrition:**

Calories: 240

Fat: 16g

Carbs: 7g

Protein: 17g

## 2. Avocado Toast



**Preparation Time:** 10 minutes

**Cooking Time:** 5 minutes

**Servings:** 2

**Ingredients:**

- 2 slices of bread (your choice)
- 1 ripe avocado
- 1 tablespoon of lemon juice
- 1 teaspoon of OPA Greek seasoning
- 1 small tomato, diced
- 1/4 cup of crumbled feta cheese
- Fresh parsley, chopped (for garnish)
- Salt and pepper to taste

**Directions:**

1. Toast the slices of bread until golden brown.
2. In a bowl, mash the avocado with lemon juice, OPA Greek seasoning, salt, and pepper.
3. Spread the avocado mixture evenly on the toasted bread slices.

4. Top each slice with diced tomatoes, crumbled feta cheese, and chopped parsley.
5. Serve immediately and enjoy!

**Nutrition:**

Calories: 240

Fat: 13g

Carbs: 25g

Protein: 8g

### **3. Frittata**



**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 6 large eggs
- 1/4 cup milk
- 2 teaspoon OPA Greek seasoning
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon olive oil
- 1/4 cup diced red onion

- 1/4 cup diced red bell pepper
- 1/4 cup diced green bell pepper
- 1/4 cup sliced black olives
- 1/4 cup crumbled feta cheese
- 2 tablespoons chopped fresh parsley

**Directions:**

1. Preheat your oven to 375°F (190°C).
2. In a large bowl, whisk together the eggs, milk, OPA Greek seasoning, salt, and black pepper.
3. Heat the olive oil in a 10-inch oven-safe skillet over medium heat. Add the red onion, red bell pepper, and green bell pepper. Cook for 2-3 minutes or until softened.
4. Pour the egg mixture into the skillet and sprinkle the black olives and feta cheese over the top.
5. Cook for 3-4 minutes or until the edges start to set.
6. Transfer the skillet to the preheated oven and bake for 15-18 minutes or until the frittata is set and slightly golden on top.
7. Remove from the oven and let it cool for a few minutes.
8. Garnish with fresh parsley before serving.

**Nutrition:**

Calories: 200

Fat: 14g

Carbs: 4g

Protein: 15g

## 4. Breakfast Hash



**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 1 pound potatoes, diced
- 1 small onion, diced
- 1 red bell pepper, diced
- 2 cloves garlic, minced
- 3 tablespoons OPA Greek seasoning, Original or Zesto
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 4 tablespoons olive oil
- 4 large eggs

**Directions:**

1. In a large skillet, heat 2 tablespoons of olive oil over medium heat. Add the diced potatoes and cook until they are golden brown and crispy, about 10-12 minutes. Remove from the skillet and set aside.
2. In the same skillet, heat the remaining 2 tablespoons of olive oil over medium heat. Add the onion, bell pepper,

and garlic. Cook until the vegetables are tender, about 5-6 minutes.

3. Add the cooked potatoes back to the skillet and sprinkle with OPA Greek seasoning, salt, and black pepper. Stir well to coat the potatoes and vegetables evenly with the seasoning.
4. Make 4 wells in the potato mixture and crack an egg into each well. Cover the skillet and cook for about 5-7 minutes, or until the eggs are cooked to your desired doneness.
5. Remove the skillet from the heat and let it rest for a minute. Serve the breakfast hash hot, garnished with fresh herbs if desired.

**Nutrition:**

Calories: 390

Fat: 20g

Carbs: 40g

Protein: 15g

## 5. Breakfast Burrito





**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Servings:** 2

**Ingredients:**

- 4 large eggs
- 1 tablespoon olive oil
- 1/4 cup diced onion
- 1/4 cup diced bell pepper
- 1/4 cup diced tomato
- 1/2 teaspoon OPA Greek seasoning
- Salt and pepper to taste
- 2 large flour tortillas
- 1/4 cup crumbled feta cheese
- 2 tablespoons chopped fresh parsley

**Directions:**

1. In a small bowl, whisk the eggs together with salt, pepper, and OPA Greek seasoning.
2. Heat olive oil in a skillet over medium heat. Add the onion and bell pepper, and sauté until softened, about 5 minutes.
3. Add the diced tomato to the skillet and cook for another 2 minutes.
4. Pour the beaten eggs into the skillet and cook, stirring occasionally, until they are scrambled and cooked through, about 3-4 minutes.
5. Warm the flour tortillas in a microwave or on a skillet until pliable.
6. Divide the scrambled eggs onto the tortillas. Sprinkle with crumbled feta cheese and chopped parsley.
7. Roll up the tortillas tightly, tucking in the sides as you go.
8. Serve the breakfast burritos warm and enjoy!

**Nutrition:**

Calories: 395

Fat: 22g

Carbs: 31g

Protein: 17g

## 6. OPA Greek Quiche



**Preparation Time:** 15 minutes

**Cooking Time:** 45 minutes

**Servings:** 8

**Ingredients:**

- 1 pre-made pie crust
- 1 tablespoon olive oil
- 1 small onion, diced
- 1 bell pepper, diced
- 1/2 cup cherry tomatoes, halved
- 1 cup spinach, chopped
- 1/2 cup feta cheese, crumbled
- 4 large eggs
- 1 cup milk
- 1 tablespoon OPA Greek seasoning
- Salt and pepper to taste

**Directions:**

1. Preheat the oven to 375°F (190°C).
2. In a skillet, heat the olive oil over medium heat. Add the diced onion and bell pepper and cook until they become soft and translucent.
3. Add the cherry tomatoes and cook for another 2 minutes. Then add the spinach and cook until wilted. Season with salt and pepper.
4. In a separate bowl, whisk together the eggs, milk, and OPA Greek seasoning.
5. Place the pre-made pie crust in a baking dish and crumble the feta cheese over the bottom.
6. Spread the cooked vegetables evenly over the cheese.
7. Pour the egg mixture over the vegetables, making sure it is evenly distributed.
8. Bake in the preheated oven for 40-45 minutes, or until the quiche is set and golden brown on top.
9. Allow the quiche to cool for a few minutes before slicing and serving.

**Nutrition:**

Calories: 235

Fat: 15g

Carbs: 14g

Protein: 10g

## 7. Breakfast Casserole



**Preparation Time:** 15 minutes

**Cooking Time:** 45 minutes

**Servings:** 6

**Ingredients:**

- 6 slices of bread, cubed
- 1 cup of shredded cheddar cheese
- 1 cup of cooked breakfast sausage, crumbled
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 small red onion, diced
- 1 teaspoon of OPA Greek seasoning
- 6 large eggs
- 1 ½ cups of milk
- Salt and black pepper to taste

**Directions:**

1. Preheat the oven to 375°F (190°C). Grease a 9x13-inch baking dish.
2. In a large bowl, combine the bread cubes, shredded cheddar cheese, cooked breakfast sausage, diced red

bell pepper, diced green bell pepper, diced red onion, and OPA Greek seasoning. Mix well.

3. In a separate bowl, whisk together the eggs, milk, salt, and black pepper.
4. Pour the egg mixture over the bread and sausage mixture in the baking dish. Press down lightly to ensure all the ingredients are covered with the egg mixture.
5. Cover the baking dish with foil and let it sit in the refrigerator for at least 30 minutes. This will allow the flavors to meld together.
6. Remove the foil and bake the casserole in the preheated oven for 40-45 minutes, or until the eggs are set and the top is golden brown.
7. Let the casserole cool for a few minutes before serving. Cut into squares and serve warm.

**Nutrition:**

Calories: 372

Fat: 22g

Carbs: 23g

Protein: 21g

## 8. Breakfast Pizza



**Preparation Time:** 15 minutes

**Cooking Time:** 15 minutes

**Servings:** 4

**Ingredients:**

- 1 pre-made pizza dough
- 1 tablespoon olive oil
- 4 large eggs
- 1 cup spinach, chopped
- 1/2 cup red bell pepper, diced
- 1/4 cup red onion, thinly sliced
- 1/4 cup kalamata olives, pitted and sliced
- 1/2 cup feta cheese, crumbled
- 1 teaspoon OPA Greek seasoning
- Salt and black pepper, to taste

**Directions:**

1. Preheat your oven to the temperature indicated on the pizza dough package.

2. Roll out the pizza dough onto a baking sheet or pizza stone.
3. Brush the pizza dough with olive oil, covering the entire surface.
4. In a skillet over medium heat, sauté the spinach, red bell pepper, and red onion until softened, about 3-4 minutes. Remove from heat and set aside.
5. Spread the sautéed vegetables evenly over the pizza dough.
6. Create 4 small wells in the vegetable mixture and carefully crack an egg into each well.
7. Scatter the kalamata olives and crumbled feta cheese over the pizza.
8. Sprinkle OPA Greek seasoning, salt, and black pepper over the top.
9. Place the pizza in the preheated oven and bake according to the pizza dough package instructions, until the crust is golden and the eggs are cooked to your liking.
10. Remove from the oven and let it cool for a few minutes before slicing.
11. Serve hot and enjoy!

**Nutrition:**

Calories: 320

Fat: 15g

Carbs: 30g

Protein: 18g

## 9. Breakfast Wraps



**Preparation Time:** 10 minutes

**Cooking Time:** 10 minutes

**Servings:** 4

**Ingredients:**

- 8 large eggs
- 1/2 cup feta cheese, crumbled
- 1/4 cup diced red onion
- 1/4 cup diced tomato
- 1/4 cup sliced black olives
- 2 teaspoon OPA Greek seasoning
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 4 large flour tortillas

**Directions:**

1. In a bowl, whisk together eggs, feta cheese, red onion, tomato, black olives, OPA Greek seasoning, garlic powder, salt, and black pepper.



2. Heat a non-stick skillet over medium heat and spray with cooking spray.
3. Pour the egg mixture into the skillet and cook for about 5 minutes or until the eggs are fully cooked, stirring occasionally.
4. Warm the flour tortillas in a separate skillet or in the microwave.
5. Divide the cooked eggs equally among the tortillas and roll them up tightly.
6. Serve immediately and enjoy!

**Nutrition:**

Calories: 340

Fat: 20g

Carbs: 27g

Protein: 14g

**10. Egg Muffins**



**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 12 muffins

**Ingredients:**

- 8 large eggs

- 1/4 cup milk
- 1/2 cup feta cheese, crumbled
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh spinach, chopped
- 1 teaspoon OPA Greek seasoning
- Salt and pepper to taste

**Directions:**

1. Preheat your oven to 350°F (175°C) and grease a muffin tin.
2. In a large bowl, beat the eggs and milk together until well combined.
3. Stir in the feta cheese, cherry tomatoes, red onion, spinach, OPA Greek seasoning, salt, and pepper.
4. Pour the mixture evenly into the greased muffin tin.
5. Bake for about 20 minutes or until the egg mixture is set and the tops turn golden brown.
6. Remove from the oven and let cool for a few minutes before serving.

**Nutrition:**

Calories: 82

Fat: 5g

Carbs: 2g

Protein: 7g

## **11. Breakfast Quinoa**

**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 1 cup quinoa

- 2 cups water
- 1 tablespoon olive oil
- 1 small red onion, diced
- 1 bell pepper, diced
- 2 cloves garlic, minced
- 1 teaspoon OPA Greek seasoning
- 1 cup cherry tomatoes, halved
- 1 cup baby spinach
- Salt and pepper to taste
- 4 eggs, fried or poached (optional)
- Fresh parsley, chopped (for garnish)

**Directions:**

1. Rinse the quinoa in a fine-mesh sieve under running water.
2. In a medium-sized saucepan, bring the water to a boil. Add the rinsed quinoa and reduce heat to low. Cover and simmer for 15 minutes or until the water is absorbed and the quinoa is cooked.
3. In a separate skillet, heat the olive oil over medium heat. Add the diced onion, bell pepper, and minced garlic. Cook until the vegetables are softened, about 5 minutes.
4. Stir in the OPA Greek seasoning and cook for an additional minute.
5. Add the cooked quinoa to the skillet and mix well with the vegetables. Cook for a few minutes to allow the flavors to blend.
6. Stir in the cherry tomatoes and baby spinach. Cook until the spinach wilts, about 2 minutes. Season with salt and pepper to taste.
7. If desired, top each serving with a fried or poached egg.
8. Serve the Breakfast Quinoa hot, garnished with fresh parsley.

**Nutrition:**

Calories: 250

Fat: 8g

Carbs: 35g

Protein: 10g

## 12. Breakfast Salad



**Preparation Time:** 10 minutes

**Cooking Time:** 10 minutes

**Servings:** 2

**Ingredients:**

- 4 large eggs
- 2 cups baby spinach
- 1 cup cherry tomatoes, halved
- 1/2 cup cucumber, diced
- 1/4 cup Kalamata olives, pitted and halved
- 1/4 cup feta cheese, crumbled
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon lemon juice
- 1 teaspoon OPA Greek seasoning
- Salt and pepper to taste

### **Directions:**

1. In a medium pot, bring water to a boil. Add the eggs and cook for 10 minutes. Remove from heat and place the eggs in cold water to cool. Once cool, peel the eggs and set aside.
2. In a large bowl, combine baby spinach, cherry tomatoes, cucumber, Kalamata olives, and feta cheese.
3. In a small bowl, whisk together olive oil, lemon juice, OPA Greek seasoning, salt, and pepper.
4. Pour the dressing over the salad and toss to combine.
5. Slice the boiled eggs and arrange them on top of the salad.
6. Serve the Breakfast Salad immediately.

### **Nutrition:**

Calories: 350

Fat: 26g

Carbs: 11g

Protein: 17g

## **13. Breakfast Sandwich**



**Preparation Time:** 10 minutes

**Cooking Time:** 10 minutes

**Servings:** 1

**Ingredients:**

- 2 slices of bread
- 1 tablespoon of butter
- 2 eggs
- 1 teaspoon of OPA Greek seasoning
- 2 slices of tomato
- 2 slices of red onion
- 2 slices of cucumber
- 2 slices of feta cheese

**Directions:**

1. In a small bowl, beat the eggs with the OPA Greek seasoning.
2. Heat a non-stick skillet over medium heat and melt the butter.
3. Add the beaten eggs to the skillet and cook until scrambled.
4. Toast the slices of bread.
5. Assemble the sandwich by placing the scrambled eggs on one slice of bread.
6. Top with tomato slices, red onion slices, cucumber slices, and feta cheese.
7. Place the other slice of bread on top.
8. Serve and enjoy!

**Nutrition:**

Calories: 380

Fat: 21g

Carbs: 34g

Protein: 16g

## 14. Breakfast Skillet



**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 1 tablespoon olive oil
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 pound ground turkey
- 2 teaspoons OPA Greek seasoning
- 4 cups baby spinach
- 4 large eggs
- Salt and pepper, to taste

**Directions:**

1. Heat olive oil in a large skillet over medium heat.
2. Add diced red and yellow bell peppers, diced onion, and minced garlic to the skillet. Cook until vegetables are softened, about 5 minutes.

3. Add ground turkey to the skillet and cook until browned, breaking it up into crumbles.
4. Stir in OPA Greek seasoning and cook for an additional 2 minutes.
5. Add baby spinach to the skillet and cook until wilted.
6. Make 4 wells in the skillet and crack an egg into each well.
7. Cover the skillet and cook until eggs are done to your liking, about 5 minutes for medium.
8. Season with salt and pepper to taste.
9. Serve the breakfast skillet hot.

**Nutrition:**

Calories: 300

Fat: 15g

Carbs: 12g

Protein: 30g



## Chapter 2. Chicken

### 15. Lemon Chicken with Capers



**Preparation Time:** 10 minutes

**Cooking Time:** 25 minutes

**Servings:** 4

**Ingredients:**

- 4 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 3 tablespoon OPA Greek seasoning, Original or Zesto
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 lemon, juiced
- 2 tablespoons capers, drained

**Directions:**

1. Preheat oven to 400°F (200°C).
2. In a small bowl, mix together olive oil, minced garlic, OPA Greek seasoning, salt, and black pepper.

3. Place chicken breasts in a baking dish and pour the olive oil mixture over them. Flip the chicken breasts a few times to coat them evenly.
4. Squeeze the juice of the lemon over the chicken breasts.
5. Sprinkle capers on top of the chicken.
6. Bake in the preheated oven for 20-25 minutes, or until the chicken is cooked through and no longer pink in the center.
7. Serve hot with your choice of side dishes.

**Nutrition:**

Calories: 230

Fat: 9g

Carbs: 3g

Protein: 32g

## **16. Chicken Souvlaki**



**Preparation Time:** 30 minutes

**Cooking Time:** 15 minutes

**Servings:** 4

**Ingredients:**

- 1.5 lbs boneless, skinless chicken breast, cut into chunks
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 2 garlic cloves, minced
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 6 teaspoons OPA Greek seasoning, Original or Zesto
- 1/4 teaspoon paprika
- 1/4 teaspoon cayenne pepper (optional)
- 4 pita breads
- Tzatziki sauce, for serving
- Chopped tomatoes, cucumbers, and red onions, for serving

**Directions:**

1. In a bowl, combine olive oil, lemon juice, minced garlic, OPA Greek seasoning, salt, black pepper, paprika, and cayenne pepper (optional). Mix well.
2. Add the chicken chunks to the marinade and toss until evenly coated. Let marinate in the refrigerator for at least 1 hour, or overnight for best flavor.
3. Preheat your grill or grill pan over medium-high heat.
4. Thread the marinated chicken chunks onto skewers.
5. Grill the chicken skewers for about 10-12 minutes, turning occasionally, until cooked through and slightly charred.
6. Remove the skewers from the grill and let the chicken rest for a few minutes.
7. Warm the pita breads on the grill or in a toaster.
8. Serve the chicken souvlaki with warmed pita breads, tzatziki sauce, and chopped tomatoes, cucumbers, and red onions. Enjoy!

**Nutrition:**

Calories: 320

Fat: 10g

Carbs: 26g

Protein: 31g

## 17. Chicken Pasta Salad



**Preparation Time:** 15 minutes

**Cooking Time:** 15 minutes

**Servings:** 4

**Ingredients:**

- 8 ounces rotini pasta
- 2 cups cooked chicken breast, diced
- 1 cup cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/2 cup Kalamata olives, pitted and halved
- 1/2 cup red onion, thinly sliced
- 1/4 cup crumbled feta cheese
- 2 tablespoons fresh dill, chopped
- 2 tablespoons fresh parsley, chopped
- 4 tablespoon OPA Greek seasoning, Original or Zesto

For the Greek Dressing:

- 1/4 cup extra virgin olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- Salt and pepper to taste

**Directions:**

1. Cook the rotini pasta according to the package instructions. Drain and rinse with cold water.
2. In a large bowl, combine the cooked pasta, diced chicken breast, cucumber, cherry tomatoes, Kalamata olives, red onion, feta cheese, fresh dill, and fresh parsley.
3. Sprinkle the seasoning over the pasta salad and toss gently to coat.
4. In another small bowl, whisk together the olive oil, red wine vinegar, lemon juice, minced garlic, salt, and pepper to make the Greek dressing.
5. Pour the dressing over the pasta salad and toss until everything is well coated.
6. Serve immediately or refrigerate for at least 30 minutes to allow the flavors to meld.
7. Enjoy!

**Nutrition:**

Calories: 420

Fat: 20g

Carbs: 33g

Protein: 28g

## 18. Sheet Pan Chicken and Vegetables



**Preparation Time:** 15 minutes

**Cooking Time:** 25 minutes

**Servings:** 4

**Ingredients:**

- 4 boneless, skinless chicken breasts
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 red onion, sliced
- 2 cups cherry tomatoes
- 1 zucchini, sliced
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 6 teaspoons OPA Greek seasoning, Original or Zesto
- Salt and pepper to taste

**Directions:**

- Preheat the oven to 425°F (220°C).

- In a small bowl, whisk together olive oil, lemon juice, OPA Greek seasoning, salt, and pepper to make the marinade.
- Place the chicken breasts in a ziplock bag and pour the marinade over them. Seal the bag and massage the marinade into the chicken to ensure it is evenly coated. Let it marinate for 10 minutes.
- In the meantime, prepare the vegetables by slicing the bell peppers, red onion, zucchini, and halving the cherry tomatoes.
- Line a large sheet pan with parchment paper. Arrange the marinated chicken breasts and the sliced vegetables evenly on the pan.
- Drizzle any remaining marinade over the chicken and vegetables.
- Place the sheet pan in the preheated oven and bake for 20-25 minutes, or until the chicken is cooked through and the vegetables are tender.
- Serve hot and enjoy!

**Nutrition:**

Calories: 350

Fat: 14g

Carbs: 13g

Protein: 40g

## 19. Chicken Gyro Bowl



**Preparation Time:** 15 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

1. 1 pound boneless, skinless chicken breasts
2. 2 tablespoons olive oil
3. 1 tablespoon OPA Greek seasoning
4. 4 cups cooked quinoa
5. 1 cucumber, diced
6. 2 tomatoes, diced
7. 1/2 red onion, thinly sliced
8. 1/4 cup kalamata olives, pitted and sliced
9. 1/4 cup crumbled feta cheese
10. Tzatziki sauce for serving

**Directions:**

- Preheat your grill or stovetop grill pan over medium-high heat.
- In a small bowl, combine the olive oil and OPA Greek seasoning. Mix well.



- Brush the chicken breasts with the Greek seasoning mixture on both sides.
- Place the chicken on the grill and cook for about 6-8 minutes per side, or until cooked through and no longer pink in the center. Remove from the grill and let it rest for a few minutes before slicing.
- In the meantime, prepare the quinoa according to package instructions.
- Divide the cooked quinoa into four bowls.
- Top each bowl with sliced grilled chicken, cucumber, tomatoes, red onion, kalamata olives, and crumbled feta cheese.
- Serve the gyro bowls with tzatziki sauce on the side.

**Nutrition:**

Calories: 450

Fat: 10g

Carbs: 40g

Protein: 45g

**20. Chicken Pita Sandwiches**



**Preparation Time:** 20 minutes

**Cooking Time:** 15 minutes

**Servings:** 4

**Ingredients:**

- 4 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 2 tablespoons OPA Greek seasoning
- 4 pita breads
- Tzatziki sauce (store-bought or homemade)
- 1 cucumber, diced
- 1 tomato, diced
- 1/4 red onion, thinly sliced
- Fresh lettuce or mixed greens

**Directions:**

1. Preheat your grill or grill pan over medium-high heat.
2. In a small bowl, combine the olive oil and OPA Greek seasoning. Mix well.
3. Brush both sides of the chicken breasts with the prepared Greek seasoning mixture.
4. Grill the chicken breasts for 6-7 minutes per side, or until cooked through and golden brown.
5. While the chicken is grilling, warm the pita breads for a few seconds on each side on the grill or in a separate pan.
6. Once cooked, transfer the chicken breasts to a cutting board and let them rest for a few minutes. Then, slice them into thin strips.
7. To assemble the pita sandwiches, spread a generous amount of tzatziki sauce on each warmed pita bread.
8. Top with sliced chicken, diced cucumber, tomato, red onion, and lettuce or mixed greens.
9. Roll up the pitas tightly, tucking in the sides as you go.
10. Cut each pita sandwich in half diagonally and serve.

**Nutrition:**

Calories: 400

Fat: 12g

Carbs: 40g

Protein: 35g

## 21. Chicken Skewers with Tzatziki Sauce



**Preparation Time:** 15 minutes

**Cooking Time:** 15 minutes

**Servings:** 4

**Ingredients:**

- 1.5 pounds boneless, skinless chicken breast, cut into 1-inch cubes
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- 1 teaspoon OPA Greek seasoning, Original or Zesto
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

- 4-6 skewers, soaked in water if wooden

**Tzatziki Sauce:**

- 1 cup Greek yogurt
- 1 medium cucumber, grated and squeezed to remove excess moisture
- 2 cloves garlic, minced
- 1 tablespoon lemon juice
- 1 tablespoon fresh dill, chopped
- 1 tablespoon fresh mint, chopped
- Salt and pepper to taste

**Directions:**

1. In a bowl, combine olive oil, lemon juice, minced garlic, OPA Greek seasoning, salt, and black pepper. Add the chicken cubes and toss to coat. Let marinate for at least 30 minutes or overnight in the refrigerator.
2. Preheat grill or grill pan over medium-high heat.
3. Thread the marinated chicken onto skewers.
4. Grill the skewers for about 6-8 minutes per side, or until the chicken is cooked through and slightly charred.
5. While the chicken is grilling, prepare the tzatziki sauce. In a bowl, mix together Greek yogurt, grated cucumber, minced garlic, lemon juice, chopped dill, chopped mint, salt, and pepper. Stir well to combine.
6. Serve the chicken skewers with the tzatziki sauce on the side.

**Nutrition:**

Calories: 295

Fat: 11g

Carbs: 8g

Protein: 38g

## 22. Chicken and Rice Casserole



**Preparation Time:** 15 minutes

**Cooking Time:** 1 hour

**Servings:** 6

**Ingredients:**

- 1.5 lbs chicken breasts, boneless and skinless
- 2 cups long-grain white rice
- 1 onion, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 3 cloves garlic, minced
- 1 can diced tomatoes, drained
- 1 cup chicken broth
- 1/2 tsp salt
- 3 tbsp OPA Greek seasoning, Original or Zesto
- 1/4 tsp black pepper
- 1/4 cup olives, pitted and sliced
- 1/4 cup feta cheese, crumbled
- 2 tbsp fresh parsley, chopped
- 2 tbsp olive oil

**Directions:**

1. Preheat your oven to 375°F (190°C).
2. In a large oven-safe skillet or casserole dish, heat the olive oil over medium heat.
3. Season the chicken breasts with salt, pepper, OPA Greek seasoning.
4. Add the seasoned chicken to the skillet and cook for 5-6 minutes on each side, until browned. Remove the chicken from the skillet and set aside.
5. In the same skillet, add the diced onion, red bell pepper, and green bell pepper. Cook for 3-4 minutes, until slightly softened.
6. Add the minced garlic and cook for an additional 1 minute.
7. Stir in the rice, diced tomatoes, chicken broth, salt, and black pepper. Bring the mixture to a boil.
8. Place the browned chicken breasts on top of the rice mixture in the skillet.
9. Cover the skillet with a lid or aluminum foil and transfer it to the preheated oven.
10. Bake for 40-45 minutes, until the chicken is cooked through and the rice is tender.
11. Remove the skillet from the oven and garnish with sliced olives, crumbled feta cheese, and fresh parsley.
12. Allow the casserole to cool for a few minutes before serving.
13. Serve hot and enjoy!

**Nutrition:**

Calories: 390

Fat: 12g

Carbs: 40g

Protein: 30g

## 23. Chicken Orzo Salad



**Preparation Time:** 15 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 1 lb boneless, skinless chicken breasts
- 1 cup orzo pasta
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/2 red onion, thinly sliced
- 1/2 cup Kalamata olives, pitted and sliced
- 1/2 cup crumbled feta cheese
- 1/4 cup fresh parsley, chopped
- 2 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- 1 teaspoon OPA Greek seasoning, Original or Zesto
- Salt and pepper to taste

**Directions:**

1. Preheat grill or skillet over medium heat.

2. Season the chicken breasts with salt, pepper, and OPA Greek seasoning.
3. Cook the chicken breasts for about 6-8 minutes per side, or until cooked through.
4. Remove the chicken from the grill or skillet and let it rest for a few minutes before slicing it into strips.
5. In a pot of boiling salted water, cook the orzo pasta according to package instructions. Drain and set aside.
6. In a large bowl, combine the cooked orzo, cherry tomatoes, cucumber, red onion, Kalamata olives, feta cheese, and parsley.
7. In a small bowl, whisk together the olive oil and red wine vinegar. Season with salt and pepper.
8. Pour the dressing over the orzo salad and toss to combine.
9. Add the sliced chicken to the salad and gently toss again.
10. Serve the Chicken Orzo Salad chilled or at room temperature.

**Nutrition:**

Calories: 390

Fat: 14g

Carbs: 27g

Protein: 36g



## 24. Chicken Roasted Red Pepper Pizza



**Preparation Time:** 15 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 1 pre-made pizza crust
- 1 cup cooked chicken breast, thinly sliced
- 1/2 cup roasted red bell peppers, sliced
- 1/4 cup Kalamata olives, pitted and halved
- 1/4 cup red onion, thinly sliced
- 1 cup shredded mozzarella cheese
- 1/4 cup crumbled feta cheese
- 1 tablespoon OPA Greek seasoning
- 2 tablespoons olive oil
- Freshly ground black pepper, to taste

**Directions:**

1. Preheat the oven to 425°F (220°C).
2. Place the pre-made pizza crust on a baking sheet or pizza stone.
3. In a small bowl, mix the olive oil and OPA Greek seasoning together.

4. Brush the olive oil mixture evenly over the pizza crust.
5. Sprinkle the shredded mozzarella cheese evenly over the crust.
6. Top the cheese with the sliced chicken breast, roasted red bell peppers, Kalamata olives, and red onion.
7. Sprinkle the crumbled feta cheese over the top.
8. Season with freshly ground black pepper to taste.
9. Bake in the preheated oven for 18-20 minutes, or until the cheese is melted and bubbly and the crust is golden brown.
10. Remove from the oven and let it cool for a few minutes before slicing.
11. Serve hot and enjoy!

**Nutrition:**

Calories: 372

Fat: 18g

Carbs: 28g

Protein: 25g

## 25. Chicken Quinoa Bowls



**Preparation Time:** 10 minutes

**Cooking Time:** 25 minutes

**Servings:** 4

**Ingredients:**

- 1 pound boneless, skinless chicken breasts, cut into bite-sized pieces
- 1 tablespoon OPA Greek seasoning
- 1 tablespoon olive oil
- 1 cup quinoa
- 2 cups chicken broth
- 1 cucumber, diced
- 1 red bell pepper, diced
- 1/4 cup Kalamata olives, sliced
- 1/4 cup crumbled feta cheese
- 2 tablespoons fresh lemon juice
- Salt and pepper to taste

**Directions:**

1. In a medium bowl, toss the chicken pieces with the OPA Greek seasoning until well coated.
2. Heat the olive oil in a large skillet over medium-high heat. Add the seasoned chicken and cook until browned and cooked through, about 5-7 minutes. Remove from heat and set aside.
3. In a saucepan, combine the quinoa and chicken broth. Bring to a boil, then reduce heat to low and cover. Simmer for 15-20 minutes or until the quinoa is tender and the liquid is absorbed. Fluff with a fork and set aside.
4. In a large bowl, combine the cooked quinoa, cooked chicken, cucumber, red bell pepper, Kalamata olives, feta cheese, and fresh lemon juice. Toss until well mixed.
5. Season with salt and pepper to taste.
6. Serve the Chicken Quinoa Bowls as is or chilled. Enjoy!

**Nutrition:**

Calories: 380

Fat: 10g

Carbs: 35g

Protein: 35g

## 26. Chicken and Vegetable Skillet



**Preparation Time:** 15 minutes

**Cooking Time:** 25 minutes

**Servings:** 4

**Ingredients:**

- 4 boneless, skinless chicken breasts
- 1 tablespoon OPA Greek seasoning
- 1 tablespoon olive oil
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 medium zucchini, sliced
- 1 cup grape tomatoes
- ¼ cup pitted Kalamata olives
- 2 tablespoons fresh lemon juice
- Salt and pepper to taste

**Directions:**

1. Season the chicken breasts with OPA Greek seasoning, salt, and pepper on both sides.

2. In a large skillet, heat the olive oil over medium-high heat.
3. Add the seasoned chicken breasts to the skillet and cook for about 4-5 minutes per side, until browned and cooked through. Remove from the skillet and set aside.
4. In the same skillet, add the sliced bell peppers, zucchini, and grape tomatoes. Cook for about 5-6 minutes, until the vegetables are tender.
5. Return the chicken to the skillet and add the Kalamata olives. Drizzle the lemon juice over the chicken and vegetables.
6. Cook for another 2-3 minutes to allow the flavors to meld together.
7. Serve the chicken and vegetable skillet hot, garnished with fresh parsley if desired.

**Nutrition:**

Calories: 280

Fat: 10g

Carbs: 10g

Protein: 36g

## 27. Chicken and Spinach Stuffed Peppers



**Preparation Time:** 15 minutes

**Cooking Time:** 35 minutes

**Servings:** 4

**Ingredients:**

- 4 bell peppers (any color)
- 1 pound boneless, skinless chicken breasts, diced
- 2 cups fresh spinach, chopped
- 1/2 cup crumbled feta cheese
- 1/4 cup chopped kalamata olives
- 1/4 cup diced red onion
- 2 cloves garlic, minced
- 3 teaspoons OPA Greek seasoning, Original or Zesto
- Salt and pepper, to taste
- 2 tablespoons olive oil

**Directions:**

1. Preheat the oven to 375°F (190°C).
2. Cut the tops off the bell peppers and remove the seeds and ribs. Place them in a baking dish.

3. In a large skillet, heat the olive oil over medium heat. Add the diced chicken and cook until browned and cooked through, about 5-7 minutes.
4. Add the minced garlic, OPA Greek seasoning, and salt and pepper to the skillet. Cook for another minute to let the flavors meld.
5. Stir in the chopped spinach and cook until wilted, about 2-3 minutes.
6. Remove the skillet from heat and stir in the crumbled feta cheese, chopped kalamata olives, and diced red onion.
7. Divide the chicken and spinach mixture evenly among the bell peppers, filling them to the top.
8. Cover the baking dish with foil and bake for 25 minutes.
9. Remove the foil and bake for an additional 10 minutes, or until the peppers are tender and lightly browned.
10. Serve hot and enjoy!

**Nutrition:**

Calories: 280

Fat: 11g

Carbs: 17g

Protein: 31g



## 28. Chicken Avocado Salad



**Preparation Time:** 15 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 2 boneless, skinless chicken breasts
- 2 teaspoons OPA Greek seasoning
- Salt and pepper to taste
- 1 avocado, diced
- 1 cup cherry tomatoes, halved
- 1/2 cup cucumber, diced
- 1/4 cup red onion, thinly sliced
- 1/4 cup Kalamata olives, pitted and halved
- 1/4 cup feta cheese, crumbled
- 2 tablespoons extra virgin olive oil
- 1 tablespoon lemon juice
- 1 tablespoon red wine vinegar
- 1 garlic clove, minced
- 1 tablespoon fresh dill, chopped

- 2 cups mixed salad greens

**Directions:**

1. Preheat the grill or grill pan over medium heat.
2. Season the chicken breasts with OPA Greek seasoning, salt, and pepper.
3. Grill the chicken for about 6-8 minutes per side, or until cooked through. Let it rest for a few minutes, then slice it into strips.
4. In a large bowl, combine the avocado, cherry tomatoes, cucumber, red onion, Kalamata olives, and feta cheese.
5. In a small bowl, whisk together the olive oil, lemon juice, red wine vinegar, minced garlic, salt, and pepper to make the dressing.
6. Pour the dressing over the avocado mixture and toss gently to combine.
7. Divide the mixed salad greens among 4 plates.
8. Top the greens with the avocado mixture and sliced chicken.
9. Garnish with fresh dill.
10. Serve and enjoy!

**Nutrition:**

Calories: 307

Fat: 20g

Carbs: 9g

Protein: 23g

## 29. Chicken Frittata



**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 6 large eggs
- 1/4 cup milk
- 1 cup cooked chicken, diced
- 1/2 cup feta cheese, crumbled
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced
- 1/4 cup black olives, sliced
- 2 teaspoons OPA Greek seasoning, Original or Zesto
- Salt and pepper to taste
- Fresh parsley, chopped for garnish

**Directions:**

1. Preheat your oven to 400°F (200°C).
2. In a large bowl, whisk together the eggs and milk until well combined.

3. Add the cooked chicken, feta cheese, cherry tomatoes, red onion, black olives, OPA Greek seasoning, salt, and pepper. Stir until all the ingredients are evenly distributed.
4. Heat an oven-safe skillet over medium heat and coat it with cooking spray or olive oil.
5. Pour the egg mixture into the skillet and let it cook for about 5 minutes, or until the edges start to set.
6. Transfer the skillet to the preheated oven and bake for 15 minutes, or until the frittata is set in the center and golden brown on top.
7. Remove from the oven and let it cool for a few minutes.
8. Garnish with fresh parsley and cut into wedges.
9. Serve the Chicken Frittata warm.

**Nutrition:**

Calories: 250

Fat: 16g

Carbs: 4g

Protein: 21g

## Chapter 3. Steaks

### 30. Classic Grilled Steak



**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Servings:** 4

**Ingredients:**

- 4 beef steaks (preferably ribeye or sirloin)
- 2 tablespoons OPA Greek seasoning, Original or Zestó
- Salt and pepper to taste
- Olive oil for brushing

**Directions:**

1. Preheat the grill to high heat.
2. Season the steaks generously with opa seasoning, salt and pepper on both sides.
3. Brush the grill grates with olive oil to prevent sticking.
4. Place the steaks on the grill and cook for about 4-5 minutes per side for medium-rare, or adjust the cooking time according to your desired doneness.

5. Remove the steaks from the grill and let them rest for a few minutes before serving.
6. Serve the grilled steaks and enjoy!

**Nutrition:**

Calories: 300

Fat: 20g

Carbs: 0g

Protein: 28g

### **31.      Peppered Steak**



**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 4 ribeye steaks
- 2 teaspoons black pepper
- 2 teaspoons salt
- 1 teaspoon garlic powder
- 1 teaspoon paprika

- 2 tablespoons olive oil
- 1 tablespoon OPA Greek seasoning, Original or Zestó

**Directions:**

1. In a small bowl, mix together the opa seasoning, black pepper, salt, garlic powder, and paprika.
2. Rub the mixture onto both sides of the ribeye steaks.
3. Heat the olive oil in a large skillet over medium-high heat.
4. Cook the steaks for about 4-5 minutes on each side for medium-rare doneness, or adjust the cooking time according to your preference.
5. Remove the steaks from the skillet and let them rest for a few minutes before serving.

**Nutrition:**

Calories: 400

Fat: 25g

Carbs: 0g

Protein: 40g

## **32. Garlic Butter Steak**



**Preparation Time:** 10 minutes

**Cooking Time:** 12 minutes

**Servings:** 2

**Ingredients:**

- 2 Ribeye steaks (about 1 inch thick)
- 4 cloves of garlic, minced
- 2 tablespoons butter
- Salt and pepper, to taste
- 3 tablespoons OPA Greek seasoning, Original

**Directions:**

1. Preheat your grill or stovetop skillet over medium-high heat.
2. Season the ribeye steaks with opa seasoning, salt and pepper on both sides.
3. In a small saucepan, melt the butter over medium heat. Add the minced garlic and cook for 1-2 minutes until fragrant. Remove from heat.
4. Grill or cook the steaks on the skillet for about 3-4 minutes per side for medium-rare, or to your desired doneness.
5. During the last minute of cooking, brush the garlic butter mixture onto the steaks.
6. Remove the steaks from the heat and let them rest for a few minutes before slicing.
7. Serve the garlic butter steaks hot with your favorite sides.

**Nutrition:**

Calories: 400

Fat: 27g

Carbs: 0g

Protein: 40g

### **33. Teriyaki Steak**





**Preparation Time:** 15 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 4 boneless steak cuts (such as sirloin or ribeye)
- 1/4 cup soy sauce
- 1/4 cup mirin (sweet rice wine)
- 2 tablespoons honey
- 2 cloves garlic, minced
- 1 tablespoon grated ginger
- 1 tablespoon vegetable oil
- 1 tablespoon cornstarch
- 2 tablespoons water
- 2 tablespoons OPA Greek seasoning, Zestó

**Directions:**

1. In a bowl, combine soy sauce, mirin, honey, opa seasoning, garlic, and ginger. Mix well.

2. Place the steaks in a shallow dish and pour the marinade over them. Let marinate for at least 30 minutes, or up to 24 hours in the refrigerator.
3. Heat vegetable oil in a large skillet or grill pan over medium-high heat. Remove the steaks from the marinade and pat them dry with a paper towel.
4. Cook the steaks for about 4-5 minutes per side for medium-rare, or adjust the cooking time according to your preference. Remove the steaks from the pan and let them rest for a few minutes.
5. In the meantime, combine cornstarch and water in a small bowl to make a slurry. Add the slurry to the remaining marinade and cook over medium heat until it thickens into a sauce.
6. Slice the steaks and serve drizzled with the teriyaki sauce. Enjoy!

**Nutrition:**

Calories: 350

Fat: 15g

Carbs: 10g

Protein: 35g

## 34. Chimichurri Steak



**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Servings:** 4

**Ingredients:**

- 1.5 lbs of flank steak
- 1 cup fresh parsley, chopped
- 4 cloves of garlic, minced
- 1/4 cup red wine vinegar
- 1/2 cup olive oil
- 1/4 teaspoon red pepper flakes
- Salt and pepper, to taste
- 2 tablespoons OPA Greek seasoning, Original or Zestó

**Directions:**

1. In a bowl, combine chopped parsley, minced garlic, red wine vinegar, olive oil, red pepper flakes, opa seasoning, salt, and pepper. Mix well to make the chimichurri sauce.

2. Season the flank steak with salt and pepper on both sides.
3. Preheat a grill or grill pan over medium-high heat.
4. Place the seasoned flank steak on the grill or grill pan and cook for about 6-8 minutes per side for medium-rare doneness (adjust cooking time based on your preference).
5. Remove the steak from the grill and let it rest for a few minutes.
6. Slice the steak against the grain into thin strips.
7. Serve the chimichurri steak with the prepared chimichurri sauce on top or as a dipping sauce.

**Nutrition:**

Calories: 480

Fat: 30g

Carbs: 2g

Protein: 45g

### **35. Balsamic Glazed Steak**



**Preparation Time:** 10 minutes

**Cooking Time:** 12 minutes

**Servings:** 4

**Ingredients:**

- 4 beef steaks (about 6 oz each)
- 1/2 cup balsamic vinegar
- 2 tablespoons honey
- 2 cloves garlic, minced
- 1 teaspoon dijon mustard
- 6 tablespoons OPA Greek seasoning, Zestó
- Salt and black pepper to taste
- 2 tablespoons olive oil

**Directions:**

1. In a small saucepan, combine the balsamic vinegar, honey, minced garlic, and dijon mustard. Cook over medium heat for 5-7 minutes, until the mixture has reduced and thickened slightly. Set aside.
2. Preheat your grill or stovetop grill pan to medium-high heat.
3. Season the steaks on both sides with opa seasoning, salt and black pepper, to taste.
4. Drizzle the olive oil over the steaks and rub it in to coat evenly.
5. Place the steaks on the preheated grill and cook for about 4-6 minutes per side for medium-rare doneness. Adjust the cooking time according to your desired level of doneness.
6. During the last 2 minutes of cooking, brush the glaze mixture onto both sides of the steaks, turning them once to ensure even coating.
7. Remove the steaks from the grill and allow them to rest for a few minutes before serving.
8. Serve the Balsamic Glazed Steaks with your choice of sides.

**Nutrition:**

Calories: 390

Fat: 20g

Carbs: 14g

Protein: 36g

## 36. Thai Basil Steak



**Preparation Time:** 15 minutes

**Cooking Time:** 10 minutes

**Servings:** 4

**Ingredients:**

- 1 pound flank steak, thinly sliced
- 2 tablespoons soy sauce
- 2 tablespoons oyster sauce
- 1 tablespoon fish sauce
- 1 tablespoon honey
- 2 cloves garlic, minced
- 1 teaspoon grated ginger
- 1 teaspoon sesame oil
- 2 tablespoons vegetable oil
- 1 bell pepper, sliced

- 1 onion, sliced
- 1 bunch Thai basil leaves
- 1 tablespoon OPA Greek seasoning, Original or Zestó

**Directions:**

1. In a bowl, combine the soy sauce, oyster sauce, fish sauce, opa seasoning, honey, minced garlic, grated ginger, and sesame oil. Mix well.
2. Marinate the sliced flank steak in the sauce mixture for at least 10 minutes.
3. Heat vegetable oil in a large skillet over medium-high heat.
4. Add the marinated flank steak and stir-fry for about 5 minutes, or until the steak is cooked to your desired doneness.
5. Add the sliced bell pepper and onion to the skillet and continue to stir-fry for another 2-3 minutes, until the vegetables are crisp-tender.
6. Finally, add Thai basil leaves to the skillet and stir-fry for another minute until the leaves wilt.
7. Remove from heat and serve the Thai Basil Steak over steamed rice or noodles.

**Nutrition:**

Calories: (per serving) 320

Fat: 15g

Carbs: 10g

Protein: 35g

## 37. Rosemary Garlic Steak



**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Servings:** 2

**Ingredients:**

- 2 sirloin steaks
- 4 cloves of garlic, minced
- 2 tablespoons of fresh rosemary, chopped
- 2 tablespoons of olive oil
- Salt and black pepper to taste
- 3 tablespoons OPA Greek seasoning, Original or Zestó

**Directions:**

1. In a small bowl, mix together the minced garlic, opa seasoning, chopped rosemary, olive oil, salt, and black pepper.
2. Rub the mixture evenly onto both sides of the sirloin steaks, ensuring they are well-coated.
3. Let the steaks marinate in the refrigerator for at least 30 minutes.
4. Preheat a grill or a grill pan over medium-high heat.
5. Place the steaks on the preheated grill and cook for about 5-7 minutes per side for medium-rare doneness.



6. Remove the steaks from the grill and let them rest for 5 minutes before slicing.
7. Serve the Rosemary Garlic Steaks hot and enjoy!

**Nutrition:**

Calories: 300

Fat: 16g

Carbs: 1g

Protein: 35g

### **38. Bourbon Glazed Steak**



**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Servings:** 4 servings

**Ingredients:**

- 4 steaks (1-inch thick)
- 1/2 cup bourbon
- 1/4 cup brown sugar
- 1/4 cup soy sauce
- 2 tablespoons Dijon mustard
- 2 cloves garlic, minced

- 1/2 teaspoon ground black pepper
- 1/4 teaspoon salt
- 3 tablespoons OPA Greek seasoning, Original or Zestó

**Directions:**

1. In a bowl, whisk together bourbon, brown sugar, soy sauce, Dijon mustard, minced garlic, opa seasoning, black pepper, and salt.
2. Place the steaks in a resealable bag and pour the bourbon glaze over them. Make sure the steaks are well coated. Marinate for at least 1 hour or overnight in the refrigerator.
3. Preheat the grill to medium-high heat.
4. Remove the steaks from the marinade and discard the excess glaze.
5. Grill the steaks for about 6-8 minutes per side, or until desired doneness. Baste the steaks with additional glaze while grilling, if desired.
6. Remove the steaks from the grill and let them rest for a few minutes before serving.
7. Serve the bourbon glazed steaks hot with your favorite side dishes.

**Nutrition:**

Calories: 400

Fat: 16g

Carbs: 10g

Protein: 50g

## 39. Blue Cheese Crusted Steak



**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Servings:** 4

**Ingredients:**

- 4 steaks (such as ribeye or striploin)
- 1/2 cup blue cheese, crumbled
- 1/2 cup breadcrumbs
- 2 tablespoons fresh parsley, chopped
- 2 cloves garlic, minced
- Salt and pepper to taste
- 2 tablespoons olive oil
- 1 tablespoon OPA Greek seasoning, Original

**Directions:**

1. Preheat your oven to 400°F (200°C).
2. In a small bowl, combine the blue cheese, breadcrumbs, parsley, garlic, opa seasoning, salt, and pepper.
3. Season the steaks with salt and pepper on both sides.

4. Heat the olive oil in a skillet over medium-high heat.
5. Sear the steaks for about 2-3 minutes on each side, until browned.
6. Transfer the steaks to a baking sheet lined with parchment paper.
7. Press the blue cheese and breadcrumb mixture evenly onto the top of each steak.
8. Bake in the preheated oven for about 5-7 minutes, until the cheese is melted and the steaks are cooked to your desired doneness.
9. Remove from the oven and let the steaks rest for a few minutes before serving.

**Nutrition:**

Calories: 500

Fat: 35g

Carbs: 10g

Protein: 40g

## Chapter 4. Beef

### 40. OPA Meatballs



**Preparation Time:** 15 minutes

**Cooking Time:** 30 minutes

**Servings:** 4

**Ingredients:**

- 1 pound ground beef
- 1/2 cup breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh mint
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon OPA Greek seasoning, Zesto
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 egg
- 1/4 cup milk

- 2 tablespoons olive oil

**Directions:**

1. In a large bowl, combine the ground beef, breadcrumbs, Parmesan cheese, parsley, mint, onion, garlic, OPA Greek seasoning, salt, and black pepper. Mix well.
2. In a separate small bowl, whisk together the egg and milk. Pour the egg mixture into the beef mixture and mix until well combined.
3. Shape the mixture into meatballs, about 1-2 inches in diameter.
4. Heat the olive oil in a large skillet over medium heat. Add the meatballs and cook for about 4-5 minutes per side, or until browned and cooked through.
5. Remove the meatballs from the skillet and serve hot.

**Nutrition:**

Calories: 345

Fat: 22g

Carbs: 9g

Protein: 30g

## 41. Greek Beef Stew



**Preparation Time:** 15 minutes

**Cooking Time:** 2 hours

**Servings:** 4

**Ingredients:**

- 1.5 pounds beef stew meat, cut into cubes
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 carrots, sliced
- 2 celery stalks, sliced
- 1 can (14.5 oz) diced tomatoes
- 1 cup beef broth
- 1 cup red wine
- 2 tablespoons tomato paste
- 2 teaspoons OPA Greek seasoning, Original or Zesto
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 bay leaf

- 1/4 cup chopped fresh parsley

**Directions:**

1. In a large pot or Dutch oven, heat some oil over medium heat. Add the beef cubes and cook until browned on all sides. Remove the beef from the pot and set aside.
2. In the same pot, add the onion and garlic. Sauté until softened and fragrant.
3. Add the carrots and celery to the pot and cook for a few minutes until slightly tender.
4. Return the beef to the pot and add the diced tomatoes, beef broth, red wine, tomato paste, dried OPA Greek seasoning, salt, black pepper, and bay leaf. Stir to combine.
5. Bring the stew to a boil, then reduce the heat to low. Cover the pot and let it simmer for about 2 hours or until the beef is tender.
6. Remove the bay leaf from the stew. Taste and adjust the seasoning if needed.
7. Sprinkle fresh parsley over the stew and serve hot.

**Nutrition:**

Calories: 350

Fat: 12g

Carbs: 15g

Protein: 40g



## 42. Beef Skewers



**Preparation Time:** 20 minutes

**Cooking Time:** 12 minutes

**Servings:** 4 servings

### **Ingredients:**

- 1.5 pounds of beef sirloin, cut into 1-inch cubes
- 1 red onion, cut into chunks
- 1 red bell pepper, cut into chunks
- 1 yellow bell pepper, cut into chunks
- 1 zucchini, sliced
- 8 cherry tomatoes
- 1/4 cup olive oil
- 3 cloves of garlic, minced
- 2 tablespoons of lemon juice
- 2 teaspoons OPA Greek seasoning, Original
- Salt and pepper to taste
- Wooden skewers, soaked in water for 30 minutes

### **Directions:**

1. In a large bowl, combine the olive oil, minced garlic, lemon juice, OPA Greek seasoning, salt, and pepper. Mix well.

2. Add the beef cubes to the marinade and toss to coat. Let it marinate in the refrigerator for at least 1 hour.
3. Preheat your grill to medium-high heat.
4. Thread the marinated beef, red onion, red bell pepper, yellow bell pepper, zucchini, and cherry tomatoes onto the soaked wooden skewers, alternating the ingredients.
5. Place the skewers on the preheated grill and cook for about 10-12 minutes, turning occasionally, until the beef is cooked to your desired doneness and the vegetables are tender.
6. Remove the skewers from the grill and let them rest for a few minutes before serving.

**Nutrition:**

Calories: 420

Fat: 24g

Carbs: 11g

Protein: 40g

## 43. Moussaka



**Preparation Time:** 30 minutes

**Cooking Time:** 1 hour

**Servings:** 6

**Ingredients:**

- 2 large eggplants
- 1 lb ground beef
- 1 onion, diced
- 2 cloves garlic, minced
- 1 can crushed tomatoes (14 oz)
- 1/4 cup tomato paste
- 1/4 cup red wine
- Salt and pepper to taste
- 3 teaspoons OPA Greek seasoning, Original or Zesto
- 2 cups milk
- 1/4 cup butter
- 1/4 cup all-purpose flour

- 1/4 cup grated Parmesan cheese
- 1/4 tsp ground nutmeg

**Directions:**

1. Preheat the oven to 375°F (190°C).
2. Slice the eggplants into 1/4-inch thick rounds and sprinkle with salt. Let them sit for 15 minutes to release excess moisture. Rinse and pat dry.
3. In a large skillet, heat some oil over medium heat. Add the ground beef and cook until browned. Remove from the skillet and set aside.
4. In the same skillet, sauté the onion and garlic until softened.
5. Add the crushed tomatoes, tomato paste, red wine, OPA Greek seasoning, salt, and pepper. Stir well and let it simmer for 10 minutes.
6. In another saucepan, melt the butter over medium heat. Add the flour and whisk until well combined. Gradually pour in the milk while whisking continuously.
7. Cook the white sauce until it thickens, then remove from heat. Stir in the grated Parmesan cheese and ground nutmeg.
8. In a baking dish, layer half of the eggplant slices, followed by the cooked ground beef, and then the tomato sauce. Repeat with another layer.
9. Pour the white sauce over the top layer.
10. Bake in the preheated oven for 45-50 minutes until the top is golden and bubbly.
11. Let the moussaka cool for a few minutes before serving.

**Nutrition:**

Calories: 412

Fat: 25g

Carbs: 17g

Protein: 29g

## 44. Greek Beef Pitas



**Preparation Time:** 15 minutes

**Cooking Time:** 10 minutes

**Servings:** 4

**Ingredients:**

- 1 pound ground beef
- 1 small onion, chopped
- 2 cloves garlic, minced
- 3 teaspoons OPA Greek seasoning, Original or Zesto
- Salt and pepper to taste
- 4 pita breads
- Tzatziki sauce
- Fresh lettuce, chopped
- Sliced tomatoes
- Sliced cucumbers
- Crumbled feta cheese

**Directions:**

1. In a large skillet, cook the ground beef over medium heat until browned. Drain any excess grease.
2. Add the chopped onion, minced garlic, OPA Greek seasoning, salt, and pepper to the skillet with the ground beef. Cook for an additional 3-4 minutes, until the onion has softened.
3. Warm the pita breads in a toaster or oven.
4. Spread a generous amount of tzatziki sauce onto each warm pita bread.
5. Top each pita bread with a portion of the ground beef mixture.
6. Add the chopped lettuce, sliced tomatoes, sliced cucumbers, and crumbled feta cheese to each pita.
7. Fold the pita breads in half and serve immediately.

**Nutrition:**

Calories: 380

Fat: 12g

Carbs: 40g

Protein: 28g

## 45. Pastitsio



**Preparation Time:** 30 minutes

**Cooking Time:** 1 hour

**Servings:** 6

**Ingredients:**

- 1 pound ground beef
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 2 cups tomato sauce
- 1/4 cup red wine
- 2 teaspoons OPA Greek seasoning, Original or Zesto
- Salt and pepper to taste
- 1/2 teaspoon sugar
- 1/2 pound penne pasta
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 2 cups milk
- 1/4 teaspoon ground nutmeg

- 2 eggs, beaten
- 3/4 cup grated Parmesan cheese

**Directions:**

1. In a large skillet, cook ground beef, onion, and garlic over medium heat until meat is browned. Drain excess fat.
2. Stir in tomato sauce, red wine, OPA Greek seasoning, salt, black pepper, and sugar. Simmer for 10 minutes, stirring occasionally.
3. Meanwhile, cook penne pasta according to package instructions. Drain and set aside.
4. In a separate saucepan, melt butter over medium heat. Stir in flour until smooth. Gradually whisk in milk, nutmeg, and salt. Cook and stir until thickened. Remove from heat.
5. Temper the beaten eggs by slowly adding a small amount of the white sauce while whisking vigorously. Then, gradually add the tempered eggs into the saucepan while whisking continuously.
6. Preheat the oven to 375°F (190°C).
7. In a greased baking dish, layer half of the cooked penne pasta. Top with half of the meat sauce, followed by half of the white sauce. Repeat the layers.
8. Sprinkle grated Parmesan cheese on top and bake for 45-55 minutes, until golden brown and bubbling.
9. Let it rest for 10 minutes before serving.

**Nutrition:**

Calories: 498

Fat: 22g

Carbs: 41g

Protein: 29g



## 46. Beef Souvlaki



**Preparation Time:** 30 minutes

**Cooking Time:** 15 minutes

**Servings:** 4

**Ingredients:**

- 1 1/2 pounds beef sirloin, cut into 1-inch cubes
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 2 tablespoons red wine vinegar
- 3 garlic cloves, minced
- 2 teaspoons OPA Greek seasoning, Original or Zesto
- Salt and pepper, to taste
- 4 pita breads
- Tzatziki sauce, for serving
- Sliced red onions, tomatoes, and cucumbers, for serving

**Directions:**

1. In a bowl, combine the olive oil, lemon juice, red wine vinegar, minced garlic, OPA Greek seasoning, salt, and pepper. Whisk well to combine.
2. Add the beef cubes to the marinade and toss to coat. Cover and refrigerate for at least 2 hours or overnight.
3. Preheat the grill to medium-high heat.
4. Thread the marinated beef cubes onto skewers, leaving a little space between each cube.
5. Grill the skewers for about 10-12 minutes, turning occasionally, until the beef is cooked to your desired doneness.
6. While the beef is grilling, warm the pita breads on the grill for a few minutes on each side.
7. Remove the beef skewers from the grill and let them rest for a few minutes.
8. To serve, place a beef skewer on each pita bread and top with tzatziki sauce, sliced red onions, tomatoes, and cucumbers.
9. Fold the pita bread and enjoy!

**Nutrition:**

Calories: 420

Fat: 18g

Carbs: 32g

Protein: 34g

## 47. Beef Stir-fry



**Preparation Time:** 15 minutes

**Cooking Time:** 15 minutes

**Servings:** 4

**Ingredients:**

- 1 pound beef sirloin, thinly sliced
- 1 tablespoon olive oil
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 medium red onion, sliced
- 2 cloves garlic, minced
- 3 teaspoons OPA Greek seasoning, Original or Zesto
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup Kalamata olives, pitted
- 1/4 cup crumbled feta cheese
- Fresh parsley, chopped (for garnish)

**Directions:**

1. In a large skillet or wok, heat the olive oil over medium-high heat.
2. Add the beef slices and cook for 3-4 minutes until browned. Remove from the skillet and set aside.
3. In the same skillet, add the bell peppers, onion, and garlic. Cook for 5-6 minutes until the vegetables are tender-crisp.
4. Return the beef to the skillet and add the OPA Greek seasoning, salt, and black pepper. Stir well to combine.
5. Cook for another 2-3 minutes until the beef is cooked through and the flavors are well combined.
6. Remove from heat and stir in the Kalamata olives and crumbled feta cheese.
7. Serve the beef stir-fry hot, garnished with fresh parsley.

**Nutrition:**

Calories: 300

Fat: 15g

Carbs: 8g

Protein: 32g

## **48. Greek Beef and Rice Stuffed Peppers**



**Preparation Time:** 20 minutes

**Cooking Time:** 40 minutes

**Servings:** 4

**Ingredients:**

- 4 bell peppers (any color)
- 1 pound ground beef
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 cup cooked rice
- 1 can diced tomatoes, drained
- 1 tablespoon tomato paste
- 2 teaspoons OPA Greek seasoning, Original or Zesto
- Salt and pepper to taste
- 1 cup shredded mozzarella cheese

**Directions:**

1. Preheat your oven to 375°F (190°C).
2. Cut off the tops of the bell peppers and remove the seeds and membranes. Set aside.
3. In a large skillet, cook the ground beef over medium heat until browned. Add the diced onion and minced garlic, and cook until the onion becomes translucent.
4. Add the cooked rice, diced tomatoes, tomato paste, OPA Greek seasoning, salt, and pepper to the skillet. Stir well to combine all the ingredients.
5. Stuff each bell pepper with the beef and rice mixture, packing it in tightly.
6. Place the stuffed peppers in a baking dish and cover with foil. Bake for 30 minutes.
7. After 30 minutes, remove the foil and sprinkle the shredded mozzarella cheese on top of each pepper. Return to the oven and bake for an additional 10 minutes, or until the cheese is melted and bubbly.

8. Remove from the oven and let cool for a few minutes before serving.

**Nutrition:**

Calories: 390

Fat: 18g

Carbs: 25g

Protein: 30g

## **49. Beef Meatloaf**



**Preparation Time:** 20 minutes

**Cooking Time:** 1 hour

**Servings:** 6

**Ingredients:**

- 1 1/2 pounds ground beef
- 3/4 cup bread crumbs
- 1/2 cup crumbled feta cheese
- 1/2 cup chopped Kalamata olives
- 1/4 cup chopped fresh parsley

- 2 cloves garlic, minced
- 1 small onion, finely chopped
- 2 teaspoons OPA Greek seasoning, Original or Zesto
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 eggs, lightly beaten
- ¼ cup milk

**Directions:**

1. Preheat the oven to 350°F (175°C).
2. In a large bowl, combine the ground beef, bread crumbs, feta cheese, Kalamata olives, parsley, garlic, onion, OPA Greek seasoning, salt, black pepper, eggs, and milk. Mix well until all ingredients are evenly incorporated.
3. Shape the mixture into a loaf shape and place it in a greased loaf pan.
4. Bake in the preheated oven for 1 hour, or until the meatloaf is cooked through and reaches an internal temperature of 160°F (70°C).
5. Remove from the oven and let it rest for a few minutes before slicing.
6. Serve the Beef Meatloaf with your favorite side dishes or in sandwiches.

**Nutrition:** (per serving)

Calories: 380

Fat: 22g

Carbs: 14g

Protein: 30g

## 50. Greek Beef and Orzo Soup



**Preparation Time:** 10 minutes

**Cooking Time:** 1 hour

**Servings:** 4

**Ingredients:**

- 1 pound beef stew meat, cut into small cubes
- 1 onion, diced
- 3 cloves garlic, minced
- 2 carrots, sliced
- 2 celery stalks, sliced
- 1 can diced tomatoes
- 4 cups beef broth
- 1 cup orzo pasta
- 2 tablespoons olive oil
- 2 teaspoons OPA Greek seasoning, Original or Zesto
- Salt and pepper to taste
- Fresh parsley for garnish

**Directions:**



1. In a large pot, heat olive oil over medium heat. Add the beef stew meat and cook until browned on all sides.
2. Add the onion and garlic to the pot and cook until softened.
3. Add the carrots, celery, diced tomatoes, beef broth, OPA Greek seasoning, salt, and pepper. Stir to combine.
4. Bring the soup to a boil, then reduce heat to low and simmer for 45 minutes to 1 hour, or until the beef is tender.
5. In the last 10 minutes of cooking, add the orzo pasta and continue simmering until cooked to al dente.
6. Serve hot, garnished with fresh parsley.

**Nutrition:**

Calories: 350

Fat: 8g

Carbs: 35g

Protein: 30g

**51. Beef and Spinach Spanakopita**



**Preparation Time:** 20 minutes

**Cooking Time:** 40 minutes

**Servings:** 8

**Ingredients:**

- 1 pound ground beef
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 5 cups fresh spinach, chopped
- 1 cup feta cheese, crumbled
- 1/2 cup grated Parmesan cheese
- 1/4 cup fresh dill, chopped
- 1/4 cup fresh parsley, chopped
- Salt and pepper to taste
- 1/2 cup unsalted butter, melted
- 2 tablespoons OPA Greek seasoning, Original or Zesto
- 16 sheets phyllo dough

**Directions:**

1. Preheat the oven to 375°F (190°C). Grease a 9x13-inch baking dish with cooking spray or butter.
2. In a large skillet, cook ground beef, onion, and garlic over medium heat until beef is no longer pink. Drain any excess fat.
3. Add chopped spinach to the skillet and cook until wilted, about 2-3 minutes. Remove from heat and let cool.
4. In a large bowl, combine the cooked beef and spinach mixture with crumbled feta cheese, OPA Greek seasoning, grated Parmesan cheese, chopped dill, chopped parsley, salt, and pepper. Mix well.
5. Place one sheet of phyllo dough on the prepared baking dish. Brush it lightly with melted butter. Repeat with 7 more sheets, brushing each layer with butter.

6. Spread the beef and spinach mixture evenly over the phyllo layers.
7. Top the filling with the remaining 8 sheets of phyllo dough, brushing each layer with melted butter.
8. Tuck any excess phyllo dough into the sides of the baking dish and brush the top layer with butter.
9. Using a sharp knife, score the top layer of phyllo dough into squares or triangles.
10. Bake in the preheated oven for 35-40 minutes or until golden brown and crispy.
11. Remove from the oven and let it cool for a few minutes before slicing.
12. Serve warm and enjoy!

**Nutrition:**

Calories: 380

Fat: 23g

Carbs: 25g

Protein: 19g

## 52. Beef Chili



**Preparation Time:** 15 minutes

**Cooking Time:** 1 hour

**Servings:** 4

**Ingredients:**

- 1 pound ground beef
- 1 onion, diced
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 1 zucchini, diced
- 1 can (14 ounces) diced tomatoes
- 1 can (15 ounces) kidney beans, rinsed and drained
- 2 tablespoons tomato paste
- 1 tablespoon olive oil
- 2 teaspoons OPA Greek seasoning, Original or Zesto
- 1 teaspoon paprika
- Salt and pepper, to taste
- Fresh parsley, chopped (for garnish)

**Directions:**

1. In a large pot, heat the olive oil over medium heat. Add the onion, garlic, bell pepper, and zucchini. Cook until the vegetables are softened, about 5 minutes.
2. Add the ground beef to the pot and cook until browned. Break up the meat with a spoon.
3. Stir in the tomato paste, OPA Greek seasoning, paprika, salt, and pepper. Cook for 1-2 minutes to toast the spices.
4. Add the diced tomatoes (with their juices) and kidney beans to the pot. Stir well to combine.
5. Reduce the heat to low and let the chili simmer for 45 minutes to 1 hour, stirring occasionally.
6. Taste and adjust the seasoning if needed.
7. Serve the beef chili hot, garnished with fresh chopped parsley.

**Nutrition:**

Calories: 350

Fat: 15g

Carbs: 25g

Protein: 25g

## 53. Greek Beef and Potato Casserole



**Preparation Time:** 15 minutes

**Cooking Time:** 1 hour

**Servings:** 6

**Ingredients:**

- 1 pound ground beef
- 4 large potatoes, peeled and sliced
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 red bell pepper, diced
- 1 can (14.5 ounces) diced tomatoes
- 2 teaspoons OPA Greek seasoning, Original or Zesto
- Salt and pepper to taste
- 1 cup crumbled feta cheese
- Fresh parsley for garnish

**Directions:**

1. Preheat the oven to 375°F (190°C).
2. In a large skillet, cook the ground beef over medium heat until browned. Drain any excess fat.

3. Add the diced onion, minced garlic, and diced red bell pepper to the skillet. Sauté for about 5 minutes, until the vegetables are slightly softened.
4. Stir in the diced tomatoes, OPA Greek seasoning, salt, and pepper. Cook for another 5 minutes, allowing the flavors to blend together.
5. In a greased baking dish, layer half of the sliced potatoes. Top with half of the meat mixture and half of the crumbled feta cheese.
6. Repeat the layers with the remaining potatoes, meat mixture, and feta cheese.
7. Cover the baking dish with foil and bake in the preheated oven for 45 minutes.
8. Remove the foil and bake for an additional 15 minutes, or until the potatoes are tender and the cheese is golden and bubbly.
9. Garnish with fresh parsley before serving.

**Nutrition:**

Calories: 380

Fat: 22g

Carbs: 24g

Protein: 24g

## 54. Greek Beef and Lemon Soup



**Preparation Time:** 20 minutes

**Cooking Time:** 1 hour

**Servings:** 4

**Ingredients:**

- 1 pound beef stew meat, cubed
- 1 onion, chopped
- 2 carrots, sliced
- 2 celery stalks, sliced
- 4 cloves garlic, minced
- 4 cups beef broth
- 1/2 cup orzo pasta
- 2 eggs
- Juice of 2 lemons
- 2 teaspoons OPA Greek seasoning, Zesto
- Salt and pepper to taste

**Directions:**



1. In a large pot, heat some oil over medium heat. Add the beef and cook until browned on all sides. Remove the beef from the pot and set aside.
2. In the same pot, add the OPA Greek seasoning, onion, carrots, celery, and garlic. Cook until the vegetables are softened.
3. Return the beef to the pot and add the beef broth. Bring to a boil, then reduce heat and simmer for 45 minutes, or until the beef is tender.
4. In a separate pot, cook the orzo pasta according to package instructions. Drain and set aside.
5. In a small bowl, whisk together the eggs and lemon juice.
6. Slowly pour the egg-lemon mixture into the soup, stirring constantly.
7. Add the cooked orzo to the soup and stir to combine.
8. Season with salt and pepper to taste. Serve hot.

**Nutrition:**

Calories: 350

Fat: 10g

Carbs: 30g

Protein: 28g

# Chapter 5. Pork Recipes

## 55. Pork Souvlaki



**Preparation Time:** 20 minutes

**Cooking Time:** 10 minutes

**Servings:** 4 servings

**Ingredients:**

- 1 lb pork tenderloin, cut into 1-inch cubes
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 1 tablespoon red wine vinegar
- 3 teaspoon OPA Greek seasoning, Zesto
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Wooden skewers, soaked in water

**Directions:**

1. In a bowl, combine the olive oil, lemon juice, red wine vinegar, opa greek seasoning, salt, and black pepper. Mix well.
2. Add the diced pork tenderloin to the marinade and toss to coat. Let it marinate in the refrigerator for at least 1 hour.
3. Preheat the grill or grill pan over medium-high heat.

4. Thread the marinated pork cubes onto the soaked wooden skewers.
5. Place the skewers on the preheated grill and cook for about 4-5 minutes on each side, or until the pork is cooked through and slightly charred.
6. Remove the skewers from the grill and let them rest for a few minutes before serving.

**Nutrition:**

Calories: 250

Fat: 15g

Carbs: 2g

Protein: 25g

## **56. OPA Greek Style Pork Chops with Lemon**



**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 4 boneless pork chops
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 2 tablespoons lemon juice

- 2 teaspoons OPA Greek seasoning, Zesto
- Salt and pepper to taste

**Directions:**

1. Preheat the oven to 375°F (190°C).
2. In a small bowl, mix together the olive oil, minced garlic, lemon juice, OPA Greek seasoning, salt, and pepper.
3. Place the pork chops in a baking dish and pour the marinade over them, ensuring that each chop is coated.
4. Bake the pork chops in the preheated oven for about 15-20 minutes or until they reach an internal temperature of 145°F (63°C).
5. Remove the pork chops from the oven and let them rest for a few minutes before serving.
6. Serve the pork chops with lemon and OPA Greek seasoning with your choice of side dishes.

**Nutrition:**

Calories: 290

Fat: 18g

Carbs: 2g

Protein: 28g

## 57. **Pork Kabobs**



**Preparation Time:** 20 minutes

**Cooking Time:** 15 minutes

**Servings:** 4

**Ingredients:**

- 1.5 lbs pork tenderloin, cut into 1-inch cubes
- 1 red bell pepper, cut into 1-inch pieces
- 1 yellow bell pepper, cut into 1-inch pieces
- 1 red onion, cut into 1-inch pieces
- 1 zucchini, sliced
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 6 teaspoons OPA Greek seasoning, Zesto
- 1 teaspoon salt
- 1/2 teaspoon black pepper

- Wooden skewers, soaked in water

**Directions:**

1. In a bowl, combine the olive oil, lemon juice, OPA Greek seasoning, salt, and black pepper. Mix well.
2. Add the pork cubes to the marinade and coat them evenly. Let it marinate for 10 minutes.
3. Meanwhile, preheat the grill to medium-high heat.
4. Thread the marinated pork, bell peppers, red onion, and zucchini onto the wooden skewers, alternating between ingredients.
5. Grill the skewers for about 12-15 minutes, turning occasionally, until the pork is cooked through and the vegetables are tender.
6. Serve the pork kabobs hot, and enjoy!

**Nutrition:**

Calories: 320

Fat: 20g

Carbs: 8g

Protein: 26g

## 58. Pork Tenderloin



**Preparation Time:** 10 minutes

**Cooking Time:** 25 minutes

**Servings:** 4

**Ingredients:**

- 1 1/2 pounds pork tenderloin
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 6 teaspoons OPA Greek seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

**Directions:**

1. Preheat the oven to 400°F (200°C).
2. In a small bowl, mix together the olive oil, lemon juice, OPA Greek seasoning, salt, and black pepper.

3. Place the pork tenderloin in a baking dish and rub the mixture all over it, ensuring it is evenly coated.
4. Bake the pork tenderloin in the preheated oven for 20-25 minutes, or until the internal temperature reaches 145°F (63°C) for medium doneness.
5. Remove the pork tenderloin from the oven and let it rest for 5 minutes before slicing.
6. Slice the pork tenderloin into medallions and serve hot.

**Nutrition:**

Calories: 232

Fat: 9g

Carbs: 2g

Protein: 34g

## **59. Pork Gyros**



**Preparation Time:** 15 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 1 1/2 pounds pork tenderloin, sliced into thin strips
- 2 tablespoons olive oil



- 2 tablespoons lemon juice
- 2 tablespoons OPA Greek seasoning
- 4 pita breads
- Tzatziki sauce
- Sliced tomatoes
- Sliced cucumbers
- Sliced red onions

**Directions:**

1. In a bowl, combine the olive oil, lemon juice, and OPA Greek seasoning. Add the pork strips and marinate for at least 30 minutes.
2. Heat a large skillet over medium-high heat. Add the marinated pork and cook for about 8-10 minutes until cooked through.
3. Warm the pita breads either in a toaster or on a grill.
4. Spread a generous amount of tzatziki sauce on each pita bread.
5. Place cooked pork strips on top of the sauce.
6. Add sliced tomatoes, cucumbers, and red onions on top.
7. Roll up each pita bread tightly.
8. Serve the gyros warm.

**Nutrition:**

Calories: 425

Fat: 13g

Carbs: 38g

Protein: 38g

## 60. Pork Schnitzel



**Preparation Time:** 15 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 4 pork schnitzels
- 1/2 cup all-purpose flour
- 2 tablespoons OPA Greek seasoning
- 2 eggs, beaten
- 1 cup breadcrumbs
- Salt and pepper to taste
- 2 tablespoons olive oil

**Directions:**

1. Season the pork schnitzels with salt and pepper on both sides.

2. In a shallow dish, mix together the flour and OPA Greek seasoning.
3. Dip each schnitzel into the flour mixture, coating both sides.
4. Dip the coated schnitzels into the beaten eggs, allowing any excess to drip off.
5. Coat the schnitzels in the breadcrumbs, pressing gently to adhere.
6. Heat the olive oil in a large skillet over medium heat.
7. Cook the schnitzels for 3-4 minutes per side, or until golden brown and cooked through.
8. Remove from the skillet and let drain on a paper towel-lined plate.
9. Serve hot with your choice of sides.

**Nutrition:**

Calories: 350

Fat: 10g

Carbs: 30g

Protein: 30g

## 61. Pork and Potato Stew



**Preparation Time:** 20 minutes

**Cooking Time:** 1 hour 30 minutes

**Servings:** 4

**Ingredients:**

- 1.5 lbs pork shoulder, cut into chunks
- 2 tbsp olive oil
- 3 tablespoons OPA Greek seasoning
- 1/4 cup tomato paste
- 4 cups chicken broth
- 1 cup red wine
- 4 large potatoes, peeled and cut into chunks
- 1 cup frozen peas
- Salt and pepper to taste

**Directions:**

1. Heat the olive oil in a large pot or Dutch oven over medium heat. Add the pork chunks and cook until browned on all sides. Remove from the pot and set aside.

2. In the same pot, add the diced onion and minced garlic. Cook until the onion is translucent and fragrant.
3. Add the OPA Greek seasoning to the pot. Stir well to combine.
4. Stir in the tomato paste and cook for a minute.
5. Return the pork to the pot and pour in the chicken broth and red wine. Stir to combine.
6. Bring the mixture to a boil, then reduce the heat to low. Cover and simmer for 1 hour.
7. After 1 hour, add the potato chunks and frozen peas to the pot. Stir well and season with salt and pepper to taste.
8. Cover the pot again and continue to simmer for another 30 minutes, or until the potatoes are tender.
9. Serve the Greek Style Pork and Potato Stew hot, garnished with fresh herbs if desired.

**Nutrition:**

Calories: 400

Fat: 15g

Carbs: 30g

Protein: 35g

## 62. OPA Greek Style Stuffed Pork Loin



**Preparation Time:** 20 minutes

**Cooking Time:** 1 hour 30 minutes

**Servings:** 6

**Ingredients:**

- 2 pounds pork loin
- 1 cup spinach, chopped
- 1/2 cup feta cheese, crumbled
- 1/4 cup sundried tomatoes, chopped
- 3 tablespoons OPA Greek seasoning
- Salt and pepper to taste
- 2 tablespoons olive oil

**Directions:**

1. Preheat the oven to 375°F (190°C).
2. Butterfly the pork loin by cutting it horizontally almost all the way through and then opening it like a book.

3. In a mixing bowl, combine the chopped spinach, crumbled feta cheese, chopped sundried tomatoes, OPA Greek seasoning, salt, and pepper.
4. Spread the mixture evenly over the inside of the butterflied pork loin.
5. Roll the loin back up, taking care to keep the filling inside, and tie it securely with kitchen twine.
6. Heat olive oil in an oven-safe skillet over medium-high heat.
7. Sear the stuffed pork loin on all sides until browned.
8. Transfer the skillet with the pork loin to the preheated oven and roast for 1 hour and 30 minutes, or until the internal temperature reaches 145°F (63°C).
9. Remove the pork loin from the oven and let it rest for about 10 minutes before slicing.
10. Slice the stuffed pork loin and serve.

**Nutrition:**

Calories: 300

Fat: 15g

Carbs: 4g

Protein: 36g

## 63. Pork Stir-Fry



**Preparation Time:** 15 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

### **Ingredients:**

- 1 pound pork tenderloin, sliced into thin strips
- 1 tablespoon olive oil
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 small red onion, thinly sliced
- 2 cloves garlic, minced
- 3 tablespoons OPA Greek seasoning
- 1 cup grape tomatoes, halved
- 1/4 cup kalamata olives, pitted and halved
- 2 tablespoons lemon juice
- Salt and pepper to taste
- Fresh parsley for garnish

### **Directions:**



1. In a large skillet, heat the olive oil over medium-high heat.
2. Add the pork strips and cook until browned on all sides, about 5 minutes. Remove from the skillet and set aside.
3. In the same skillet, add the sliced bell peppers, red onion, and minced garlic. Cook until the vegetables are tender, about 5 minutes.
4. Add the OPA Greek seasoning to the skillet. Stir well to coat the vegetables.
5. Return the cooked pork strips to the skillet and add the grape tomatoes and kalamata olives. Cook for another 3-4 minutes, until the tomatoes start to soften.
6. Drizzle the lemon juice over the stir-fry and season with salt and pepper to taste. Stir well to combine.
7. Remove from heat and garnish with fresh parsley before serving.

**Nutrition:**

Calories: 320

Fat: 12g

Carbs: 15g

Protein: 36g

## 64. Pork Meatballs



**Preparation Time:** 15 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 1 lb ground pork
- 1/2 cup breadcrumbs
- 1/4 cup grated onion
- 2 cloves garlic, minced
- 1/4 cup chopped fresh parsley
- 1 teaspoon OPA Greek seasoning
- 1/4 cup crumbled feta cheese
- 1/2 teaspoon salt

- 1/4 teaspoon black pepper
- 1 tablespoon olive oil

**Directions:**

1. In a large bowl, combine ground pork, breadcrumbs, grated onion, minced garlic, chopped parsley, crumbled feta cheese, OPA Greek seasoning, salt, and black pepper. Mix well until all ingredients are evenly combined.
2. Shape the mixture into small meatballs, about 1-1.5 inches in diameter.
3. Heat olive oil in a large skillet over medium heat. Add the meatballs to the skillet and cook for about 4-5 minutes per side, or until they are browned and cooked through.
4. Serve the Greek style pork meatballs with your favorite sauce, tzatziki, or alongside a Greek salad.

**Nutrition:**

Calories: 320

Fat: 22g

Carbs: 7g

Protein: 24g

## 65. Pork Belly



**Preparation Time:** 15 minutes

**Cooking Time:** 2 hours

**Servings:** 4

**Ingredients:**

- 2 pounds of pork belly
- 2 tablespoons of olive oil
- 2 tablespoons of lemon juice
- 4 cloves of garlic, minced
- 2 tablespoons OPA Greek seasoning
- Salt and pepper to taste

**Directions:**

1. Preheat the oven to 325°F (165°C).
2. Score the pork belly skin with a sharp knife in a diamond pattern.
3. In a small bowl, combine the olive oil, lemon juice, minced garlic, OPA Greek seasoning, salt, and pepper.
4. Rub the mixture all over the pork belly, making sure to get it into the scored skin.

5. Place the pork belly in a roasting pan and cover it with foil.
6. Roast in the preheated oven for 1 hour.
7. Remove the foil and increase the oven temperature to 425°F (220°C).
8. Roast for another 30 minutes, or until the skin is crispy and golden brown.
9. Remove from the oven and let it rest for 10 minutes before slicing.

**Nutrition:**

Calories: 400

Fat: 30g

Carbs: 0g

Protein: 30g

## 66. Pulled Pork Sandwiches



**Preparation Time:** 20 minutes

**Cooking Time:** 6 hours

**Servings:** 4

**Ingredients:**

- 4 pounds pork shoulder, boneless
- 1 tablespoon olive oil
- 6 tablespoons OPA Greek seasoning
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 teaspoon paprika
- 1/2 teaspoon cinnamon

- 1/2 teaspoon nutmeg
- 1 cup chicken broth
- Greek pita bread or sandwich rolls
- Tzatziki sauce for serving
- Optional toppings: sliced tomatoes, sliced red onions, lettuce

**Directions:**

1. In a small bowl, mix together OPA Greek seasoning, salt, black pepper, paprika, cinnamon, and nutmeg to create the Greek seasoning blend.
2. Rub the pork shoulder with the olive oil, then evenly coat it with the Greek seasoning blend.
3. Place the seasoned pork shoulder in a slow cooker and pour in the chicken broth.
4. Cook the pork on low heat for 6 hours or until it easily shreds with a fork.
5. Once cooked, remove the pork from the slow cooker and shred it using two forks.
6. To assemble the sandwiches, warm the Greek pita bread or sandwich rolls.
7. Spread a generous amount of tzatziki sauce on each bread or roll.
8. Add the pulled pork on top of the sauce, and optionally, add sliced tomatoes, sliced red onions, and lettuce.
9. Serve the pulled pork sandwiches warm and enjoy!

**Nutrition:**

Calories: 400

Fat: 15g

Carbs: 30g

Protein: 35g

## 67. Pork and Eggplant Casserole



**Preparation Time:** 15 minutes

**Cooking Time:** 1 hour 30 minutes

**Servings:** 4

**Ingredients:**

- 1 lb pork tenderloin, cut into cubes
- 2 medium eggplants, sliced
- 1 onion, diced
- 3 cloves garlic, minced
- 1 can diced tomatoes (14 oz)
- 1/2 cup chicken broth
- 2 tbsp olive oil
- 4 teaspoons OPA Greek seasoning
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 cup crumbled feta cheese

**Directions:**

1. Preheat the oven to 375°F (190°C).



2. In a large skillet, heat olive oil over medium heat. Add the pork cubes and cook until browned, about 5 minutes. Remove the pork from the skillet and set aside.
3. In the same skillet, add the sliced eggplants and cook until lightly browned, about 5 minutes per side. Remove the eggplants from the skillet and set aside.
4. Add the diced onion and minced garlic to the skillet and sauté until softened, about 5 minutes.
5. Stir in the diced tomatoes, chicken broth, OPA Greek seasoning, salt, and black pepper. Bring to a simmer and cook for 5 minutes.
6. In a greased casserole dish, layer half of the eggplants followed by half of the pork. Repeat the layers with the remaining eggplants and pork.
7. Pour the tomato mixture over the layers in the casserole dish. Sprinkle the crumbled feta cheese on top.
8. Cover the casserole dish with foil and bake for 45 minutes. Remove the foil and bake for an additional 15 minutes, or until the top is golden and bubbly.
9. Let the casserole cool for a few minutes before serving.

**Nutrition:**

Calories: 310

Fat: 12g

Carbs: 18g

Protein: 32g

## 68. Pork Ribs



**Preparation Time:** 15 minutes

**Cooking Time:** 2 hours

**Servings:** 4

**Ingredients:**

- 2 pounds of pork ribs
- 2 tablespoons of OPA Greek seasoning
- 1 teaspoon of salt
- 1 teaspoon of black pepper
- 1 tablespoon of olive oil
- 1 lemon, juiced
- 2 cloves of garlic, minced
- 1 tablespoon of chopped fresh oregano
- 1 tablespoon of chopped fresh parsley

**Directions:**

1. Preheat the oven to 325°F (165°C).
2. In a small bowl, combine the OPA Greek seasoning, salt, and black pepper.

3. Rub the seasoning mixture all over the pork ribs, making sure to coat them evenly.
4. Heat the olive oil in a large oven-proof skillet or roasting pan over medium-high heat.
5. Brown the ribs on all sides, about 2-3 minutes per side.
6. Remove the ribs from the skillet and set them aside.
7. In the same skillet, add the minced garlic and cook for about 1 minute, until fragrant.
8. Place the ribs back into the skillet and pour the lemon juice over them.
9. Sprinkle the chopped oregano and parsley on top of the ribs.
10. Cover the skillet with aluminum foil and transfer it to the preheated oven.
11. Bake for 2 hours, or until the ribs are tender and cooked through.
12. Remove the foil and broil the ribs for an additional 3-5 minutes, until they are slightly browned and crispy.
13. Serve the pork ribs hot, and enjoy!

**Nutrition:**

Calories: 400

Fat: 25g

Carbs: 2g

Protein: 40g

## 69. Pork with Feta and Olives



**Preparation Time:** 10 minutes

**Cooking Time:** 30 minutes

**Servings:** 4 servings

**Ingredients:**

- 1 lb pork tenderloin
- 2 tablespoons OPA Greek seasoning
- Salt and pepper, to taste
- 1 tbsp olive oil
- 1 onion, sliced
- 3 cloves garlic, minced
- 1 cup cherry tomatoes, halved
- 1/4 cup Kalamata olives, pitted and halved
- 1/4 cup crumbled feta cheese
- Fresh parsley, for garnish

**Directions:**

1. Preheat your oven to 400°F (200°C).
2. Season the pork tenderloin with OPA Greek seasoning, salt, and pepper.

3. Heat olive oil in an oven-proof skillet over medium-high heat.
4. Sear the pork tenderloin until browned on all sides, about 2-3 minutes per side.
5. Remove the pork from the skillet and set aside on a plate.
6. In the same skillet, add sliced onions and minced garlic. Sauté until onions are translucent and fragrant, about 3-4 minutes.
7. Add cherry tomatoes and Kalamata olives to the skillet. Cook for another 2 minutes.
8. Place the seared pork tenderloin back into the skillet with the onion, tomato, and olive mixture.
9. Transfer the skillet to the preheated oven and cook for about 20-25 minutes, or until the internal temperature of the pork reaches 145°F (63°C).
10. Remove the skillet from the oven and let the pork rest for a few minutes before slicing.
11. Sprinkle crumbled feta cheese over the pork and garnish with fresh parsley.

**Nutrition:**

Calories: 330

Fat: 14g

Carbs: 8g

Protein: 40g

## Chapter 6. Snacks

### 70. Kale Chips



**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Servings:** 4

**Ingredients:**

- 1 bunch of kale
- 2 tablespoons olive oil
- 1 teaspoon OPA Greek seasoning
- Salt to taste

**Directions:**

1. Preheat the oven to 350°F (175°C).
2. Remove the kale leaves from the stems and tear them into bite-sized pieces.
3. Wash the kale thoroughly and pat it dry.
4. In a large bowl, toss the kale with olive oil until well coated.

5. Sprinkle OPA Greek seasoning and salt over the kale, and toss again to evenly distribute the seasonings.
6. Place the seasoned kale onto a baking sheet in a single layer.
7. Bake in the preheated oven for about 15 minutes or until the kale chips are crispy and slightly browned.
8. Remove from the oven and allow the chips to cool before serving.

**Nutrition:**

Calories: 110

Fat: 7g

Carbs: 12g

Protein: 3g

## **71. Roasted Chickpeas**



**Preparation Time:** 10 minutes

**Cooking Time:** 40 minutes

**Servings:** 4

**Ingredients:**

- 2 cans (15.5 oz) chickpeas, drained and rinsed
- 2 tablespoons olive oil

- 1 tablespoon lemon juice
- 4 teaspoons OPA Greek seasoning, Original or Zesto
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

**Directions:**

1. Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a large bowl, combine the chickpeas, olive oil, lemon juice, OPA Greek seasoning, paprika, salt, and black pepper. Stir well to coat the chickpeas evenly with the seasonings.
3. Spread the seasoned chickpeas in a single layer on the prepared baking sheet.
4. Roast in the preheated oven for 30-40 minutes, or until the chickpeas are crispy and browned, stirring once or twice during cooking to ensure even browning.
5. Remove from the oven and let cool slightly before serving.

**Nutrition:**

Calories: 180

Fat: 7g

Carbs: 23g

Protein: 7g



## 72. Baked Zucchini Chips



**Preparation Time:** 10 minutes

**Cooking Time:** 25 minutes

**Servings:** 4

**Ingredients:**

- 2 large zucchini, thinly sliced
- 2 tablespoons olive oil
- 3 teaspoons OPA Greek seasoning, Original or Zesto
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

**Directions:**

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss the zucchini slices with olive oil, OPA Greek seasoning, salt, and black pepper until well coated.
3. Arrange the seasoned zucchini slices in a single layer on the prepared baking sheet.
4. Bake in the preheated oven for 20-25 minutes, or until the zucchini chips are crispy and golden brown.
5. Remove from the oven and allow them to cool slightly before serving.

**Nutrition:**

Calories: 98

Fat: 8g

Carbs: 5g

Protein: 2g

## 73. Pita Crisps With Feta Dip



**Preparation Time:** 15 minutes

**Cooking Time:** 10 minutes

**Servings:** 4

**Ingredients:**

- 4 large pita bread rounds
- 2 tablespoons olive oil
- 5 teaspoons OPA Greek seasoning, Original or Zesto
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

- 200g feta cheese, crumbled
- 1/2 cup plain Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh parsley
- 2 teaspoons OPA Greek seasoning, Original or Zesto

**Directions:**

1. Preheat the oven to 375°F (190°C).
2. Cut the pita bread rounds into small triangles or desired shapes.
3. In a small mixing bowl, combine the olive oil, OPA Greek seasoning, salt, and black pepper. Mix well.
4. Place the pita triangles on a baking sheet and brush both sides with the seasoned olive oil mixture.
5. Bake in the preheated oven for about 8-10 minutes, or until the pita crisps are golden and crispy. Set aside to cool.
6. In another mixing bowl, combine the crumbled feta cheese, Greek yogurt, lemon juice, chopped fresh parsley, OPA Greek seasoning. Mix well until smooth and creamy.
7. Serve the pita crisps with the feta dip on the side.
8. Enjoy!

**Nutrition:** (per serving)

Calories: 280

Fat: 16g

Carbs: 22g

Protein: 12g

## 74. Popcorn



**Preparation Time:** 5 minutes

**Cooking Time:** 5 minutes

**Servings:** 4

**Ingredients:**

- 1/2 cup popcorn kernels
- 2 tablespoons olive oil
- 4 teaspoons OPA Greek seasoning, Original or Zesto
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup crumbled feta cheese

**Directions:**

1. Heat the olive oil in a large pot over medium heat.
2. Add the popcorn kernels and cover the pot with a lid. Shake the pot occasionally to prevent burning.
3. Once the popping slows down, remove the pot from the heat and let it sit for a minute to allow any remaining kernels to pop.

4. In a small bowl, combine the OPA Greek seasoning, salt, and black pepper.
5. Drizzle the popcorn with the spice mixture and toss gently to coat evenly.
6. Sprinkle the crumbled feta cheese over the seasoned popcorn and toss again to distribute the cheese.
7. Serve immediately and enjoy!

**Nutrition:**

Calories: 150 calories

Fat: 9g

Carbs: 14g

Protein: 3g

## **75.      Roasted Almonds**



**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 2 cups raw almonds
- 1 tablespoon olive oil
- 3 teaspoons OPA Greek seasoning, Original or Zesto
- 1/4 teaspoon salt

- 1/4 teaspoon black pepper

**Directions:**

1. Preheat the oven to 350°F (175°C).
2. In a bowl, combine the olive oil, OPA Greek seasoning, salt, and black pepper.
3. Add the raw almonds to the bowl and toss until they are evenly coated with the seasoning mixture.
4. Spread the seasoned almonds in a single layer on a baking sheet lined with parchment paper.
5. Roast the almonds in the preheated oven for about 20 minutes, or until they are golden brown and fragrant. Stir them halfway through the cooking time to ensure even roasting.
6. Remove the baking sheet from the oven and let the almonds cool completely before serving.

**Nutrition:**

Calories: 250

Fat: 22g

Carbs: 8g

Protein: 9g

## 76. Cucumber Slices With Tzatziki Dip



**Preparation Time:** 10 minutes

**Cooking Time:** 0 minutes

**Servings:** 4

**Ingredients:**

- 2 cucumbers
- 1 cup plain Greek yogurt
- 1/4 cup grated cucumber
- 1 clove garlic, minced
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh dill
- 1 tablespoon chopped fresh mint
- 2 teaspoons OPA Greek seasoning, Original
- Salt and pepper to taste

**Directions:**

1. Start by washing the cucumbers and slicing them into thin rounds.

2. In a bowl, combine the Greek yogurt, grated cucumber, minced garlic, lemon juice, OPA Greek seasoning, dill, mint, salt, and pepper. Mix well.
3. Place the cucumber slices on a serving dish and spoon the tzatziki dip over the top.
4. Garnish with additional fresh dill and mint, if desired.
5. Serve chilled and enjoy!

**Nutrition:**

Calories: 58

Fat: 2g

Carbs: 6g

Protein: 4g

**77. Sweet Potato Fries**



**Preparation Time:** 10 minutes

**Cooking Time:** 25 minutes

**Servings:** 4

**Ingredients:**

- 2 large sweet potatoes
- 2 tablespoons olive oil
- 2 tablespoons OPA Greek seasoning, Original or Zesto
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper



**Directions:**

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Wash and peel the sweet potatoes. Cut them into thin, evenly sized fries.
3. In a large bowl, combine the olive oil, OPA Greek seasoning, salt, and black pepper. Mix well.
4. Add the sweet potato fries to the bowl and toss until they are evenly coated with the seasoning mixture.
5. Spread the seasoned sweet potato fries in a single layer on the prepared baking sheet.
6. Bake in the preheated oven for 20-25 minutes, or until the fries are crispy and golden brown, flipping them halfway through cooking.
7. Remove from the oven and let cool slightly before serving.

**Nutrition:**

Calories: 187

Fat: 7g

Carbs: 29g

Protein: 2g

## 78. Roasted Edamame



**Preparation Time:** 5 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 2 cups frozen edamame
- 1 tablespoon olive oil
- 3 teaspoons OPA Greek seasoning, Original or Zesto
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

**Directions:**

1. Preheat your oven to 400°F (200°C).
2. In a large bowl, combine the frozen edamame, olive oil, OPA Greek seasoning, salt, and black pepper. Toss until the edamame are evenly coated with the seasonings.
3. Spread the seasoned edamame in a single layer on a baking sheet.

4. Roast in the preheated oven for about 20 minutes, or until the edamame are crispy and golden brown, stirring halfway through the cooking time.
5. Remove from the oven and let it cool for a few minutes before serving.

**Nutrition:**

Calories: 150

Fat: 8g

Carbs: 10g

Protein: 12g

## **79. Stuffed Mushrooms**



**Preparation Time:** 15 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 24 large white mushrooms
- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup breadcrumbs
- 1/4 cup grated Parmesan cheese

- 2 tablespoons chopped fresh parsley
- 2 teaspoons OPA Greek seasoning, Original or Zesto
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup crumbled feta cheese
- 2 tablespoons lemon juice
- 2 tablespoons melted butter

**Directions:**

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Clean the mushrooms and remove the stems. Set the mushroom caps aside.
3. Finely chop the mushroom stems.
4. Heat the olive oil in a skillet over medium heat. Add the chopped onion and minced garlic, and sauté until softened.
5. Add the chopped mushroom stems to the skillet and cook until they release their moisture and become golden brown. Remove from heat.
6. In a large bowl, combine the cooked mushroom stems, breadcrumbs, Parmesan cheese, parsley, OPA Greek seasoning, salt, black pepper, feta cheese, and lemon juice. Mix well.
7. Spoon the filling mixture into the mushroom caps, pressing gently to pack the filling. Arrange the stuffed mushrooms on the prepared baking sheet.
8. Drizzle the melted butter over the stuffed mushrooms.
9. Bake in the preheated oven for 15-20 minutes, or until the mushrooms are tender and the filling is golden brown.
10. Serve the stuffed mushrooms hot as an appetizer or side dish.

**Nutrition:**

Calories: 156

Fat: 10g

Carbs: 12g

Protein: 7g

## 80. Roasted Pumpkin Seeds



**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 2 cups pumpkin seeds
- 2 tablespoons olive oil
- 3 tablespoons OPA Greek seasoning, Original or Zesto
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

**Directions:**

1. Preheat the oven to 350°F (175°C).
2. In a large bowl, combine the pumpkin seeds, olive oil, OPA Greek seasoning, salt, and black pepper. Mix well

to ensure the seeds are evenly coated with the seasoning.

3. Spread the seasoned pumpkin seeds in a single layer on a baking sheet lined with parchment paper.
4. Bake in the preheated oven for 15-20 minutes, or until the seeds are golden brown, stirring halfway through the cooking time.
5. Once roasted, remove the pumpkin seeds from the oven and let them cool completely before serving.

**Nutrition:**

Calories: 180

Fat: 14g

Carbs: 4g

Protein: 9g

## **81. Baked Feta Cheese Bites**



**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 200g feta cheese, cut into cubes

- 2 tablespoons olive oil
- 2 teaspoons OPA Greek seasoning, Original or Zesto
- 1/4 teaspoon black pepper
- 1/4 teaspoon red pepper flakes (optional)

**Directions:**

1. Preheat the oven to 400°F (200°C).
2. In a baking dish, arrange the feta cheese cubes in a single layer.
3. Drizzle the olive oil over the feta cheese, ensuring each cube is well-coated.
4. In a small bowl, mix together the OPA Greek seasoning, black pepper, and red pepper flakes (if desired).
5. Sprinkle the seasoning mixture over the feta cheese cubes, ensuring an even distribution.
6. Bake in the preheated oven for about 15-20 minutes, or until the cheese is soft and golden brown on top.
7. Remove from the oven and let cool slightly before serving.

**Nutrition:**

Calories: 230

Fat: 20g

Carbs: 3g

Protein: 10g

## 82. Crispy Tofu Bites



**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 2

### **Ingredients:**

- 1 16-ounce package of firm tofu
- 1/2 cup all-purpose flour
- 2 tablespoons olive oil
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped black olives
- 1/4 cup chopped fresh parsley
- 2 teaspoons OPA Greek seasoning, Original or Zesto

### **Directions:**

1. Preheat oven to 350 degrees F (175 degrees C).
2. Cut tofu into 1-inch cubes and set aside.
3. In a shallow dish, combine flour, olive oil, onion, bell pepper, black olives, parsley, and OPA Greek seasoning.
4. Dip tofu into the flour mixture and turn to coat.
5. Place tofu on a baking sheet and bake for 20 minutes, or until golden brown.



**Nutrition:**

Calories: 300

Fat: 20g

Carbs: 23g

Protein: 21g

## 83. Roasted Cauliflower Florets



**Preparation Time:** 10 minutes

**Cooking Time:** 25 minutes

**Servings:** 4

**Ingredients:**

- 1 large cauliflower head, cut into florets
- 2 tablespoons olive oil
- 4 teaspoons OPA Greek seasoning, Original or Zesto
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Juice of 1 lemon

**Directions:**

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.

2. In a large bowl, add the cauliflower florets, olive oil, OPA Greek seasoning, salt, black pepper, and lemon juice. Toss well to coat the florets evenly with the seasoning.
3. Spread the seasoned cauliflower florets in a single layer on the prepared baking sheet.
4. Roast in the preheated oven for 20-25 minutes, or until the florets are golden brown and tender.
5. Remove from the oven and let cool for a few minutes before serving.

**Nutrition:**

Calories: 120 calories

Fat: 8g

Carbs: 10g

Protein: 4g

## **84. Roasted Potato Wedges**



**Preparation Time:** 10 minutes

**Cooking Time:** 40 minutes

**Servings:** 4

**Ingredients:**

- 4 large potatoes
- 2 tablespoons olive oil
- 4 teaspoons OPA Greek seasoning, Original or Zesto

- 1 teaspoon salt
- 1/2 teaspoon black pepper
- Lemon wedges (optional, for serving)

**Directions:**

1. Preheat the oven to 425°F (220°C).
2. Wash and scrub the potatoes thoroughly. Cut them into wedges, leaving the skin on.
3. In a large bowl, combine the olive oil, OPA Greek seasoning, salt, and black pepper. Mix well.
4. Add the potato wedges to the bowl with the seasoning mixture and toss until they are evenly coated.
5. Spread the seasoned potato wedges in a single layer on a baking sheet.
6. Roast in the preheated oven for about 40 minutes or until the wedges are golden brown and crispy, flipping them halfway through.
7. Serve the roasted potato wedges hot with lemon wedges for an extra burst of flavor, if desired.

**Nutrition:**

Calories: 192

Fat: 7g

Carbs: 29g

Protein: 4g

## Chapter 7. Pasta

### 85. Greek Lemon Chicken Pasta



**Preparation Time:** 15 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 8 ounces penne pasta
- 2 boneless, skinless chicken breasts, sliced
- 2 tablespoons opa Greek seasoning, Original
- Juice of 1 lemon
- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup cherry tomatoes, halved
- 1/4 cup Kalamata olives, pitted and sliced
- 1/4 cup crumbled feta cheese
- Fresh parsley, chopped for garnish

**Directions:**

1. Cook the penne pasta according to package instructions. Drain and set aside.
2. In a bowl, combine the sliced chicken breasts with the opa Greek seasoning and lemon juice. Mix well and let it marinate for 10 minutes.
3. Heat olive oil in a large skillet over medium heat. Add the marinated chicken and cook until browned and cooked through, about 5-6 minutes per side. Remove the chicken from the skillet and set aside.
4. In the same skillet, add the chopped onion and minced garlic. Sauté until the onion becomes translucent.
5. Add the cherry tomatoes and Kalamata olives to the skillet. Cook for 2-3 minutes, until the tomatoes soften slightly.
6. Return the cooked chicken to the skillet and add the cooked penne pasta. Toss everything together until well combined.
7. Sprinkle the crumbled feta cheese over the pasta and cook for an additional 1-2 minutes, until the cheese begins to melt.
8. Remove from heat and garnish with fresh parsley before serving.

**Nutrition:**

Calories: 468

Fat: 13g

Carbs: 49g

Protein: 38g

## 86. Olive Oil and OPA Greek Seasoning Pasta



**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Servings:** 4

**Ingredients:**

- 8 ounces of pasta
- 2 tablespoons of olive oil
- 2 cloves of garlic, minced
- 1 teaspoon OPA Greek seasoning, Original
- 1 cup of cherry tomatoes, halved
- 1/4 cup of Kalamata olives, pitted and chopped
- 1/4 cup of feta cheese, crumbled
- Freshly chopped parsley, for garnish (optional)

**Directions:**

1. Cook the pasta according to the package instructions until al dente. Drain and set aside.

2. In a large skillet, heat the olive oil over medium heat. Add the minced garlic and opa Greek seasoning, and cook for 1-2 minutes until fragrant.
3. Add the cherry tomatoes and Kalamata olives to the skillet and cook for another 2-3 minutes until the tomatoes are slightly softened.
4. Add the cooked pasta to the skillet and toss everything together until well combined. Cook for another 2-3 minutes until the pasta is heated through.
5. Remove the skillet from heat and top the pasta with crumbled feta cheese. Garnish with freshly chopped parsley, if desired.
6. Serve the Olive Oil and Greek Seasoning Pasta warm.  
Enjoy!

**Nutrition:**

Calories: 370

Fat: 12g

Carbs: 57g

Protein: 9g

## 87. OPA Greek Pasta with Tzatziki Sauce



**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Servings:** 4

**Ingredients:**

- 8 ounces of penne pasta
- 1 cucumber, peeled and grated
- 1 cup of Greek yogurt
- 2 tablespoons of lemon juice
- 2 cloves of garlic, minced
- 1/4 cup of fresh dill, chopped
- 2 tablespoons OPA Greek Seasoning, Original
- 1/4 cup of fresh mint, chopped
- Salt and pepper to taste
- 1 cup of cherry tomatoes, halved
- 1/2 cup of Kalamata olives, pitted and sliced

**Directions:**



1. Cook the penne pasta according to package instructions.
2. In a medium bowl, combine the grated cucumber, Greek yogurt, lemon juice, minced garlic, chopped dill, chopped mint, opa greek seasoning, salt, and pepper. Mix well.
3. Once the pasta is cooked, drain it and rinse it with cold water.
4. In a large mixing bowl, combine the cooked pasta, cherry tomatoes, and Kalamata olives.
5. Pour the tzatziki sauce over the pasta and mix until everything is well coated.
6. Serve the Greek pasta with tzatziki sauce chilled or at room temperature.

**Nutrition:**

Calories: 375

Fat: 7g

Carbs: 64g

Protein: 15g

## 88. Vegetarian Pasta Salad



**Preparation Time:** 15 minutes

**Cooking Time:** 10 minutes

**Servings:** 4

**Ingredients:**

- 8 ounces of rotini pasta
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/2 red onion, thinly sliced
- 1/2 cup Kalamata olives, pitted and sliced
- 1/2 cup crumbled feta cheese
- 2 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon OPA Greek seasoning, Original
- Salt and pepper to taste

**Directions:**

1. Cook the rotini pasta according to package instructions until al dente. Drain and rinse with cold water.

2. In a large bowl, combine the cooked pasta, cherry tomatoes, cucumber, red onion, Kalamata olives, and feta cheese.
3. In a small bowl, whisk together the olive oil, red wine vinegar, opa greek seasoning, salt, and pepper.
4. Pour the dressing over the pasta salad and toss to combine.
5. Serve chilled.

**Nutrition:**

Calories: 350

Fat: 12g

Carbs: 48g

Protein: 11g

## **89. Creamy Greek Orzo Pasta**



**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 1 cup orzo pasta
- 2 tablespoons olive oil

- 1 small onion, diced
- 3 cloves garlic, minced
- 1 cup cherry tomatoes, halved
- 1/2 cup crumbled feta cheese
- 1/4 cup chopped Kalamata olives
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh dill
- 2 teaspoons OPA Greek seasoning, Original
- 1/2 cup Greek yogurt
- Salt and pepper to taste

**Directions:**

1. Cook the orzo pasta according to the package instructions. Drain and set aside.
2. In a large skillet, heat the olive oil over medium heat. Add the diced onion and minced garlic, and sauté until softened.
3. Add the halved cherry tomatoes to the skillet and cook for a few minutes until they start to soften.
4. Stir in the cooked orzo pasta, crumbled feta cheese, chopped Kalamata olives, chopped fresh parsley, and chopped fresh dill. Cook for another 2-3 minutes to combine the flavors.
5. Remove the skillet from heat and stir in the Greek yogurt until well combined and creamy.
6. Season with salt and pepper to taste.
7. Serve the Creamy Orzo Pasta warm and garnish with additional feta cheese and herbs if desired.

**Nutrition:**

Calories: 320

Fat: 12g

Carbs: 40g

Protein: 12g

## 90. Greek Sausage and Pepper Pasta



**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 8 ounces Greek sausage, sliced
- 1 bell pepper, thinly sliced
- 1 onion, thinly sliced
- 2 cloves garlic, minced
- 1 can (14.5 ounces) diced tomatoes
- 1/4 cup kalamata olives, sliced
- 1/4 cup crumbled feta cheese
- 8 ounces pasta (penne or rotini)
- Salt and pepper to taste
- 1 tablespoon OPA Greek seasoning, Zesto
- Fresh parsley for garnish

**Directions:**

1. Cook the pasta according to package instructions until al dente. Drain and set aside.

2. In a large skillet, cook the Greek sausage over medium heat until browned. Remove from the skillet and set aside.
3. In the same skillet, add the sliced bell pepper and onion. Cook until they start to soften, about 5-7 minutes.
4. Add the minced garlic and cook for another 1 minute.
5. Return the cooked sausage to the skillet. Stir in the diced tomatoes and kalamata olives. Season with salt and pepper.
6. Simmer the mixture for about 10 minutes, allowing the flavors to meld together.
7. Add the cooked pasta to the skillet and toss well to coat.
8. Serve the Greek sausage and pepper pasta topped with crumbled feta cheese and fresh parsley for garnish.

**Nutrition:**

Calories: 450

Fat: 20g

Carbs: 40g

Protein: 25g

## 91. Meatball Pasta Bake



**Preparation Time:** 20 minutes

**Cooking Time:** 25 minutes

**Servings:** 4

**Ingredients:**

- 1 pound ground beef
- 1/2 cup breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1 garlic clove, minced
- 1 egg, beaten
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 8 ounces penne pasta
- 2 cups marinara sauce
- 1 cup shredded mozzarella cheese
- 6 tablespoons OPA Greek seasoning, Zesto

**Directions:**

1. Preheat the oven to 375°F (190°C).

2. In a large bowl, combine the ground beef, breadcrumbs, Parmesan cheese, opa seasoning, garlic, egg, salt, and black pepper. Mix well.
3. Shape the mixture into meatballs, about 1 inch in diameter.
4. In a large skillet, cook the meatballs over medium heat until browned on all sides. Remove from the skillet and set aside.
5. Cook the penne pasta according to package instructions until al dente. Drain and set aside.
6. In a baking dish, spread a thin layer of marinara sauce.
7. Arrange the cooked pasta over the sauce, followed by the meatballs.
8. Pour the remaining marinara sauce over the meatballs.
9. Sprinkle the shredded mozzarella cheese evenly over the top.
10. Cover the baking dish with foil and bake for 20 minutes.
11. Remove the foil and bake for an additional 5 minutes, or until the cheese is melted and bubbly.
12. Allow the pasta bake to cool for a few minutes before serving.

**Nutrition:**

Calories: 450

Fat: 18g

Carbs: 43g

Protein: 28g



## 92. Greek Shrimp Pasta



**Preparation Time:** 15 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 8 oz linguine pasta
- 1 lb large shrimp, peeled and deveined
- 2 tbsp olive oil
- 4 cloves garlic, minced
- 1 tbsp. OPA Greek Seasoning, Original
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp red pepper flakes
- 1 cup cherry tomatoes, halved
- 1/4 cup sliced Kalamata olives
- 1/4 cup crumbled feta cheese
- Fresh parsley for garnish

**Directions:**

1. Cook the linguine pasta according to package instructions until al dente. Drain and set aside.
2. In a large skillet, heat the olive oil over medium heat. Add the minced garlic and cook for 1 minute until fragrant.

3. Add the shrimp to the skillet and sprinkle with opa seasoning, salt, black pepper, and red pepper flakes. Cook for 3-4 minutes until the shrimp turn pink and opaque.
4. Add the cherry tomatoes and sliced Kalamata olives to the skillet. Cook for an additional 2 minutes until the tomatoes soften slightly.
5. Add the cooked linguine pasta to the skillet and toss to combine with the shrimp, tomatoes, and olives. Cook for 2 minutes until the pasta is heated through.
6. Remove from heat and sprinkle with crumbled feta cheese and fresh parsley for garnish. Serve hot.

**Nutrition:**

Calories: 400

Fat: 12g

Carbs: 45g

Protein: 30g

## **93. Zucchini Noodle Pasta**



**Preparation Time:** 15 minutes

**Cooking Time:** 10 minutes

**Servings:** 4

**Ingredients:**

- 4 medium zucchinis
- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 can diced tomatoes
- 1/2 cup sliced black olives
- 1/4 cup crumbled feta cheese
- 1 tablespoon fresh lemon juice
- Salt and pepper to taste
- Fresh basil leaves for garnish
- 6 teaspoon OPA Greek seasoning, Zesto

**Directions:**

1. Spiralize the zucchinis into noodles using a spiralizer or julienne peeler.
2. Heat olive oil in a large skillet over medium heat.
3. Add diced onions and minced garlic to the skillet and sauté until translucent.
4. Add the spiralized zucchini noodles to the skillet and cook for 2-3 minutes, until tender but still crisp.
5. Stir in the diced tomatoes, black olives, opa seasoning and feta cheese. Cook for an additional 2-3 minutes.
6. Remove from heat and drizzle with fresh lemon juice. Season with salt and pepper to taste.
7. Serve the Zucchini Noodle Pasta hot, garnished with fresh basil leaves.

**Nutrition:**

Calories: 160

Fat: 10g

Carbs: 12g

Protein: 6g

## 94. Greek Seafood Pasta



**Preparation Time:** 15 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 8 ounces of linguine
- 1 pound of mixed seafood (shrimp, calamari, mussels)
- 2 tablespoons of olive oil
- 1 small onion, diced
- 4 cloves of garlic, minced
- 1 cup of cherry tomatoes, halved
- 1/4 cup of Kalamata olives, pitted and sliced
- 6 teaspoon OPA Greek seasoning, Zesto
- Juice of 1 lemon
- Salt and pepper to taste
- Parsley to garnish

**Directions:**

1. Cook the linguine according to package instructions until al dente. Drain and set aside.

2. In a large skillet, heat the olive oil over medium heat. Add the diced onion and minced garlic, and sauté until fragrant and the onion is translucent.
3. Add the mixed seafood to the skillet and cook until it is opaque and cooked through, about 3-4 minutes.
4. Add the halved cherry tomatoes and Kalamata olives to the skillet. Stir to combine.
5. Toss in the cooked linguine and squeeze the juice of 1 lemon over the pasta. Season with salt and opa greek seasoning pepper to taste. Stir everything together until well combined and heated through.
6. Serve the Seafood Pasta hot. Garnish with additional chopped parsley if desired.

**Nutrition:**

Calories: 380

Fat: 10g

Carbs: 47g

Protein: 26g

## Chapter 8. Sides

### 95. Greek Lemon Potatoes



**Preparation Time:** 15 minutes

**Cooking Time:** 1 hour

**Servings:** 4

**Ingredients:**

- 4 large potatoes, peeled and cut into wedges
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 1 teaspoon OPA Greek seasoning, Original or Zesto
- 3 cloves garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup vegetable broth or water
- Lemon slices, for garnish
- Fresh parsley, chopped, for garnish

**Directions:**

1. Preheat the oven to 400°F (200°C).
2. In a large bowl, combine the olive oil, lemon juice, OPA Greek seasoning, minced garlic, salt, and black pepper. Mix well.
3. Add the potato wedges to the bowl and toss until evenly coated with the marinade.
4. Place the marinated potatoes in a single layer on a baking sheet.
5. Pour the vegetable broth or water into the baking sheet, around the potatoes.
6. Bake in the preheated oven for about 1 hour or until the potatoes are tender and golden brown, flipping them halfway through.
7. Garnish with lemon slices and fresh parsley before serving.

**Nutrition:**

Calories: 250

Fat: 11g

Carbs: 35g

Protein: 4g

## 96. Greek Pasta Salad



**Preparation Time:** 15 minutes

**Cooking Time:** 10 minutes

**Servings:** 4

**Ingredients:**

- 8 ounces cooked pasta (such as penne)
- 1 cup cherry tomatoes, halved
- 1 English cucumber, chopped
- 1/2 red onion, thinly sliced
- 1/2 cup Kalamata olives, pitted and halved
- 1/2 cup crumbled feta cheese
- 1/4 cup chopped fresh parsley
- 2 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- 1 teaspoon OPA Greek seasoning, Original or Zesto
- Salt and black pepper to taste

**Directions:**



1. In a large bowl, combine the cooked pasta, cherry tomatoes, cucumber, red onion, Kalamata olives, feta cheese, and parsley.
2. In a small bowl, whisk together the olive oil, red wine vinegar, OPA Greek seasoning, salt, and black pepper.
3. Pour the dressing over the pasta salad and toss to coat everything evenly.
4. Taste and adjust seasoning if needed.
5. Serve immediately or refrigerate for a few hours to let the flavors meld together.

**Nutrition:**

Calories: 300

Fat: 12g

Carbs: 38g

Protein: 10g

**97. Greek Rice Pilaf**



**Preparation Time:** 10 minutes

**Cooking Time:** 25 minutes

**Servings:** 4

**Ingredients:**

- 1 cup long-grain white rice
- 2 cups chicken broth
- 1 tablespoon olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon OPA Greek seasoning, Original or Zesto
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup fresh lemon juice
- 1/4 cup chopped fresh parsley

**Directions:**

1. In a medium saucepan, heat the olive oil over medium heat. Add the onion and garlic, and sauté until softened, about 5 minutes.
2. Add the rice to the saucepan and stir to coat with the olive oil mixture.
3. Stir in the chicken broth, OPA Greek seasoning, salt, and black pepper. Bring to a boil.
4. Reduce the heat to low, cover the saucepan, and let simmer for 20 minutes, or until the rice is cooked and the liquid is absorbed.
5. Remove the saucepan from heat and let sit, covered, for 5 minutes.
6. Fluff the rice with a fork, then stir in the lemon juice and chopped parsley.

**Nutrition:**

Calories: 200

Fat: 3g

Carbs: 38g

Protein: 4g

## 98. Greek Quinoa Salad



**Preparation Time:** 15 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 1 cup quinoa
- 2 cups water
- 1 cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/2 red onion, thinly sliced
- 1/2 cup Kalamata olives, pitted and halved
- 1/2 cup crumbled feta cheese
- 1 teaspoon OPA Greek seasoning, Original or Zesto
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh mint, chopped
- Juice of 1 lemon
- 2 tablespoons extra virgin olive oil
- Salt and pepper to taste

**Directions:**

1. Rinse the quinoa under cold water to remove any bitterness.

2. In a saucepan, bring the water to a boil and add the quinoa. Reduce heat to low, cover, and simmer for about 15 minutes until the quinoa is tender and the water is absorbed.
3. Remove from heat and let it cool.
4. In a large bowl, combine the cooked quinoa, cucumber, cherry tomatoes, red onion, Kalamata olives, feta cheese, OPA Greek seasoning, parsley, and mint.
5. In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper.
6. Pour the dressing over the salad and toss to combine.
7. Serve chilled and enjoy!

**Nutrition:**

Calories: 350

Fat: 15g

Carbs: 40g

Protein: 12g

## **99. Greek Roasted Vegetables**



**Preparation Time:** 15 minutes

**Cooking Time:** 30 minutes

**Servings:** 4

**Ingredients:**

- 1 large eggplant, cubed
- 1 large zucchini, cubed
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 red onion, sliced
- 8 cherry tomatoes, halved
- 3 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 2 cloves garlic, minced
- 2 teaspoons OPA Greek seasoning, Original or Zesto
- Salt and black pepper to taste

**Directions:**

1. Preheat the oven to 400°F (200°C).
2. In a large bowl, add the eggplant, zucchini, bell peppers, red onion, and cherry tomatoes.
3. In a separate small bowl, whisk together the olive oil, balsamic vinegar, garlic, OPA Greek seasoning, salt, and black pepper.
4. Drizzle the olive oil mixture over the vegetables and toss until well coated.
5. Spread the vegetables evenly on a baking sheet.
6. Roast in the preheated oven for about 25-30 minutes or until the vegetables are tender and golden brown, stirring once or twice during cooking.
7. Remove from the oven and let cool for a few minutes before serving.

**Nutrition:**

Calories: 180

Fat: 12g

Carbs: 17g

Protein: 3g

## 100. Greek Grilled Zucchini



**Preparation Time:** 10 minutes

**Cooking Time:** 10 minutes

**Servings:** 4

**Ingredients:**

- 4 medium zucchinis
- 2 tablespoons extra virgin olive oil
- 1 lemon, juiced
- 2 cloves garlic, minced
- 1 teaspoon OPA Greek seasoning, Original or Zesto
- Salt and pepper to taste

**Directions:**

1. Preheat the grill to medium-high heat.
2. Cut the zucchinis in half lengthwise, then slice each half into thin strips.
3. In a bowl, mix together the olive oil, lemon juice, minced garlic, OPA Greek seasoning, salt, and pepper.

4. Add the zucchini slices to the bowl and toss until they are well coated with the marinade.
5. Place the zucchini slices on the preheated grill and cook for about 4-5 minutes on each side, or until they are tender and lightly charred.
6. Remove the grilled zucchini from the grill and serve hot.

**Nutrition:**

Calories: 80

Fat: 6g

Carbs: 6g

Protein: 2g

**101. Greek Tomato and Cucumber Salad**



**Preparation Time:** 10 minutes

**Cooking Time:** None

**Servings:** 4

**Ingredients:**

- 4 large tomatoes, diced
- 2 cucumbers, diced
- 1 small red onion, thinly sliced

- 1/2 cup Kalamata olives, pitted and halved
- 1/2 cup crumbled feta cheese
- 2 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon OPA Greek seasoning, Original or Zesto
- Salt and pepper to taste

**Directions:**

1. In a large bowl, combine the diced tomatoes, cucumbers, red onion, Kalamata olives, and crumbled feta cheese.
2. In a small bowl, whisk together the olive oil, red wine vinegar, OPA Greek seasoning, salt, and pepper.
3. Pour the dressing over the salad and toss gently to coat all the ingredients.
4. Serve immediately or refrigerate for a few hours to let the flavors meld together.
5. Enjoy!

**Nutrition:**

Calories: 135

Fat: 11g

Carbs: 7g

Protein: 4g



## 102. Greek Garlic Green Beans



**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 1 pound green beans, trimmed
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 teaspoon OPA Greek seasoning, Original or Zesto
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup vegetable broth
- 1 tablespoon lemon juice

**Directions:**

1. Heat olive oil in a large skillet over medium heat. Add minced garlic and cook for 1 minute until fragrant.

2. Add green beans, OPA Greek seasoning, salt, and black pepper to the skillet. Stir well to coat the beans in the seasonings.
3. Pour vegetable broth into the skillet and bring to a simmer. Cover the skillet and cook for 10-15 minutes, or until the green beans are tender.
4. Remove the lid and stir in lemon juice. Cook for an additional 2 minutes to allow the flavors to blend.
5. Remove from heat and serve hot.

**Nutrition:**

Calories: 96

Fat: 7g

Carbs: 8g

Protein: 2g

## **103. Greek Tzatziki Dip**



**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 1 pound green beans, trimmed
- 2 tablespoons olive oil

- 4 cloves garlic, minced
- 1 teaspoon OPA Greek seasoning, Original or Zesto
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup vegetable broth
- 1 tablespoon lemon juice

**Directions:**

1. Heat olive oil in a large skillet over medium heat. Add minced garlic and cook for 1 minute until fragrant.
2. Add green beans, OPA Greek seasoning, salt, and black pepper to the skillet. Stir well to coat the beans in the seasonings.
3. Pour vegetable broth into the skillet and bring to a simmer. Cover the skillet and cook for 10-15 minutes, or until the green beans are tender.
4. Remove the lid and stir in lemon juice. Cook for an additional 2 minutes to allow the flavors to blend.
5. Remove from heat and serve hot.

**Nutrition:**

Calories: 96

Fat: 7g

Carbs: 8g

Protein: 2g

**104. Greek Bulgur Pilaf**



**Preparation Time:** 10 minutes

**Cooking Time:** 30 minutes

**Servings:** 4

**Ingredients:**

- 1 cup bulgur wheat
- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 1 zucchini, diced
- 2 teaspoon OPA Greek seasoning, Original or Zesto
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 cups vegetable broth
- 1/4 cup chopped fresh parsley
- Juice of 1 lemon

- 1/4 cup crumbled feta cheese (optional)

**Directions:**

1. In a medium saucepan, heat the olive oil over medium heat. Add the onion, garlic, red bell pepper, and zucchini. Cook until the vegetables are softened, about 5 minutes.
2. Add the bulgur wheat, OPA Greek seasoning, salt, and black pepper to the saucepan. Stir to combine with the vegetables.
3. Pour in the vegetable broth and bring to a boil. Reduce the heat to low, cover, and simmer for 20 minutes or until the bulgur is tender and the liquid is absorbed.
4. Remove the saucepan from the heat. Stir in the chopped fresh parsley and lemon juice.
5. Optional: Sprinkle with crumbled feta cheese before serving.

**Nutrition:**

Calories: 230

Fat: 7g

Carbs: 32g

Protein: 7g

## 105. Greek Stuffed Bell Peppers



**Preparation Time:** 20 minutes

**Cooking Time:** 40 minutes

**Servings:** 4

**Ingredients:**

- 4 bell peppers (any color)
- 1 cup cooked quinoa
- 1 small onion, diced
- 2 cloves garlic, minced
- 1/2 cup crumbled feta cheese
- 1/4 cup chopped kalamata olives
- 1/4 cup chopped sundried tomatoes
- 1/4 cup chopped fresh parsley
- 1 tablespoon olive oil
- 1 teaspoon OPA Greek seasoning, Original or Zesto
- Salt and pepper, to taste

**Directions:**

1. Preheat your oven to 375°F (190°C). Slice off the tops of the bell peppers and remove the seeds and membranes.
2. In a large skillet, heat the olive oil over medium heat. Add the diced onion and minced garlic and cook until softened, about 5 minutes.

3. In a mixing bowl, combine the cooked quinoa, cooked onion and garlic mixture, crumbled feta cheese, chopped kalamata olives, chopped sundried tomatoes, chopped fresh parsley, OPA Greek seasoning, salt, and pepper. Mix well to combine.
4. Stuff each bell pepper with the quinoa mixture, pressing it down gently.
5. Place the stuffed bell peppers in a baking dish and cover with foil. Bake for 30 minutes.
6. Remove the foil and bake for an additional 10 minutes, or until the peppers are tender and the filling is heated through.
7. Serve the Greek stuffed bell peppers hot, garnished with additional parsley if desired.

**Nutrition:**

Calories: 250

Fat: 13g

Carbs: 28g

Protein: 8g

## 106. Greek Caprese Skewers



**Preparation Time:** 15 minutes

**Cooking Time:** 0 minutes

**Servings:** 4 servings

**Ingredients:**

- 1 cup grape tomatoes
- 1 cup Kalamata olives
- 1 cup mini mozzarella balls
- 1/4 cup fresh basil leaves
- 1/4 cup extra virgin olive oil
- 2 tablespoons balsamic glaze
- Salt and pepper to taste

**Directions:**

1. Rinse the grape tomatoes and olives. Pat them dry with a paper towel.
2. Thread the grape tomatoes, Kalamata olives, mini mozzarella balls, and basil leaves onto skewers. Alternate the ingredients to create a colorful and appealing look.



3. In a small bowl, whisk together the extra virgin olive oil, balsamic glaze, OPA Greek seasoning, salt, and pepper.
4. Drizzle the olive oil and balsamic glaze mixture over the skewers, making sure to coat each one evenly.
5. Serve the Caprese Skewers immediately and enjoy!

**Nutrition:**

Calories: 180

Fat: 14g

Carbs: 6g

Protein: 11g

**107. Greek Mashed Potatoes**



**Preparation Time:** 15 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

- 4 large potatoes
- 1/4 cup Greek yogurt
- 1/4 cup feta cheese, crumbled

- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon OPA Greek seasoning, Original or Zesto
- Salt and pepper, to taste
- Fresh parsley, chopped (for garnish)

**Directions:**

1. Peel and chop the potatoes into small chunks. Place them in a large pot and cover with water. Bring to a boil and cook until tender, about 10-15 minutes.
2. Meanwhile, in a small bowl, mix together the Greek yogurt, feta cheese, olive oil, minced garlic, dried OPA Greek seasoning, salt, and pepper.
3. Drain the cooked potatoes and return them to the pot. Mash them using a potato masher or fork until desired consistency.
4. Add the Greek yogurt mixture to the mashed potatoes and stir until well combined.
5. Taste and adjust seasoning if needed.
6. Serve the Greek mashed potatoes hot, garnished with fresh parsley.

**Nutrition:**

Calories: 230

Fat: 9g

Carbs: 32g

Protein: 6g

## Chapter 9. Soups and Stews

### 108. Carrots and Lentils Stew



**Preparation Time:** 10 minutes

**Cooking Time:** 40 minutes

**Servings:** 4

**Ingredients:**

- 1 cup lentils
- 2 cups carrots, peeled and chopped
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 tablespoons olive oil
- 4 teaspoons OPA Greek seasoning, Original or Zesto
- 1/2 teaspoon ground cinnamon
- 1 can (14 ounces) diced tomatoes
- 4 cups vegetable broth
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

**Directions:**

1. Rinse the lentils under cold water and set aside.
2. In a large pot, heat the olive oil over medium heat.
3. Add the chopped onion and minced garlic. Cook until the onion is translucent and garlic is fragrant.
4. Add the chopped carrots and cook for about 5 minutes.
5. Stir in the OPA Greek seasoning, and ground cinnamon. Cook for another minute.
6. Add the lentils, diced tomatoes (with their juice), and vegetable broth. Stir to combine.
7. Bring the mixture to a boil, then reduce the heat to low. Cover the pot and let simmer for about 30 minutes or until the lentils and carrots are tender.
8. Season with salt and pepper to taste.
9. Serve the Carrots and Lentils Stew hot, garnished with fresh parsley if desired.

**Nutrition:**

Calories: 315

Fat: 7g

Carbs: 52g

Protein: 14g

## 109. Green Beans and Lentils Stew



**Preparation Time:** 15 minutes

**Cooking Time:** 45 minutes

**Servings:** 4

**Ingredients:**

- 1 cup green lentils
- 2 cups vegetable broth
- 1 pound green beans, trimmed and cut into 1-inch pieces
- 1 large onion, diced
- 3 cloves garlic, minced
- 2 tablespoons olive oil
- 1 can (14 ounces) diced tomatoes
- 3 teaspoons OPA Greek seasoning, Original or Zesto
- Salt and pepper to taste
- Crumbled feta cheese for serving (optional)

**Directions:**

1. Rinse the lentils under cold water and drain.
2. In a large pot, heat the olive oil over medium heat. Add the diced onion and minced garlic. Cook until the onion is translucent and fragrant.

3. Add the lentils, vegetable broth, diced tomatoes, OPA Greek seasoning, salt, and pepper to the pot. Stir well.
4. Bring the mixture to a boil, then reduce the heat to low, cover, and simmer for 20 minutes. Stir occasionally.
5. Add the green beans to the pot and continue to cook for another 15-20 minutes until the lentils and green beans are tender.
6. Adjust the seasoning with salt and pepper if needed.
7. Serve the Green Beans and Lentils Stew hot, topped with crumbled feta cheese for added flavor if desired.

**Nutrition:**

Calories: 312

Fat: 7g

Carbs: 48g

Protein: 15g

**110. Okra and Lentils Stew**



**Preparation Time:** 10 minutes

**Cooking Time:** 30 minutes

**Servings:** 4

**Ingredients:**

- 1 onion, chopped
- 2 cloves of garlic, minced
- 1 cup okra, sliced
- 1 cup lentils
- 1 can diced tomatoes (14 oz)
- 3 cups vegetable broth
- 2 teaspoons OPA Greek seasoning, Original or Zesto
- 1 bay leaf
- Salt and pepper to taste
- 2 tablespoons olive oil

**Directions:**

1. In a large pot, heat olive oil over medium heat. Add the chopped onion and minced garlic. Sauté until the onion is translucent and fragrant.
2. Add the sliced okra to the pot and stir for a couple of minutes until slightly softened.
3. Rinse the lentils and add them to the pot along with the diced tomatoes. Stir to combine.
4. Pour in the vegetable broth and add the OPA Greek seasoning, bay leaf, salt, and pepper. Stir well.
5. Bring the stew to a boil, then reduce the heat to low. Cover the pot and let it simmer for about 30 minutes or until the lentils are cooked and tender.
6. Remove the bay leaf before serving.

**Nutrition:**

Calories: 250

Fat: 6g

Carbs: 39g

Protein: 12g

## 111. Greek Lemon Rice Soup (Avgolemono)



**Preparation Time:** 10 minutes

**Cooking Time:** 25 minutes

**Servings:** 4

**Ingredients:**

- 1/2 cup long grain rice
- 4 cups chicken broth
- 3 tablespoons lemon juice
- 3 large eggs
- 2 teaspoons OPA Greek seasoning, Original or Zesto
- Salt, to taste
- Black pepper, to taste

**Directions:**

1. In a large pot, bring the chicken broth to a boil.
2. Add the rice to the boiling broth and cook for about 15 minutes or until the rice is fully cooked and tender.
3. In a separate bowl, whisk together the lemon juice and eggs until well combined.



4. Gradually add 1 cup of the hot broth to the egg mixture, whisking constantly to temper the eggs.
5. Slowly pour the egg mixture back into the pot of soup, whisking constantly.
6. Cook the soup for an additional 5 minutes over low heat, stirring continuously, until it thickens slightly.
7. Season with OPA Greek seasoning, salt and black pepper to taste.
8. Remove from heat and serve hot.

**Nutrition:**

Calories: 250

Fat: 6g

Carbs: 35g

Protein: 13g

## **112. Greek Chicken and Rice Soup**



**Preparation Time:** 15 minutes

**Cooking Time:** 40 minutes

**Servings:** 4

**Ingredients:**

- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 2 carrots, diced
- 2 celery stalks, diced

- 1 red bell pepper, diced
- 3 teaspoons OPA Greek seasoning, Original or Zesto
- 4 cups chicken broth
- 1 cup water
- 1 cup diced tomatoes
- 1 cup cooked chicken breast, shredded
- 1/2 cup long grain rice
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

**Directions:**

1. In a large pot, heat the olive oil over medium heat. Add the onion, garlic, carrots, celery, and bell pepper. Cook until the vegetables are softened, about 5 minutes.
2. Stir in the OPA Greek seasoning. Cook for another minute until fragrant.
3. Add the chicken broth, water, diced tomatoes, cooked chicken breast, and rice to the pot. Bring the soup to a boil, then reduce the heat to low and simmer for 30 minutes or until the rice is cooked and tender.
4. Season with salt and pepper to taste.
5. Serve hot, garnished with fresh parsley.

**Nutrition:**

Calories: 215

Fat: 4g

Carbs: 22g

Protein: 22g

## **113. Greek Chickpea Soup with Lemon and Spinach**



**Preparation Time:** 10 minutes

**Cooking Time:** 30 minutes

**Servings:** 4

**Ingredients:**

- 1 tablespoon olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon OPA Greek seasoning, Original or Zesto
- 4 cups vegetable broth
- 1 can (15 ounces) chickpeas, drained and rinsed
- 1 lemon, juiced
- 2 cups fresh spinach
- Salt and pepper to taste

**Directions:**

1. Heat the olive oil in a large pot over medium heat. Add the onion, garlic, carrots, and celery. Cook for 5 minutes until vegetables are slightly softened.
2. Add the cumin, coriander, and OPA Greek seasoning to the pot. Stir well to coat the vegetables with the spices.
3. Pour in the vegetable broth and bring to a boil. Reduce heat to simmer and add the chickpeas. Cook for 15 minutes.
4. Using an immersion blender or regular blender, puree about half of the soup until smooth. If using a regular blender, be sure to allow the soup to cool slightly and blend in batches.
5. Return the blended soup to the pot and add the lemon juice and spinach. Cook for an additional 5 minutes until spinach wilts.
6. Season with salt and pepper to taste. Serve hot.

**Nutrition:**

Calories: 200

Fat: 8g

Carbs: 28g

Protein: 9g

## 114. Eggplant and Lentils Stew



**Preparation Time:** 15 minutes

**Cooking Time:** 40 minutes

**Servings:** 4

**Ingredients:**

- 2 eggplants, diced
- 1 onion, chopped
- 3 cloves of garlic, minced
- 1 cup green lentils
- 2 cups vegetable broth
- 2 bay leaves
- 2 teaspoons OPA Greek seasoning, Original or Zesto
- 1 can (14 oz) diced tomatoes
- Salt and pepper, to taste
- 2 tablespoons olive oil
- Fresh parsley, for garnish

**Directions:**

1. In a large pot, heat the olive oil over medium heat. Add the onion and garlic and sauté until they become translucent.
2. Add the diced eggplants to the pot and sauté for about 5 minutes until they start to soften.
3. Rinse the green lentils and add them to the pot along with the vegetable broth, bay leaves, OPA Greek seasoning, diced tomatoes, salt, and pepper. Stir well to combine.
4. Bring the stew to a boil, then reduce the heat to low, cover the pot, and let it simmer for about 30 minutes or until the lentils and eggplants are tender.
5. Remove the bay leaves from the stew and adjust the seasoning if needed.
6. Serve the eggplant and lentils stew hot, garnished with fresh parsley.

**Nutrition:**

Calories: 320

Fat: 7g

Carbs: 55g

Protein: 14g

## Conclusion

Thank you for making it to the end. OPA Greek Seasoning is a flavorful blend of herbs and spices commonly used in Greek cuisine. It is a versatile seasoning that can elevate the taste of various dishes. Its advantages in cooking include adding authentic Greek flavors to dishes, enhancing the taste of meats, vegetables, and salads, and providing a convenient way to incorporate complex flavors without having to use multiple individual spices.

Using OPA Greek Seasoning can add a burst of flavor to your cooking. Here are some tips for cooking and using OPA Greek Seasoning:

1. Use it as a marinade: Mix OPA Greek Seasoning with olive oil, lemon juice, and a little bit of salt. Marinate your desired meat or vegetables for at least 30 minutes before grilling or roasting. The flavors will penetrate the food and give it a delicious Mediterranean twist.
2. Sprinkle it on roasted potatoes: Before roasting potatoes, sprinkle OPA Greek Seasoning generously over them. The combination of herbs and spices will elevate the taste of the potatoes and give them a unique Greek flavor.
3. Flavor your dressings and dips: Add a pinch of OPA Greek Seasoning to homemade dressings and dips like tzatziki or Greek yogurt dip. It will enhance the flavor and make your dips more vibrant and exciting.
4. Season grilled meats and seafood: For a quick and easy way to season grilled meats and seafood, sprinkle OPA Greek Seasoning liberally before cooking. It works well with chicken, lamb, fish, and shrimp, adding a delightful Mediterranean flair to your dishes.
5. Use it in soups and stews: Enhance the flavor of your soups and stews by adding OPA Greek Seasoning. It pairs well with tomato-based soups, lentil soup, and vegetable stews, giving them a delicious Greek twist.

By following these tips, you can make the most out of OPA Greek Seasoning and create delicious Greek-inspired dishes with ease. Enjoy experimenting with different recipes and flavors! I hope you liked this book!