

## [HEALTHY MEDITERRANEAN RECIPES](#)



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How to Make a Mediterranean Wrap. Pack a healthy Mediterranean lunch for work with this easy wrap recipe stuffed with lean chicken, crisp vegetables and whole grains.

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For anyone who doesn't like to eat meat every day, legumes are a great source of plant protein. Serve this hummus with rice crackers or fresh veggie slices for a healthy snack. For a light lunch, stuff in pita bread with baby spinach leaves. For a zesty, enticing dip, puree guacamole into the mixture.

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### **25 Heart Healthy Mediterranean Recipes Taste of Home**

My husband is Greek, so I'm always trying new Mediterranean recipes. This soup is his favorite dish that I make. Serve it with a little feta or Parmesan and a side of toast. Kristine Kosturos, Olympia, Washington.

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### **Mediterranean Diet Recipes Allrecipes.com**

This recipe can be eaten as a side dish or as a light meal. It's great with a grilled pork chop and some crusty bread. Its origins date back to North African cultures and is one of the very popular choices of tapas in Seville's bars.

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### **Healthy Mediterranean Entrées Under 300 Calories MyRecipes**

These low-calorie, Mediterranean-style recipes bring out the fresh flavors of Italy and Greece and feature bright red tomatoes, zesty lemons, briny

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### **Mediterranean Diet Recipes Health**

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