

1. ALMOND-COCOA-DATE ENERGY BALLS

1/2 pound raw Almonds
8 large pitted dates, preferably Medjool
1 tablespoon unsweetened cocoa
3 – 4 tablespoons Greek honey
1 tablespoon extra virgin Greek olive oil
Pinch of sea salt
Pinch of coarsely ground black pepper

2. KALE SLAW WITH GREEK YOGURT “MAYO”

1 large bunch of kale, trimmed
2 cups shredded white cabbage
2 carrots, peeled and shredded
1 – 2 teaspoons sunflower or chia seeds
3 tablespoons chopped fresh mint

For the dressing:

3 tablespoons plain Greek yogurt
3 tablespoons extra virgin Greek olive oil
Juice and grated zest of 1 lemon
2 teaspoons Dijon mustard
Sea salt to taste

3. SMOKED SALMON AND EGGS BAKED IN AVOCADO

2 ripe, firm avocados
4 medium eggs, preferably organic
4 slices smoked salmon
Sea salt and pepper to taste
Chopped dill or chives, or cayenne pepper, optional

4. WILD RICE SALAD WITH GREENS AND PAPAYA

¾ cup wild rice
4 cups mesclun or other tender green
1 ripe papaya peeled, pit removed and diced*
1 hothouse cucumber, trimmed and diced
2 limes
½ cup extra virgin Greek olive oil
1 teaspoon Dijon mustard
1 teaspoon chopped fresh thyme
Sea salt to taste

5. APPLE, PEAR AND SPINACH JUICE

3 large pears, quartered
3 large granny smith apples, quartered
100g baby spinach
5 fresh mint sprigs
Ice cubes, to serve
Fresh mint leaves

6. SICILIAN FISHERMAN'S STEW

2 Tbsp extra virgin Greek olive oil (evoo)
1 cup chopped red onion
2 garlic cloves, chopped
1 cup finely chopped flat leaf parsley
2 medium ripe tomatoes, peeled, seeded, and finely chopped, with their juices
½ cup dry white wine
2 pounds mixed fresh fish fillets such as snapper, cod, sea bass, swordfish, tile fish, and halibut, cut into large pieces
Greek sea salt and freshly ground pepper

7. SKILLET CHICKEN BREASTS WITH EGGPLANT & FETA

2 medium eggplants, trimmed and cut into 1-inch cubes

Seasalt

4 skinless, boneless chicken breasts, each halved lengthwise

Freshly ground black pepper

4 Tbsp extra virgin Greek olive oil

½ cup chopped red onion

½ cup chopped celery

2 garlic cloves

2 cups drained, chopped plum tomatoes

1 tsp dried oregano

4 Tbsp crumbled feta

2 Tbsp fresh flat leaf parsley