

1. WHOLE WHEAT FUSILLI WITH GRILLED VEGETABLES AND MUSHROOM BROTH

Ingredients

15 large button mushrooms, stems removed and set aside
1 Tbsp mushroom powder or 5 – 7 dried porcini mushrooms ground to a powder in a spice grinder
4 – 5 fresh or dried thyme sprigs
4 – 6 fresh oregano sprigs
10 plum tomatoes, halved
2 large red onions
3 green or red or yellow bell peppers, seeded
1 large zucchini, trimmed
1 small carrot, pared and sliced into 1/8-inch rounds
1 cup string beans, trimmed and cut into 1 1/2-inch pieces
1 small eggplant, trimmed and cut into 2-inch pieces
1 garlic head, halved across the width
½ - 2/3 cup extra-virgin Greek olive oil
10 – 12 fresh basil leaves
1 pound whole-wheat fusilli
2-3 Tbsp balsamic vinegar
Sea salt and freshly ground black pepper to taste

2. VEGAN CREAM OF CAULIFLOWER SOUP

Ingredients

1/2 cup extra-virgin Greek olive oil, plus 2 Tbsp for drizzling as garnish
1 large red onion, minced
2 large garlic cloves, peeled and minced
1 large cauliflower head, finely chopped
1 scant tsp curry powder
Salt and freshly ground black pepper to taste
2 cups almond milk, plus a little more if needed for diluting the soup to desired consistency
6 cups vegetable broth, plus more for diluting the soup if necessary
2 Tbsp fresh, squeezed lemon juice

3. GREEK-STYLE GRILLED ARTICHOKE

Ingredients

4 large globe artichokes
1 lemon
Salt
4 Tbsp extra virgin olive oil
1 scant tsp sea salt

4. ALMOST INSTANT GREEK BEAN SOUP

Ingredients

1/3 cup extra virgin Greek olive oil
3 medium onions, halved and cut into thin slices
1 chili pepper, seeded and chopped
2 celery ribs, trimmed and chopped (with leaves)
2 large carrots, peeled, cut in half lengthwise and then into 1/4 inch half moon slices
2 cans cannellini or kidney beans, or both, drained and rinsed
6 cups water
1 large bay leaf
3 plum tomatoes, peeled, seeded, and coarsely chopped
1/3 cup finely chopped flat-leaf parsley
Greek sea salt and freshly ground black pepper to taste
1-4 Tbsp strained fresh lemon juice or sherry vinegar

5. MIXED BERRY SMOOTHIE BOWL

Ingredients

1 cup fresh blueberries or mixed frozen berries
4-5 ice cubes
2-6 Tbsp coconut/ oat milk
1 Tbsp almond butter
1/2 cup of spinach
1 tsp raw Greek honey
Kiwi slice for garnish

6. FRESH PEA, BROCCOLI & GREEK YOGURT FRITTATA

Ingredients

3 Tbsp extra virgin Greek olive oil
1 leek stalk (light part only), trimmed and sliced thin
1 cup small broccoli florets
1/2 cup fresh peas, blanched and drained
6 large eggs
1 small bunch fresh mint, stems removed, cut into ribbons
Sea salt and freshly ground black pepper to taste
2 Tbsp Greek yogurt
2 Tbsp crumbled Greek feta or ricotta

7. MONKFISH SAUTÉED WITH PORTOBELLO MUSHROOMS, SHALLOTS AND HERBS

Ingredients

1 pound monkfish fillets
Salt to taste
Freshly ground black pepper to taste
1 tablespoon unsalted butter
4 shallots, peeled and sliced thin
1 large garlic clove, minced
½ pound portobellos, wiped, trimmed and cut into 1-inch strips
1 tablespoon extra-virgin olive oil
1/3 cup dry, aromatic white wine, such as Chardonnay
3 tablespoons finely chopped fresh flat-leaf parsley
1 teaspoon dried tarragon
and cook over medium heat to warm through, for about 3 more minutes, Remove, season with additional pepper and salt if desired and serve.