

The Ikaria Diet

# 10 Great Bean Recipes for Fall

———— JUST FOR YOU! ————



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# Intro

Beans are one of the most important ingredients in the Greek diet, and a seminal one in the broader Mediterranean diet. They provide great nutrition, versatility, and, of course, amazing flavor!

The oldest cultivated beans and legumes in the Eastern Mediterranean are lentils, chickpeas, and peas (like yellow split peas, aka fava). Ironically, though, some of the most popular Greek recipes for beans, including what some consider to be the national dish, fasolada – bean soup – are made with beans that originated in the New World and made their way to Europe. One such bean is the “classic” Greek giant bean, or gigantes.

This collection of recipes is meant to provide an easy solution to cooking healthy, delicious recipes with beans and legumes. It includes a little of everything short of dessert! From salads, to soups, to main courses, beans, legumes and pulses provide the foundation for delicious meals, packed with plant protein. When combined with other vegetables, such as spinach or tomatoes, and whole grains – even good bread counts for that! – the nutritional value increases exponentially.

This collection of recipes is also meant to be a “meze” of sorts; culled from my premium recipe club, The Ikaria Diet, this collection will hopefully whet your appetite for more plant-based deliciousness. You can sign up for the full club membership [here!](#)

In the meantime, enjoy these enticing, easy, tasty recipes for beans and legumes the Greek way, and thank you for signing up for my newsletter!

Kaly Orexi,  
Diane





# Lentil Tabbouleh

WITH CRUMBLED NUTS



## Ingredients

½ pound (250 g) small green or brown lentils  
1 medium-size ripe tomato, seeds removed and diced  
1 medium-size bell pepper, seeds removed and coarsely chopped  
1 large onion, coarsely chopped (about 1 cup)  
2 scallions, trimmed and washed, cut into thin rounds  
1 large garlic clove, peeled and minced  
¼ cup extra virgin Greek olive oil  
2 to 4 Tbsp red wine vinegar  
1½ cups finely chopped fresh flat-leaf parsley  
⅓ cup coarsely ground hazelnuts, cashews or walnuts  
Greek sea salt to taste

## Instructions

1. Rinse and drain the lentils. Place them in a large pot covered with about 2 inches (5 cm) of water and bring to a boil. Season with salt. Simmer over gentle heat, uncovered, for 20 to 25 minutes, until the lentils are tender but al dente. As they simmer, skim the foam from the surface. Drain and cool.

2. In a large salad bowl, combine the lentils with the diced tomato, pepper, onion, scallion, and garlic. Toss to combine. Add olive oil and vinegar and toss again. Taste and adjust seasoning with additional salt if necessary. Garnish with parsley and nuts, and serve immediately.



SERVING

**4 - 6**



PREP

**15**

MINS



COOK

**30**

MINS



# White Beans

WITH EGGPLANT AND FETA



## Ingredients

2 medium eggplants, trimmed and cut into 1-inch (2½-cm) cubes  
Greek sea salt to taste  
Freshly ground black pepper to taste  
4 Tbsp extra virgin Greek olive oil  
1 15-ounce can good-quality cannellini beans  
½ cup red onion, chopped  
½ cup celery, chopped  
2 garlic cloves  
2 cups plum tomatoes, drained and chopped  
1 tsp dried Greek oregano  
4 Tbsp crumbled Greek feta or cashew-milk cheddar  
2 Tbsp fresh flat-leaf parsley, chopped

## Instructions

1. Rinse and pat dry the eggplant with a kitchen towel.
2. In the same skillet, sauté the onion and celery over medium heat until translucent. Add one more tablespoon of olive oil, raise heat and add the eggplant. Sauté until the eggplant browns lightly, about 4 to 5 minutes. Add the garlic, stir gently for a minute, and pour in the tomatoes.
3. Add the drained beans to the pot, season with oregano, cover, lower heat and cook all together for about 20 - 25 minutes, or until everything is tender. Just before removing from heat, sprinkle in the grated or crumbled cheese and parsley. Serve.



SERVING

4



PREP

20

MINS



COOK

30

MINS





# The Simplest

## SPICY BEANS

### Ingredients

6 Tbsp extra virgin Greek olive oil

3 Tbsp fresh lemon juice

3 Tbsp dry white wine

3 garlic cloves, minced

1 15-ounce can of kidney or borlotti beans, rinsed and drained

1/2 tsp dried marjoram

1/2 tsp crushed red pepper flakes

3 tsp fresh chopped flat-leaf parsley

Greek sea salt to taste

### Instructions

1. Whisk together 3 tablespoons olive oil, the lemon juice, wine and garlic in a medium bowl. Toss the beans in the mixture. Cover and let stand in the refrigerator for 20 to 30 minutes.
2. Heat the olive oil in a large, deep skillet and add the beans and marinade mixture. Bring to a simmer and add the marjoram and red pepper flakes. Seasons to taste with salt. Add the parsley just before removing from heat.



SERVING

**2-4**



PREP

**10**

MINS



COOK

**15**

MINS





# Broad Bean Salad

WITH TOMATOES AND MINT (VEGAN)

## Ingredients

3 cups fresh broad beans (sometimes called fava beans)

5 fresh plum tomatoes cored and diced

1 medium white or yellow onion, peeled, halved and diced

2 garlic cloves, minced

2/3 cup fresh mint leaves, trimmed and cut into thin ribbons (chiffonade)

1/2 cup extra virgin Greek olive oil

Zest and juice of 1 lemon

Sea salt to taste

## Instructions

1. Bring a pot of salted water to a rolling boil and cook the broad beans for about 3 minutes, until tender but al dente. Remove and drain. When they are cool enough to handle, peel away their thickish membrane and, using a paring knife, cut away the black eye on the side of the bean. Place the beans in a serving bowl.

2. Core the tomatoes and cut them into 1/2-inch dice. You can choose to peel them if you like by scoring the bottom with a sharp paring knife and blanching them for a few seconds. Drain, cool and peel off the skin. Dice the skinned tomatoes as you would an unskinned one. Add the diced tomatoes to the broad beans.

3. Peel, halve and dice the onion. Mince the garlic. Add these to the bean bowl, too. Add the fresh mint and lemon zest. Whisk together the lemon juice and olive oil, season with a generous pinch of salt, and dress the salad with the lemon vinaigrette. Serve.



SERVING

4



PREP

20

MINS



COOK

10

MINS

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# Anise-Scented Wild Rice & Quinoa Salad

WITH KIDNEY BEANS, MESCLUN & A  
TANGY ORANGE DRESSING

## Ingredients

1 cup wild rice

1 cup quinoa

2 pieces star anise

Sea salt to taste

2 cups cooked kidney beans (drained good quality canned beans are fine)

Grated zest of 1 orange

1 - 2 small hot peppers, to taste, seeded and finely chopped or minced

1 small red onion, minced

1 garlic clove, minced

2 cups mesclun or other medium size leafy salad green or mixed salad greens

## Dressing

½ cup extra virgin Greek olive oil

Juice of 1 orange

2 - 3 Tbsp balsamic

Dash of hot sauce

Sea salt and pepper to taste

## Instructions

1. Place the wild rice and 1 star anise in a medium saucepan with enough water to cover by three inches. Bring to a boil, reduce heat to a simmer, add salt to taste and cook until al dente but tender, about 40 - 50 minutes. Drain and remove the star anise.
2. While the wild rice is cooking, cook the quinoa, too. Place it in a separate pot with enough water to cover by three inches. Season with salt and add the star anise. Bring to a boil and simmer for about five minutes, or until tender. Drain well, remove the star anise and fluff with a fork.
3. Combine the wild rice, quinoa, kidney beans, orange zest, minced hot peppers, onion and garlic in a mixing bowl.
4. Whisk together the ingredients for the dressing. Add all but 2 tablespoons of the dressing to the grains and toss gently to lubricate.
5. Toss the greens in a separate bowl with the remaining dressing. Place the greens on a platter, pushing them out toward the periphery. Mound the quinoa-wild rice mixture in the center and serve.



SERVING

4



PREP

20

MIN



COOK

55

MIN





# 3-Bean Salad

IN GARLIC DRESSING

## Ingredients

For the salad:

1 15-ounce can kidney beans, rinsed and drained

1 15-ounce can white beans

1 pound frozen or green beans, trimmed

2 scallions, trimmed and sliced thinly

1 medium red onion (optional)

2 Tbsp chopped parsley

**For the dressing:**

1 garlic clove

½ cup white wine or apple cider vinegar

¼ cup extra virgin Greek olive oil

2 Tbsp Greek honey

2 tsp fresh chopped dill

1 Tbsp Dijon mustard

Salt and freshly ground black pepper, to taste

## Instructions

1. Grate the garlic on a rasp over a bowl big enough to accommodate the salad. Add the vinegar, honey, olive oil, the dill, mustard, salt and pepper and whisk to combine.
2. Rinse and drain the canned beans in a colander. Steam the green beans for 5 minutes or until soft, drain and place in an ice bath immediately. Drain and add to the mixed dried beans. Mix in the scallions, onions and the parsley.
3. Transfer the mixture to the bowl with the dressing and toss well by hand, until the salad is well lubricated. Season to taste with additional salt and serve, either at room temperature or chilled.



SERVING

4



PREP

30

MINS



COOK

10

MINS



# Black Beans

WITH SWEET POTATOES, TOMATOES,  
RED ONIONS & CILANTRO

## Ingredients

### For the roasted sweet potatoes

2 large sweet potatoes, peeled, cut into 1/2 inch or 1 cm cubes

3 Tbsp extra virgin Greek olive oil

1 tsp sea salt

Black pepper, to taste

1 tsp cumin seeds

1/2 tsp sweet paprika powder

### For the salsa

2 cups cooked black beans, washed, drained, and rinsed (good quality, low-sodium canned are fine)

1/4 tsp sweet paprika

2 red peppers, seeded and diced

2/3 cup fresh cilantro, finely chopped

1 medium red onion, minced

Juice of 1 lime

5 Tbsp of extra virgin Greek olive oil

Sea salt and pepper to taste

To serve: Chopped cilantro

## Instructions

1. Preheat the oven to 400 F / 200 C.
2. Layer a baking sheet with parchment paper and set it aside.
3. Mix the olive oil, salt, pepper, cumin, and paprika together in a large bowl, and toss the sweet potatoes in this mixture.
4. Transfer to the prepared pan in a single layer and roast in the oven for 20 minutes or till the sweet potatoes are tender and cooked through. It may take a few minutes more or less depending on the size of the potatoes.
5. In the meantime, prepare the black bean salsa by mixing all the ingredients together in a bowl.
6. Add the cooked sweet potatoes. Mix gently but well and serve with additional chopped cilantro.



SERVING

4



PREP

5

MINS



COOK

20

MINS



# Chickpea

## GREEK SALAD

### Ingredients

- 1 15-ounce can chickpeas drained, liquid discarded (good quality canned are fine)
- 2 firm, ripe, juicy tomatoes, cut into a half-inch dice
- 1 large cucumber cut in half lengthwise and then into thin half-moon slices
- 1 medium red or yellow onion, sliced thinly
- 5 oz /150g soft feta cheese broken up in small bite-sized pieces
- 5 Tbsp [Greek extra virgin olive oil](#)
- Sea salt and pepper
- Chopped parsley for serving
- Sesame seeds for serving

### Instructions

Mix all ingredients in a bowl and keep in the fridge for an hour before serving. The idea is to let all the flavors meld and for the chickpeas to absorb as much of the flavor of the vegetables and feta as possible.



SERVING

**2-4**



PREP

**5**

MINS



COOK

**0**

MINS





# Chickpeas

COOKED WITH SPINACH AND COD

## Ingredients

3 cups of cooked or canned chickpeas  
1 cup Greek extra-virgin olive oil  
2 large onions, finely chopped  
1 large leek, trimmed and finely chopped  
2 garlic cloves, finely chopped  
2 pounds (1 kilo) fresh spinach, trimmed, chopped and washed  
6 large, firm, ripe tomatoes, coarsely chopped  
2 fillets of fresh cod  
Salt and freshly ground black pepper to taste  
Juice of 1 lemon, or more, to taste

## Instructions

1. Preheat oven to 375F/180C.
2. Heat three tablespoons of olive oil and sauté the onions, leek and garlic in a skillet over medium heat just until soft. Remove and set aside. Sauté the spinach over high heat in the same skillet, in batches, just to reduce some of its volume. Remove and set aside.
4. In a large, preferably clay, baking dish, combine the chickpeas, spinach, onion mixture, tomatoes, salt, pepper, and a little warm water, enough to barely cover the contents of the pan. Stir in half the remaining olive oil. Bake uncovered for about 20 minutes to half an hour, until most of the liquid in the pan has been absorbed.
5. Remove from oven, and stir in cod fillets, the remaining olive oil and lemon juice. Bake for 15-20 minutes, or until the cod is opaque and flakes easily with a fork. Adjust seasoning for salt and pepper. Serve, either warm or at room temperature.



SERVING

4



PREP

15

MINS



COOK

1

HOUR

# White Bean

## TUNA SALAD

### Ingredients

- 2 12-ounce cans of white tuna, packed in water or olive oil, drained
- 3 cups cooked giant beans (gigantes) or 2 15-ounce cans of canellini beans, preferably organic, drained
- 1/3 cup small capers, in brine, drained, rinsed
- 1/3 cup extra virgin Greek olive oil
- 6 tbsps red wine vinegar
- 1 tsp dried Greek oregano
- 1/2 red onions, coarsely sliced or pickled red onion slices
- Sea salt and freshly ground black pepper
- 4 Tbsp finely chopped flat leaf parsley

### Instructions

1. Transfer the drained tuna to a serving bowl and break apart with a fork. Add the beans, capers, and onions to the bowl.
2. In a separate small bowl, whisk the olive oil, red wine vinegar and oregano and season with salt and pepper.
3. Pour the dressing into the salad and let it stand for fifteen minutes for flavors to meld. Top with flat leaf parsley and serve.



SERVING

4



PREP

30

MINS



COOK

0

MINS



# THE IKARIA DIET

## *by Diane Kochilas*

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