

MAKE IT A MEDITERRANEAN NIGHT



DAIRY FREE, EGG FREE

Recipe from [eatingwell.com](https://www.eatingwell.com)

WALNUT-ROSEMARY CRUSTED SALMON

Nutrition: Calories 222, Protein 24g, Carbs 4g, Fat 12g

Prep Time: 10 minutes

Cook Time: 8-12 minutes

Servings: 4

INGREDIENTS

- 2 teaspoons Dijon mustard
- 1 clove garlic, minced
- ¼ teaspoon lemon zest
- 1 teaspoon lemon juice
- 1 teaspoon chopped fresh rosemary (can substitute ¼-½ teaspoon dried rosemary)
- ½ teaspoon honey
- ½ teaspoon kosher salt
- ¼ teaspoon crushed red pepper
- 3 tablespoons panko breadcrumbs (can substitute with gluten-free panko breadcrumbs)
- 3 tablespoons finely chopped walnuts (can substitute pumpkin seeds or sunflower seeds or omit the walnuts and add an additional 3 tbsp of breadcrumbs)
- 1 teaspoon extra-virgin olive oil
- 1 (1 pound) skinless salmon filet, fresh or frozen
- Olive oil cooking spray
- Chopped fresh parsley and lemon wedges for garnish

INSTRUCTIONS

1. Preheat oven to 425 degrees F. Line a large rimmed baking sheet with parchment paper.
2. Combine mustard, garlic, lemon zest, lemon juice, rosemary, honey, salt and crushed red pepper in a small bowl.
3. In a separate small bowl, combine panko, walnuts and oil.
4. Place salmon on the prepared baking sheet, skin side down. Spread the mustard mixture over the fish and sprinkle with the panko mixture, pressing to adhere. Lightly coat with cooking spray.
5. Bake until the fish flakes easily with a fork, about 8 to 12 minutes, depending on thickness.
6. Sprinkle with parsley and serve with lemon wedges, if desired.



EVERYDAY MEDITERRANEAN SALAD

Prep Time: 15 minutes

Servings: 4

SALAD INGREDIENTS

- 5 ounces baby arugula (or whatever salad greens you prefer)
- 1 (15-ounce) can chickpeas, rinsed and drained
- Half of a small red onion, peeled and thinly sliced
- Half of an English cucumber, thinly sliced
- ½ cup diced roasted red peppers
- ½ cup crumbled feta cheese

VINAIGRETTE INGREDIENTS

- 3 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon dried oregano
- ½ teaspoon fine sea salt
- ¼ teaspoon freshly cracked black pepper
- 1 small clove garlic, pressed or minced (or ½ teaspoon garlic powder)

TO MAKE THE VINAIGRETTE

1. Whisk all ingredients together in a bowl (or shake together in a mason jar) until combined.
2. Use immediately or refrigerate in a sealed container for up to 3 days.

TO MAKE THE SALAD

1. Dice and chop up all of the veggies and drain the canned ingredients.
2. Combine all ingredients in a large salad bowl, drizzle with the vinaigrette and toss until evenly combined.
3. Serve immediately, topped with extra feta cheese and black pepper if desired.

VARIATIONS

ADD A PROTEIN: Cooked chicken, steak, pork, shrimp, salmon, or tofu would all be great added to this salad.

ADD FALAFEL: I'm also obsessed with adding some crispy falafel to this salad — so yummy!

ADD EXTRA FRESH VEGGIES: Such as fresh bell pepper, tomatoes or radishes.

ADD EXTRA JARRED VEGGIES: Such as artichoke hearts or sun-dried tomatoes.

ADD OLIVES: Kalamatas or any other Mediterranean olives you love would be delicious!

ADD NUTS: Pine nuts, pepitas, almonds or whatever might sound good.



Recipe from
gimmesomeoven.com

ADD FRESH HERBS: If you happen to have any fresh basil or oregano on hand, chop them up to add to the vinaigrette for extra fresh flavor.

USE DIFFERENT BEANS: If chickpeas aren't your jam, feel free to add in white beans instead. Or nix the beans altogether.

USE DIFFERENT CHEESE: If you don't love feta, crumbled goat or blue cheese would also be delicious in this salad. Or feel free to go the Parmesan, Pecorino, or mozzarella route instead!

MAKE IT VEGAN: Just omit the cheese altogether or use a vegan cheese.