**MEDITERRANEAN CUISINE**

**FATOUCH**

**PREP TIME:** 15 min.

**COOK TIME:** 0 min.

**SERVING:** 4

**INGREDIENTS:**

- 7 leaves Romaine Lettuce
- 1 med Tomato, Diced
- 2 med Cucumber, Chopped
- 3 sprigs Chives, Chopped
- ½ cup Lemon Juice
- ½ cup Olive Oil
- 1 bunch Parsley
- ⅛ cup Vinegar
- 2 tsp Mint, Chopped
- ¼ tsp Garlic, Crushed
- ½ tsp Salt

**PREPARE:**
Thoroughly rinse the lettuce, tomatoes and cucumber then place them in a bowl and chop them. Meanwhile, chop the parsley, mint very fine, and chives. Put the chopped vegetables in a large bowl with the pita bread, salt, lemon juice, and olive oil. Toss, serve, then taste and adjust seasoning. Serve on a leaf of Romaine lettuce.

**PER SERVING:**
143 calories, 13.8 g Fat, 0 mg Cholesterol, 21 mg Sodium, 3.8 fiber, and 6.2 Protein.

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**MEDITERRANEAN CUISINE**

**THYME PIE**

**PREP TIME:** 15 min.

**COOK TIME:** 10 min.

**SERVING:** 6

**INGREDIENTS:**

- 2 sprigs Green Onion
- 2 piece Bread
- 3 sprigs Thyme, chopped
- 1 sprigs Chives, chopped
- 1 cup Olive Oil
- ⅛ tsp Salt

**PREPARE:**
Thoroughly rinse the herbs (green onion, thyme, and chive), place them in a bowl and chop them very fine. Meanwhile, mix the feta cheese with olive oil and add the chopped herbs to it. Toss, serve, then taste and adjust seasoning. Serve on a leaf of Romaine lettuce.

**PER SERVING:**
170 calories, 13.8 g Fat, 141 mg Cholesterol, 11 mg Sodium, 15.0 Carbs, and 13.0 Potassium.

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**MEDITERRANEAN CUISINE**

**LEMONADE WITH SAGE & MINT**

**PREP TIME:** 10 min.

**COOK TIME:** 5 min.

**SERVING:** 5

**INGREDIENTS:**

- 10 oz Ice water
- 1 cup Lemon Juice
- 1 med Apple, diced
- 2 piece Lemon, diced
- 3 sprigs Sage leaves

**PREPARE:**
Blend the lemon juice and brown sugar together until completely pulverized. (Approximately ⅓ of a lemon will be needed to create 2 tablespoons of the juice). Add ice cold water and fresh sage, then taste and adjust sweetness. Add the fruits as you desire.

**SAGE:** For a variety of conditions including mouth inflammation, gingivitis and sore throat, add 3 grams of sage leaf to 150 mL of boiling water, strain after 10 minutes and then let cool. The resulting tea can then be used as a mouthwash or gargle a few times a day. As an internal supplement 5 mL of fluid extract can be diluted in a glass of water, and then taken twice a day.

**KOSHEMAR:** Rosemary also has calming effects by working against fatigue, sadness, anxiety, calming muscle tension, digestive pain and also indigestion caused by stress.

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**MEDITERRANEAN CUISINE**

**ARTICHOKE WITH HERBS**

**PREP TIME:** 15 min.

**COOK TIME:** 8 min.

**SERVING:** 6

**INGREDIENTS:**

- 4 Eggs
- 3 sprigs Thyme, chopped
- 1 med Tomato, diced
- 2 piece Green Onion, chopped
- 3 sprigs Chives, chopped
- ⅛ tsp Salt
- ⅛ cup Lemon Juice
- ¼ tsp Garlic, Crushed

**PREPARE:**
Thoroughly rinse the artichoke(s) well and place in the bowl, add lemon juice and olive oil. Cover it for 10 minutes. Meanwhile, chop all herbs (parsley, cilantro, chive, and dill) and add them to a chopped tomato. Green onion and garlic. Beat eggs in large bowl to blend and season with salt and pepper. Add egg mixture to the chopped herbs. Fill each artichoke with the mixture and bake.

**PER SERVING:**
79 Calories, 4.8 g Fat, 80.5 mg Cholesterol, 4.7% Iron, 15.8% Calcium, 14% Vitamin A, and 9.6 Protein.