

Mediterranean Diet Classics Cooking Class

- 11.1.2023 -

Recipe #1: Chicken Gyros

Servings: 4-5

Ingredients:

- 1.5 lbs. chicken tenders or chicken breast
- Extra virgin olive oil for the pan
- 5 pita breads
- 1 large tomato, sliced
- 1 cucumber, slice
- 1 green pepper, cored and sliced,
- 1 small red onion, sliced into half moons
- Pitted kalamata olives
- Marinade:
 - 1 cup whole Greek yogurt
 - Juice of 1 lemon
 - 2 Tbsp extra virgin olive oil
 - 2 Tbsp red wine vinegar
 - 3 garlic cloves, minced
 - Kosher salt, pinch
 - Black pepper, pinch
 - 1 Tbsp oregano
 - 1 tsp paprika
 - 1 tsp ground cumin
 - 1 tsp ground coriander
 - Pinch cayenne pepper

Instructions:

1. **Marinate chicken and prepare gyro fixings.** In a larger mixing bowl, combine the marinade ingredients, mix well. Add the chicken tenders and mix to make sure the chicken is well coated with the marinade. Cover and refrigerate for 30 minutes. Meanwhile, make Tzatziki sauce according to the recipe below, and prepare the pita and other gyro fixings.
2. **Cook chicken.** Heat 1 tablespoon extra-virgin olive oil in a non-stick skillet over medium-high until shimmering but not smoking. Add chicken tenders to the pan (make sure to shake off any excess marinade before adding chicken to the pan.) Cook on one side undisturbed for 5 minutes until browned. Using a pair of tongs, turn chicken over and cook on the other side for another 5 minutes or until chicken is done.
3. **Assemble the chicken gyros.** Warm up some pita. Spread homemade Tzatziki sauce on top, then add chicken, and top with tomato, cucumber, green pepper, red onion and olives as you like. Wrap the pita up and enjoy!

Source: Recipetineats

<https://www.recipetineats.com/greek-chicken-gyros-with-tzatziki/>

Recipe #2: Tzatziki**Servings: 16****Ingredients:**

- 3-4 English cucumbers, partially peeled (striped) and sliced
- 1 tsp kosher salt, divided
- 4-5 garlic cloves, peeled, finely grated or minced
- 1 tsp white vinegar
- 1 Tbsp extra virgin olive oil
- 2 cups plain whole Greek yogurt
- ¼ tsp ground white pepper
- Cheese cloth

Instructions:

1. Use a box grater to manually grate the cucumbers. Toss the grated cucumbers with 1/2 teaspoon kosher salt. Spoon the grated cucumber into a

cheesecloth or a double thickness napkin and squeeze dry. (There will be a lot of liquid).

2. In one large mixing bowl, place the garlic with remaining $\frac{1}{2}$ teaspoon salt, white vinegar, and extra virgin olive oil. Mix to combine.
3. Add the grated cucumber to the bowl with the garlic mixture. Stir in the yogurt, and a pinch of white or black pepper, and the fresh herbs. Stir to combine well.
4. Cover and refrigerate for a bit (anywhere from 30 minutes to a couple hours before serving). This will help thicken the sauce and give it the best texture, while allowing the flavors to meld.
5. When ready to serve, stir the tzatziki sauce to refresh and transfer to a serving bowl, drizzle with more extra virgin olive oil, if you like. Serve with your favorite veggies, pita chips or wedges.

Source: The Mediterranean Dish

<https://www.themediterraneandish.com/tzatziki-sauce-recipe/>

Recipe #3: Creamy Pesto Pasta Bake

Servings: 4 servings

Ingredients:

Pesto:

- 4 cups fresh basil
- 2 cloves garlic
- $\frac{1}{2}$ cup pine nuts
- $\frac{3}{4}$ cup grated parmesan cheese, grated
- $\frac{3}{4}$ cup olive oil
- $\frac{1}{4}$ cup cold water
- $\frac{1}{2}$ cup heavy cream
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper

Pasta bake:

- 12 oz fusilli pasta, al dente
- 1 cup cherry tomato, halved
- 1 cup grated parmesan cheese
- 8 oz mozzarella ball

Instructions:

1. Preheat the oven to 400 degrees F.
2. To make the pesto, mix basil, garlic, pine nuts, parmesan, cold water, heavy cream, salt, and pepper in a food processor for about 30 seconds. Add in olive oil. Process until combined, set aside.
3. Cook fusilli to very al dente, or about 3-4 minutes before the package instructs for cook time, then drain pasta.
4. Halve cherry tomatoes.
5. In a skillet or casserole pan, mix fusilli, cherry tomatoes, and pesto.
6. Top with grated parmesan and mozzarella balls.
7. Bake at 400° Fahrenheit for 10-15 minutes, or until mozzarella has melted.
8. Garnish with additional parmesan and fresh basil. Serve immediately.
9. Enjoy!

Source: Tasty

Recipe #4: Greek Baklava

Servings: 26

Ingredients:

- 16 oz phyllo dough, 1 package
- 16 oz walnuts, chopped
- 1 tsp ground cinnamon
- 1 cup unsalted butter, melted
- Syrup:
 - 1 cup water
 - 1 cup granulated sugar
 - 1 tsp vanilla extract
 - ½ cup honey
 - 1 tsp lemon juice

Instructions:

1. Preheat the oven to 350°F. Take a 9x13-inch baking pan and butter the inside of it and then set it aside. Toss the chopped walnuts with the cinnamon and then set aside. Flatten the phyllo dough and cut it in half or trim it so that it fits the baking pan, and then cover it with a damp towel to prevent it from drying out.

2. Take two sheets of phyllo and place them into the bottom of the prepared pan and then brush the top of it with plenty of melted butter. Now sprinkle 3 tbsp of chopped nuts on top. Then place another two sheets of phyllo over the nuts and repeat this layering process until all the sheets are used, ending with 6 sheets on top.
3. Now cut it into 4 long rows and then make diagonal cuts across the rows to make 36 diamond-shaped pieces, being sure to cut all the way down to the bottom of the pan. Then bake it in the preheated oven for about 50 minutes or until golden and crisp on top.
4. To make the syrup, boil the water and sugar until the sugar is melted, and then add the vanilla, honey, and lemon juice and let it simmer for 20 minutes.
5. With a spoon, pour the syrup over the Baklava as soon as it comes out of the oven. Let cool before serving. Be sure to store uncovered. Enjoy!