

mediterranean diet chicken chili recipe

mediterranean diet chicken chili recipe offers a flavorful and nutritious twist on the traditional chili dish by incorporating fresh Mediterranean ingredients and lean protein. This recipe blends the heart-healthy benefits of the Mediterranean diet with the comforting warmth of a classic chili, making it an ideal meal for those seeking a balanced and delicious option. Utilizing chicken as the primary protein source reduces saturated fat content while enhancing the dish's versatility. The inclusion of olive oil, tomatoes, garlic, and a variety of herbs boosts antioxidant intake and supports overall wellness. This article will explore the detailed ingredients, step-by-step preparation, nutritional advantages, and tips for customizing this mediterranean diet chicken chili recipe to suit different tastes and dietary needs. Readers will gain a comprehensive understanding of how to prepare this dish and appreciate its place within a Mediterranean-inspired eating plan.

- Ingredients for Mediterranean Diet Chicken Chili Recipe
- Step-by-Step Preparation Instructions
- Nutritional Benefits of Mediterranean Diet Chicken Chili
- Tips for Customizing and Serving

Ingredients for Mediterranean Diet Chicken Chili Recipe

The foundation of a successful mediterranean diet chicken chili recipe lies in the careful selection of fresh, wholesome ingredients. Emphasizing whole foods common to Mediterranean cuisine ensures both flavor and nutritional value are maximized. This chili recipe typically includes lean chicken breast, a variety of vegetables, heart-healthy olive oil, and aromatic herbs and spices that characterize the Mediterranean flavor profile.

Primary Ingredients

The core components for the chili include:

- Boneless, skinless chicken breasts or thighs, diced or shredded
- Extra virgin olive oil for sautéing

- Chopped onions and garlic to build the base flavor
- Diced tomatoes, preferably canned San Marzano or fresh Roma tomatoes
- Red kidney beans or chickpeas to add fiber and protein
- Bell peppers, commonly red or yellow, for sweetness and color
- Fresh herbs such as oregano, thyme, and parsley
- Spices including ground cumin, smoked paprika, and black pepper
- Low-sodium chicken broth or water to adjust consistency

Optional Ingredients for Enhanced Flavor

To elevate the dish and tailor it to personal preference, the following additions can be considered:

- Crushed red pepper flakes for a mild to moderate heat
- Fresh lemon juice or zest for brightness
- Kalamata olives or capers to introduce briny notes
- Chopped spinach or kale for added greens and nutrients
- Greek yogurt or feta cheese as a garnish for creaminess and tang

Step-by-Step Preparation Instructions

Preparing the mediterranean diet chicken chili recipe involves a series of methodical steps designed to build depth of flavor while maintaining the healthful aspects of the Mediterranean diet. Attention to timing and ingredient handling ensures a balanced texture and taste.

Preparation and Cooking Steps

1. **Prepare the chicken:** Trim and dice the chicken into bite-sized pieces or shred cooked chicken for a different texture. Season lightly with salt and pepper.
2. **Sauté the aromatics:** Heat extra virgin olive oil in a large pot over

medium heat. Add chopped onions and garlic, cooking until translucent and fragrant, approximately 3-5 minutes.

3. **Add the chicken:** Incorporate the chicken pieces into the pot and cook until browned on all sides but not fully cooked through.
4. **Incorporate vegetables and spices:** Add diced bell peppers and stir in cumin, smoked paprika, oregano, and black pepper. Cook for an additional 2-3 minutes to allow the spices to release their aromas.
5. **Add tomatoes and broth:** Pour in diced tomatoes and chicken broth, stirring to combine. Bring the mixture to a simmer.
6. **Simmer the chili:** Reduce heat to low and allow the chili to simmer uncovered for 20-30 minutes, enabling flavors to meld and the chicken to cook thoroughly.
7. **Add beans and greens:** Stir in rinsed and drained kidney beans or chickpeas, and leafy greens if using. Continue simmering for another 5-10 minutes until heated through and greens are wilted.
8. **Adjust seasoning and finish:** Taste and adjust seasoning with salt, pepper, and optional lemon juice. Remove from heat and garnish with fresh parsley or crumbled feta cheese if desired.

Nutritional Benefits of Mediterranean Diet Chicken Chili

The mediterranean diet chicken chili recipe embodies the principles of the Mediterranean diet, which is widely recognized for its positive effects on heart health, weight management, and chronic disease prevention. This dish offers a nutrient-dense profile combining lean protein, fiber-rich legumes, and antioxidant-packed vegetables.

Health Advantages

- **Lean Protein:** Chicken breast provides high-quality protein with minimal saturated fat, supporting muscle maintenance and metabolic health.
- **Rich in Fiber:** Beans and vegetables contribute substantial dietary fiber, promoting digestive health and aiding in blood sugar regulation.
- **Heart-Healthy Fats:** Olive oil is a key source of monounsaturated fats, which can help reduce LDL cholesterol and inflammation.

- **Antioxidants and Phytochemicals:** Tomatoes, peppers, garlic, and herbs supply vitamins C and E, flavonoids, and other antioxidants that protect cells from oxidative damage.
- **Low Glycemic Index:** The combination of protein, fiber, and healthy fats helps stabilize blood glucose levels, beneficial for metabolic health.

Caloric and Macronutrient Profile

A typical serving of mediterranean diet chicken chili contains moderate calories, balanced macronutrients, and limited added sugars or unhealthy fats. It is suitable for individuals aiming to maintain a healthy weight or improve overall dietary quality.

Tips for Customizing and Serving

Customization options allow this mediterranean diet chicken chili recipe to accommodate various dietary preferences, ingredient availability, and flavor profiles. Serving suggestions enhance the dining experience while aligning with Mediterranean eating patterns.

Customization Ideas

- **Vegetarian Variation:** Substitute chicken with extra beans, lentils, or textured vegetable protein for a plant-based option.
- **Spice Level Adjustment:** Modify the amount of chili powder or red pepper flakes depending on heat tolerance.
- **Additional Vegetables:** Incorporate zucchini, eggplant, or mushrooms to increase vegetable intake and variety.
- **Use of Whole Grains:** Serve the chili over quinoa, bulgur, or whole grain couscous to add complex carbohydrates.
- **Batch Cooking:** Prepare in large quantities and freeze portions for convenient future meals.

Serving Suggestions

The mediterranean diet chicken chili pairs well with fresh salads, crusty whole grain bread, or a side of roasted vegetables. Garnishes such as chopped

fresh herbs, a dollop of Greek yogurt, or crumbled feta cheese complement the dish's flavors and add texture. For a lighter meal, serve the chili over a bed of baby spinach or mixed greens. Additionally, pairing the chili with a glass of red wine aligns with Mediterranean dining traditions.

Frequently Asked Questions

What is a Mediterranean diet chicken chili recipe?

A Mediterranean diet chicken chili recipe is a healthy twist on traditional chili that incorporates lean chicken, Mediterranean ingredients like olive oil, tomatoes, beans, and herbs such as oregano and basil, focusing on fresh and nutrient-rich components aligned with the Mediterranean dietary guidelines.

What are the key ingredients in a Mediterranean diet chicken chili?

Key ingredients typically include boneless, skinless chicken breast, tomatoes (fresh or canned), white beans or chickpeas, onions, garlic, olive oil, bell peppers, herbs like oregano and basil, and spices such as cumin and paprika.

Is Mediterranean diet chicken chili low in calories?

Yes, Mediterranean diet chicken chili is generally low in calories because it uses lean protein sources like chicken breast and plenty of vegetables and legumes, while avoiding high-fat ingredients like heavy cream or excessive cheese.

Can I make Mediterranean diet chicken chili in a slow cooker?

Absolutely! You can combine all the ingredients in a slow cooker and cook on low for 6-8 hours or on high for 3-4 hours, which allows flavors to meld and the chicken to become tender.

How does Mediterranean chicken chili support heart health?

This chili supports heart health by using olive oil instead of saturated fats, including fiber-rich beans and vegetables, and lean chicken protein, all of which help reduce cholesterol levels and inflammation, key factors in cardiovascular health.

Can I make a vegetarian version of Mediterranean diet chicken chili?

Yes, you can substitute chicken with plant-based protein sources like chickpeas, lentils, or tofu to create a vegetarian version while keeping the Mediterranean flavors intact.

What spices enhance the flavor of Mediterranean diet chicken chili?

Spices such as cumin, smoked paprika, oregano, basil, and a pinch of red pepper flakes enhance the flavor, giving the chili a Mediterranean aroma and a balanced, mildly spicy taste.

Is Mediterranean diet chicken chili suitable for meal prep?

Yes, it is an excellent option for meal prep because it stores well in the refrigerator for several days and can be easily reheated for quick, nutritious meals throughout the week.

How do I serve Mediterranean diet chicken chili?

Serve the chili hot, garnished with fresh herbs like parsley or basil, a drizzle of extra virgin olive oil, and optionally with a side of whole-grain bread, brown rice, or a simple salad to keep the meal balanced and Mediterranean-style.

Additional Resources

1. The Mediterranean Chicken Chili Cookbook

This cookbook offers a fusion of hearty chili recipes with Mediterranean flavors focusing on chicken as the main protein. It includes diverse spices, fresh vegetables, and wholesome ingredients typical of the Mediterranean diet. Perfect for those wanting to enjoy a comforting meal while adhering to healthy eating principles.

2. Healthy Mediterranean Diet Recipes: Chicken Chili and More

A comprehensive guide to Mediterranean diet meals with an emphasis on easy-to-make chicken chili dishes. The book provides nutritional insights and tips for maintaining a balanced diet. Ideal for readers seeking flavorful yet health-conscious recipes.

3. Flavorful Mediterranean Chicken Chili: A Culinary Journey

Explore the vibrant tastes of the Mediterranean through this unique chicken chili recipe collection. It combines traditional spices and fresh ingredients that highlight the diet's heart-healthy benefits. The book also includes

serving suggestions and pairing ideas.

4. *One-Pot Mediterranean Chicken Chili*

Focused on simplicity and convenience, this book features one-pot chicken chili recipes inspired by Mediterranean cuisine. It aims to deliver maximum flavor with minimal cleanup, making it perfect for busy home cooks. Nutritional information is included for each recipe.

5. *Mediterranean Diet Comfort Foods: Chicken Chili Edition*

This title merges the comforting essence of chili with the wholesome qualities of the Mediterranean diet. It offers a variety of chicken chili recipes suited for different tastes and dietary needs. Readers will find tips on ingredient substitutions and cooking techniques.

6. *Spices of the Mediterranean: Chicken Chili Recipes*

Delve into the rich world of Mediterranean spices and how they transform chicken chili into a delicious and healthy dish. The book explains the origins and benefits of each spice used, enhancing both flavor and nutrition. A must-have for spice enthusiasts and health-conscious cooks.

7. *Quick & Easy Mediterranean Chicken Chili*

Designed for those with limited time, this book provides fast and easy chicken chili recipes rooted in Mediterranean diet principles. It emphasizes fresh ingredients and simple preparation methods without sacrificing taste. Great for busy individuals seeking nutritious meals.

8. *The Ultimate Guide to Mediterranean Diet Chicken Chili*

An in-depth resource covering everything about Mediterranean diet chicken chili, from ingredient selection to cooking methods. It includes meal plans, shopping lists, and tips for customizing recipes to fit personal preferences. Suitable for beginners and experienced cooks alike.

9. *Mediterranean Chicken Chili for Weight Loss*

This book focuses on chicken chili recipes that support weight loss while adhering to Mediterranean diet standards. It features low-calorie, nutrient-dense ingredients that promote satiety and energy. Readers will also find advice on portion control and healthy eating habits.

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mediterranean diet chicken chili recipe: The Mediterranean Diet Eric Zacharias, 2012-04-20
Over the past several years there has been increasing information in the medical literature

regarding the health benefits of a Mediterranean diet. Clinicians may not be informed on advances in nutrition, and studies have demonstrated that they do not spend much time discussing food as a means for promoting health with patients. *The Mediterranean Diet: A Clinician's Guide for Patient Care* is an essential new volume that serves as an update and a reference for clinicians on the Mediterranean diet. Specific diseases and the effects the Mediterranean diet have on them are outlined. Diseases and conditions that are outlined include heart disease, stroke, Alzheimer's, depression, cancer, allergies, asthma, arthritis and diabetes. A detailed analysis of the specific nutrients in a Mediterranean diet and the food groups containing them is also included. A useful guide containing daily meal plans and an extensive recipe section prepared by a team of dietitians can be found in the patient resources section. *The Mediterranean Diet: A Clinician's Guide for Patient Care* provides a useful summary of the constituent components and health benefits of a Mediterranean diet to health professionals.

mediterranean diet chicken chili recipe: *The Mediterranean Dish: Simply Dinner* Suzy Karadsheh, 2024-09-24 NEW YORK TIMES BESTSELLER • Keep the love, ditch the labor with more than 125 fresh, hearty, Mediterranean diet-friendly sheet pan, one-pot, and mix-and-match meals from the bestselling author of *The Mediterranean Dish*. "With its vibrant, bold, and robust flavors, this cookbook promises to bring you an array of healthy, fresh, and effortlessly seasonal recipes perfect for gathering friends and family around the table for years to come."—Carla Hall, chef, TV personality, and author of *Carla Hall's Soul Food* In *The Mediterranean Dish: Simply Dinner* beloved blogger and bestselling author Suzy Karadsheh offers more than 125 recipes for incredibly delicious, nutritious Mediterranean diet-inspired meals that are so easy to get on the table. Each chapter hones in on a different save-the-day technique, like the magic of one-pan cooking (One-Pan Chicken Drumsticks with Orzo); efficient and cozy one-pot suppers (Pantry Tomato Soup with Couscous and Pine Nuts); and fast and lean grilling (Shawarma-Spiced Steak). Skillet meals, supper salads, and mix-and-match mezze abound, along with a section devoted to protein add-ons in case you just want to add some quick skillet shrimp to Blistered Green Beans with Hazelnuts and Roasted Garlic-Dijon Dressing and call it a day. Along with practical ideas, meal planning, storage tips, and no-fuss shortcuts, Suzy shows you how to build flavor the Mediterranean way so that you can turn even the humblest of ingredients into what she calls a "flavor party." Both new fans and devoted ones will love Suzy's joyful, relaxed approach to accessible and bold-flavored cooking.

mediterranean diet chicken chili recipe: **Mediterranean Diet Cookbook for Beginners** Amanda Denver, 2023-02-02 Are you looking for a diet that works, and simple to follow, without compromising flavor? Do you require an ideal 30-Day Diet Plan that will make it simple for you to maintain a delectable and balanced diet without having to worry about what to consume next? If the answers are 'yes', this is the perfect book for you! Advancements in technology and the steady upsurge of the economy have led most people, to adopt a sedentary lifestyle. It doesn't help that eating processed foods have become the norm given that these foods are easily accessible. However, there's no denying the fact that these foods can greatly affect our health and well-being. These, and more, are the reasons why many strategies and methods are continuously being developed to promote a healthier lifestyle. Weight loss has become a trend, so much so that many people are encouraged to work hard to achieve the right body mass index for their weight and height with reference to age by subjecting themselves to one or more of the so-called popular diets. The Mediterranean Diet is one of these popular diets that experts highly recommend for weight loss. Here's what you'll find in this comprehensive guide: · What is the Mediterranean Diet? · Components of the Mediterranean Lifestyle: the fundamentals of the Mediterranean diet. Learn more about the Mediterranean diet, its guiding principles, and how it may help people lose weight in a healthy way and develop good eating habits. · Health Benefits of the Mediterranean Diet · Easy and delicious recipes to start your Mediterranean eating lifestyle: There are an unlimited number of quick and simple recipes that are categorized, enhanced with useful details like nutritional information, cooking times, and preparation, and created to please the palate and support wellness. · The 30-Day Diet. An easy-to-follow 30-day Mediterranean meal plan and suggestions for making your own meals

are included to get you started. ... And much more! The Mediterranean Diet is Rated #1 as THE Healthiest Diet on the Planet, it is recommended by scientists, nutritionists, and doctors alike for anyone seeking to lose pounds and change their harmful habits. It's so easy to follow that it doesn't feel like a punishment but rather a rewarding experience. All you need to know about the Mediterranean diet is included in this cookbook, which includes a range of healthy Mediterranean recipes ready in less than 30 minutes, that you may enjoy every day. Do you want to eat a healthy diet while still savoring your favorite foods? Your best bet is to follow a Mediterranean diet! An easy-to-follow diet that can help anyone improve their eating habits. Grab a copy of this book now and take your health to the next level!

mediterranean diet chicken chili recipe: *The Smart Mediterranean Diet Cookbook For Weight Loss - 100 Delicious, Heart-Healthy Recipes Rich in Whole Grains and Healthy Fats* Susan Firesong, The Smart Mediterranean Diet Cookbook For Weight Loss is your essential guide to embracing the Mediterranean lifestyle, renowned for its heart-healthy benefits and effectiveness in sustainable weight loss. This beautifully curated cookbook presents you with 100 delicious recipes that combine the rich flavors of the Mediterranean with the latest nutritional science to help you lose weight without sacrificing taste or satisfaction. Dive into a world where whole grains, healthy fats, fresh vegetables, and lean proteins are transformed into mouth-watering dishes that are as good for your waistline as they are for your taste buds. From vibrant salads and hearty whole grain pastas to succulent seafood and tender grilled meats, each recipe is designed to be easy to follow and accessible to cooks of all levels. Beyond just recipes, this cookbook serves as a guide to the Mediterranean diet's principles, offering tips on how to incorporate more plant-based foods into your diet, choose healthy fats, and select whole grains over refined options. It also delves into the science behind the diet, explaining how these food choices contribute to weight loss, improved heart health, and overall well-being. Whether you're new to the Mediterranean diet or looking to refresh your meal plans, The Smart Mediterranean Diet Cookbook For Weight Loss is an invaluable resource. With nutritional information provided for every recipe, meal planning tips, and advice on how to sustain a healthy lifestyle, this cookbook is more than just a collection of recipes—it's a roadmap to a healthier, happier you.

mediterranean diet chicken chili recipe: Seriously, So Good Carissa Stanton, 2024-04-16
INSTANT NEW YORK TIMES BESTSELLER • Delicious, satisfying recipes that are good for your health, heart, and mind by the beloved blogger and creator of Brocc Your Body. Self-proclaimed SoCal beach girl Carissa Stanton first earned her nickname Brocc, not because of an obsession with broccoli (though she thinks it's a damn good veggie), but because she hosted weekly girl's nights with her friends who loved to cook, eat—and move their bodies. With Justin Timberlake's "Rock Your Body" in mind, she combined her love of food and created @BroccYourBody to start sharing her favorite recipes on Instagram. Now, Carissa shares with her hundreds of thousands of followers how cooking for yourself after a busy day of work can be just as exciting as relaxing with friends over cocktails and apps. Seriously, So Good reflects her philosophy of feeling good about what she's cooking and eating by making smart choices without depriving herself of carbs or a splash of cream here and there. She wants to remove the anxiety around food by helping us all feel more confident in and out of the kitchen. She shares her recipes and balanced outlook to motivate others to experience a stress-free cooking approach while enjoying mouth-watering meals alone or with loved ones. The 100 flavor-bomb dishes, which are approachable, nourishing, and always fun, include all-time favorites such as her viral Greek-Style Lemon Chicken Soup, a better-for-you take on fast food with her "Fried" Chicken Sandwich with Special Sauce, and more like: Pan-Fried Brie with Pistachios and Rosemary Hot Honey Sun-Dried Tomato and Feta Turkey Burgers with Jalapeño Tzatziki Brown Butter Lemon Halibut with Asparagus and Olive Oil Whipped Potatoes Chicken Pot Pie Soup with Flaky Biscuits Spicy Rosé Spritz Flourless Espresso Brownies Carissa describes her recipes as healthy, but not too healthy because health isn't just about being able to run a marathon or eating "clean." It's about living your life to the fullest.

mediterranean diet chicken chili recipe: Cooking à la Heart, Fourth Edition: 500 Easy

and Delicious DASH and Mediterranean Diet Friendly Recipes for Heart-Conscious, Healthy Meals (Fourth) Linda Hachfeld, Amy Myrdal Miller, 2023-02-07 Promote heart health, support brain health, and reduce inflammation, with this comprehensive cookbook filled with 500 flexible, flavorful recipes and practical tips for healthy eating, including 50 color photos and illustrations The Mediterranean and DASH (Dietary Approaches to Stop Hypertension) eating patterns are scientifically proven to be the healthiest for our hearts, and they even have added brain health benefits. Combined, they make the MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) diet, which further reduces the risk of dementia and Alzheimer's disease. Cooking à la Heart incorporates all three into one nourishing, wholesome, environmentally friendly cookbook with 500 delicious, health-promoting recipes for every meal (plus snacks and desserts), including: Spinach Scramble Pita Pockets • Turkey-Vegetable Soup • Cilantro-Lime Chicken & Corn Salad • À la Heart Mexican Inspired Mac & Cheese • Shrimp Tacos • Blueberry Crisp • Pumpkin Spice Ginger Bars an emphasis on plant-based ingredients, healthy fats, and thoughtful use of dairy, poultry, and lean red meat nutrition facts for calories, protein, total carbs, dietary fiber, added sugars, total fat, saturated fat, omega-3s, sodium, and potassium More than 35 color photographs show off how indulgent heart-healthy eating can truly be. With Cooking à la Heart, eating better isn't difficult or boring—it's an investment to keep you enjoying good food for many years to come.

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approach to weight loss and control that emphasizes whole grains, lean meats, olive oil, and fruits and vegetables, with tips on portion sizes, meal plans, flavorful recipes, and nutritional guidelines.

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mediterranean diet chicken chili recipe: The Supercharged Hormone Diet Natasha Turner, 2013-12-24 Discover the real reasons why you can't shed those final pounds and how to get in hormonal balance in just 30 days! With this intensive 30-day plan, you can start feeling revitalized right away. Natasha Turner, ND, returns with a revolutionary follow-up to her phenomenal first book, *The Hormone Diet*, in which she teaches readers the ins and outs of how and why their hormones play the biggest part in their weight-loss woes. Now, in *The Supercharged Hormone Diet*, she gives readers the information they need to get their hormones back on track—in 30 days flat. In this busy, fast-paced world, we don't always have time to research the science behind our diets. We want to lose weight sooner and faster. Dr. Turner has created an accelerated hormone diet with the same basic principles as the original (eating the right foods to correct hormonal imbalances), and she's plucked out the most important information from *The Hormone Diet*. This supercharged plan includes questionnaires and assessments to get readers started, a higher-protein detox than the original, key tips for sleep and exercise, a handy food list, a new 2-week meal plan, a chart to help readers stay on top of their goals, and many new hormone-diet-friendly recipes. The Supercharged Hormone Diet gives readers exactly what they need—a quick-start plan with a 30-day time frame.

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autoimmune protocol that includes lists of foods to enjoy and avoid, you'll find recipes for breakfasts, appetizers, soups and salads, crazy good sides, classic Sunday night dinners, holiday favorites, easy one-pan meals, decadent desserts, and more. The recipes are both delicious and easy to make for hard-working moms and busy families. Everyone will love: Blueberry Waffles Seafood Chowder Avocado Pesto Chicken Salad Salt and Vinegar Carrot Chips Cauliflower "Mac & Cheese" Swedish Meatballs Biscuits and Sausage Gravy Chicken Tikka Masala Gingerbread Cookies Glazed "Chocolate" Doughnut Holes Heal and nourish your body and eat the foods you love again.

mediterranean diet chicken chili recipe: Eat, Drink, and Be Healthy Walter Willett, P.J. Skerrett, Edward L. Giovannucci, 2017-09-19 In this national bestseller based on Harvard Medical School and Harvard School of Public Health research, Dr. Willett explains why the USDA guidelines--the famous food pyramid--are not only wrong but also dangerous.

mediterranean diet chicken chili recipe: Olive Oil For Dummies Amy Riolo, Simon Poole, 2024-11-05 Become an olive oil expert with this fun guide Everyone loves a good bottle of EVOO. That's Extra Virgin Olive Oil, in case you didn't know. Olive Oil For Dummies is full of things you might not know about how to taste, buy, store, and use this incredible—and increasingly popular—oil. Complete with recently discovered health benefits, fascinating history and lore, and mouthwatering recipes, this is the essential guide to understanding everything you need to know about "liquid gold". You'll learn to tell real olive oil from counterfeit, and how to determine its quality and value as well as recognize the healthiest EVOOs with this trustworthy Dummies guide. Look no further for clear, concise, and accurate information on all things olive oil. Discover the history and extraordinary health benefits of olive oil Explore the power of anti-inflammatory and antioxidants we call polyphenols Learn to avoid fraudulent olive oil and, get the most for your money Test your oil to ensure quality and pair flavors with food Store olive oil properly and enhance its flavor and nutrients as you cook Try authentic, mouthwatering recipes rich in—you guessed it—delicious olive oil Olive Oil For Dummies is an excellent choice for foodies, olive oil lovers, travelers, home cooks, chefs, medical professionals, and anyone looking to learn the health benefits of olive oil.

mediterranean diet chicken chili recipe: Low Salt Diet and Recipe Book Beverly Barbour, 1985 Abstract: General guidelines for cutting back on salt and sodium, and recipes that are flavored with a variety of seasonings other than salt, are introduced in this diet and recipe book. The relationship between sodium intake and hypertension is explored. Hidden sources of salt and sodium (medications, toothpaste, mouthwash, health foods, drinking water) are identified. Forbidden and eat-your-fill foods are listed in the following groups: beverages, baked goods, dairy products, meat, fish, staples, vegetables, and flavorings. Practical guidelines are provided for cutting back on salt when away from home (restaurants, fast food operations, airlines), for adapting recipes to reduce sodium content and recommendations on appropriate uses and quantities of spices and herbs in cooking, are outlined. Sodium-free substitutes for common high-sodium ingredients, and low-sodium recipes are introduced for 1) soups, 2) salads and dressings, 3) main dishes--meat, seafood, poultry, meatless, 4) vegetable side dishes, and 5) breads and desserts.

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