

mediterranean diet chicken recipes easy

mediterranean diet chicken recipes easy are an excellent way to enjoy flavorful, nutritious meals that align with one of the healthiest eating patterns in the world. The Mediterranean diet emphasizes whole foods, healthy fats, fresh vegetables, lean proteins, and aromatic herbs, making chicken an ideal protein choice. This article explores a variety of simple, delicious Mediterranean diet chicken recipes easy enough for everyday cooking. Whether seeking quick weeknight dinners or meal prep ideas, these recipes combine traditional Mediterranean ingredients and cooking techniques. Readers will learn about key components of the Mediterranean diet, tips for preparing chicken, and step-by-step instructions for several popular dishes. Additionally, the article highlights the health benefits and versatility of chicken within this diet framework. The following sections provide a comprehensive guide to mastering Mediterranean-inspired chicken meals.

- Understanding the Mediterranean Diet and Chicken
- Essential Ingredients for Mediterranean Diet Chicken Recipes
- Top Mediterranean Diet Chicken Recipes Easy to Prepare
- Cooking Tips for Perfect Mediterranean Chicken Dishes
- Health Benefits of Mediterranean Diet Chicken Meals

Understanding the Mediterranean Diet and Chicken

The Mediterranean diet is based on the traditional eating habits of countries bordering the Mediterranean Sea, including Greece, Italy, and Spain. It emphasizes plant-based foods, whole grains, nuts, legumes, olive oil as the primary fat source, and moderate consumption of fish and poultry. Chicken plays a significant role as a lean protein option, offering versatility and compatibility with the diet's principles. Mediterranean diet chicken recipes easy to prepare typically include herbs like oregano, basil, and rosemary, alongside fresh vegetables and healthy fats. This approach promotes balanced nutrition and sustainable eating habits.

Key Features of the Mediterranean Diet

Fundamental aspects of the Mediterranean diet include a high intake of fruits and vegetables, whole grains, and healthy fats primarily from olive oil and nuts. Poultry and fish are preferred protein sources over red meat, which is consumed sparingly. Dairy products appear in moderate amounts, mainly as cheese and yogurt. Herbs and spices are used liberally to enhance flavor without added salt or processed ingredients. This dietary pattern is associated with lower risks of chronic diseases and improved cardiovascular health.

Role of Chicken in Mediterranean Cuisine

Chicken is favored in Mediterranean cooking for its lean protein content and adaptability to various cooking methods such as grilling, roasting, and sautéing. It pairs well with classic Mediterranean flavors including garlic, lemon, olives, and fresh herbs. Utilizing chicken in recipes aligns with the diet's emphasis on nutrient-dense, minimally processed foods. Mediterranean diet chicken recipes easy to execute often incorporate simple marinades and fresh produce, making them both healthful and accessible.

Essential Ingredients for Mediterranean Diet Chicken Recipes

Successful Mediterranean diet chicken recipes easy to prepare rely on a selection of staple ingredients that enhance flavor and nutritional value. These ingredients reflect the diet's focus on freshness and wholesomeness. Incorporating these components ensures authentic taste profiles while maintaining health benefits.

Olive Oil and Healthy Fats

Extra virgin olive oil is the cornerstone fat source in Mediterranean cooking. It provides monounsaturated fats and antioxidants, contributing to heart health. Recipes typically use olive oil for marinating chicken, sautéing vegetables, or drizzling over finished dishes. Other healthy fats include nuts like almonds or pine nuts, which add texture and richness.

Fresh Herbs and Spices

Herbs such as oregano, thyme, rosemary, basil, and parsley are essential for authentic Mediterranean flavors. They reduce the need for excessive salt while imparting vibrant aroma and taste. Spices like cumin, paprika, and black pepper complement chicken dishes and enhance their complexity.

Vegetables and Aromatics

Fresh vegetables including tomatoes, bell peppers, onions, garlic, and leafy greens are commonly used alongside chicken to create balanced meals. These ingredients provide fiber, vitamins, and minerals, supporting the diet's emphasis on plant-based foods. Aromatics like garlic and lemon juice brighten flavors and tenderize meat.

Whole Grains and Legumes

Whole grains such as brown rice, quinoa, and farro often accompany chicken dishes, adding fiber and sustained energy. Legumes like chickpeas and lentils can be incorporated into salads or stews with chicken for added protein and texture.

Top Mediterranean Diet Chicken Recipes Easy to Prepare

Below are several popular Mediterranean diet chicken recipes easy to make at home. Each recipe showcases the diet's core ingredients and highlights simple preparation methods to maximize flavor and nutrition.

Lemon Herb Grilled Chicken

This recipe features chicken marinated in olive oil, fresh lemon juice, garlic, and herbs, then grilled to perfection. It is a quick, flavorful option suitable for a healthy dinner or meal prep.

- Marinate chicken breasts in a mixture of olive oil, lemon juice, minced garlic, oregano, salt, and pepper for at least 30 minutes.
- Preheat grill and cook chicken for 6-8 minutes per side until internal temperature reaches 165°F.
- Serve with a side of grilled vegetables or a fresh Greek salad.

Chicken Souvlaki with Tzatziki

Chicken souvlaki is a traditional Greek skewer dish that is easy to prepare and rich in flavor. Paired with creamy tzatziki sauce, it offers a refreshing meal option.

- Cut chicken into cubes and marinate with olive oil, lemon juice, garlic, oregano, and salt.
- Thread chicken onto skewers and grill or broil until cooked through.
- Prepare tzatziki by combining Greek yogurt, grated cucumber, minced garlic, lemon juice, dill, and salt.
- Serve souvlaki with tzatziki and warm pita bread.

Baked Mediterranean Chicken with Olives and Tomatoes

This one-pan baked chicken dish combines juicy chicken thighs with olives, cherry tomatoes, garlic, and herbs for a savory, aromatic meal.

- Season chicken thighs with salt, pepper, and oregano.
- Arrange chicken in a baking dish with halved cherry tomatoes, pitted olives, and sliced garlic cloves.

- Drizzle generously with olive oil and bake at 400°F for 35-40 minutes.
- Garnish with fresh parsley before serving.

Chicken and Chickpea Stew

This hearty stew combines chicken, chickpeas, and Mediterranean spices for a comforting, nutrient-rich dish.

- Sauté onions, garlic, and bell peppers in olive oil until softened.
- Add chicken pieces and brown lightly.
- Stir in canned chickpeas, diced tomatoes, cumin, paprika, and chicken broth.
- Simmer for 30-40 minutes until chicken is tender and flavors meld.

Cooking Tips for Perfect Mediterranean Chicken Dishes

Preparing Mediterranean diet chicken recipes easy requires attention to ingredient quality and cooking techniques that maximize flavor and nutrition. The following tips support successful outcomes in the kitchen.

Choosing the Right Cut of Chicken

Lean cuts like chicken breasts are ideal for quick cooking methods such as grilling or sautéing. Dark meat, including thighs and drumsticks, offers more flavor and remains moist when baked or stewed. Skin-on options can provide added richness but may increase fat content.

Marinating for Flavor and Tenderness

Marinating chicken in olive oil, citrus juice, and herbs enhances taste and helps tenderize the meat. A minimum of 30 minutes is recommended, while longer marinating (up to 24 hours) yields deeper flavor infusion.

Cooking Methods Suitable for Mediterranean Chicken

Grilling, baking, roasting, and pan-searing are common techniques that preserve the natural flavors and nutritional value of chicken. Avoid deep frying or heavily breading chicken to maintain the diet's healthful principles.

Balancing Flavors and Textures

Incorporate fresh herbs, acid from lemon or vinegar, and healthy fats like olive oil to create balanced flavor profiles. Pair chicken with crunchy vegetables, creamy sauces such as tzatziki, or nutty grains to add texture and variety.

Health Benefits of Mediterranean Diet Chicken Meals

Mediterranean diet chicken recipes easy to prepare provide numerous health advantages due to the diet's emphasis on wholesome ingredients and balanced nutrition. Incorporating chicken within this framework supports overall wellness and disease prevention.

Heart Health and Reduced Inflammation

The Mediterranean diet is well-documented for promoting cardiovascular health. Chicken, when prepared with olive oil and fresh vegetables, contributes lean protein and essential nutrients without excessive saturated fat. The abundance of antioxidants and anti-inflammatory compounds from herbs and produce further supports heart function.

Weight Management and Satiety

High-protein chicken dishes paired with fiber-rich vegetables and whole grains enhance satiety and help regulate appetite. This combination supports healthy weight management and stable blood sugar levels.

Improved Digestive Health

The fiber from accompanying legumes, vegetables, and whole grains in Mediterranean chicken recipes aids digestion and promotes gut health. Probiotic-rich accompaniments such as yogurt-based sauces further benefit the digestive system.

Balanced Nutrient Intake

Mediterranean diet chicken meals provide essential vitamins, minerals, and macronutrients necessary for optimal body function. The diet's emphasis on variety ensures sufficient intake of B vitamins, iron, zinc, and healthy fats.

Frequently Asked Questions

What are some easy Mediterranean diet chicken recipes for beginners?

Some easy Mediterranean diet chicken recipes for beginners include lemon herb grilled chicken, chicken with olives and tomatoes, and baked chicken with garlic and rosemary. These recipes use simple ingredients and minimal preparation steps.

Can I make Mediterranean chicken recipes using only pantry staples?

Yes, many Mediterranean chicken recipes can be made with pantry staples such as olive oil, garlic, canned tomatoes, dried herbs like oregano and thyme, and spices. Adding fresh lemon juice and olives can enhance the flavor easily.

How do I keep Mediterranean diet chicken recipes healthy and low-calorie?

To keep recipes healthy and low-calorie, use skinless chicken breasts, cook with olive oil in moderation, avoid heavy sauces, incorporate plenty of vegetables, and season with herbs and lemon instead of salt-heavy sauces.

What are some one-pan Mediterranean chicken recipes that are easy to prepare?

One-pan Mediterranean chicken recipes include chicken thighs baked with cherry tomatoes, olives, garlic, and spinach, or skillet chicken with artichokes, sun-dried tomatoes, and herbs. These meals are simple, flavorful, and require minimal cleanup.

How can I add authentic Mediterranean flavors to simple chicken dishes?

Add authentic Mediterranean flavors by using fresh herbs like oregano, basil, and rosemary, lemon juice and zest, garlic, olives, capers, and spices such as cumin and paprika. Pair chicken with Mediterranean staples like tomatoes, cucumbers, and feta cheese for a complete flavor profile.

Additional Resources

1. Mediterranean Chicken Made Simple: Easy Recipes for Every Day

This cookbook offers a variety of straightforward Mediterranean chicken dishes that are perfect for busy weeknights. Each recipe emphasizes fresh ingredients like olive oil, herbs, and vegetables, capturing the essence of Mediterranean flavors. With easy-to-follow instructions, even beginner cooks can create wholesome and delicious meals.

2. Quick & Healthy Mediterranean Chicken: 30-Minute Recipes

Designed for those who want to eat well without spending hours in the kitchen, this book features quick Mediterranean chicken recipes packed with flavor and nutrition. The meals focus on lean

protein, vibrant spices, and fresh produce. Perfect for health-conscious individuals seeking convenient Mediterranean diet options.

3. *The Mediterranean Diet Chicken Cookbook: Easy & Flavorful Meals*

This collection emphasizes the health benefits of the Mediterranean diet, showcasing chicken recipes that are both tasty and nutritious. From grilled chicken to baked dishes infused with herbs and citrus, each recipe promotes heart-healthy eating. The book also includes tips for meal prepping and ingredient substitutions.

4. *Simply Mediterranean: Easy Chicken Recipes for a Healthy Lifestyle*

Focusing on simplicity and taste, this cookbook offers a variety of chicken dishes inspired by Mediterranean cuisine. The recipes use common pantry staples and fresh ingredients to create meals that are both satisfying and good for you. Ideal for anyone looking to embrace a Mediterranean lifestyle with minimal effort.

5. *One-Pot Mediterranean Chicken: Effortless Recipes for Busy Cooks*

This book specializes in one-pot Mediterranean chicken dishes that save time on cooking and cleanup. Recipes combine wholesome ingredients like tomatoes, olives, and garlic with tender chicken for flavorful, fuss-free meals. Great for those who want delicious Mediterranean diet recipes without complicated steps.

6. *Easy Mediterranean Chicken & Veggie Bowls*

Featuring vibrant bowls filled with grilled chicken, colorful vegetables, and Mediterranean seasonings, this cookbook offers nutritious and easy-to-prepare meal ideas. Each recipe balances protein, fiber, and healthy fats to support a balanced diet. Perfect for lunch or dinner, these bowls are both filling and flavorful.

7. *Fresh & Fast Mediterranean Chicken Recipes*

This collection highlights fresh ingredients and speedy preparation methods for Mediterranean chicken dishes. From salads to skillet meals, the recipes are designed to deliver bold flavors in minimal time. Ideal for cooks who want to enjoy the benefits of the Mediterranean diet without lengthy cooking sessions.

8. *The Ultimate Mediterranean Chicken Recipe Book*

Offering an extensive variety of chicken recipes rooted in Mediterranean tradition, this book is a comprehensive guide for enthusiasts of the diet. It includes classic and modern takes on chicken dishes, emphasizing healthful ingredients and vibrant flavors. Great for anyone looking to expand their Mediterranean culinary repertoire.

9. *Mediterranean Diet for Beginners: Easy Chicken Recipes to Start*

Perfect for newcomers to the Mediterranean diet, this book provides simple chicken recipes that introduce essential flavors and ingredients. The recipes are straightforward, nutritious, and designed to build confidence in cooking Mediterranean-style meals. A helpful starting point for adopting a healthier eating pattern.

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research-backed health benefits, the Mediterranean diet is one of the most perennially popular and most-recommended diets. Here, registered dietitians Deanna Segrave-Daly and Serena Ball show how easy and satisfying this way of eating can be, with 125 healthful and delicious recipes based on the Mediterranean lifestyle. -- Back cover.

mediterranean diet chicken recipes easy: Easy Healthy Recipes: Increase Your Health with Mediterranean Food, or the Dairy Free Way Amy Philippe, 2017-05-15 Easy Healthy Recipes: Increase Your Health with Mediterranean Food, or the Dairy Free Way The Easy Healthy Recipes book covers two diet plans, the Mediterranean Diet and the Dairy Free Diet. Each of these easy healthy food diets are considered to be among the healthiest, offering healthy food ideas using healthy foods to make very easy healthy food recipes. You will find healthy food recipes for dinner, lunch, and breakfast. You will find delicious healthy recipes for snacks and desserts too. These quick meal recipes help in planning the menu for weeks at a time. Take these cheap easy healthy recipes and start a lifestyle change for the better. The Mediterranean Diet section has these categories: Key Ingredients and Recipes, Fruits and Vegetables, Beans and Legumes, fish and Seafood, Olive Oil, Garlic, Oregano, Basil, and Other Herbs, Whole Grains, Cheese and Yogurt, Protein Sources, Key Nutritional Benefits of the Mediterranean Diet, Healthy Mediterranean Habits, Medical Benefits, Medical Research, and Extra Dieting and Wellness Tips. The Dairy Free Diet section has these categories: Benefits of Dairy Free - Why People Choose Dairy Free, How to cope When You're a Dairy Lover, but for Health Reasons You Must Go Dairy Free, Sample 5 Day Dairy Free Diet Plan, Kids Can Enjoy Dairy Free Diet Too, Dairy Free Breakfast Recipes, Lunch and Supper Recipes, Snacks and Desserts, and a Dairy Free Diet Conclusion. A sampling of the recipes includes: Coconut Flavored Rice Pudding, Chicken and Dumplings, Buckwheat Walnut Muffins, Pumpkin Spice Muffins, Orange Banana Berry Pancakes, Super Easy Vegetable Beef Soup, Cream of Chicken Soup, Mac and Cheese, cheesy Vegetable Casserole, Apple Crumb Dessert, Yellow Cake, Chocolate Rice Crispy Bars, Pumpkin Pie, Cabbage Soup, Chicken A La King, Cream Corn, Honey Rolled Chicken Kabobs, Basic Fried Chicken, Balsamic Vinegar Chicken, Chicken and Fruit Salad, Split Pea Soup, Breakfast Banana Smoothie, Banbergo Smoothie, Hot Cocoa, and Breaded Pancakes.

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beauty (very effective detox) and for your health (very effective vitality and energy booster). Inside you'll find lifestyle enhancing & improving chicken & cock recipes like: * Warm Italian White Bean Salad Pleasure With Cock Junks * Proven & Tested Cock Soup * Cock Lemon Basil Sauce With Tagliatelle * Healthy Spicy Avocado Chicken.. Be ready for an incredible revelation that will be life-transforming for everyone who experiences the combination of mediterranean eating and/or dieting!

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Meri Raffetto, Wendy Jo Peterson, 2022-10-04 Discover the world's healthiest and tastiest diet Ready to transform the way you've been preparing dinner? Then it's time to dive into the Mediterranean Diet Cookbook For Dummies! You'll learn to bring home the flavors of Italy, Greece, Spain, Morocco, Lebanon, and southern France, as you discover the cuisine that's been shown to reduce the risk of heart attack, diabetes, and cognitive decline while delivering extraordinary, authentic flavors. Unlike many of the quick fix and fad diets on the market today, Mediterranean cooking styles contribute to long-term, healthy lifestyles by focusing on fruits and vegetables, legumes, whole grains, olive oils, and moderate amounts of protein and animal fats. And you'll learn how to combine and prepare these ingredients into delicious recipes, while tapping into the mindful eating habits of the Mediterranean. In this book you'll explore: Over one hundred and fifty tasty recipes you can cook for any meal of the day Brand-new updates regarding time-saving multi-cooker directions, the latest on the on-going supportive wellness research around the Mediterranean diet, and how to effectively plan and prep over a month of quick & easy Mediterranean meals Mindful eating and living approaches to savor and enjoy the foods and lifestyle of the Mediterranean Mediterranean Diet Cookbook For Dummies is the perfect hands-on guide for anyone looking for an introduction to the Mediterranean cuisine, as well as those already familiar with the diet but need some fresh recipe ideas.

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Denise Hazime, 2014-04-01 Transform your health with over 200 mouth-watering Mediterranean diet recipes The Mediterranean diet is one of the healthiest diets on the planet, and science has proven that it not only can help people lose weight, but it can also benefit people with serious health issues including diabetes, high blood pressure, and coronary artery disease. But what makes the Mediterranean diet so amazing is that it's absolutely delicious! With an emphasis earthy spices, fruits and vegetables, whole grains and legumes, seafood, lean meats, and generous amounts of olive oil, every recipe in Idiot's Guides: Mediterranean Diet Cookbook is flavorful and satisfying, with an emphasis on using whole foods and healthy fats. Here's what you'll find inside: Over 200 Mediterranean recipes, each with complete nutrition information, for breakfasts, salads, soups and stews, appetizers, vegetarian entrees, fish and meat entrees, and desserts Insight on the benefits of the Mediterranean diet is, the history of the diet, and how it works Helpful, practical tips for transitioning to the diet and sticking with it Guidance on cooking the Mediterranean way, sourcing key ingredients and stocking your pantry, and eating out while you're following the diet

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This number is only on the rise, and it isn't just because of all the processed foods out there. Many children grow up with no understanding of how the foods they eat affect their body, and they find themselves lost when they have to take things into their own hands. Eva Iliana has compiled not only delicious recipes that your kids will love, but she has also proven ways you can start the nutrition discussion and enable them to take an active role in their health. In Mediterranean Kids Lunch Break, you will discover: 45 simple, easy-to-prepare, delicious recipes to start the day off strong and keep that momentum going Why it's so important to talk with your kids about food openly and honestly--and the danger of labeling foods as good or bad The not-so-secret reason why the Mediterranean diet is associated with longer life, healthier hearts, and clearer minds How small changes to snacking habits can create a big impact over the course of a lifetime Exactly what you'll need to keep a pantry that enables you and your family to make healthy eating easy and painless Various ways to get your child involved in the cooking process, with specific pointers for different age groups Why you don't need to give up ice cream, pasta, or burgers to adopt a healthy diet How to make the transition to a balanced, wholefood-based diet when your kids are already used to their favorite foods And much more. Changing your child's eating habits for the better doesn't have to mean spending hours poring through recipe books and trying to figure out whether those organic snacks are actually good for them. You can lay the groundwork for a healthy attitude towards food, without lectures or rigid meal plans. If you're ready to unlock the secrets of the Mediterranean diet for your child and put them on a path to better health, then scroll up and click the "Add to Cart" button right now.

mediterranean diet chicken recipes easy: Low Carb Eating:: How a Wheat Free Menu, or Mediterranean Diet Can Help with Weight Loss Judy Lance, 2017-05-15 Low Carb Eating How a Wheat Free Menu, or Mediterranean Diet Can Help with Weight Loss With obesity running rampant in North America, it is really no surprise that there are so many new diets coming to light. Keeping this in mind, eating low carb might be one of the best things you can do. Within the pages of this ebook you will find plenty of recipes for food low in carbs, and as you probably know, there are plenty of favorable side effects associated with a low carb diet. Low carb weight loss is one of course, but overall, people claim to feel much better when they are eating foods with low carbs. This book contains recipes and low carb eating ideas along with medical advice that will give you a decent perspective on the entire diet. Right now, there are far too many falling victim to obesity simply because the available foods are high in carbohydrates, sugar, and fats that the body simply doesn't need. While it might be more convenient to eat at that fast food restaurant or buy that pre-packaged meal, you will find that getting back to a more fundamental diet is to your benefit. As you work your way through this book and try all of the different recipes, you will find that you feel considerably better, and you might even try mixing and matching the different recipes. It's an amazing system backed up by medical evidence. If you're ready to embark on a dietary journey for the ages, then you are absolutely ready to take advantage of this compilation of culinary genius. Sticking with your diet might prove to be a bit of a challenge, but you can overcome those challenges and give yourself the life you deserve. After all, isn't it about time you had something that you deserve? It's all in this book - or at least most of it.

mediterranean diet chicken recipes easy: The Complete Idiot's Guide to the Mediterranean Diet Chef Stephanie Green, Kimberley A. Tessmer, R.D., L.D., 2010-12-07 Healthy food = healthy lifestyle Based on a nutritional principle time-tested for success for literally thousands of years, the Mediterranean Diet consists of a balance of all food groups with an emphasis on foods with high Omega-3 fat content such as fish, beans, and olive oil. The Complete Idiot's Guide® to the Mediterranean Diet introduces the healthy cuisine enjoyed in countries such as Spain, Southern France, Italy, Greece, Turkey, and much of the Middle East. • Features more than 75 delicious, easy to prepare recipes-each with a complete nutritional breakdown of fats and calories-and daily meal plans • Easy step-by-step shopping and preparation tips and instructions • Detailed chapters about food groups and nutrition

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Berman, 2024-09-17 Your companion to the easy, family-friendly diet that anyone can follow The Mediterranean Diet incorporates the foods and eating habits of the Mediterranean to improve your health and promote longevity. Mediterranean Diet For Dummies shows you that you don't have to give up the things you love to live a healthy lifestyle. This easy-to-follow, sustainable diet focuses on plant-based foods and healthy fats, while still letting you enjoy favorites like meat and cheese, in moderation. Discover the proven benefits of the popular Mediterranean Diet, including reduced risk of chronic health conditions like heart disease and diabetes. Rachel Berman, a registered dietitian and recognized national nutrition expert, walks you through the latest research on this diet. You'll also find recipes and meal plans to help you get started on any budget. Find out why so many people are switching to a Mediterranean Diet, and get clear advice that will make it easy for you to switch, too. Learn how the Mediterranean Diet can improve your health and extend your life Get easy-to-understand summaries of the latest research on the diet, including its benefits for brain health Discover the pros and cons of adapting the Mediterranean Diet to fit your lifestyle Follow recipes and meal plans that take the guesswork out of healthy eating If you want or need to change your diet, this Dummies guide can be an important step toward a healthier lifestyle.

mediterranean diet chicken recipes easy: Mediterranean diet cookbook Celine Claire, 2022-05-14 This ebook gives the definition, benefits, and recipes in the Mediterranean diet. Pros of eating a Mediterranean diet. • It lets you eat only what you love. The Mediterranean diet comprises a variety of whole, fresh foods, making it easy for you to build some good food options from the diet. The foods that make up this diet just need minor tweaks. For instance, instead of a sausage and pepperoni pizza, you can choose one diet fully piled with veggies. You are free to include a lot of food types in a meal. When you fill-up your meal with fresh foods like fruit and vegetables, they will help you build volume into your meals so that you can consume fewer calories. • The diet is low in saturated fat. The Mediterranean diet saves you from constant hunger since it has a variety of healthy fats in it. The diet limits large amounts of red or processed meats, which helps you consume more monounsaturated fatty acids like nuts, avocado, and olive oil. These fatty acids reduce cholesterol intake, which is high in saturated fats. • The Mediterranean diet lowers the risk of getting cancer. A growing number of studies indicate that people following a Mediterranean diet have a lower chance of getting colon cancer, prostate cancer, and some neck and head cancers. These studies were published in September 2016 in the British Journal of Cancer, in the European Journal of Cancer Prevention in September 2017, and in the Journal of Urology in February 2018 One skillet Mediterranean chicken recipe This recipe is ideal for dinner. It's packed with veggies and proteins, and fresh herbs that will be ready in less than 30 minutes. Course: Main Dish. Cuisine: American. Preparation time: 5 minutes. Cooking time: 25 minutes. Servings: 5. Ingredients - A tablespoon of olive oil. - A teaspoon of olive oil. - 1½ pounds of boneless skinless chicken tenderloins. - One medium red onion, which is chopped. - A teaspoon of minced garlic. - A can of petite diced tomatoes (15 ounces with liquid) - ½ cup of sliced California ripe black olives. - A tablespoon of fresh oregano. - A tablespoon of fresh basil. - A cup of halved cherry tomatoes, which are either yellow or red. - Pepper/salt to taste. Instructions - In a large cast-iron skillet, heat a tablespoon of olive oil over medium heat. When the oil is hot, add the chicken tenderloins and sauté until it is browned through. Do this for about 10 minutes, stirring often. Remove the chicken and put it on a plate. - Add the teaspoon of olive oil and onions to the skillet. Add the garlic and cook for one more minute. Add the canned tomatoes and olive and spices. Cook for 6 to 8 minutes. - Add the chicken tenderloins and tomato halves and heat through. - Serve over rice or potatoes. Translator: Celine Claire PUBLISHER: TEKTIME

mediterranean diet chicken recipes easy: Good Food: Healthy chicken recipes Good Food Guides, 2014-03-27 Packed full of recipes for succulent and wholesome chicken dishes for all occasions -whether you fancy a quick and delicious dinner but want to avoid the takeaway, want a healthy and satisfying lunch for work or just want to tuck in to your favourite meal without feeling guilty. From food perfect for feeding a crowd to fuss-free and scrumptious one-pan dishes, Healthy chicken recipes is the perfect companion for mouth-watering chicken dishes every time.

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mediterranean diet chicken recipes easy: Food for the Brain Joseph Veebe, Do you worry about cognitive and mental decline as you get older? Do you worry about dementia? A healthy brain is a key to a high-quality life, especially when you get older. How can we nourish our brain the same way we nourish our bodies? Nature provides for foods that nourish both the body and brain. Most often the focus of the diet is physical nourishment, - muscle building, weight loss, energy, athletic performance, and many others. Similar to foods that help the body, there are many foods that help the brain, improve memory and help slow down the aging process. While it is normal to have your physical and mental abilities somewhat slow down with age, diseases such as Alzheimer's and Parkinson's accelerate these declines even more. As we age, brain function decline accelerates, and more and more brain cells eventually die over time. In a normal brain (one not impacted by Alzheimer's or dementia); your brain may compensate for the loss of nerve cells in many ways: •As the brain loses some of its nerve cells, it attempts to make connections between remaining nerve cells •The brain may form totally new nerve cells especially, in cases, where one is learning a new language, a new musical instrument, or something that has not been done before. Learning something new most often results in new brain connections and new nerve cells. •In addition, some of brain's "unused" or redundant cells come into play as they are now activated Besides losing cells, and brain attempting to compensate them, there may be other impacts to the brain due to age such as: •Blood flow to the brain decreases •Nerve cells may lose some of the signal receptors for messages coming out of senses such as eyes, ear, skin etc. •Nerves conduct/transmit signals more slowly. This can cause a slower response, or increased reaction time or slow reflexes •Short term memory, vocabulary, ability to learn new things are impacted With regular exercises, strength training, practicing martial arts, and other physical activities can arrest the physical decline. This book's primary focus is on managing the decline in mental and brain function through diet and contains the following: •Characteristics of foods that help in keeping your brain healthy and young Brain healthy foods including meats, fruits, vegetables, spices, herbs and seafood •Supplements to improve memory, cognition and support brain health •Mediterranean diet recipe ideas •DASH diet recipe ideas •Asian diet recipe ideas •Brain boosting supplements and recommendations products and dosage •References Food for the brain is an easy read and gives you a number of ideas to keep your brain healthy and is a useful book in your healthy living toolbox.

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