**Mediterranean Diet Recipes**

1. Greek Chicken Pasta <http://allrecipes.com/Recipe/Greek-Chicken-Pasta>
   1. Modifications: Use 12 oz instead of 16 oz of pasta, using bowtie pasta mixes easier with other ingredients than linguine; use 2 tomatoes instead of 1
2. Mediterranean Quinoa Salad <http://allrecipes.com/Recipe/Mediterranean-Quinoa-Salad>
3. Greek Salad <http://allrecipes.com/Recipe/Greek-Salad-V>
4. Green Beans and Feta <http://allrecipes.com/Recipe/Aricas-Green-Beans-and-Feta>
   1. Modification: Use chicken broth instead of white wine
5. Bean Tacos
6. Apricot-Almond Cobbler <http://www.myrecipes.com/recipe/apricot-almond-cobbler-10000001935278/>
   1. Modifications: use light olive oil instead of butter; use white whole wheat flour instead of all-purpose
7. Dressings-
   1. yogurt fruit dressing <http://recipefinder.nal.usda.gov/recipes/splendid-fruit-salad>
      1. Modifications: Use Greek yogurt instead of regular yogurt; Use 2 T of orange juice
   2. cilantro lime <http://allrecipes.com/Recipe/Cilantro-Lime-Dressing>
   3. balsamic <http://allrecipes.com/Recipe/Mamas-Balsamic-Vinaigrette>

**Tacos de Frijoles Fresco**

Pico de Gallo

1. 4 Roma tomatoes, chopped
2. ½ cup chopped onion
3. 1 jalapeno, seeded and minced
4. ½ cup cilantro, chopped
5. Juice from 1 lime
6. Salt to taste

Mix all ingredients together.

Refried Beans

1. 2 tablespoons olive oil
2. ½ cup chopped onion
3. 1 clove garlic
4. 1 can (14 oz) pinto beans
5. 1 small can diced green chile

Saute oil and garlic in olive oil in skillet using medium heat. Add beans with liquid and chile. Smash beans in skillet with potato masher. Simmer until enough liquid is evaporated that it’s the consistency for refried beans.

Tacos

1. 1 tablespoon olive oil
2. 8 corn tortillas
3. Refried beans
4. Shredded Monterey jack cheese
5. Pico de gallo

Rub corn tortillas with olive oil. Heat in skillet on medium heat until soft and light brown spots appear. Put ¼ cup refried beans in tortillas. Add cheese and pico de gallo. Fold over.