



12 Mediterranean Recipes for Whole-Body Wellness

Delicious breakfasts, lunches & dinners

recipes by
EatingWell





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*A health-promoting diet focuses on a variety of nutrient-dense foods, including vegetables, fruits, whole grains, lean proteins, and healthy fats from nuts and plant oils. Limit intake of both saturated fat and added sugars to less than 10% of your daily calories, and sodium to less than 2,300 mg per day. 2,000 calories a day is used for general nutrition advice, but your calorie and other nutrient needs may vary. For dietary guidance specific to you, consult a healthcare provider.

Greek Walnut Spice Cake

SERVES: 12 | ACTIVE: 45 minutes TOTAL: 2 hours

A rich, flavorful syrup infuses this Mediterranean-inspired walnut coffee cake with the bright aroma of oranges and cloves. Heart-healthy olive oil and whole-grain barley flour add subtle complexity and texture to this nutty treat.

Cake

1¼ cups coarsely chopped walnuts, divided
1½ cups white whole-wheat flour
½ cup barley flour
2 teaspoons baking powder
1 teaspoon ground cinnamon
¾ teaspoon ground cloves
½ teaspoon baking soda
¼ teaspoon ground nutmeg
¼ teaspoon salt

2 large eggs, at room temperature
¾ cup packed dark or light brown sugar
⅔ cup low-fat Greek yogurt
2 teaspoons freshly grated orange zest
½ cup orange juice
¼ cup extra-virgin olive oil

Syrup

⅓ cup orange juice
¼ cup packed dark or light brown sugar
1 small strip orange zest (1-by-1-inch)
2 whole cloves

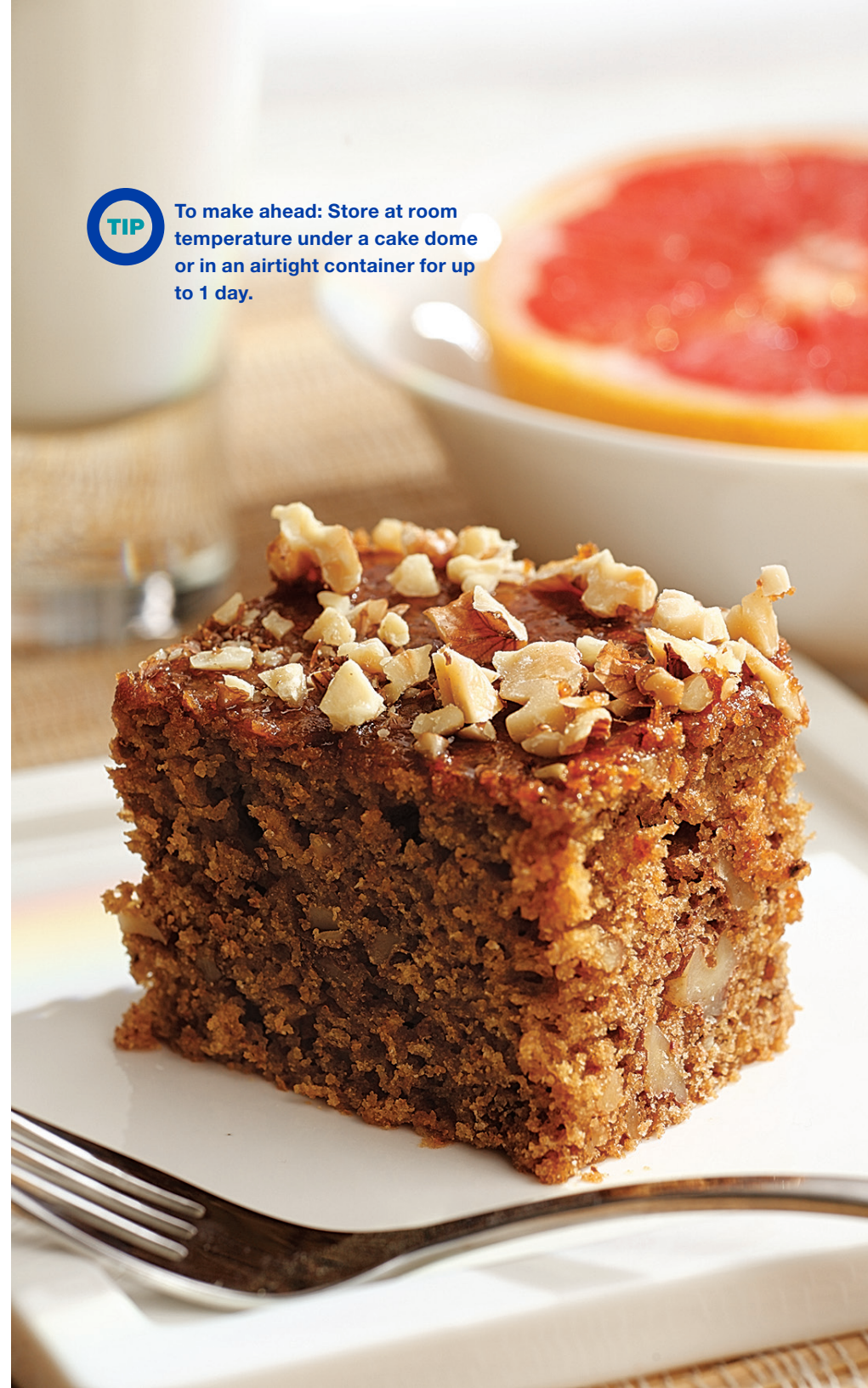
- 1. To prepare cake:** Preheat oven to 350°F. Coat an 8-inch-square glass baking dish with cooking spray and dust it with flour, shaking out the excess.
- Spread walnuts on a baking sheet and toast, stirring once halfway, until fragrant, about 7 minutes. Transfer to a plate to cool. Reduce oven temperature to 325°F.
- Whisk whole-wheat flour, barley flour, baking powder, cinnamon, cloves, baking soda, nutmeg and salt in a large bowl. Whisk eggs and brown sugar in a medium bowl until thoroughly blended. Combine yogurt with orange zest and juice in a small bowl and stir until smooth; gradually whisk into the egg mixture along with oil. Add the wet ingredients to the dry ingredients in 2 additions, stirring well in between until just blended. Fold in 1 cup of the walnuts. Spread the batter into the prepared pan.
- Bake the cake until a wooden skewer or toothpick inserted into the center comes out with just a few moist crumbs attached, 35 to 45 minutes.
- 5. To prepare syrup:** Meanwhile, combine ⅓ cup orange juice, ¼ cup brown sugar, orange zest strip and cloves in a small heavy saucepan; bring to a boil over medium-high heat, stirring a few times. Adjust heat to maintain a simmer and cook until thickened, 4 to 5 minutes (you will have a scant ⅓ cup); remove the zest and cloves. Let cool.
- When the cake is done, transfer the pan to a wire rack. Using a toothpick, pierce the top in about 18 places and brush the syrup over the cake 3 or 4 times, allowing it to seep in each time. Sprinkle with the remaining ¼ cup walnuts and let cool for 30 minutes; loosen the edges with a knife; cut into 12 squares. Enjoy warm or room temperature.

SERVING SIZE: 1 slice

CAL 294 / FAT 14g (sat 2g) / CHOL 36mg / CARBS 38g / FIBER 3g / TOTAL SUGARS 20g / PROTEIN 7g / SODIUM 215mg / POTASSIUM 166mg / FOLATE 22mcg / CALCIUM 64 mg



To make ahead: Store at room temperature under a cake dome or in an airtight container for up to 1 day.



Flourless Blender Zucchini Muffins

SERVES: 12 | ACTIVE: 20 minutes | TOTAL: 50 minutes

The batter for these healthy gluten-free zucchini muffins comes together in a flash in your blender. And these tasty treats are baked in a mini muffin tin, so they're the perfect snack or quick breakfast. The chocolate chips are an optional but excellent addition.

- 1½ cups rolled oats
- 1 teaspoon baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1 medium zucchini, shredded (about 1½ cups)
- 2 large eggs
- ⅓ cup packed brown sugar
- 3 tablespoons canola oil
- 1 teaspoon vanilla extract
- ½ cup mini chocolate chips (optional)

1. Preheat oven to 350°F. Coat a 24-cup mini muffin tin with cooking spray.
2. Pulse oats in a blender until finely ground. Add baking powder, cinnamon, baking soda and salt; pulse once or twice to blend. Add zucchini, eggs, brown sugar, oil and vanilla; puree until smooth. (The batter will be wet.) Stir in chocolate chips, if using. Fill the prepared muffin cups.
3. Bake until a toothpick inserted in the center comes out clean, 15 to 17 minutes. Cool in the pan on a wire rack for 5 minutes, then turn out to cool completely.

SERVING SIZE: 2 mini muffins

CAL 108 / FAT 5g (sat 1g) / CHOL 31mg / CARBS 14g / FIBER 1g / TOTAL SUGARS 7g /
PROTEIN 3g / SODIUM 130mg / POTASSIUM 101mg / IRON 1mg / FOLATE 13mcg /
CALCIUM 41mg



People with celiac disease or gluten sensitivity should use oats that are labeled "gluten-free," as oats are often cross-contaminated with wheat and barley.



Italian Pesto Chicken Salad

SERVES: 6 | ACTIVE: 20 minutes | TOTAL: 20 minutes

Prepared pesto is the secret ingredient in this lightened-up, healthy creamy chicken salad recipe. For the prettiest dressing, go for a bright-green colored pesto. Serve the salad open-face on toasted bread or scoop it on top of fresh salad greens.

- ½ cup nonfat plain Greek yogurt
- ⅓ cup mayonnaise
- 2 tablespoons minced shallot
- 2 tablespoons pesto
- 2 teaspoons lemon juice
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 3 cups shredded or chopped cooked chicken
- 1 cup packed coarsely chopped arugula
- ½ cup halved cherry tomatoes
- 3 tablespoons toasted pine nuts

1. Combine yogurt, mayonnaise, shallot, pesto, lemon juice, salt and pepper in a large bowl. Stir in chicken, arugula and tomatoes. Top with pine nuts. Serve at room temperature or refrigerate until cold, about 2 hours.

SERVING SIZE: ¾ cup

CAL 209 / FAT 16g (sat 3g) / CHOL 0mg / CARBS 3g / FIBER 1g / TOTAL SUGARS 1g /
PROTEIN 13g / SODIUM 358mg / POTASSIUM 217mg / PHOSPHORUS 149mg / IRON 1mg /
FOLATE 11mcg / CALCIUM 73mg



To make ahead: Refrigerate for up to 3 days.





Sheet-Pan Pork & Cherry Tomatoes

SERVES: 4 | ACTIVE: 15 minutes | TOTAL: 35 minutes

Rutabaga is a root vegetable that tastes like a combination of cabbage and turnips. Start roasting it in the oven first while you prep the tomatoes and pork. As the tomatoes cook, they burst and create a delicious sauce to mix with the balsamic vinegar at the end.

- 1 pound rutabaga, peeled and cut into ½-inch wedges
- 2 tablespoons extra-virgin olive oil, divided
- ¾ teaspoon salt, divided
- ¾ teaspoon ground pepper, divided
- 4 cups cherry tomatoes, halved
- 1¼ pounds pork tenderloin medallions, 1 inch thick
- ½ teaspoon ground coriander
- ½ teaspoon dried sage
- 3 tablespoons balsamic vinegar

1. Preheat oven to 425°F.
2. Toss rutabaga with 1 tablespoon oil and ¼ teaspoon each salt and pepper in a large bowl. Spread evenly on a rimmed baking sheet. Roast for 15 minutes.
3. Toss tomatoes with the remaining 1 tablespoon oil and ¼ teaspoon each salt and pepper in the bowl. Stir into the rutabaga on the baking sheet.
4. Sprinkle pork with coriander, sage and the remaining ¼ teaspoon each salt and pepper. Place on top of the vegetables. Roast until the pork is cooked and the vegetables are tender, 10 to 15 minutes more.
5. Transfer the pork to a serving platter. Stir vinegar into the vegetables and serve with the pork.

SERVING SIZE: 4 oz. pork & 1 cup vegetables

CAL 288 / FAT 11g (sat 2g) / CHOL 76mg / CARBS 17g / FIBER 4g / TOTAL SUGARS 10g /
PROTEIN 30g / SODIUM 518mg / POTASSIUM 1109mg / FOLATE 43mcg / CALCIUM 71mg



Mediterranean Meatball Soup

SERVES: 6 | ACTIVE: 25 minutes | TOTAL: 1 hour

Baking the meatballs develops flavor and helps them keep their shape once they're added to the soup.

- ¾ cup soft whole-wheat breadcrumbs**
- ¼ cup refrigerated or frozen egg product, thawed, or 1 large egg, lightly beaten**
- 4 cloves garlic, minced, divided**
- 2 teaspoons snipped fresh rosemary or ½ teaspoon dried rosemary, crushed, divided**
- ¼ teaspoon ground black pepper**
- 1 pound 90%-lean (or higher) ground beef**
- 1 tablespoon olive oil**
- 3 medium carrots, peeled and coarsely chopped**
- 2 medium yellow and/or red bell peppers, cut into bite-size strips**
- 1 medium onion, chopped**
- 2 cups reduced-sodium beef stock**
- 2 cups water**
- 1 15-ounce can great northern beans, rinsed and drained**
- ½ cup quick-cooking barley**
- 4 cups baby spinach**

- 1.** Preheat oven to 350°F. In a large bowl, combine breadcrumbs, egg, 2 cloves minced garlic, 1 teaspoon fresh rosemary (or ¼ teaspoon dried) and black pepper. Add ground beef; mix well. Shape the meat mixture into 1½-inch meatballs. Place the meatballs on a foil-lined baking sheet. Bake for about 15 minutes or until done (internal temperature is 160°F); set aside.
- 2.** In a 5- to 6-quart Dutch oven, heat oil over medium heat. Add carrots, bell peppers, onion and the remaining 2 cloves minced garlic; cook for 5 minutes, stirring occasionally. Add stock, water, beans, barley and the remaining 1 teaspoon fresh rosemary (or ¼ teaspoon dried). Bring to a boil; reduce heat. Cover and simmer for about 15 minutes or until barley is tender.
- 3.** Add meatballs to the soup; heat through. Stir in spinach just before serving.

SERVING SIZE: 1½ cups

**CAL 301 / FAT 10g (sat 3g) / CHOL 49mg / CARBS 31g / FIBER 7g / TOTAL SUGARS 4g /
PROTEIN 25g / SODIUM 400mg / POTASSIUM 780mg**





Mediterranean-Stuffed Chicken

SERVES: 4 | ACTIVE: 20 minutes | TOTAL: 35 minutes

Stuffing is a great way to add tons of flavor to mild meat like chicken breast. Use toothpicks to keep the filling in if you're afraid it will fall out.

- 4 skinless, boneless chicken breast halves (1 to 1½ pounds total)
- ¼ cup crumbled reduced-fat feta cheese (1 ounce)
- ¼ cup finely chopped, drained marinated artichoke hearts
- 2 tablespoons finely chopped, drained roasted red peppers
- 2 tablespoons thinly sliced green onion
- 2 teaspoons snipped fresh oregano or ½ teaspoon dried oregano, crushed
- ⅓ teaspoon ground black pepper

1. Using a sharp knife, cut a pocket in each chicken breast by cutting horizontally through the thickest portion to, but not through, the opposite side. Set aside.
2. In a small bowl, combine feta, artichoke hearts, roasted peppers, green onion and oregano. Spoon evenly into pockets in chicken breasts. If necessary, secure openings with wooden toothpicks. Sprinkle chicken with black pepper.
3. Coat a large nonstick skillet with cooking spray; preheat over medium heat. Add chicken. Cook for 12 to 14 minutes or until no longer pink (170°F), turning once.

SERVING SIZE: 1 stuffed chicken breast

CAL 171 / **FAT** 5g (sat 2g) / **CHOL** 68mg / **CARBS** 2g / **FIBER** 0g / **TOTAL SUGARS** 3g / **PROTEIN** 28g / **SODIUM** 226mg / **POTASSIUM** 320mg



Grilling directions: Place chicken on the rack of an uncovered charcoal grill directly over medium coals. Grill for 12 to 15 minutes or until chicken is no longer pink (170°F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place chicken on grill rack over heat. Cover and grill as above.)





Mediterranean Portobello Mushroom Pizzas with Arugula Salad

SERVES: 4 | ACTIVE: 35 minutes | TOTAL: 45 minutes

Roasted portobello mushrooms stand in for pizza crust in these comforting individual "pizzas." An easy arugula side salad makes a vibrant accompaniment.

- | | |
|-----------------------------------------------------------------------|-----------------------------------------------------|
| 8 large portobello mushroom caps (about 4 ounces each), gills removed | 1 14-ounce can artichoke hearts, rinsed and chopped |
| 2 tablespoons olive oil plus 1 teaspoon, divided | ½ cup shredded part-skim mozzarella cheese |
| ½ teaspoon ground pepper, divided | ¼ cup crumbled feta cheese |
| ½ cup pizza or tomato sauce | ½ teaspoon dried Italian seasoning |
| 2 cups lightly packed baby spinach, chopped | 1 tablespoon lemon juice |
| ½ cup sun-dried tomatoes (about 8), chopped | 2 cups lightly packed baby arugula |
| | ¼ cup fresh basil leaves, thinly sliced |

1. Preheat oven to 400°F. Line a large baking sheet with foil and set a wire rack on it. Brush tops of portobello caps with 1 tablespoon oil and place them, undersides-up, on the rack. Roast for 10 minutes. Flip and roast for 5 minutes more.
2. Remove the portobellos from the oven and carefully flip them back over so that the undersides are up. Season with ¼ teaspoon pepper. Spread 1 tablespoon sauce inside each cap. Divide spinach, sun-dried tomatoes, artichokes, mozzarella, and feta among the caps. Sprinkle with Italian seasoning. Return the portobellos to the oven and bake until the cheese is melted and starting to brown, 10 to 15 minutes.
3. Meanwhile, whisk the remaining 1 tablespoon plus 1 teaspoon oil, the remaining ¼ teaspoon pepper, and lemon juice in a medium bowl. Add arugula and toss to coat.
4. Garnish the portobello pizzas with basil and serve with the arugula salad.

SERVING SIZE: 2 portobello pizzas and ½ cup arugula salad
CAL 264 / FAT 13g (sat 4g) / CHOL 15mg / CARBS 25g / FIBER 7g / TOTAL SUGARS 11g /
PROTEIN 14g / SODIUM 554mg / POTASSIUM 1036mg

TIP To remove gills from the underside of portobello caps, scrape them off gently with the tip of a spoon. While the gills are edible, removing them makes room for the stuffing (the gills can also discolor other ingredients they touch).



Salmon with Lemon-Herb Orzo & Broccoli

SERVES: 4 | ACTIVE: 25 minutes | TOTAL: 25 minutes

This healthy salmon dish is as balanced as it is delicious. You add broccoli right into the pot along with the pasta during its last minute of cooking to save time here. One less thing to wash too!

- 1 cup orzo, preferably whole-wheat
- 2 cups chopped broccoli (about ½ head)
- 3 tablespoons extra-virgin olive oil, divided
- 1¼ pounds skin-on salmon fillet, cut into 4 portions, patted dry
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 4 tablespoons chopped fresh herbs, such as tarragon, chives and/or parsley
- 2 teaspoons lemon zest
- 1 teaspoon lemon juice

1. Bring 2 quarts water to a boil in a large saucepan. Add orzo and cook according to package directions, adding broccoli for the last minute of cooking. Drain and rinse with cold water.
2. Meanwhile, heat 1½ teaspoons oil in a large nonstick skillet over medium-high heat. Sprinkle salmon with ¼ teaspoon each salt and pepper. Add to the pan, skin-side up, and cook until golden brown, 3 to 5 minutes. Flip and cook until the flesh is opaque, 3 to 5 minutes, depending on thickness.
3. Whisk 2 tablespoons oil, herbs, lemon zest, lemon juice and the remaining ¼ teaspoon each salt and pepper in a medium bowl. Add the orzo and broccoli; stir until combined.
4. Serve the orzo mixture with the salmon and drizzle with the remaining 1½ teaspoons oil.

SERVING SIZE: 4 oz. salmon & ¾ cup orzo

CAL 425 / FAT 17g (sat 3g) / CHOL 66mg / CARBS 32g / FIBER 8g / TOTAL SUGARS 1g / PROTEIN 35g / SODIUM 371mg / POTASSIUM 675mg



One-Pan Garlicky Shrimp & Rice

SERVES: 4 | ACTIVE: 25 minutes | TOTAL: 35 minutes

This one-pan shrimp and rice recipe makes a great weeknight dinner with easy cleanup. The garlic mellows as it cooks and infuses its flavor into the sweet shrimp and rice in the pan. A squeeze of lemon at the end brightens up the dish.

3 small scallions	2 cups water
5 medium cloves garlic, divided	½ teaspoon salt
2 tablespoons extra-virgin olive oil	12 ounces medium peeled, deveined raw shrimp
2 small bell peppers, chopped	2 tablespoons butter
2 teaspoons grated lemon zest	2 teaspoons lemon juice
¼ teaspoon crushed red pepper	Lemon wedges for serving
1 cup long-grain white rice	

1. Slice white and light green parts of scallions; set aside. Thinly slice dark green scallion parts; set aside. Thinly slice 4 garlic cloves; set aside. Grate the remaining garlic clove using a Microplane grater; set aside.
2. Heat oil in a large, deep nonstick skillet with a tight-fitting lid over medium-high heat. Add the white and light green scallion slices, bell peppers, lemon zest, crushed red pepper and the sliced garlic. Cook, stirring occasionally, until the peppers slightly soften, 5 to 6 minutes. Add rice; cook, stirring constantly, for 1 minute. Stir in water and salt; bring the mixture to a simmer over medium-high heat. Cover and reduce heat to low. Cook, undisturbed, until the rice is tender, about 20 minutes, arranging shrimp on top of the mixture (do not stir in) during the final 5 minutes of cook time. Remove from heat; let stand, covered, until the shrimp are cooked through, about 5 minutes.
3. Combine butter, lemon juice and the grated garlic in a small microwaveable bowl. Microwave on High until the butter is melted, about 25 seconds. Stir the mixture and drizzle over the shrimp. Sprinkle with the reserved dark green scallion slices. Fluff the rice (do not stir in the shrimp) using a fork. Serve with lemon wedges, if desired.

SERVING SIZE: 1⅓ cups

CAL 383 / FAT 14g (sat 5g) / CHOL 122mg / CARBS 47g / FIBER 3g / TOTAL SUGARS 4g / PROTEIN 17g / SODIUM 426mg





One-Pot Lemon-Broccoli Pasta with Parmesan

SERVES: 4 | ACTIVE: 20 minutes | TOTAL: 20 minutes

This hearty pasta dish with bright, fresh flavor is ideal for busy weeknights. The Parmesan adds welcome saltiness and notes of umami and you get added texture from the slight crunch of broccoli and whole-wheat noodles. Add some shredded rotisserie chicken, grilled shrimp or crispy chickpeas to punch up the protein.

- 2 tablespoons extra-virgin olive oil
- 1 medium shallot, minced
- 2 cloves garlic, minced
- 8 ounces whole-wheat rotini or farfalle pasta
- 1¾ cups water
- 1½ cups low-sodium vegetable broth
- 1 tablespoon lemon zest
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 1 10-ounce package frozen broccoli florets, thawed and coarsely chopped
- ⅓ cup grated Parmesan cheese
- 4 teaspoons lemon juice, or more to taste

1. Heat oil in a large saucepan over medium heat. Add shallot and cook, stirring, until starting to soften, about 2 minutes. Add garlic and cook, stirring, until fragrant, about 30 seconds. Add pasta, water, broth, lemon zest, salt and pepper. Cover and bring to a boil. Uncover, reduce heat to medium-high and cook, stirring frequently, for 10 minutes. Add broccoli and cook, stirring, until heated through, 2 to 3 minutes. Remove from heat and stir in Parmesan and lemon juice.

SERVING SIZE: 1⅓ cups

CAL 210 / **FAT** 10g (sat 2g) / **CHOL** 6mg / **CARBS** 24g / **FIBER** 5g / **TOTAL SUGARS** 2g / **PROTEIN** 9g / **SODIUM** 451mg / **POTASSIUM** 257mg / **IRON** 2mg / **FOLATE** 51mcg / **CALCIUM** 100mg



Fish Amandine

SERVES: 4 | ACTIVE: 15 minutes | TOTAL: 20 minutes

In this quick dinner recipe, fresh tilapia fillets are dipped in a buttermilk-panko coating, sprinkled with almonds and Parmesan, drizzled with melted butter and crushed red pepper and baked until flakey. It may sound complicated, but it takes just 20 minutes from start to finish!

- 4** skinless tilapia, trout or halibut fillets (1 pound total), ½- to 1-inch thick
- ¼** cup buttermilk
- ½** cup panko breadcrumbs or fine dry breadcrumbs
- 2** tablespoons chopped fresh parsley or 2 teaspoons dried parsley
- ½** teaspoon dry mustard
- ¼** teaspoon salt
- ¼** cup sliced almonds, coarsely chopped
- 2** tablespoons grated Parmesan cheese
- 1** tablespoon butter, melted
- ⅛** teaspoon crushed red pepper

- 1.** Preheat oven to 450°F. Coat a shallow baking pan with cooking spray; set aside. Measure thickness of fish.
- 2.** Pour buttermilk into a shallow dish. In another shallow dish, combine breadcrumbs, parsley, dry mustard and salt. Dip fish into buttermilk, then into crumb mixture, turning to coat. Place coated fish in the prepared baking pan.
- 3.** Sprinkle fish with almonds and Parmesan cheese; drizzle with melted butter. Sprinkle with crushed red pepper. Bake 4 to 6 minutes per ½-inch thickness of fish or until fish flakes easily when tested with a fork.

SERVING SIZE: 3 ounces cooked fish

CAL 209 / **FAT** 9g (sat 3g) / **CHOL** 67mg / **CARBS** 7g / **FIBER** 1g / **TOTAL SUGARS** 1g / **PROTEIN** 26g / **SODIUM** 302mg / **POTASSIUM** 414mg / **Iron** 1mg / **FOLATE** 34mcg / **CALCIUM** 70mg





Raspberry-Pistachio Greek Yogurt Bark

SERVES: 32 | ACTIVE: 10 minutes | TOTAL: 3 hours 10 minutes

Mix Greek yogurt with sweet jam and crunchy pistachios and freeze so you can break into chunks just like chocolate bark (but healthier!). This colorful snack or healthy dessert is perfect for kids and adults alike. Use full-fat yogurt to ensure the creamiest bark possible.

- 3 cups whole-milk plain Greek yogurt
- 2 tablespoons pure maple syrup or honey
- 1 teaspoon vanilla extract
- 2 tablespoons no-sugar-added raspberry jam
- ¼ cup chopped pistachios

1. Line a rimmed baking sheet with parchment paper.
2. Combine yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Dot the jam all over the surface and swirl with a knife. Sprinkle with pistachios.
3. Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces.

SERVING SIZE: One 1¾-by-2½-inch piece

CAL 31 / FAT 1g (sat 1g) / CHOL 3mg / CARBS 3g / FIBER 0g / TOTAL SUGARS 2g /
PROTEIN 2g / SODIUM 8mg / POTASSIUM 37mg / IRON 0mg / FOLATE 1mcg /
CALCIUM 26mg



To make ahead: Freeze airtight between sheets of parchment paper for up to 1 month; let stand at room temperature for 15 minutes before serving.



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