



— Food for Health —

Wellness Newsletter

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Savor the Mediterranean

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To eat is a necessity, but to eat intelligently is an art.

— François de La Rochefoucauld

How to Add the Mediterranean Diet to Your Lifestyle

When you hear the word “diet,” you probably think of calorie counting, long lists of forbidden foods, and much shorter lists of “allowed” foods. Perhaps you’ve even tried your fair share of popular diets, and the thought of entertaining another one is enough to make you polish off a pint of ice cream.

Relax, put down the spoon, and let’s consider how Merriam-Webster defines “diet.”

1. Food and drink regularly provided or consumed
2. Habitual nourishment

The words “regularly” and “habitual” describe more of a lifestyle, or pattern of eating. One such lifestyle is the Mediterranean diet—a balanced way of eating reflecting the traditional food patterns of those countries surrounding the Mediterranean, like Greece, Italy, Spain, and Morocco.

A great body of scientific research supports the health benefits of the Mediterranean diet, including:

- Longer lifespan
- Improved brain function
- Lower risk of heart disease, diabetes, certain cancers, metabolic syndrome, Alzheimer’s, and Parkinson’s disease
- Lower LDL cholesterol and blood pressure
- Improved weight control
- Prevention of depression
- Reduced risk of dental disease

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The good news is, when you eat according to the seven Fx Pillars, you're also following a Mediterranean-style plan. Both emphasize a plant-based, whole food approach, while leaving room for your favorite foods in moderation.

The 10 Tenets of the Mediterranean Diet

If you are curious and would like to make your diet more Mediterranean in nature, follow these guidelines.

- 1. Drink water as your predominant beverage.**
- 2. Shop for whole, unprocessed foods and prepare them simply.**
Try one of my favorite super simple 10-minute recipes for Cherry Quinoa Salad (recipe in this newsletter). Feel free to use the fresh berry of your choice. Sliced strawberries are amazing in this recipe.
- 3. Aim for more leafy greens, fruits, vegetables, whole intact grains and legumes (beans, peas and lentils).** A simple time-saving meal prep tip for legumes is to boil up a bag of Heinen's dried lentils (10-15 minutes) then drain and store in a glass container in the refrigerator for use in meals throughout the week. Add to salads, sauces, cooked veggie dishes, and soups!
- 4. Use only small amounts of healthy fat with meals, including extra virgin olive oil, olives, nuts, seeds, and avocados.** Blend half of a small avocado and a spoonful of Heinen's fresh ground walnut butter to your favorite smoothie for just the right amount of healthy omega-3 fat to keep you satisfied for hours.
- 5. Focus on fish as the preferred animal protein, especially those high in omega-3 fats like anchovies, herring, mackerel, salmon, sardines, trout, and tuna.**

For a perfectly seasoned Mediterranean salmon recipe, turn to the last page of this newsletter. Wild Planet canned mackerel is another omega-3-rich fish you can easily add to salads or as a topping for pasta.

- 6. Eat poultry, eggs, cheese, and yogurt in moderation.**
Choosing pasture-raised dairy means more omega-3 fats compared to conventional dairy. For a healthy breakfast or lunch, add a handful of walnuts to a container of low-sugar Painterland Sisters Skyr yogurt. Only 5 grams of added sugar and a whopping 16 grams of protein per container.
- 7. Flavor your foods with herbs and spices versus salt, sauces, and gravies.** Fresh basil, parsley, and cilantro are three of my favorite herbs to flavor meals as Mother Nature intended. I also benefit from the inflammation-fighting power of my daily smoothie by blending in a one-inch piece of fresh turmeric and ginger.

Dried herbs and spices work just as well! To make your own seasoning blend, save empty glass spice containers and fill them up with a combination of your favorite herbs and spices. Shake on salads and other savory dishes for a salt-free flavor boost. My recent creation is an oregano, crushed rosemary, garlic powder, and turmeric mix!
- 8. Enjoy at least one vegetarian meal per week.** You'll be surprised at how simple plant-based meals are to prepare. A great example is the Mediterranean Chickpea Skillet featured in this newsletter.

9. Eat very little red meat.

If you choose to eat red meat, look for "100% grass-fed" beef. This means the cattle consumed only grass, forage, or hay for their entire lives, never receiving grain or being confined to a feedlot. Heinen's Organic Grass Fed Beef, Pre Beef, Force of Nature are three quality sources you can find in Heinen's Meat Department.

10. Eat sweets sparingly.

We're talking about cookies and cakes here. Let nothing stop you from satisfying your sweet tooth with some of my Fx-Approved favorites: Dates, figs, fresh cut melons, and pineapple. I've also never refused a quality dark chocolate in my time of need. I'm loving the 82% cacao Alter Eco Classic Blackout chocolate bar these days.

And of course, I wouldn't be doing my job if I didn't tell you about my secret obsession with Mush Dark Chocolate Overnight Oats—a decadent little treat sweetened only with dates and found in Heinen's Dairy Department. Give it a try, and you'll see what I mean!

Key Takeaway

The evidence is clear that eating more plants is the way to go! Whether Mediterranean or Fx, when you adopt a lifestyle of eating more vegetables and fruits, an interesting phenomenon occurs. Processed foods with little nutritional value will push themselves off your plate with zero effort on your part. Now that's a diet I can get behind. How about you?



Mel's Product Picks

Root Foods Chips

Root Foods takes a healthier approach to snack foods with hand-sliced fresh vegetables from small family-owned farms, cooked slowly at low temperatures to retain nutrients, then finished with a touch of avocado oil and a sprinkle of sea salt (only 15-30 mg of sodium per serving).

Root Foods veggie chips are free of gluten, dairy, pesticides, and GMOs. Look for them in Heinen's Wellness department in these four varieties: Six Mix (okra, zucchini, green bean, green bell pepper, asparagus, and broccoli), Beet, Onion, and Zucchini.



Honey Mama's Fudge Bars

The ultimate sweet treat you can feel good about! These Oregon-based bars are made without refined sugar, gluten, dairy, soy, stabilizers, emulsifiers, or additives. Instead, they start with a base of organic raw honey and cold-pressed virgin coconut oil swirled together with dark cocoa powder. The texture is compared to brownie batter or fudge. Yum!

To keep their form Honey Mama's bars should be refrigerated. You can find them in the Dairy department of your local Heinen's in these decadent flavors: Chocolate Cake, Peanut Butter Cup, Girl Scout Thin Mints, Salted Almond.

MEDITERRANEAN CHICKPEA SKILLET



The following recipe and photography were provided courtesy of Julia of A Cedar Spoon.

Prep time: 10 minutes; Cook time: 15 minutes; Servings: 4

Fresh vegetables like zucchini, bell peppers, carrots and squash are sautéed with diced tomatoes and warm spices and finished off with chickpeas and greens.

Ingredients

FOR THE CHICKPEA SKILLET

- 3 Tbsp. Heinen's extra virgin olive oil
- 1-16 oz. can chickpeas, drained and rinsed
- 3 garlic cloves, minced
- 1 small shallot, finely diced or 1 cup of red onion, finely chopped
- 1 small zucchini, sliced into rounds
- 1 small yellow squash, sliced into rounds
- 1 bell pepper, seeds removed, thinly sliced (I like to use 1/2 of yellow and 1/2 red)
- 1 large carrot, peeled and sliced into rounds
- 1/2 tsp. cumin
- 1/2 tsp. turmeric
- 1 tsp. coriander
- 1/2 tsp. paprika
- 1/4 tsp. cinnamon
- 1/4 tsp. thyme
- 1 can diced tomatoes, drained
- 1/2 lemon, juiced
- 1 cup of greens (kale, spinach or arugula work nicely)
- Salt and pepper, to taste

GARNISHES

- Fresh parsley, chopped
- Green onions, chopped
- Feta cheese, crumbled
- Dollop of Greek yogurt

Instructions

1. In a large skillet, heat the olive oil over medium heat.
2. Add the garlic and sauté for 2-3 minutes. Add the shallot and continue to sauté for another 2-3 minutes or until shallot is fragrant and soft.
3. Add the zucchini, squash, bell pepper, carrot, cumin, turmeric, coriander, paprika, cinnamon and thyme and sauté for another 5-7 minutes or until the vegetables are soft.
4. Add the diced tomatoes, lemon juice and greens and simmer for 2 minutes.
5. Add the chickpeas and stir to mix.
6. Season with salt and pepper to taste.
7. Serve warm with fresh parsley, green onion, feta cheese and a dollop of Greek yogurt.

CHERRY QUINOA SALAD

The following recipe and photography were provided by our partner, Megan Weimer of Dollop of Dough.

Prep time: 10 minutes;
Servings: 2

Served as a refreshing main dish, a simple side, or meal-prepped for lunch, this salad is a delicious way to enjoy fresh cherries from Heinen's Produce Department.

Ingredients

FOR THE SALAD

- 2 packs Heinen's organic cooked red and white quinoa
- 2-1/2 cups fresh cherries, pitted and halved
- 3/4 cup fresh parsley, finely chopped
- 1/4 cup fresh mint leaves, finely chopped

FOR THE DRESSING

- 1/4 cup Heinen's extra virgin olive oil
- Zest and juice of 1 lime
- Salt, to taste
- Black pepper, to taste



Instructions

1. Combine quinoa, chopped cherries, parsley, and mint in a large bowl. Set aside.
2. For the dressing, whisk the olive oil, lime zest, and lime juice in a small bowl until combined. Add salt and pepper to taste.
3. Pour the dressing over the salad and toss well.
4. Serve and enjoy!

MEDITERRANEAN SALMON

The following recipe and photography were provided courtesy of Julia of A Cedar Spoon.

Prep time: 15 minutes; Cook time: 20 minutes; Servings: 4

Fresh salmon fillets are brushed with an olive oil lemon glaze and topped with delicious vegetables, olives, feta cheese and fresh herbs.

Ingredients

- 4 Columbia River King salmon fillets

FOR THE LEMON SAUCE

- 1/4 cup of Heinen's extra virgin olive oil
- Juice of 1 lemon, plus 1 tsp. of lemon zest
- 1 tsp. dried oregano
- 1 tsp. dried parsley
- 1/4 tsp. salt
- 1/8 tsp. black pepper

FOR THE GREEK TOPPING

- 1/2 of an English cucumber, diced
- 2 cups of cherry tomatoes, sliced in half
- 4-5 green onions, green and white parts chopped
- 1/4 cup of red onion, diced
- 1 cup of kalamata olives, halved
- 1 cup of feta cheese, crumbled
- 1/4 cup fresh parsley, chopped

Instructions

1. Preheat the oven to 450°F.
2. Combine the lemon sauce ingredients in a small bowl (olive oil, lemon juice and lemon zest, dried oregano, dried parsley, salt and pepper) and mix well.
3. Brush each salmon fillet with the lemon sauce on both sides.



4. Place salmon, skin-side-down on a non-stick baking sheet. Bake the salmon for about 12-14 minutes, or until the salmon is cooked through and reaches an internal temperature of 145°F.
5. While the salmon cooks, combine the Greek topping ingredients in a medium bowl (English cucumber, tomatoes, green onion, red onion, kalamata olives, feta cheese and fresh parsley).
6. Remove the salmon from the oven and top each salmon fillet with a spoonful of the Greek topping. Serve warm.



Club Fx is a FREE program for Heinen's Tasteful Rewards members that offers education, nutrition tips, product recommendations and recipe inspiration for customers to live their healthiest lives. Interested in becoming a Club Fx member? Update your Tasteful Rewards account to ensure you get our weekly emails and access to personalized nutrition services!