



Signature Greek Recipes



Cranberry and Feta Salad with Dijon Vinaigrette

Prep Time: 15 min. | Makes: 4 servings.

What You Need

- 1 bag (10 oz.) mixed salad greens
- 1 cup dried cranberries
- 1 pkg. (4 oz.) ATHENOS Traditional Crumbled Feta Cheese
- ½ cup walnut pieces, toasted
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. honey
- 1 tsp. Dijon mustard
- ¼ tsp. ground black pepper
- ¼ cup extra virgin olive oil

Make It

TOSS greens with cranberries, cheese and walnuts in salad bowl.

BEAT vinegar, honey, mustard and pepper with wire whisk until well blended. Gradually add oil, beating until well blended.

POUR over salad; toss to coat.

Make it a Main Dish

Add 6 oz. of grilled chicken breast.



Serving Suggestion

Serve with a whole-wheat roll.

How to Toast Nuts

Spread walnuts in single layer on baking sheet. Bake at 350°F for 5 minutes or until lightly toasted.

Nutrition Information

Per Serving: 430 calories, 29g total fat, 6g saturated fat, 0g trans fat, 20mg cholesterol, 360mg sodium, 36g carbohydrate, 5g dietary fiber, 28g sugars, 9g protein, 25%DV vitamin A, 15%DV vitamin C, 15%DV calcium, 6%DV iron.



Heirloom Tomato Salad

Prep Time: 10 min. | Makes: 4 servings, 1 cup each

One taste of these fresh, juicy tomatoes with tangy cheese and fresh herbs, and you'll never want summer to end. Unadorned, flat-out fab.

What You Need

1 lb. mixed fresh tomatoes, chopped
½ cup thinly sliced red onions
¼ cup ATHENOS Crumbled Feta Cheese with Basil & Tomato
¼ cup Italian dressing
2 Tbsp. chopped fresh basil
2 Tbsp. chopped fresh parsley

Make It

COMBINE ingredients.

Note

Use a variety of different colored and shaped tomatoes when making this seasonal salad. Just chop, quarter or halve the tomatoes depending on their size.

Make Ahead

Salad can be made ahead of time. Prepare as directed, but do not add cheese. Refrigerate up to 8 hours. Toss with cheese just before serving.



Nutrition Bonus

The tomatoes in this delicious salad are a good source of both vitamins A and C.

Nutrition Information Per Serving

(Reg ATHENOS Crumbled Feta Cheese with Basil & Tomato and reg KRAFT Italian Dressing): 120 calories, 8g total fat, 2g saturated fat, 0g trans fat, 10mg cholesterol, 230mg sodium, 8g carbohydrate, 2g dietary fiber, 5g sugars, 3g protein, 25%DV vitamin A, 35%DV vitamin C, 6%DV calcium, 4%DV iron.

Exchange: 1 Vegetable, 2 Fat



Bacon-Wrapped Feta & Almond-Stuffed Dates

Prep Time: 20 min. | Total Time: 35 min. | Makes: 16 servings.

What You Need

16 large Medjool dates
2 oz. (1/2 of 4-oz. pkg.) ATHENOS
Mild Feta Cheese
32 skinless almonds
8 slices bacon, cut in half

Make It

HEAT oven to 425°F.

CUT slit in long side of each date, being careful to not cut completely through date. Remove and discard pits. Cut cheese into 16 (1x1/4-inch) sticks. Stuff each date with cheese and 2 nuts.

WRAP 1 bacon piece around each date, completely enclosing cheese. Place on rack of broiler pan.

BAKE 14 to 15 min. or until bacon is crisp, turning after 8 min. Cool 5 min; transfer to plate. Serve warm or at room temperature.



Substitute

Prepare using ATHENOS Traditional Crumbled Feta Cheese.

Nutrition Information Per Serving

110 calories, 3.5g total fat, 1g saturated fat, 0g trans fat, 5mg cholesterol, 115mg sodium, 19g carbohydrate, 2g dietary fiber, 16g sugars, 3g protein, 0%DV vitamin A, 0%DV vitamin C, 4%DV calcium, 2%DV iron.



Green Bean & Feta Salad

Prep Time: 20 min. | Makes: 10 servings.

What You Need

2 lb. fresh green beans
1 pkg. Cheese Garlic salad dressing Mix
½ cup ATHENOS Traditional Crumbled Feta Cheese
¼ cup chopped red onion
¼ cup chopped fresh dill

Make It

COOK beans in boiling water 7 min. or until crisp-tender. Drain; rinse with cold water. Meanwhile, prepare salad dressing as directed on pkg.

TOSS beans with the cheese, onion and dill. Add prepared dressing; mix lightly.

SERVE immediately. Or, cover and refrigerate several hours or until chilled.

Best of Season

Select fresh green beans that have firm, smooth, brightly colored pods. They should be crisp enough to snap when bent in half.

Nutrition Information Per Serving

150 calories, 12g total fat, 2.5g saturated fat, less than 5mg cholesterol, 390mg sodium, 8g carbohydrate, 3g dietary fiber, 3g sugars, 3g protein, 15%DV vitamin A, 15%DV vitamin C, 6%DV calcium, 6%DV iron.



Pan-Fried Greek Potatoes

Prep Time: 10 min. | Cook Time: 25 min. | Makes: 4 servings.

What You Need

4 slices bacon, chopped
2 medium potatoes, thinly sliced
¼ cup green onion slices
1 pkg. (4 oz.) ATHENOS Crumbled
Feta Cheese with Basil & Tomato

Make It

COOK and stir bacon in large nonstick skillet on medium-high heat until bacon is crisp. Remove bacon with slotted spoon to paper towel, reserving drippings in skillet.

ADD potatoes to skillet. Reduce heat to medium-low; cook 15 min. or until potatoes are tender, stirring occasionally. Add onions; cook and stir 2 min. Remove from heat.

STIR in cheese until well blended.

Size-Wise

Enjoy your favorite foods on occasion, but keep portion size in mind.

Substitute

Prepare as directed, using crumbled ATHENOS Feta Cheese with Peppercorn.

Nutrition Information Per Serving

260 calories, 20g total fat, 10g saturated fat, 40mg cholesterol, 530mg sodium, 12g carbohydrate, 2g dietary fiber, less than 1g sugars, 10g protein, 6%DV vitamin A, 10%DV vitamin C, 15%DV calcium, 4%DV iron.



Grilled Steak with Tzatziki Salad

Prep Time: 25 min. plus marinating | Total Time: 55 min. (incl. marinating) |
Makes: 6 servings.

What You Need

½ cup steak sauce
¼ cup fresh lemon juice, divided
1 Tbsp. olive oil
5 cloves garlic, minced, divided
1 boneless beef sirloin steak (1-1/2 lb.)
1 cup sour cream
¼ cup chopped fresh dill
2 large cucumbers, peeled, seeded and sliced
1 cup thinly sliced onions
¼ cup ATHENOS Traditional Crumbled Feta Cheese
6 whole wheat pita breads, halved

Make It

MIX steak sauce, 2 Tbsp. lemon juice, oil and 1 tsp. garlic; pour 1/4 cup over steak in shallow dish. Turn steak to evenly coat both sides. Refrigerate 30 min. to marinate.

HEAT grill to medium heat. Remove steak from marinade; discard marinade. Grill steak 10 to 12 min. or until medium doneness (160°F), turning after 6 min. Meanwhile, mix remaining lemon juice, garlic, sour cream and dill in medium bowl. Cut cucumber slices in half. Add to sour cream mixture with onions and cheese; mix lightly.

TRANSFER steak to cutting board; let stand 5 min. Cut steak across the grain into thin slices; drizzle with remaining steak sauce mixture. Serve in pitas topped with cucumber salad.

How to Use Your Broiler

Marinate steak as directed. Heat broiler. Place steak on rack of broiler pan sprayed with cooking spray. Broil, 4 inches from heat, 8 to 10 min. on each side or until medium doneness (160°F).

Grilling Facts

Cooking the meat at a higher temperature than recommended will overcook or char the meat, poultry or fish before the interior reaches desired doneness. Check the owner's manual for specific grilling information.



Grilled Steak with Tzatziki Salad cont.

Substitute

Prepare using plain nonfat Greek-style yogurt for the Sour Cream.

Nutrition Information Per Serving

450 calories, 17g total fat, 8g saturated fat, 0g trans fat, 90mg cholesterol, 790mg sodium, 45g carbohydrate, 6g dietary fiber, 5g sugars, 30g protein, 8%DV vitamin A, 15%DV vitamin C, 10%DV calcium, 25%DV iron.



Greek Omelet with Feta

Prep Time: 20 min. | Makes: 2 servings

What You Need

1 cup tightly packed baby spinach leaves
2 Tbsp. chopped red onions
½ tsp. minced garlic
2 Tbsp. chopped seeded tomatoes
2 eggs
2 Tbsp. fat-free milk
¼ cup ATHENOS Traditional Crumbled Feta Cheese, divided

Make It

COOK spinach, onions and garlic in small nonstick skillet on medium heat 4 min. or until onions are crisp-tender, stirring frequently. Stir in tomatoes.

WHISK eggs and milk until blended. Add to skillet; tilt skillet to evenly coat spinach mixture. Cook 2 to 3 min. or until eggs are almost set, occasionally lifting edge with spatula and tilting skillet to allow uncooked portion to flow underneath. Top with 3 Tbsp. cheese; cook 1 to 2 min. or until eggs are set but top is still slightly moist.

SLIP spatula underneath omelet, tip skillet to loosen and gently fold omelet in half. Remove from heat. Sprinkle with remaining cheese; cut in half.

To Double

Prepare using a medium nonstick skillet and doubling all ingredients. Makes 4 servings.

Serving Suggestion

Serve with fresh fruit or vegetables.

Nutrition Bonus

Start your day off right with this delicious omelet that's high in vitamin A, thanks to the spinach.



Greek Omelet with Feta cont.

How to Make Perfect Scrambled Eggs

The secret to successfully scrambling eggs is to cook them slowly over medium heat. Resist the temptation to rush the cooking process by using high heat as this results in overcooked, rubbery eggs.

Nutrition Information Per Serving

140 calories, 8g total fat, 3.5g saturated fat, 0g trans fat, 200mg cholesterol, 300mg sodium, 4g carbohydrate, 1g dietary fiber, 2g sugars, 12g protein, 45%DV vitamin A, 6%DV vitamin C, 15%DV calcium, 8%DV iron.
Exchange: 2 Meat (L), 1 Fat



Greek Pizza

Prep Time: 10 min. | Total Time: 20 min. | Makes: 4 servings

A colorful medley of roasted red peppers, kalamata olives and artichokes is a perfect complement to the bright flavors of tzatziki and feta cheese.

What You Need

1 ready-to-use baked pizza crust (12 inch)
¼ cup tzatziki
¼ cup drained roasted red peppers, cut into strips
¼ cup chopped drained marinated artichoke hearts
2 Tbsp. halved kalamata olives
1 pkg. (4 oz.) ATHENOS Traditional Crumbled Feta Cheese
4 tsp. fresh lemon juice
1 green onion, sliced

Make It

HEAT oven to 450°F.

SPREAD crust with tzatziki; top with next 4 ingredients.

BAKE directly on oven rack 8 to 10 min. or until cheese is softened and edge of crust is golden brown. Drizzle with lemon juice; sprinkle with onions.



Food Facts

Feta is Greek for "piece" or "slice," and refers to an important step in the process of making this delicious cheese.

Variation

For a softer pizza crust, place pizza on baking sheet before baking as directed.

Food Facts

Made with yogurt, dill and cucumbers, tzatziki is a traditional Greek condiment that adds irresistible flavor to this easy-to-make pizza. Look for tzatziki in the refrigerated section of your grocery store.

Nutrition Information Per Serving: 340 calories, 13g total fat, 5g saturated fat, 0g trans fat, 20mg cholesterol, 910mg sodium, 42g carbohydrate, 1g dietary fiber, 2g sugars, 15g protein, 15%DV vitamin A, 20%DV vitamin C, 15%DV calcium, 8%DV iron.



Mediterranean Turkey Sliders

Prep Time: 15 min. | Makes: 6 servings, 2 sliders each

Miniature turkey patties are flavored with ATHENOS Feta Cheese and sun-dried tomatoes, then topped with spinach, roasted red peppers and a flavorful tzatziki sauce.

What You Need

- 1 lb. ground turkey
- 2 Tbsp. drained and chopped oil-packed sun-dried tomatoes
- 1 Tbsp. chopped fresh parsley
- 2 tsp. minced garlic
- ½ cup plus 3 Tbsp. ATHENOS Traditional Crumbled Feta Cheese, divided
- ¼ cup plus 2 Tbsp. tzatziki
- 12 slider buns
- 1 cup tightly packed baby spinach leaves
- ¼ cup small roasted red pepper strips

Make It

HEAT oven to 450°F.

MIX turkey, tomatoes, parsley, garlic and 1/2 cup cheese just until blended; shape into 12 (1/2-inch thick) patties. Place on baking sheet sprayed with cooking spray.

BAKE 8 to 10 min. or until done (165°F). Meanwhile, combine

remaining cheese and tzatziki; spread onto cut sides of buns.

FILL buns with burgers, spinach and peppers.

Cooking Ground Meat

Ground beef, veal, lamb and pork should be cooked to an internal temperature of 160°F, while ground chicken and turkey should be cooked to an internal temperature of 165°F. For accurate results, use a digital instant-read food thermometer, inserting tip 1/2 inch into center of meat. If the meat piece is too thin to check from the top, insert thermometer sideways into the piece of meat.

Substitute

Substitute your favorite salad greens for the spinach.



Mediterranean Turkey Sliders cont.

Note

If this recipe makes more than what you need, you can freeze part of the turkey mixture for up to 1 month. Thaw in refrigerator before using as directed. You can then shape the turkey mixture into patties as directed, or instead shape it into meatballs or a meatloaf and bake at 350°F until done.

Nutrition Information Per Serving

390 calories, 14g total fat, 3.5g saturated fat, 0g trans fat, 60mg cholesterol, 610mg sodium, 40g carbohydrate, 3g dietary fiber, 8g sugars, 29g protein, 25%DV vitamin A, 15%DV vitamin C, 20%DV calcium, 15%DV iron.



5-Layer Greek Dip

Prep Time: 10 min. | Makes: 2 cups or 16 servings, 2 Tbsp. and 11 pita chips each

Dip right in! This bright Mediterranean combo brings smarts to snacking. Authentic Greek

What You Need

1 pkg. (7 oz.) ATHENOS Original Hummus
1 pkg. (4 oz.) ATHENOS Traditional Feta Cheese, crumbled
½ cup chopped tomatoes
¼ cup chopped cucumbers
2 Tbsp. sliced kalamata olives
ATHENOS Pita Chips Original

Make It

SPREAD hummus onto bottom of 9-inch pie plate.

COVER with layers of remaining ingredients.

SERVE with chips.

Substitute

Substitute kalamata olives for the black olives.

Nutrition Bonus

Enjoy a taste of the Mediterranean, while still eating right, with a serving of this delicious dip.



Nutrition Information Per Serving (Dip with Athenos Pita Chips)

170 calories, 7g total fat, 1.5g saturated fat, 5mg cholesterol, 440mg sodium, 22g carbohydrate, less than 1g dietary fiber, 1g sugars, 5g protein, 2%DV vitamin A, 6%DV vitamin C, 6%DV calcium, 4%DV iron.

Exchange: 1-1/2 Starch, 1 Fat



Roasted Beet & Carrot Salad

Prep Time: 20 min. | Bake Time: 30 min. | Total Time: 50 min. | Makes: 6 servings.

What You Need

6 fresh beets (1 lb.), peeled, cut into 1/4-inch-thick slices
1 Tbsp. olive oil, divided
4 large carrots, peeled, cut diagonally into thin slices
4 cups tightly packed torn mixed salad greens
2 radishes, thinly sliced
1/3 cup balsamic vinaigrette dressing
1/3 cup ATHENOS Crumbled Reduced Fat Feta Cheese

Make It

HEAT oven to 425°F.

TOSS beets with 1-1/2 tsp. oil; spread onto half of large rimmed baking sheet sprayed with cooking spray. Toss carrots with remaining oil; spread onto other side of baking sheet.

BAKE 25 to 30 min. or until tender. Cool 5 min.

COVER large platter with salad greens; top with roasted vegetables and radishes. Drizzle with dressing; top with cheese.

Special Extra

Season with freshly ground black pepper.

Substitute

Prepare using 4 large beets.

Nutrition Information Per Serving: 120 calories, 7g total fat, 1.5g saturated fat, 0g trans fat, less than 5mg cholesterol, 310mg sodium, 12g carbohydrate, 4g dietary fiber, 7g sugars, 3g protein, 110%DV vitamin A, 10%DV vitamin C, 6%DV calcium, 6%DV iron. Exchange: 2 Vegetable, 1-1/2 Fat

Nutrition Bonus: This vibrant vegetable salad is an excellent source of vitamin A from the carrots.



Bistro Chicken Pasta Salad

Prep Time: 25 min. | Total Time: 25 min. | Makes: 4 servings, about 1-1/3 cups each.

Full of Mediterranean flavors thanks to feta and fresh tomatoes and basil, this rivals a grilled

What You Need

2 cups cooked penne pasta
1 cup quartered cherry tomatoes
1 pkg. (4 oz.) ATHENOS Traditional Crumbled Feta Cheese
½ cup fat free Italian dressing
1/3 cup lightly packed fresh basil, cut into strips
¼ cup chopped red onions
¼ cup chopped sun-dried tomatoes (not oil packed)
1/2 lb. boneless skinless chicken breasts, grilled, cut into 1/4-inch-thick slices

Make It

COMBINE all ingredients except chicken.

TOP with chicken.

Make Ahead

Prepare as directed. Refrigerate several hours or until chilled.

Substitute

Prepare using ATHENOS Crumbled Feta Cheese with Basil & Tomato. Prepare using broiled chicken.

Nutrition Bonus

The cherry and sun-dried tomatoes team up to provide an excellent source of vitamin C in this fresh-tasting pasta salad.

Nutrition Information Per Serving

400 calories, 22g total fat, 6g saturated fat, 0g trans fat, 55mg cholesterol, 750mg sodium, 30g carbohydrate, 3g dietary fiber, 5g sugars, 23g protein, 20%DV vitamin A, 15%DV vitamin C, 10%DV calcium, 10%DV iron.



Easy Feta Chicken Bake

Prep Time: 10 min. | Total Time: 50 min. | Makes: 6 servings.

What You Need

6 small boneless skinless chicken breast halves (about 1-1/2 lbs.)
2 Tbsp. lemon juice, divided
1/4 tsp. salt
1/4 tsp. black pepper
1-1/2 cups (6 oz.) ATHENOS Traditional Crumbled Feta Cheese
1/4 cup finely chopped red pepper
1/4 cup finely chopped fresh parsley

Make It

PREHEAT oven to 350°F. Arrange chicken in 13x9-inch baking dish.

DRIZZLE with 1 Tbsp. of the lemon juice. Season with salt and black pepper. Top with feta cheese; drizzle with remaining 1 Tbsp. lemon juice.

BAKE 35 to 40 min. or until chicken is cooked through. Sprinkle with red pepper and parsley.



Substitute

Prepare as directed, using 6 skinless chicken thighs. Bake 40 to 45 min. or until cooked through.

Variation

Omit red pepper and parsley. Substitute 1/2 tsp. chopped fresh oregano for the salt and 1 pkg. (4 oz.) ATHENOS Traditional Crumbled Feta Cheese for the Feta Cheese with Basil & Tomato.

Nutrition Bonus

Enjoy this flavorful chicken bake because the red pepper is a good source of vitamin C.



Feta and Vegetable Rotini Salad

Prep Time: 30 min. plus refrigerating | Makes: 8 servings, about 1 cup each.

Dare we say WOW when talking about a pasta salad? In this case, absolutely. Zesty dressing, feta and crisp, fresh veggies unite for a zingy response to "What should I bring?"

What You Need

3 cups tri-colored rotini pasta,
cooked, cooled
1 cup ATHENOS Traditional
Crumbled Feta Cheese
1 cup halved cherry tomatoes
1 cup chopped cucumbers
½ cup sliced black olives
½ cup Italian dressing
¼ cup finely chopped red onions

Make It

COMBINE ingredients.
REFRIGERATE 1 hour.

Best of Season

Substitute other vegetables as desired. If cherry tomatoes are not available, use coarsely chopped plum tomatoes instead. Or, substitute chopped red and/or green peppers for the cucumbers.

Using Unpeeled Cucumbers

When using unpeeled cucumbers, be sure to scrub them before chopping. If the cucumber has been heavily waxed, then peel it before chopping it.



Variation

To make this delicious pasta salad a hit with your kids, omit olives and onions. Prepare using your favorite pasta shape and substituting cubed KRAFT Cheddar Cheese for the feta cheese.

Nutrition Bonus

This versatile easy-to-make side-dish salad can help you eat right.

Nutrition Information Per Serving

220 calories, 8g total fat, 3g saturated fat, 0g trans fat, 10mg cholesterol, 430mg sodium, 28g carbohydrate, 2g dietary fiber, 3g sugars, 8g protein, 8%DV vitamin A, 6%DV vitamin C, 8%DV calcium, 8%DV iron.

Exchange: 2 Starch, 1-1/2 Fat



Layered Hot Artichoke & Feta Dip

Prep Time: 15 min. | Total Time: 35 min. | Makes: 24 servings

This hot-layered dip has one delicious ingredient after another: Neufchatel and Parmesan cheeses, artichokes, garlic, red pepper, olives... Need we say more?

What You Need

- 1 pkg. (8 oz.) Neufchatel cheese, softened
- 1 can (14 oz.) artichoke hearts, drained, chopped
- ¼ cup grated Parmesan cheese
- 2 cloves garlic, minced
- 1 small red pepper, chopped
- 1 pkg. (3.5 oz.) ATHENOS Crumbled Reduced Fat Feta Cheese
- 1 Tbsp. sliced black olives
- ATHENOS Pita Chips Original

Make It

HEAT oven to 350°F.
MIX first 4 ingredients until blended.
SPREAD into 3-cup ovenproof dish; top with peppers and feta.
BAKE 20 min. or until heated through; top with olives. Serve with chips.

Make Ahead

Assemble dip as directed; refrigerate up to 8 hours. When ready to serve, bake, uncovered, at 350°F for 25 min. or until heated through.

Make it Easy

Do not layer ingredients in dish but combine all dip ingredients instead. Spread into 3-cup ovenproof serving dish, then bake as directed.

Special Extra

Serve with assorted cut-up fresh vegetables in addition to the chips.

Nutrition Information Per Serving (Neuf, Pita Chips)

120 calories, 6g total fat, 2g saturated fat, 0g trans fat, 10mg cholesterol, 330mg sodium, 14g carbohydrate, 1g dietary fiber, 1g sugars, 5g protein, 6%DV vitamin A, 4%DV vitamin C, 4%DV calcium, 4%DV iron. Exchange: 1 Starch, 1 Fat **Nutrition Bonus:** This hot dip, made with better-for-you products, not only tastes great but it also can be part of a healthful eating plan.



Asparagus Salad with Lemon & Feta

Prep Time: 15 min. | Makes: 6 servings.

What You Need

1-1/2 lb. fresh asparagus spears, trimmed
1 Tbsp. Dijon mustard
1 tsp. each zest and juice from 1 lemon, divided
3 Tbsp. olive oil
1/2 cup ATHENOS Traditional Crumbled Feta Cheese

Make It

BRING about 1/2 inch water to boil in large skillet. Add asparagus; cover. Simmer 3 to 4 min. or until asparagus is crisp-tender; drain. Rinse asparagus with cold water; drain well on paper towels.

MEANWHILE, mix mustard and lemon juice in small bowl. Gradually add oil, whisking constantly until well blended and thickened.

PLACE asparagus on plate; top with mustard sauce, cheese and lemon zest.



Special Extra

Sprinkle with cracked black pepper just before serving

How to Test For Doneness

Pierce the thickest part of the asparagus with the tip of sharp knife or fork. The asparagus is done when the stalk is just tender and meets the knife with slight resistance. Do not overcook the asparagus as this will cause the asparagus to become mushy.

Nutrition Information Per Serving (Feta)

110 calories, 9g total fat, 2.5g saturated fat, 0g trans fat, 10mg cholesterol, 190mg sodium, 4g carbohydrate, 2g dietary fiber, 2g sugars, 4g protein, 15%DV vitamin A, 4%DV vitamin C, 6%DV calcium, 10%DV iron. Exchange: 1 Vegetable, 1-1/2 Fat **Nutrition Bonus:** This lemony asparagus is a good source of both vitamin A and iron.



Strawberry-Feta Salad

Prep Time: 10 min. | Makes: 4 servings.

Zippy balsamic and feta pair tastily with walnuts and fresh strawberries for a memorable summer salad that can fit into your healthy eating plan.

What You Need

1 pkg. (5 oz.) mixed baby greens
1 cup sliced fresh strawberries
½ cup ATHENOS Traditional Crumbled Feta Cheese
3 Tbsp. coarsely chopped walnuts, toasted
¼ cup balsamic vinaigrette dressing

Make It

COMBINE all ingredients except dressing in large bowl.

ADD dressing just before serving; mix lightly.

Variation

Prepare using baby arugula instead of the mixed baby greens and/or toasted sliced almonds instead of the walnuts. Or, use your favorite combination of tender salad greens and toasted chopped nuts.



Special Extra

The walnuts can be glazed before adding to the salad. Just combine nuts and 2 Tbsp. sugar in skillet; cook and stir on medium heat 3 to 5 min. or until sugar is melted and nuts are evenly glazed. Cool completely.

Selecting Fresh Strawberries

When purchasing fresh strawberries, look for plump, brightly colored berries with a strong strawberry fragrance. Avoid berries with green or white patches, since strawberries will not ripen further after picking. If berries are prepackaged in plastic cartons, be sure to check the bottom for mushy berries or signs of mold. Store strawberries in the refrigerator and wash just before using.

Nutrition Information Per Serving: 150 calories, 11g total fat, 3g saturated fat, 0g trans fat, 10mg cholesterol, 350mg sodium, 8g carbohydrate, 2g dietary fiber, 5g sugars, 5g protein, 35%DV vitamin A, 45%DV vitamin C, 8%DV calcium, 4%DV iron. Exchange: 1/2 Starch, 2 Fat **Nutrition Bonus:** Not only are the greens in this refreshing salad rich in vitamin A, but the juicy strawberries are also an excellent source of vitamin C.



Greek-Style Burritos

Prep Time: 10 min. | Total Time: 38 min. | Makes: 6 servings.

What You Need

¼ cup Greek vinaigrette dressing
1 lb. boneless skinless chicken breasts, cut into bite-size pieces
2 cups cooked long-grain white rice
2 tsp. lemon zest
6 flour tortillas (8 inch)
1 pkg. (7 oz.) ATHENOS Roasted Red Pepper Hummus
1 pkg. (4 oz.) ATHENOS Traditional Crumbled Feta Cheese
1-1/2 cups tightly packed fresh spinach
½ cup plain nonfat Greek-style yogurt
1 tomato, chopped

Make It

HEAT oven to 350°F.

HEAT dressing in large nonstick skillet on medium-high heat. Add chicken; cook 6 min. or until done, stirring occasionally. Remove from heat. Add rice and zest; mix lightly.



SPREAD tortillas with hummus; top with chicken mixture, cheese and spinach. Fold in opposite sides of each tortilla, then roll up burrito-style. Place, seam-sides down, in single layer in casserole.

BAKE 20 min. or until heated through; top with yogurt and tomatoes.

Shortcut

Prepare using steam-in-the bag rice.

Nutrition Information Per Serving

480 calories, 17g total fat, 5g saturated fat, 60mg cholesterol, 880mg sodium, 49g carbohydrate, 4g dietary fiber, 3g sugars, 29g protein, 35%DV vitamin A, 15%DV vitamin C, 20%DV calcium, 20%DV iron. Exchange: 3-1/2 Starch, 3 Meat (L), 1-1/2 Fat **Nutrition Bonus:** Tempt your taste buds with these flavorful Greek-inspired burritos. Filled with lean meat and vegetables, they can help you eat right.



Refreshing Watermelon Salad

Prep Time: 10 min. | Makes: 4 servings, 1 cup each

It's been called everything from "refreshing" to "unexpectedly wonderful." Whatever you call it, feta, balsamic and fresh watermelon unite for a delightfully unique salad.

What You Need

3 cups chopped watermelon (3/4-inch chunks)
1 cup chopped cucumbers (1/4-inch chunks)
½ cup crumbled ATHENOS Traditional Crumbled Feta Cheese
2 Tbsp. chopped fresh mint
2 Tbsp. balsamic vinaigrette dressing

Make It

COMBINE ingredients.

Purchasing Cucumbers

Look for cucumbers that are dark green and firm; small bumps on the skin is normal.

Nutrition Bonus

Prepare this cool, refreshing salad on a hot summer day. As a bonus, the watermelon is a good source of both vitamins A and C.

Note

Instead of buying a whole watermelon to get the 3 cups chunks needed to prepare this recipe, you can purchase either a miniature watermelon or pre-cut watermelon pieces from your supermarket.

Nutrition Information Per Serving

110 calories, 6g total fat, 2.5g saturated fat, 0g trans fat, 10mg cholesterol, 270mg sodium, 12g carbohydrate, 1g dietary fiber, 9g sugars, 4g protein, 20%DV vitamin A, 15%DV vitamin C, 6%DV calcium, 4%DV iron.

Exchange: 1 Starch, 1 Fat



Greek Antipasto

Prep Time: 15 min. plus refrigerating | Makes: 24 servings.

Can't make it to Santorini? You'll get halfway there with each bite of this zesty, Mediterranean-inspired app.

What You Need

1 pkg. (4 oz.) ATHENOS Crumbled Feta Cheese with Lemon, Garlic & Oregano

½ cup chopped kalamata olives

½ cup chopped red onions

½ cup chopped roasted red peppers

½ cup Greek vinaigrette dressing

2 Tbsp. lemon zest

1 baguette (12 inch)

2 Tbsp. chopped Italian parsley

Make It

COMBINE feta, olives, onions and peppers in medium bowl. Add dressing and lemon zest; mix well. Refrigerate 1 hour.

HEAT broiler. Cut baguette into 48 (1/4 inch-thick) slices. Place in single layer in baking pans or on rack of broiler pan. Broil 1 to 1-1/2 min. on each side or until lightly toasted on both sides.



ADD parsley to feta mixture; mix lightly. Spoon 1 Tbsp. of the feta mixture onto each toast slice just before serving.

Special Extra

Feta mixture can be stored in refrigerator up to 24 hours before using as directed.

Nutrition Information Per Serving

90 calories, 3.5g total fat, 1g saturated fat, 0g trans fat, less than 5mg cholesterol, 250mg sodium, 12g carbohydrate, less than 1g dietary fiber, 0g sugars, 3g protein, 4%DV vitamin A, 6%DV vitamin C, 2%DV calcium, 4%DV iron.



Greek Feta Salad

Prep Time: 15 min. | Makes: 7 servings, 1 cup each.

What You Need

2 cucumbers, cut into bite-size chunks
4 plum tomatoes, cut into wedges
½ cup thinly sliced red onions
½ cup pitted kalamata olives
1/3 cup Greek dressing
1 cup ATHENOS Traditional Crumbled Feta Cheese

Make It

COMBINE first 4 ingredients in large bowl.

ADD dressing; toss to coat.

TOP with cheese just before serving.

Substitute

Prepare using KRAFT Zesty Italian Dressing.

Nutrition Bonus

Get more than 3/4 cup of the recommended 2-1/2 cups of vegetables per day in this Mediterranean-inspired side salad.



Nutrition Information Per Serving

140 calories, 10g total fat, 3g saturated fat, 0g trans fat, 15mg cholesterol, 440mg sodium, 8g carbohydrate, 2g dietary fiber, 4g sugars, 5g protein, 10%DV vitamin A, 15%DV vitamin C, 8%DV calcium, 4%DV iron. Exchange: 2 Vegetable, 2 Fat



Mediterranean Bean Salad

Prep Time: 10 min. | Makes: 6 servings, 1 cup each.

Bring a bowlful of color to your healthy eating plan. Food should look as good as it tastes, and this salad of beans, veggies and cheese delivers in every way.

What You Need

1 can (15 oz.) white kidney beans, drained
1 can (14 oz.) artichoke hearts, drained, quartered
1 cup halved cherry tomatoes
½ cup shredded Italian cheese blend
½ cup pitted black olives
¼ cup chopped red onions
2 Tbsp. chopped fresh parsley
1/3 cup sun dried tomato vinaigrette

Make It

COMBINE ingredients.

Special Extra

Add 1 can (5 oz.) solid white tuna, drained and separated into large chunks, to salad.

Make Ahead

Salad can be made ahead of time. Prepare as directed, but do not add cheese. Refrigerate up to 8 hours. Toss with cheese just before serving.

Nutrition Bonus

This flavorful salad is a good source of fiber from the beans.

Nutrition Information Per Serving

180 calories, 7g total fat, 2g saturated fat, 0g trans fat, 5mg cholesterol, 580mg sodium, 20g carbohydrate, 5g dietary fiber, 4g sugars, 9g protein, 10%DV vitamin A, 15%DV vitamin C, 15%DV calcium, 15%DV iron. Exchange: 1 Starch, 1 Vegetable, 1-1/2 Fat



Mediterranean Salad with Feta Cheese

Prep Time: 15 min. | Makes: 4 servings, about 2 cups each.

What You Need

4 cups mixed salad greens
1 cup chopped plum tomatoes
1 cup coarsely chopped pitted kalamata olives
1 medium avocado, peeled, pitted and chopped
1 pkg. (4 oz.) ATHENOS Traditional Crumbled Feta Cheese
 $\frac{3}{4}$ cup canned chickpeas (garbanzo beans), drained, rinsed
 $\frac{1}{2}$ cup thin red onion slices
 $\frac{1}{2}$ cup balsamic vinaigrette dressing

Make It

TOSS all ingredients except vinaigrette in large bowl; cover.

REFRIGERATE until ready to serve.

ADD vinaigrette; toss to coat.

Size-Wise

Enjoy your favorite foods on occasion, but keep portion size in mind. This salad recipe serves 4.

Storage Know-How

Sprinkle lettuce and other leafy greens lightly with water and store, loosely wrapped, in a plastic bag in the crisper drawer, or on the bottom shelf of the refrigerator.

Nutrition Information Per Serving

320 calories, 22g total fat, 6g saturated fat, 20mg cholesterol, 850mg sodium, 23g carbohydrate, 8g dietary fiber, 7g sugars, 10g protein, 30%DV vitamin A, 30%DV vitamin C, 15%DV calcium, 15%DV iron.



Shrimp with Tomato & Feta

Prep Time: 20 min. | Cook Time: 12 min. | Makes: 4 servings.

What You Need

½ cup chopped onions
2 Tbsp. oil
1 can (28 oz.) Italian-style plum tomatoes, drained, cut up
1/3 cup dry white wine
2 tsp. dried oregano leaves
1 lb. cleaned medium shrimp
1 pkg. (4 oz.) ATHENOS Traditional Crumbled Feta Cheese
2 Tbsp. chopped fresh parsley
2 cups hot cooked rice

Make It

COOK and stir onion in hot oil in large skillet on medium heat 3 min. Add tomatoes, wine and oregano; mix well. Reduce heat to low; cook 5 min. or until thickened, stirring occasionally.

ADD shrimp. Cook 3 min. or until shrimp are pink, stirring frequently.

SPRINKLE with cheese; cook 1 min. Stir in parsley. Serve over rice.



Special Extra

Garnish with fresh oregano just before serving.

Nutrition Bonus

Enjoy this low calorie meal that not only tastes good, but is good for you, too!

Nutrition Information Per Serving

380 calories, 15g total fat, 6g saturated fat, 5g polyunsaturated fat, 240mg cholesterol, 590mg sodium, 27g carbohydrate, 3g dietary fiber, 5g sugars, 32g protein, 35%DV vitamin A, 20%DV vitamin C, 15%DV calcium, 30%DV iron.

Exchange: 1 Starch, 2 Vegetable, 4 Meat (VL), 2-1/2 Fat



Greek Pepper Pitas

Prep Time: 15 min. | Total Time: 15 min. | Makes: 6 servings, 2 filled pita halves each.

What You Need

¾ lbs. cooked chicken breast
1 medium green pepper, chopped
1 medium red pepper, chopped
½ cup chopped seeded cucumber
1 pkg. (4 oz.) ATHENOS Traditional Crumbled Feta Cheese
1 can (2-1/4 oz.) sliced black olives, drained
½ cup Greek vinaigrette dressing
6 pita breads, cut in half

Make It

TOSS all ingredients except pita breads in large bowl.

FILL each pita half with about 1/2 cup of the chicken mixture.

Make Ahead

Chicken mixture can be prepared ahead of time; cover. Refrigerate several hours or overnight. Spoon into pitas just before serving.

Italian Pepper Pita

Prepare as directed, substituting 1/2 cup shredded Parmesan cheese for the feta cheese and Italian dressing for the Greek vinaigrette dressing.

Nutrition Information Per Serving

380 calories, 14g total fat, 4.5g saturated fat, 55mg cholesterol, 1340mg sodium, 39g carbohydrate, 3g dietary fiber, 3g sugars, 24g protein, 20%DV vitamin A, 90%DV vitamin C, 10%DV calcium, 15%DV iron.

