

# Mediterranean Diet 20-Minute Dinner Recipes: Top 25 Fast, Healthy, and Delicious Meals—Free PDF Download

## 1. Greek Chickpea Salad with Feta

### Ingredients:


- 1 can chickpeas (rinsed and drained)
- 1 cucumber (chopped)
- 1 cup cherry tomatoes (halved)
- ¼ red onion (thinly sliced)
- ¼ cup Kalamata olives
- ½ cup feta cheese (crumbled)
- 2 tbsp olive oil
- 1 tbsp lemon juice

- ½ tsp dried oregano

**Instructions:**

1. In a large bowl, combine chickpeas, cucumber, tomatoes, red onion, and olives.
2. Drizzle with olive oil and lemon juice.
3. Sprinkle with oregano and mix well.
4. Top with crumbled feta and serve chilled.

 Prep Time: 10 mins

 **Benefits:** High-fiber, heart-healthy, vegetarian

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## 2. Lemon Garlic Grilled Salmon

**Ingredients:**


- 2 salmon fillets
- 2 tbsp lemon juice
- 2 garlic cloves (minced)
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh parsley for garnish

**Instructions:**

1. Marinate salmon in lemon juice, garlic, olive oil, salt, and pepper for 5 mins.
2. Heat a skillet or grill pan over medium-high.
3. Cook salmon for 4–5 mins per side.

4. Garnish with parsley and serve with steamed veggies or quinoa.

 Prep Time: 15 mins

 **Benefits:** Omega-3s, anti-inflammatory

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### 3. Shakshuka (Eggs in Spiced Tomato Sauce)


#### Ingredients:

- 1 tbsp olive oil
- ½ onion (chopped)
- 1 garlic clove (minced)
- 1 bell pepper (chopped)
- 1 tsp paprika, ½ tsp cumin
- 1 can crushed tomatoes
- 3 eggs
- Fresh parsley

#### Instructions:

1. Heat oil, sauté onion, garlic, and bell pepper for 3–4 minutes.
2. Add spices and crushed tomatoes. Simmer for 5 mins.
3. Crack eggs into the pan, cover, and cook for 6–7 minutes.
4. Garnish and serve with whole-grain toast.

 Prep Time: 20 mins

 **Benefits:** High-protein, vegetarian, antioxidant-rich

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## 4. Zucchini Noodles with Pesto


### Ingredients:

- 2 zucchinis (spiralized)
- 1 cup cherry tomatoes
- ¼ cup pesto (store-bought or homemade)
- 2 tbsp pine nuts (optional)
- 1 tbsp olive oil

### Instructions:

1. Sauté zoodles in olive oil for 2–3 mins.
2. Add cherry tomatoes and cook 2 mins more.
3. Remove from heat, mix in pesto, and top with pine nuts.

 Prep Time: 12 mins

 **Benefits:** Low-carb, gluten-free

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## 5. Chicken Souvlaki Skewers


### Ingredients:

- 2 chicken breasts (cubed)
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 garlic clove (minced)
- ½ tsp oregano
- Salt & pepper

### Instructions:

1. Toss chicken with marinade ingredients.
2. Thread onto skewers.
3. Grill or pan-sear for 6–8 mins, turning occasionally.

 Prep Time: 18 mins

 **Benefits:** High-protein, lean meat

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### 6. Mediterranean Tuna Wrap


#### Ingredients:

- 1 can tuna (in water)
- 2 tbsp Greek yogurt
- ¼ cucumber (diced)
- 2 tbsp chopped olives
- Lettuce leaves
- 1 whole grain wrap

#### Instructions:

1. Mix tuna, yogurt, cucumber, and olives.
2. Spread on wrap, top with lettuce, and roll.

 Prep Time: 10 mins

 **Benefits:** Quick, rich in protein

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### 7. Baked Falafel Bowl

#### Ingredients:

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- 6 frozen falafels (or homemade)
- 1 cup cooked quinoa
- ½ cucumber, ½ tomato (diced)
- 1 tbsp tahini
- Mixed greens

#### Instructions:

1. Bake falafel as per package (usually 10 mins).
2. Assemble bowl with quinoa, veggies, falafel.
3. Drizzle with tahini.



Prep Time: 15 mins



**Benefits:** Vegan, fiber-rich



### 8. Spaghetti Aglio e Olio with Herbs

#### Ingredients:

- 150g whole wheat spaghetti
- 2 tbsp olive oil
- 3 garlic cloves (sliced)
- ½ tsp chili flakes
- 2 tbsp fresh parsley

#### Instructions:

1. Boil pasta. Reserve ¼ cup water.

2. Sauté garlic in oil, add chili.
3. Mix in pasta and reserved water.
4. Toss with parsley and serve.



Prep Time: 20 mins



**Benefits:** Simple, heart-healthy

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## 9. Tomato & Feta Orzo

### Ingredients:

- 1 cup orzo pasta
- 1 cup cherry tomatoes (halved)
- ½ cup feta (crumbled)
- 1 garlic clove (minced)
- Basil leaves

### Instructions:

1. Cook orzo per instructions.
2. Sauté tomatoes and garlic for 3–4 mins.
3. Mix all, garnish with feta and basil.



Prep Time: 20 mins



**Benefits:** Comforting, Mediterranean classic

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## 10. Shrimp with Lemon and Spinach

### Ingredients:

- 250g shrimp (peeled)
- 1 tbsp olive oil
- 1 garlic clove (minced)
- 2 cups spinach
- Zest and juice of 1 lemon

#### Instructions:

1. Sauté garlic in oil, add shrimp, cook 3–4 mins.
2. Add spinach and lemon, cook until wilted.



Prep Time: 15 mins



**Benefits:** High-protein, low-calorie



### 11. Quinoa Tabbouleh with Grilled Chicken

#### Ingredients:

- 1 cup cooked quinoa
- 1 cup parsley (finely chopped)
- ½ cucumber (diced)
- ½ tomato (diced)
- Juice of 1 lemon
- 1 tbsp olive oil
- 1 grilled chicken breast (sliced)

#### Instructions:

1. Combine quinoa, parsley, cucumber, and tomato in a bowl.



2. Mix in olive oil and lemon juice.
3. Top with warm grilled chicken slices.

🕒 Prep Time: 20 mins

💡 **Benefits:** Gluten-free, protein-rich, anti-inflammatory

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## 🍕 12. Pita Pizza with Spinach & Goat Cheese

### Ingredients:

- 1 whole wheat pita
- ¼ cup tomato sauce
- ½ cup fresh spinach
- ¼ cup goat cheese
- Oregano, chili flakes (optional)

### Instructions:

1. Preheat oven or toaster oven to 200°C (400°F).
2. Spread tomato sauce on pita.
3. Add spinach and goat cheese.
4. Bake for 10 mins or until crisp.

🕒 Prep Time: 15 mins

💡 **Benefits:** Vegetarian, high in calcium

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## 🍲 13. Lentil Soup with Lemon and Kale

### Ingredients:

- 1 cup cooked lentils
- 1 cup chopped kale
- 1 garlic clove
- 2 cups vegetable broth
- 1 tbsp lemon juice
- 1 tbsp olive oil

#### Instructions:

1. Sauté garlic in olive oil, add kale and stir for 1 min.
2. Add broth and lentils, simmer 10 mins.
3. Stir in lemon juice before serving.



Prep Time: 20 mins



**Benefits:** High-fiber, plant-based iron



## 14. Turkey Meatballs in Tomato Sauce

#### Ingredients:

- 250g ground turkey
- 1 egg
- 1 garlic clove
- ½ tsp oregano
- 1 cup tomato puree
- 1 tbsp olive oil

#### Instructions:

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1. Mix turkey, egg, garlic, oregano. Form into balls.
2. Sauté meatballs in olive oil for 6–8 mins.
3. Add tomato sauce, simmer 5 mins.

🕒 Prep Time: 20 mins

💡 **Benefits:** Low-fat, rich in protein

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## 🍆 15. Mediterranean Eggplant Wrap

### Ingredients:

- ½ roasted eggplant (sliced)
- 1 tbsp hummus
- Lettuce leaves
- 1 whole grain wrap
- Sliced tomatoes & red onion

### Instructions:

1. Spread hummus on wrap.
2. Add roasted eggplant, lettuce, tomato, and onion.
3. Roll and serve warm or cold.

🕒 Prep Time: 15 mins

💡 **Benefits:** Vegetarian, fiber-rich

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## 🐟 16. Sardine Avocado Toast

### Ingredients:

- 2 slices whole grain bread
- 1 ripe avocado
- 1 tin sardines (in olive oil)
- ½ lemon
- Salt, pepper, chili flakes

#### Instructions:

1. Toast bread, mash avocado with lemon, salt, and pepper.
2. Spread on toast, top with sardines and chili flakes.



Prep Time: 10 mins

**Benefits:** High omega-3, brain-boosting

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### 17. Greek Yogurt Chicken Salad

#### Ingredients:

- 1 grilled chicken breast (chopped)
- ¼ cup Greek yogurt
- ¼ cup diced celery
- 1 tsp Dijon mustard
- Salt & pepper
- Romaine lettuce leaves

#### Instructions:

1. Mix chicken, yogurt, celery, and mustard.

2. Season and serve in lettuce boats or wraps.

🕒 Prep Time: 15 mins

💡 **Benefits:** High-protein, gut-friendly

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## 🥘 18. Roasted Veggie Couscous

### Ingredients:

- 1 cup couscous
- 1 zucchini
- 1 bell pepper
- ¼ cup eggplant
- 1 tbsp olive oil
- ½ tsp za'atar spice

### Instructions:

1. Roast chopped veggies in olive oil (10 mins).
2. Prepare couscous by pouring boiling water over it (5 mins).
3. Mix couscous with roasted veggies and spice.

🕒 Prep Time: 20 mins

💡 **Benefits:** Vegan, rich in micronutrients

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## 🥦 19. Cauliflower Rice Pilaf with Almonds

### Ingredients:

- 2 cups cauliflower rice

- 1 tbsp olive oil
- ¼ cup slivered almonds
- 1 garlic clove
- Parsley, salt

#### Instructions:

1. Toast almonds in oil, set aside.
2. Sauté garlic and cauliflower rice for 5 mins.
3. Top with almonds and parsley.



Prep Time: 12 mins

💡 **Benefits:** Low-carb, gluten-free

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## 🌱 20. Tuna Stuffed Peppers

#### Ingredients:

- 2 bell peppers (halved)
- 1 can tuna
- 2 tbsp Greek yogurt
- 1 tsp lemon juice
- 1 tbsp chopped olives

#### Instructions:

1. Mix tuna, yogurt, lemon juice, olives.
2. Fill pepper halves and serve cold or baked for 10 mins.



Prep Time: 15 mins



**Benefits:** High in protein, low calorie

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## 21. Hummus + Veggie Platter Dinner

### Ingredients:

- ½ cup hummus
- Carrot sticks, cucumber, cherry tomatoes, bell pepper
- Pita bread slices
- Olives, pickles (optional)

### Instructions:

1. Arrange hummus in the center of a large plate.
2. Surround with fresh veggies and pita slices.
3. Serve as a fun, shareable platter.



Prep Time: 10 mins



**Benefits:** Fiber-rich, perfect for kids too



## 22. One-Pan Balsamic Chicken and Tomatoes

### Ingredients:

- 2 chicken breasts
- 1 cup cherry tomatoes
- 1 tbsp balsamic vinegar
- 1 tbsp olive oil

- Garlic, basil

**Instructions:**

1. Heat oil, cook chicken 5–6 mins per side.
2. Add tomatoes and balsamic.
3. Simmer 3–4 mins, garnish with basil.

 Prep Time: 18 mins

 **Benefits:** Tangy, lean, iron-rich

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## 23. Caprese Salad with Balsamic Drizzle


**Ingredients:**

- 1 tomato
- ¼ cup fresh mozzarella
- Basil leaves
- 1 tbsp balsamic glaze
- Salt and pepper

**Instructions:**

1. Slice tomato and mozzarella.
2. Arrange with basil leaves.
3. Drizzle balsamic and serve.

 Prep Time: 5 mins

 **Benefits:** Refreshing, great side or light meal

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## 24. Grilled Halloumi with Roasted Peppers


### Ingredients:

- 100g halloumi (sliced)
- ½ red bell pepper
- 1 tsp olive oil
- Fresh oregano

### Instructions:

1. Grill halloumi 2–3 mins per side.
2. Roast peppers on flame or oven for 5–8 mins.
3. Combine and top with oregano.

 Prep Time: 15 mins

 **Benefits:** High calcium, vegetarian protein

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## 25. Stuffed Portobello Mushrooms

### Ingredients:

- 2 large portobello mushrooms
- ¼ cup chopped spinach
- 2 tbsp feta
- 1 garlic clove
- 1 tsp olive oil

### Instructions:

1. Remove mushroom stems and sauté with garlic/spinach.

2. Stuff mushrooms with mixture and top with feta.
3. Bake or air fry for 10 mins.

🕒 Prep Time: 18 mins

💡 **Benefits:** Vegetarian, low-carb, immune-boosting



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