

MAY is:

# National Mediterranean Diet Month

## National Mediterranean Diet Month

Pulses have been a part of the World's cuisine for centuries. Peas, lentils and chickpeas are a big part of Mediterranean eating and provide great health benefits because they're packed with fiber, B vitamins, protein and phytochemicals and to top it off – they are very economical and create amazing flavor! A huge benefit of Mediterranean cooking is that a lot of recipes naturally trend toward clean ingredients, or rather clean and delicious Mediterranean recipes.



**Bring the Mediterranean diet home.** The flavor profile of pulses is distinct, yet neutral enough to be exceedingly flexible – a true chameleon of foods.

The NPGA [website](#) has lots of recipes to share to help you celebrate National Mediterranean Diet Month! Try one of our recipes or make one of your own and let us know how it turned out.

**[SkinnyMS.com](#)** - A huge benefit of Mediterranean cooking is that a lot of recipes naturally trend toward clean ingredients. This One Pan Mediterranean Chicken Meatballs Tomatoes, and Chickpeas recipe does just that. The chicken meatballs are a simple and clean mixture of ground chicken, egg whites, whole wheat panko, feta, parsley and rosemary. Tossing cherry tomatoes and chickpeas in olive oil, garlic and salt for a subtle flavor for a delicious and easy 30-minute meal.



**[Taste of Home](#)** — 55 Mediterranean Diet Appetizers

Highly-rated Mediterranean diet doesn't have to be a chore. These healthy dinner recipes come together in 30-minutes or less.

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