

Mediterranean Recipes with Peanuts

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Peanut Hummus

Serves 6

INGREDIENTS:

2 (15-ounce) cans chickpeas, drained and rinsed

3 cloves garlic

Juice from 1 lemon (4 tablespoons)

1 tablespoons tahini

2 tablespoons unsalted natural peanut butter

1 tablespoon extra virgin olive oil

2 teaspoons cumin, or more to taste

Salt and pepper to taste

INSTRUCTIONS

Combine the beans, garlic, lemon juice, tahini, peanut butter and olive oil in a blender or food processor. Process until smooth, adding a bit of water or olive oil as needed for a smooth consistency.

Season to taste with salt, pepper and cumin.

Calories: 160, Total Fat: 6g, Saturated Fat: 0.5g, Sodium: 25mg, Carbohydrate: 19g, Fiber: 5g, Total Sugar: 1g (Added Sugar: 0g), Protein: 7g



Greek Salad with Simple Peanut Vinaigrette

Simple Peanut Vinaigrette

Serves 6

INGREDIENTS:

- 2 tablespoons** lemon juice
- 1 tablespoon** Dijon mustard
- ½ teaspoon** garlic, minced
- ¼ teaspoon** mint, minced
- ½ cup** peanut oil
- Kosher salt & black pepper to taste

INSTRUCTIONS:

1. Combine the lemon, Dijon mustard, garlic, mint and lemon juice. Mix with a whisk until well combined.
2. Slowly add the peanut oil while whisking until well mixed and emulsified.
3. Season with the Kosher salt and pepper.

Estimated Nutrition Facts: 150 calories, 18 grams fat, 0 grams carbohydrate, 0 grams protein, 107 mg sodium, 0 grams fiber.

Greek Salad

Serves 2-3

INGREDIENTS:

- 2 cups** spring mix
- ¼ cup** cucumber, small dice
- ¼ cup** grape tomatoes, cut in half
- ¼ cup** red onion, julienne
- 2 tablespoons** feta cheese
- 2 tablespoons** Kalamata olives, sliced

INSTRUCTIONS:

1. Combine all ingredients
2. Drizzle with Peanut Oil Vinaigrette.

Estimated Nutrition Facts: 60 calories, 4 grams fat, 6 grams carbohydrate, 3 grams protein, 200 mg sodium, 2 grams fiber.



Peanut Pesto with Shrimp Skewers and Polenta

Peanut Pesto Serves 8

INGREDIENTS:

- 2 cloves garlic, coarsely chopped
- 1 teaspoon coarse salt
- 2 cups packed fresh basil leaves
- 1/3 cup dry roasted unsalted peanuts, lightly toasted
- 2/3 cup freshly grated Parmigiano Reggiano cheese
- 1/2 cup extra virgin olive oil

INSTRUCTIONS:

1. Grind the garlic and coarse salt in the food processor.
2. Add the basil leaves and process until a thick paste forms.
3. Add the peanuts, Parmigiano Reggiano and extra virgin olive oil.
4. Taste to adjust seasoning, if necessary.

Calories: 390, Total Fat: 20g, Saturated Fat: 3.5g, Sodium: 420mg, Carbohydrate: 44g, Fiber: 6g, Total Sugar: 2g (Added Sugar: 0g), Protein: 12g

Polenta Serves 4-5

INGREDIENTS:

- 1 tablespoon peanut oil
- 1 teaspoon garlic, minced
- 2 cups chicken stock or bone broth
- 1/2 cup yellow cornmeal
- Kosher salt to taste black pepper to taste

INSTRUCTIONS:

1. Heat oil over medium heat. Add garlic and quickly sauté. Do not allow to brown.
2. Add stock and bring to a simmer.
3. Stir in cornmeal until well incorporated. Turn heat down to a low simmer, stirring occasionally.
4. Season with salt and pepper.

Estimated Nutrition Facts: 120 calories, 8 grams fat, 13 grams carbohydrate, 6 grams protein, 80 mg sodium, 1 gram fiber.



Peanut Pesto with Shrimp Skewers and Polenta

(Continued)

Lemon Dill Grilled Shrimp Skewers Serves 2

INGREDIENTS:

- 6 each large** easy peel deveined (8/12 count) shrimp
- 1 lemon**, juiced
- ¼ cup** peanut oil
- 1 tablespoon** fresh dill, chopped

INSTRUCTIONS:

1. Skewer shrimp on wooden or metal skewers.
2. Combine lemon juice, peanut oil and dill. Pour lemon juice mixture over the skewered shrimp and marinate for a minimum of an hour.
3. Pre-heat grill and grill the shrimp for approximately 4-5 minutes per side or until cooked through.
4. Serve with polenta and garnish with peanut pesto.

Estimated Nutrition Facts: 200 calories, 7 grams fat, 4 grams carbohydrate, 1 gram protein, 18 mg sodium, 1 gram fiber.



Peanut Butter Tart with Chocolate Date Crust and Strawberries

Serves 12-14

INGREDIENTS

- 1 cup Medjool dates, seeds removed
- 1 cup peanuts, unsalted
- 1/3 cup cocoa powder
- 2 tablespoons brown sugar
- 3 tablespoons water
- 4 ounces low fat cream cheese, softened
- 1 cup creamy peanut butter
- 1/2 cup Greek yogurt
- 1/2 teaspoon vanilla
- 1/2 cup butter, softened
- 2 tablespoons brown sugar
- 1 cup strawberries, diced
- Chopped peanuts for garnishing

Estimated Nutrition Facts: 370 calories, 25 grams fat, 26 grams carbohydrate, 12 grams protein, 218 mg sodium, 5 grams fiber

INSTRUCTIONS:

1. Combine the dates and peanuts in a food processor and blend into small pieces.
2. Add cocoa powder, brown sugar, and water into the food processor and blend until it takes a dough form.
3. Press crust into the base of a pie tin, working up the edges as you would for any pie.
4. Place crust in freezer while you combine filling.
5. For pie filling, combine remaining ingredients in the food processor or mixer. (Make sure cream cheese and butter is completely softened before mixing.) Blend until all ingredients are incorporated and creamy.
6. Fill pie crust with the filling, smoothing out the top. Garnish with chopped peanuts and strawberries.
7. Refrigerate until set. Serve cold.



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