



# 5 Mediterranean SNACKS TO PREP FOR THE WEEK

*I love to share my healthy, filling Mediterranean snacks. They can even be served for lunch when combined with other simple ingredients such as 100% whole wheat pitas and a layer of hummus on one side and Muhammara on the other, stuffed with cucumbers, green leafy veggies (kale or spinach), and top with roasted chickpeas for a quick easy nutrient rich lunch!*

*The BONUS? These delicious prepped snacks are a money saver (and savor!)*



*Pamela Sharpe, MSN, FNP-BC  
Nurse Practitioner & Chef*



homemade

# ALEPPO & SWEET PEPPER HUMMUS



Pamela Sharpe, MSN, FNP-BC  
Nurse Practitioner & Chef

### Pamela's Note:

*This sweet spicy hummus is the perfect weekday savory snack to help power our brains and health! The chickpeas are a powerhouse of plant-based protein and iron. Pairing the chickpeas with lemon and roast red pepper adds Vitamin C, helping with non-heme iron bioavailability and absorption.*

### Ingredients

- 1 can chickpeas (Bonus if dried chickpeas were made and soaked to be prepped for the week!)
- 1 small lemon, juiced
- ¼ cup roasted red pepper (jar okay but prefer roast and peel in the oven if time allows!)
- 2 ½ teaspoons of extra virgin olive oil
- 1 clove garlic

- 2 tablespoon (TBSP) tahini
- 1 teaspoon (tsp) nutritional yeast
- 2 tsp Aleppo pepper
- 1/8 tsp cumin
- 1/8 tsp coriander
- 1/8 tsp of pink Himalayan sea salt
- ¼ tsp of smoked paprika

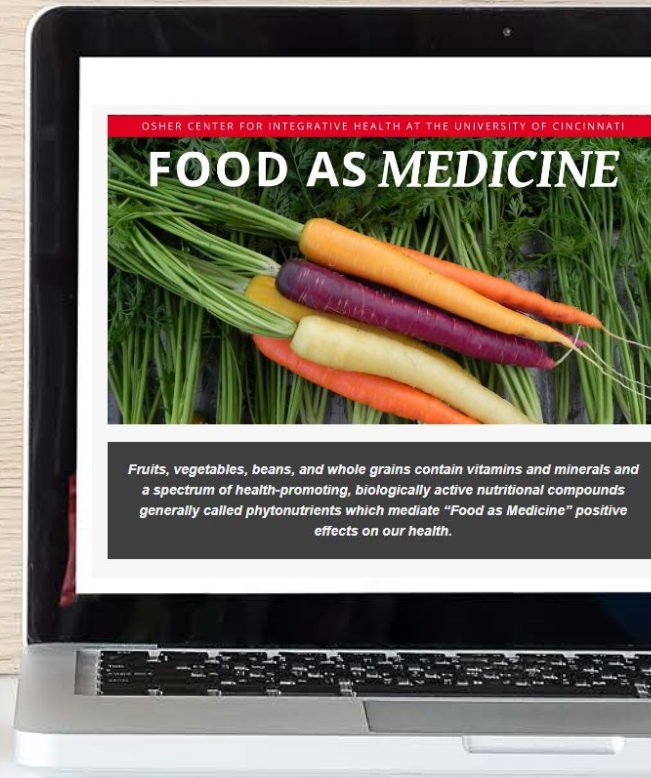
### Directions

1. To roast the peppers: preheat oven to 425 degrees. Clean and cut off the ends of the peppers. Remove the core and seeds. Lay flat skin side up on the sheet tray and roast for 20-30 minutes until lightly caramelized. Let cool. Remove skin and use in recipes above. May refrigerate for up to 3-4 days.
2. Add all ingredients to the food processor and blend.
3. Serving suggestion: serve with a side of carrot sticks, celery, and cucumber make for a healthy snack or spread on bread as a healthier sandwich spread option.
4. Enjoy!

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# MUHAMMARA *dip*



*Pamela Sharpe, MSN, FNP-BC*  
Nurse Practitioner & Chef

## *Pamela's Note:*

*This is a sweet and savory dip that is packed with vitamin C from the roasted red peppers and brain-healthy walnuts. This is bound to be a snack that you can look forward to having! Provided below is a smaller portion but this recipe can be doubled to make a larger portion to share with my friends, neighbors, or family. Enjoy!*

## *Ingredients*

1 cup roasted red pepper  
1-2 cloves of garlic  
½ tsp of balsamic vinegar (not vinaigrette)  
1/2 cup walnuts  
1-2 tablespoons lemon juice  
1 tablespoon old fashioned rolled oats

1 teaspoon of Aleppo pepper  
1/2 teaspoon of smoked paprika  
1/8 teaspoon of sumac  
1/8-1/4 teaspoon of pink Himalayan sea salt  
¼ teaspoon of ground cumin  
1-2 dashes of cayenne pepper (optional for additional heat!)

## *Directions*

1. Add all ingredients to the food processor and blend.
2. Serving suggestion: serve with veggie or 100% whole wheat pita bread. Spread on bread as a healthier sandwich spread option.
3. Enjoy!



# Spiced up TRAIL MIX



Pamela Sharpe, MSN, FNP-BC  
Nurse Practitioner & Chef

## Pamela's Note:

toasting and roasting chickpeas is a great way to add a quick, easy, sweet or savory snack to your week! This healthy snack is packed with fiber and protein from the chickpeas, healthy fats, and even essential amino acids from the chickpeas and the pepita (including Tryptophan and Tyrosine which we can use to help with boosting our good neurotransmitter serotonin to help with offering some protection and mood boost throughout the day). The dried apricots are lower on the glycemic index despite being a dried fruit when compared to other dried fruits. They also offer Vitamins C, A, and other antioxidants that can help keep us fueled throughout the day.

## Ingredients

1 can chickpeas  
¼ cup raw pepitas  
½ cup walnuts  
Drizzle of extra virgin olive oil

Sprinkle of salt to taste

¼ cup dried apricots without sulfur dioxide (5-6) diced  
Additional flavors depending on sweet or savory (see below)

## Directions

1. Layer Chickpeas on a baking tray and drizzle with olive oils. Make sure to drain and rinse before using.
2. Roast at 425 for 15-20 minutes, or until desired crispness (try one and if you prefer it to be crispier, pop them back in the oven for an additional 2 minutes). During the last 4-5 minutes of baking, to the same sheet, add raw pepitas and walnuts, drizzled with a small amount of olive oil and a pinch of Pink Himalayan Sea Salt. Take out the oven and let it cool.
3. For a sweet trail mix, add 2 dashes of Saigon Cinnamon, a sprinkle of 100% dark cocoa powder, and a sprinkle (5-6) 70%-80% dark chocolate chips
4. For a savory/spicy trail mix: add a dash of nutritional yeast, a dash of smoked paprika, and a dash of cayenne pepper.
5. Store any leftovers in the refrigerator for up to four days.



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# Sybil's SIMPLE SALAD



Pamela Sharpe, MSN, FNP-BC  
Nurse Practitioner & Chef

## Pamela's Note:

If you're looking for a hearty snack that is packed with brain-healthy fats, fiber, nutrients, and antioxidants look no further than Sybil's Simple Salad. Beans offer a powerhouse of healthy protein, fats, and micronutrients. They are lower in saturated fats which can offer benefits to cholesterol. This can be made to fit your taste! If you want a milder flavor, add fewer herbs, but if you want a bit more feel free to add more fresh herbs and garlic.

## Ingredients

1 can of low-sodium or no-sodium cannellini beans  
3 TBSP extra virgin olive oil  
2 TBSP of white wine vinegar  
1 TBSP Lemon juice  
¼-½ tsp of pink Himalayan sea salt

¾ tsp of Aleppo pepper  
¼ cup chopped organic flat leaf Italian parsley  
¼ cup of organic fresh chopped dill and/or fresh mint leaves  
¼ to ½ clove of fresh garlic  
¼ shallot, cleaned, peeled, and diced  
¾ cup Cooked Quinoa\*

## Directions

1. Prepare/chop all ingredients as noted above.
2. Combine all ingredients in a bowl.
3. Quinoa: Follow directions according to the package, 2 cups of water to 1 cup of Quinoa, bring to a boil, and reduce heat. Cook on low for 10-12 minutes or according to package instructions. Bonus add in ¼ shallot or 2 TBSP of diced onion.
4. Optional add-ins: ¼ cup chopped cucumbers, ¼ cup sliced cherry tomatoes, or 1-2 sliced olives...add in leftover roasted veggies such as butternut squash, or even the purple sweet potato slices - the sky is the limit!



# Purple ROASTED SWEET POTATO



Pamela Sharpe, MSN, FNP-BC  
Nurse Practitioner & Chef

## *Pamela's Note:*

*The flavors of roasted sweet potato can serve as bit of a treat and almost dessert. The purple sweet potato offers a range of antioxidants and are packed with fiber, offering an array of health benefits to our bodies and brain. By allowing the sweet potatoes to cool down over night, taking them out the next day can help turn the starch into resistance starch. This type of fiber is great for glycemic control, which can also help play a role in gut health.*

## *Ingredients*

Purple Sweet Potato (Bonus if you can Obtain the Okinawan Japanese Sweet potato)

## *Directions*

1. Rinse and clean the sweet potato.
2. Place whole sweet potato on a baking tray and roast at 250-300 degrees for 2-3 hours (time varies by oven type - sweet potato should be soft).
3. Allow to cool.
4. Aim to prepare ahead of time and use for salads, scooped out to eat plain for a sweet treat, add to bean salad, or puree for a soup.

## *References*

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