



Greek Salad Sandwich

INGREDIENTS

- | | |
|-------------------------------|-------------------------------------|
| 1 Med. Cucumber | 1 small Cucumber Sliced thinly |
| 1/2 cup Plain Greek Yogurt | 12 Calamata Olives (chopped/pitted) |
| 2 Roasted Red Peppers chopped | 6 Pepperoncini cut into rings |
| 2 Cloves Garlic chopped | 4 Radishes sliced |
| 2 Tbs. Chopped Dill | 2 Plum tomatoes chopped |
| 3 Tbs. Red Wine Vinegar | 1 cup Kale sliced thinly |
| Salt and Fresh Ground Pepper | 1/2 Small Red Onion thinly sliced |
| 2 Tbs. X-Virgin Olive Oil | 1 cup Feta crumbled |
| 1/2 tsp. Greek Oregano | 6 Pita pockets |

In a food processor, process the chopped cucumber until minced. Transfer to a kitchen towel. Squeeze out as much liquid as possible and transfer cucumber to a bowl. In the food processor, combine the yogurt, roasted peppers, garlic, dill and 2 tablespoons of the vinegar and process until smooth. Add the yogurt mixture to the drained cucumber and stir well. Season the tzatziki with salt and pepper. In a large bowl, combine the remaining 1 tablespoon of vinegar with the olive oil and oregano. Add the cucumber, mustard greens (kale), onions and feta and toss well. Season with salt and pepper. Spread about 2 tablesppons of tzatziki onto each bread and top with the salad. Serve right away.

**DIFFERENT WAYS
TO USE GYRO
MEAT:**

- | | |
|---------------------|-----------------------|
| • Gyro Loaded Fries | • Gyro Salad |
| • Gyro Pizza | • Greek Gyro Hot Dog |
| • Gyro Wrap | • Shrimp/Gyro Skewers |
| • Gryo Eggs | • Gyro Egg Skillet |
| • Gyro Calzones | • Loaded Greek Nachos |
| • Gyro Flatbread | • Gyro Kabobs |
| • Gyro Sub | • Gyro Burger |
| • Gyro Dip | • Gyro Bowl |



NO. 6

ATLANTIC FOOD DISTRIBUTORS AUTHENTIC GREEK CUISINE

THE HELLAS

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5 Types of Olive Oil

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Not all Olive Oil is the same...there are 5 types of Olive oil.

- Extra Virgin Olive Oil
- Virgin Olive Oil
- Refined Olive Oil
- Olive Pomace Oil
- Lampante Oil

Extra virgin olive oil– is the BEST olive oil. The definition of extra virgin olive oil is very precise regards production methods, taste and chemical composition. To be certified for the “Extra Virgin” label, an olive oil:

Must come from the first pressing of fresh olives, normally within 24 hours of harvesting

Must be extracted by non chemical, mechanical means, and without the use of excessive heat, specifically below 28C.

The free fatty acid or acidity level must be less than 0.8%.

It must be defect free-having a perfect taste and aroma.

1. Virgin Olive Oil- Comes from the first pressing and must have an acidity level of less than 2% therefore it is of inferior quality to Extra Virgin Olive Oil. It’s flavor intensity can vary and its taste is milder than Extra Virgin Olive Oil.
2. Refined Olive Oil– These are Olive Oils that have been refined by using agents such as acids, alkalis, and heat to extract as much oil as possible from the olive pulp.
3. Olive-Pomace Oil- The lowest grade of olive oil made from the by products of extra virgin olive oil production. Olive skins, seeds and pulp are heated and the remaining oil is extracted using hexane, a solvent. Bland and extremely low in antioxidants.
4. Lampante Oil- Oil with severe defects, usually from bad fruit or poor processing practices. It is not fit for human consumption until it has been refined.



(Greek: Όπα) is a common Greek emotional expression... In Greek culture, the expression sometimes accompanies purposeful or accidental plate smashing. It can also be us to express shock or surprise, especially when having just made a mistake



Mediterranean Diet

Known as the heart healthy eating plan. It incorporates the basics of healthy eating plus a splash of flavorful olive oil and perhaps a glass of red wine.

Benefits:

The mediterranean diet reduces the risk of heart disease. It has also been associated eith a lower level of oxidized low-density lipoprotein (LDL) cholesterol- the “bad” sholesterol that’s more likely to build up deposits in your arteries.

KEY COMPONENTS:

1. Eating primarily plant-based foods
2. Replacing butter with healthy fats such as olive oil and canola oil
3. Using herbs and spices instead of salt to flavor foods
4. Limiting red meat to more than a few times a month
5. Eating fish and poultry at least twice a week
6. Enjoying meals with family and friends
7. Drinking red wine in moderation (optional)
8. Getty plenty of excercise



GREEK DESSERTS YOU MUST TRY...

1. PORTOKALOPITA (orange cak)
2. KOURABIEDES (walknut sugar cookies)
3. GREEK BAKLAVA
4. THEEPLES (sweet fried bow knots)
5. LOUKOUMADES (honeypuffs)
6. KATAIFI
7. KOKAKIA (cream puffs)
8. MELOMAKARONA (honey & spice cookies)
9. GALAKTOBOUREKA (milk pie)
10. HALVAS (semolina pudding)



Kourabiedes Greek Butter Cookies

Prep Time 35 minutes.

Cook Time 15 minutes.

Total Time 50 minutes.

(Makes about 5 dozen cookies)

INGREDIENTS

- 1 pound of butter, room température
- 1 large egg
- 2 1/2 tsp almond extract
- 8 TB powdered sugar, plus more to coat cookies
- 1/8 tsp baking soda
- 5 to 5 1/2 cups all-purpose flour
- Pinch of salt

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Beat butter in a stand mixer at medium speed for 20 minutes.
3. Add egg and almond extract to the butter.
4. Sift powdered sugar and baking soda together then add to the butter mixture.
5. Beat for another 10 minutes on medium speed.
6. Sift 5 cups of flour and salt together in a large bowl.
7. With the mixer speed on low, add flour a little bit at a time until it is completely mixed. If the dough is sticky, add 1/2 cup more flour.
8. Roll about a tablespoon of dough into a ball and then shape into crescents. Place them on a lined baking sheet. You can place them right next to each other because the cookies don’t spread.
9. Bake for 15-20 minutes until they turn a pale brown and are cooked through.
10. Once the cookies cool, coat in powdered sugar.