





MAY 2019

**A #MedMonth
tip a day
for the month
of May!**

SUN	MON	TUE	WED	THU	FRI	SAT
			1  Buy a new bottle of olive oil	2 Try the oil + learn to describe. Is it fruity? Buttery?	3 Roast veggies in olive oil at 425 until tender	4 Use leftover veggies in a breakfast scramble.
5 Bake with olive oil! Try a simple cake to start.	6 Learn the conversions to replace butter with oil	7 Leftovers? Pick one of the 12 Great Ways to Use Olive Oil	8  Buy a large bundle of parsley	9 Make tabbouleh, and save the leftover parsley!	10 Make a double batch of Yogurt-Herb Dressing	11 Serve the dressing with your favorite greens
12 Use 1 cup of dressing in our One-Pot Chicken recipe	13 Puree parsley with oil and sun dried tomatoes for pesto	14 Ready to branch out? Try one of or 12 ideas for fresh herbs...	15  Buy 2 Italian eggplant, and barley	16 Meal-prepare a batch of Eggplant-Barley Salad	17 Serve your salad with an olive-oil fried egg	18 Bake a whole eggplant at 350 for 45 minutes. Make dip!
19 Add a spoonful of eggplant dip to your sandwich instead of mayo	20 Read about new eggplant recipes in our blog post	21 Try a new eggplant variety like Japanese or graffiti.	22  Buy two cans sardines + a package of frozen shrimp	23 Make Sardine Meatballs Over Pasta recipe	24 Read our blog Small Fish, Big Flavor for inspiration!	25 Chop sardines with herbs and lemon for a snack
26 Serve sardine spread with baked eggs for breakfast	27 Make Pasta and Shrimp a la Freezer	28 Read dietitians' advice for eating more seafood	29 Show us the meals you've made, new ingredients, or your new Mediterranean lifestyle! Tag us on Instagram @oldways_pt or on Facebook @OldwaysPT			