

World inspired

Mediterranean Inspired Meals

Herbs, olive oil, vegetables, legumes, and bright finishes



Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

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Make this kitchen yours

The Mediterranean touches many distinct food cultures, and its ingredients travel through households in different ways. This book is an original home-cooking collection inspired by selected combinations rather than a claim to reproduce one national cuisine or a single authentic style. Olive oil, legumes, vegetables, citrus, fresh herbs, yogurt, nuts, and fish recur, but each recipe gives those ingredients a specific role. Beans carry a cool artichoke salad, eggplant supports a tomato bake, fennel adds crispness beside oranges, and pasta water turns a small amount of oil and lemon into a light coating. Some dishes are vegetarian while others include lamb, chicken, or canned fish. Read cheese labels for vegetarian suitability when choosing a meatless recipe. Use fresh herbs where called for, and taste salty ingredients such as olives, capers, and feta before adding more salt. These recipes were created for Junction Table by CrownThrive, LLC's development edition and have not been kitchen-tested. Cooking times are guides, and careful attention to texture, safe temperatures, and the size of your ingredients will help you judge their progress.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.



Herbed Lamb Meatballs with Lemon Yogurt - AI-generated realistic food artwork, not a photograph or tested result.

Herbed Lamb Meatballs with Lemon Yogurt

4 servings | Prep: 20 minutes | Cook: 20 minutes

Ingredients

- 1 pound ground lamb
- 1 large egg
- 1/3 cup breadcrumbs
- 1 small onion, grated and squeezed dry
- 2 garlic cloves, minced
- 1/4 cup chopped parsley
- 1 teaspoon ground cumin
- 3/4 teaspoon kosher salt, divided
- 1 tablespoon olive oil
- 3/4 cup plain yogurt
- 1 tablespoon lemon juice
- 1 tablespoon chopped mint

Method

1. Heat the oven to 425°F and oil a rimmed sheet pan. Mix egg, breadcrumbs, onion, garlic, parsley, cumin, and 1/2 teaspoon salt in a bowl before adding lamb.
2. Fold lamb into the mixture gently and form sixteen meatballs about 1 1/2 inches across. Arrange with space between them and brush lightly with the olive oil.
3. Bake 15–20 minutes, turning once, until several meatballs reach 160°F in their centers. Rest 3 minutes on the pan while preparing the yogurt sauce.
4. Stir yogurt, lemon juice, mint, and remaining salt in a clean bowl. Serve four meatballs per person with the sauce alongside, using utensils that have not contacted the raw lamb.

Cook's tip

Squeeze onion dry and mix gently for tender meatballs.

Substitution

Use beef cooked to 160°F or turkey cooked to 165°F; dairy-free yogurt replaces dairy yogurt.

Storage

Refrigerate in shallow containers at or below 40°F within 2 hours; use within 3–4 days. Reheat thoroughly.

Ingredient allergen notes

egg, wheat, milk

Eggplant Chickpea Tomato Bake

4 servings | Prep: 20 minutes | Cook: 55 minutes

Ingredients

- 2 medium eggplants, sliced 1/2 inch thick
- 3 tablespoons olive oil, divided
- 3/4 teaspoon kosher salt, divided
- 1 onion, diced
- 3 garlic cloves, minced
- 1 can (28 ounces) crushed tomatoes
- 1 teaspoon dried oregano
- 2 cans (15 ounces each) chickpeas, drained
- 1/2 cup crumbled feta
- 1/4 cup chopped parsley

Method

1. Heat the oven to 425°F. Brush eggplant slices with 2 tablespoons oil and sprinkle with 1/2 teaspoon salt. Arrange on two sheet pans and roast 20 minutes, turning once.
2. Heat remaining oil in a saucepan over medium heat. Cook onion 6 minutes, add garlic for 30 seconds, then add tomatoes, oregano, and remaining salt. Simmer 10 minutes.
3. Lower oven to 375°F. Layer half the eggplant in a 2-quart baking dish, add chickpeas and half the sauce, then finish with remaining eggplant and sauce.
4. Scatter feta over the top and bake 20–25 minutes until sauce bubbles throughout. Rest 10 minutes and finish with parsley before scooping generous portions onto plates.

Cook's tip

Roast eggplant first to soften it and reduce excess moisture.

Substitution

Use roasted zucchini instead of eggplant; replace feta with toasted pumpkin seeds.

Storage

Refrigerate in shallow containers at or below 40°F within 2 hours; use within 3-4 days. Reheat thoroughly.

Ingredient allergen notes

milk

Edition, use and support

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Safety references

FoodSafety.gov • safe cooking temperatures

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

USDA FSIS • leftovers and food safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

Sources checked October 4, 2026. Original recipes are separate from these safety references.

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Herbs and citrus carry the meal

A lemon finish, a handful of herbs, or a spoonful of yogurt can change the direction of dinner. Mediterranean Inspired Meals brings together twelve original recipes using selected combinations of vegetables, legumes, olive oil, fish, and lamb. Bake herbed meatballs, arrange harissa carrots over warm lentils, or turn canned sardines into a light spaghetti sauce with reserved pasta water. Clear guidance explains when to add fresh herbs and citrus, and why vegetables sometimes need a first cook before layering. With salads, vegetable bakes, and a citrus cake alongside the mains, this Junction Table by CrownThrive, LLC collection helps you compose varied meals around familiar pantry ingredients.

- Bake sixteen gently mixed lamb meatballs and stir a lemon-mint yogurt sauce.
- Combine roasted harissa carrots with drained lentils and sautéed onion.
- Use reserved pasta water to coat spaghetti with sardines, capers, and lemon.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.



Sardine Parsley Lemon Spaghetti

AI-generated realistic food artwork