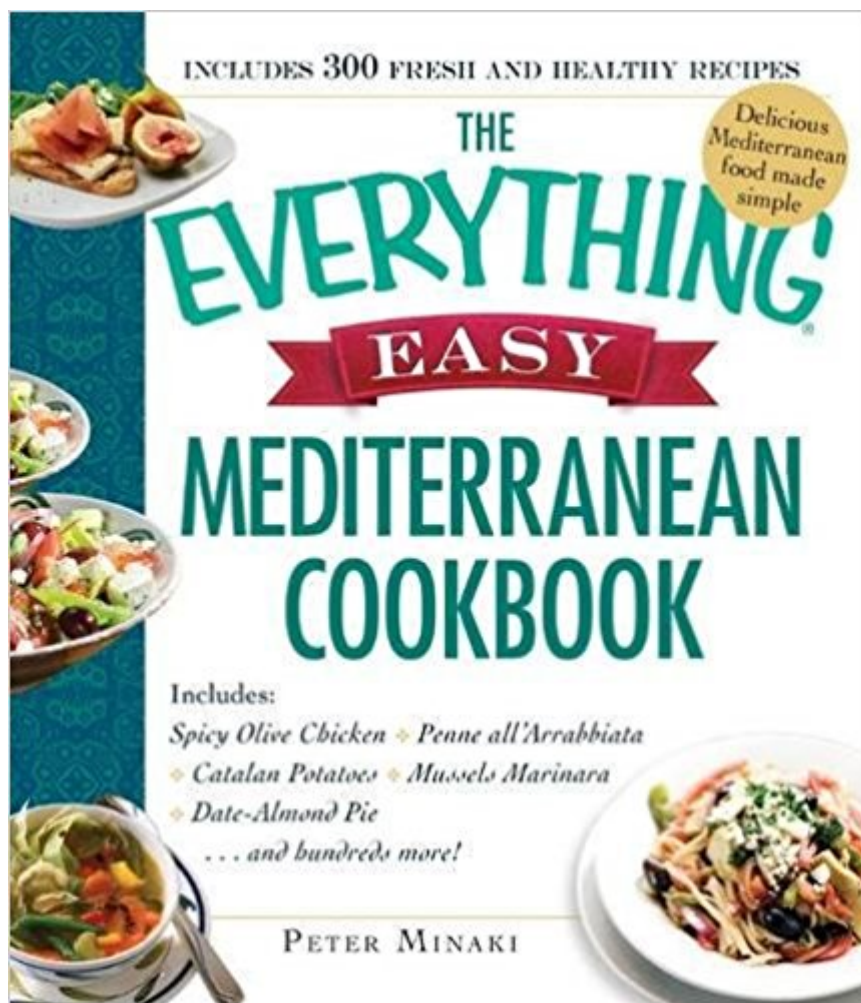


The book was found

The Everything Easy Mediterranean Cookbook: Includes Spicy Olive Chicken, Penne All'Arrabbiata, Catalan Potatoes, Mussels Marinara, Date-Almond Pie...and Hundreds More!





Synopsis

Delicious and healthy meals--in no time!Mediterranean cuisine is celebrated the world over for its fresh and healthy ingredients, vibrant flavors, and complex recipes. The diet centers around fresh vegetables and fruits, whole grains, seafood and lean meats, nuts--and, of course, olive oil. But who has time to make complicated, traditional recipes every night?Now, you can re-create healthy, classic Mediterranean meals right at home, including:Breakfast Baklava French ToastÃÂ Olive and Red Pepper DipTuscan Chicken and Sausage StewBean and Olive SaladShrimp and Pasta of St. NicholasPistachio-Crusted HalibutShort Ribs of Beef with Red WineBalsamic Chicken and SpinachHerb and Lemon CouscousApricot and Walnut TartGreek Summer SangriaWith hundreds of simple, fresh recipes, you can have a delicious and nutritious meal on your table any night of the week. This fun and easy cookbook has all the step-by-step guidance you need to effortlessly incorporate the Mediterranean lifestyle into your busy life.

Book Information

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Customer Reviews

Peter Minaki is the creator of the popular Kalofagas food blog (www.kalofagas.ca) and a frequent contributor to Greece's Free Press gastronomy website. He teaches cooking classes, provides catering, and creates popups at venues around Toronto. His recipes have been featured in Canadian Living magazine, Opa! magazine, National Herald, Stahl Magazine, and Ensemble Vacations magazine. He lives in Scarborough, Ontario.

Great book. Great pics and easy to follow recipes. I'm losing about 6 lbs a month following Mediterranean diet and using these recipes.

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