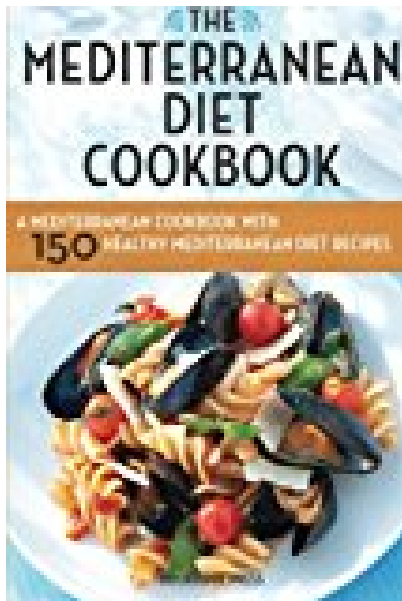


Mediterranean Diet Cookbook A Mediterranean Cookbook with 150 Healthy Mediterranean Diet Recipes



BOOK DETAILS

- Author :
- Pages : 192 Pages
- Publisher : Rockridge University Press
- Language : English
- ISBN : 1623151155

[↓ DOWNLOAD](#)

BOOK SYNOPSIS

The eating style proven to reduce the risk of heart attack and stroke. Cooking Light named *The New Mediterranean Diet Cookbook* one of the top three healthy cookbooks of the last twenty-five years, calling it “a grand tour through the region.” Now Nancy Harmon Jenkins’s revolutionary approach to healthy eating is available for the first time as an eBook. Spanning the Mediterranean from Spain to France, Italy, and Greece, with side trips to Lebanon, Cyprus, and North Africa, this revised and updated edition of Nancy Harmon Jenkins’s acclaimed cookbook offers ninety-two mouthwatering new dishes plus the latest information about the nutritional benefits of one of the world’s healthiest cuisines. But best of all are the recipes—bursting with flavor, easy to prepare, and sure to please everyone at your table, whether you’re cooking for yourself, your family, or your friends. Known for classic favorites like tabbouleh and ratatouille, flatbreads, pastas, zesty herbs, and flavorful oils pressed from succulent olives, the Mediterranean diet combines delicious taste with health-supportive ingredients as few other cuisines do. With an emphasis on fruits and vegetables, grains and legumes, fish, lean meats, and heavenly desserts, here are recipes for over 250 outstanding dishes created for today’s American kitchens. You’ll also find new cooking techniques and a simplified approach to cooking—because simplicity is what the Mediterranean way of eating is all about. Experienced and novice cooks alike will be inspired by these delectable, seasonally inspired recipes ranging from sweet young Roman-style peas for spring to skewered shrimp for summer, robust North African Pumpkin Soup when autumn is in the air, and warming winter dishes like Lebanese Garlicky Roast Chicken and Cypriote Braised Pork with Wine, Cinnamon, and Coriander—plus a variety of fabulous pizzas and dinner pies, hearty salads like Tuscan panzanella, and satisfying small dishes known as tapas. Also included is a special selection of traditional dishes prepared for Islamic, Jewish, and Christian holidays that can be enjoyed year round. Rich in flavor and healthy nutrients but low in saturated fats and cholesterol, here are recipes that will delight your palate, nourish body and soul—and can be prepared with ease in your home kitchen.

MEDITERRANEAN DIET COOKBOOK A MEDITERRANEAN COOKBOOK WITH 150 HEALTHY MEDITERRANEAN DIET RECIPES

- Are you looking for Ebook Mediterranean Diet Cookbook A Mediterranean Cookbook With 150 Healthy Mediterranean Diet Recipes? You will be glad to know that right now Mediterranean Diet Cookbook A Mediterranean Cookbook With 150 Healthy Mediterranean Diet Recipes is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. Mediterranean Diet Cookbook A Mediterranean Cookbook With 150 Healthy Mediterranean Diet Recipes may not make exciting reading, but Applied Numerical Methods With Matlab Solution Manual 3rd Edition is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with Mediterranean Diet Cookbook A Mediterranean Cookbook With 150 Healthy Mediterranean Diet Recipes and many other ebooks. We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with Mediterranean Diet Cookbook A Mediterranean Cookbook With 150 Healthy Mediterranean Diet Recipes. To get started finding Mediterranean Diet Cookbook A Mediterranean Cookbook With 150 Healthy Mediterranean Diet Recipes, you are right to find our website which has a comprehensive collection of manuals listed.