

# The Everything Mediterranean Cookbook: Includes Homemade Greek Yogurt, Risotto with Smoked Eggplant, Chianti Chicken, Roasted Sea Bass with Potatoes and ... Tarts and hundreds more! (Everything®)

Peter Minaki



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## Hundreds of recipes for healthy Mediterranean meals!

People who live in the Mediterranean region enjoy one of the healthiest diets in the world--they have the lowest rates of chronic diseases and one of the highest life expectancies in the world. Thanks to a local diet rich in vegetables, fruits, whole grains, nuts, and of course, olive oil, a healthy lifestyle is a staple of the Mediterranean culture. Open *The Everything Mediterranean Cookbook*, *2nd Edition* to find 300 of the most sumptuous--and healthy--recipes that the Mediterranean has to offer, including:

- · Breakfast baklava french toast
- Fried calamari
- Roasted beets with almond-potato skordalia
- Greek summer sangria
- Lemon meringue phyllo tarts

Just because you don't live in the Mediterranean doesn't mean you can't eat like you do! With this easy-to-use cookbook, you have everything you need to enjoy the lush, vibrant foods of the Mediterranean--all at home!



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