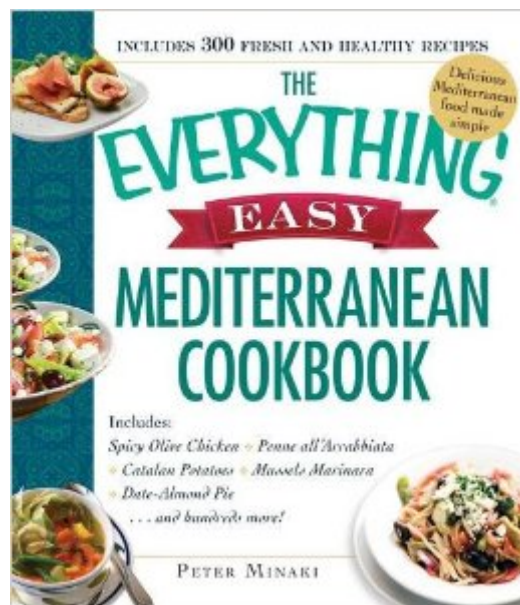


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# The Everything Easy Mediterranean Cookbook: Includes Spicy Olive Chicken, Penne All'Arrabbiata, Catalan Potatoes, Mussels Marinara, Date-Almond Pie...and Hundreds More!



## 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 ToastÂ 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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Vanilla, Peruvian Roast Chicken with Red Potatoes, Lamb ... Pumpkin Spice Lattes...and hundreds more! Top 200 Mediterranean Diet Recipes: (Mediterranean Cookbook, Mediterranean Diet, Weight Loss, Healthy Recipes, Mediterranean Slow Cooking, Breakfast, Lunch, Snacks and Dinner) The Everything Pre-Diabetes Cookbook: Includes Sweet Potato Pancakes, Soy and Ginger Flank Steak, Buttermilk Ranch Chicken Salad, Roasted Butternut ... Strawberry Ricotta Pie ...and hundreds more! The Everything Vegetarian Slow Cooker Cookbook: Includes Tofu Noodle Soup, Fajita Chili, Chipotle Black Bean Salad, Mediterranean Chickpeas, Hot Fudge Fondue ...and hundreds more! (Everything (Cooking)) The Everything Vegetarian Slow Cooker Cookbook: Includes Tofu Noodle Soup, Fajita Chili, Chipotle Black Bean Salad, Mediterranean Chickpeas, Hot Fudge Fondue and hundreds more! (Everything Series) The Everything Paleolithic Diet Slow Cooker Cookbook: Includes Pumpkin Bisque, Herb-Stuffed Tomatoes, Chicken and Sweet Potato Stew, Shrimp Creole, Island-Inspired Fruit Crisp and hundreds more! The Everything Peruvian Cookbook: Includes Conchitas a la Parmesana, Chicken Empanadas, Arroz con Mariscos, Classic Fish Cebiche, Tres Leches Cake and hundreds more! Sunday Is Family Dinners: From Roast Chicken and Mashed Potatoes to Apple Pie and More (The Everyday Cookbooks) Mediterranean Slow Cooker Cookbook: A Mediterranean Cookbook with 101 Easy Slow Cooker Recipes The Everything Ice Cream, Gelato, and Frozen Desserts Cookbook: Includes Fresh Peach Ice Cream, Ginger Pear Sorbet, Hazelnut Nutella Swirl Gelato, ... Lavender Honey Ice Cream...and hundreds more! The Not-So Itty-Bitty Spiders (Olive & Beatrix #1) (Olive and Beatrix) The Everything Dutch Oven Cookbook: Includes Overnight French Toast, Roasted Vegetable Lasagna, Chili with Cheesy Jalapeno Corn Bread, Char Siu Pork ... Caramel Apple Crumble...and Hundreds More! Olive the Little Woolly Bugger (Olive Flyfishing) Truth or Date: Better Date than Never, Book #2 Easy Chicken Breast Cookbook: 50 Unique and Easy Chicken Breast Recipes Chicken Recipes: Delicious and Easy Chicken Recipes (Quick and Easy Cooking Series) How to Survive Getting Into College: By Hundreds of Students Who Did (Hundreds of Heads Survival Guides) The Mediterranean Table: Simple Recipes for Healthy Living on the Mediterranean Diet

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