The New Mediterranean Diet Cookbook: A Delicious Alternative for Lifelong Health

A Taste Of Italy Right In My Own Kitchen

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.

My Personal Review:
Liquid diets? Protein diets? Grapefruit diets? Caveman diets? Blood-type diets? Not for me. I love the Mediterranean diet! This book, filled with authentic recipes, is going to help me become an even better cook than I already am . . . of course! That's the great thing about owning a lot of cookbooks.

Having company for dinner? Pull out your newest book, The New Mediterranean Diet Cookbook, and get ready to impress your friends. Why go out to eat when you can cook like this?

If you work you may not have time to prepare these recipes during the week, but trust me they'll be just as delicious on the weekend. As for pictures, they're nice but they drive up the cost of a book. I'd rather pay less, and take pictures of the awestruck look on the faces of my friends when I serve one of these delicious meals.

Like to cook and try new foods? Then you need this cookbook. So what are you waiting for? Order it and then send out the invitations to your next dinner party. Your friends are in for un délicieux repas!

Lynette Fleming, Coauthor of Lunch Buddies: Buddy Up for a Better Diet.

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