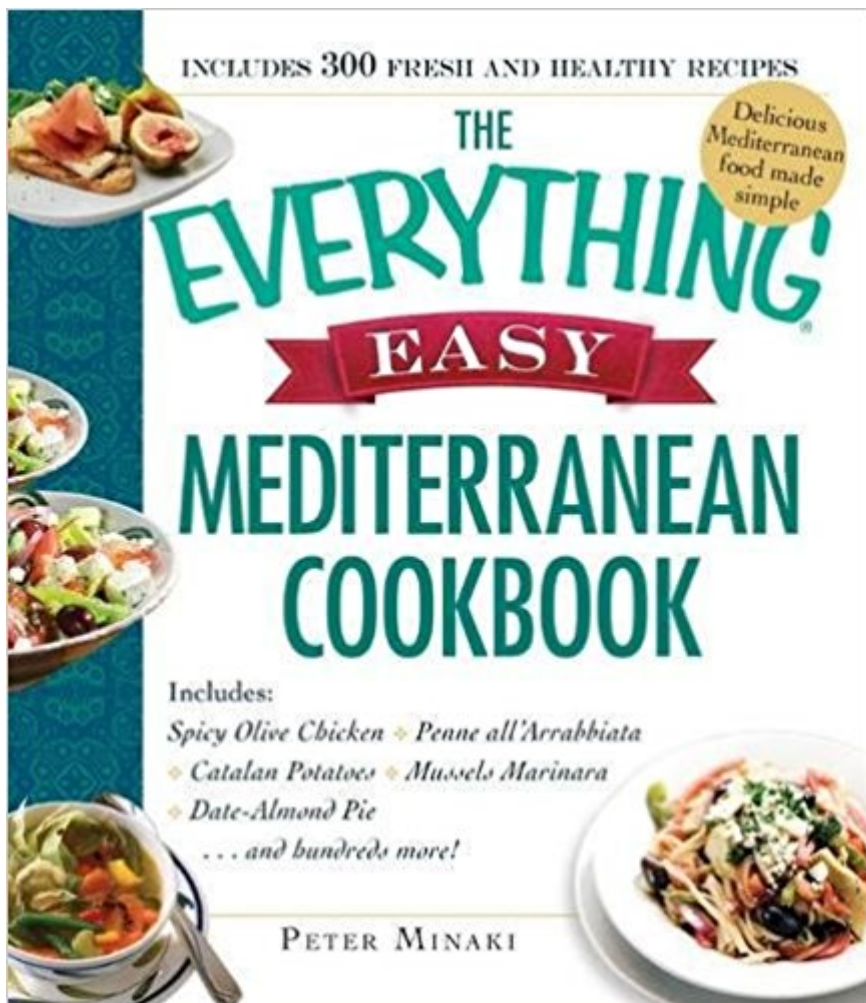


The book was found

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

Series: Everything $\tilde{A}$ $\hat{A}^{\circledast}$

Paperback: 288 pages

Publisher: Everything (November 6, 2015)

Language: English

ISBN-10: 1440592403

ISBN-13: 978-1440592409

Product Dimensions: 8 x 0.6 x 9.2 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #163,163 in Books (See Top 100 in Books) #21 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Potatoes](#) #86 in [Books > Cookbooks, Food & Wine > Regional & International > European > Mediterranean](#) #646 in [Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy](#)

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.

[Download to continue reading...](#)

The Everything Easy Mediterranean Cookbook: Includes Spicy Olive Chicken, Penne all'Arrabbiata, Catalan Potatoes, Mussels Marinara, Date-Almond Pie...and Hundreds More! Chicken Pot Pie Recipe : 50 Delicious of Chicken Pot Pie Cookbook (Chicken Pot Pie Recipe, Chicken Pot Pie Recipe Book,Chicken Pot Pie Cookbook) (Karen Gant Recipes Cookbook No.4) Mediterranean Diet: 365 Days of Mediterranean Diet Recipes (Mediterranean Diet Cookbook, Mediterranean Diet For Beginners, Mediterranean Cookbook, Mediterranean Slow cooker Cookbook, Mediterranean) 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's®) Mediterranean Diet: Mediterranean Slow Cooker Cookbook - Easy & Delicious Mediterranean Diet Recipes (Mediterranean Diet, Slow Cooker Cookbook, ... Diet For Beginners, Mediterranean Recipes) Mediterranean Diet Cookbook: 44 Delicious Mediterranean Diet Recipes For Beginners + FREE WORKOUT & MEAL PLAN INSIDE !: Mediterranean Diet Cookbook, Mediterranean Diet For Beginners, Mediterranean Mediterranean Diet: Mediterranean Slow Cooker Cookbook - Over 100 Easy & Delicious Mediterranean Diet Recipes (Mediterranean Diet, Slow Cooker ... Diet For Beginners, Mediterranean Recipes) Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes) The Everything Gluten-Free Slow Cooker Cookbook: Includes Butternut Squash with Walnuts and Vanilla, Peruvian Roast Chicken with Red Potatoes, Lamb ... Pumpkin Spice Lattes...and hundreds more! The Everything Gluten-Free Slow Cooker Cookbook: Includes Butternut Squash with Walnuts and Vanilla, Peruvian Roast Chicken with Red Potatoes, Lamb with ... Lattes...and hundreds more! (Everything's®) Chicken Coops: The Essential Chicken Coops Guide: A Step-By-Step Guide to Planning and Building Your Own Chicken Coop (Chicken Coops For Dummies, Chicken Coop Plans, How to Build a Chicken Coop) 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 Pre-Diabetes Cookbook: Includes Sweet Potato Pancakes, Soy and Ginger Flank Steak, Buttermilk Ranch Chicken Salad, Roasted Butternut Squash ... Pie ...and hundreds more! (Everything's®) The Everything Healthy Meal Prep Cookbook: Includes: Shrimp Taco Meal Prep Bowls * Zucchini Noodles with Shrimp * One Pan

Honey-Lime Chicken * No-Bake ... * Jerk Chicken Bowls ... and hundreds more! PIE: The 500 Best Homemade Pie Recipes (pie cookbook, savory pie recipes, low carb, vegetarian, vegan, paleo, gluten free, fruit pies, quiche recipes, tarts, pies, pastry, puff pastry recipes) Olive Oil: (Free Gift eBook Inside!) How it Heals and Mends the Body, Beauty and Health Tips of Olive Oil (55 Beneficial Tips on How Olive Oil can Help You Today) 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) Almond: Coconut: Almond Flour & Coconut Flour - Gluten Free Cookbook for Paleo Diet, Celiac Diet & Wheat Free Diet (paleo baking, paleo beginners, wheat ... baking recipes, gluten free diet cookbook) Mediterranean Diet: 2 in 1 Boxset With Over 100 Easy & Delicious Mediterranean Diet Recipes - The Ultimate Guide and Slow Cooker Cookbook ... Cooker Cookbook, Mediterranean Diet Cookbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)