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## The Big Book of Mediterranean Recipes: More Than 500 Recipes for Healthy and Flavorful Meals (abridged edition)

By Peter Minaki

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, The Big Book of Mediterranean Recipes: More Than 500 Recipes for Healthy and Flavorful Meals (abridged edition), Peter Minaki, Delicious Mediterranean recipes your whole family will love! Bursting with fresh vegetables, fruits, whole grains, nuts, and olive oil, the Mediterranean diet is known for being one of the healthiest lifestyles in the world. With this cookbook, you'll learn how to create hundreds of wholesome and delicious Mediterranean meals in no time. Covering everything from traditional staples to modernized versions of Mediterranean classics, The Big Book of Mediterranean Recipes offers more than 500 easy-to-make dishes, such as: \* Breakfast baklava french toast \* Potato croquette with smoked cheese \* Pomegranate-glazed chicken \* Roasted sea bass with potatoes and fennel \* Lemon meringue phyllo tarts Complete with step-by-step instructions and helpful tips, these simple yet flavorful recipes make it easy for your family to indulge in the lush, vibrant foods of the Mediterranean--at home!.



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