



30 Simple Gourmet Mediterranean Dishes for Your Satisfaction. (Paperback)

By Tim Allen

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Unlike many other ethnic cuisines, Mediterranean cuisine is not the product of a specific ethnic group or culture. Rather, it is a label referring to the culinary trends shared by a diverse array of peoples that live in the region around the Mediterranean Sea. While the Mediterranean cuisine is understood to be a unified culinary tradition in this country, in reality, there is a vast amount of cultural variance in the cooking found in this geographic region. What is Mediterranean food s secret to better health? The Mediterranean diet is rich in lean proteins, like chicken, fish and legumes; fresh fruits and vegetables; whole, unprocessed grains; seeds and nuts; healthy fats like olive oil; and a limited intake of dairy and red meats. It all adds up to a nutritionally balanced diet that promotes improved overall health and well-being.



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Reviews

This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Natalie Abbott**

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be playful, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

-- **Rene Olson**