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# The Quick & Easy Mediterranean Diet Cookbook: Delicious Mediterranean Diet Recipes Which Can Be Made In Minutes



THE QUICK & EASY  
**MEDITERRANEAN**  
**DIET**  
**COOKBOOK**



DELICIOUS MEDITERRANEAN DIET RECIPES  
WHICH CAN BE MADE IN MINUTES

ANGELINA DYLAN



## Synopsis

•A one-of-a-kind recipe book showcasing bountiful cuisine of Mediterranean. Bringing together authentic traditional recipes from Spain, Italy, Greece, the Middle East and Turkey, the quick & easy Mediterranean diet cookbook gives you the necessary information to recreate Mediterranean flavors in your own kitchen. Featuring all healthy ingredients such as olive oil, red wine, whole grain, legumes, Greek yoghurt, this unique collection of recipes is guaranteed to transform your dining experience. You need not fly to all the way to the sunny Mediterranean to experience it. Farm fresh and easy to make, the quick & easy Mediterranean diet cookbook highlights the sunny cuisine of Mediterranean regions and contains over 35 recipes, from appetizers to desserts. You can make wonderful eggplant dip, icy almond shake, grilled vegetable tagine, edamame stew, gnocchi with pancetta and watercress, stuffed portobello mushrooms to delight your friends and family. Then there are desserts such as icy almond yoghurt shake and savory poached pears. Each recipe is user friendly and accompanied with nutritional analysis. All the recipes can be prepared in 30 minutes. This book features:

- Easy to follow instructions
- Key components of Mediterranean Diet
- Benefits of the Mediterranean diet
- 35 wonderful recipes from all over Mediterranean region
- Nutritional information

Pick up this recipe book today and get ready to experience Mediterranean cuisine at home!! Scroll Up and Grab Your Copy Now!

## Book Information

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## Customer Reviews

I am a little disappointed with the variety of recipes. I am new with this and am trying the Mediterranean as recommended by my doctor to deal with health problems. He wants me to become a vegetarian (no meat or chicken but fish is okay about 3 times a week). I really need more detailed information than this book provides. I do not know what some of the ingredients are or even how to cook them. I will do more research on the web and hopefully learn new eating and cooking habits. I am 68 years old and lived part of my life on a farm. Our staples were potatoes, meat, chicken, pork, pasta and vegetables. Our meatless meals were potato soup, fried potatoes and onions with cream corn and spaghetti. Now my doctor says no meats, pasta, potatoes, and very little bread! Lot to learn for this old girl!

When I think quick and easy, I don't imagine tons of steps and ingredients. If you have lots of fresh spices and condiments, oils and cooking wines on hand then maybe you won't be as overwhelmed as I was. I am determined to learn to cook this way so the initial investment will pay off in the end. Just be aware that if this is a new way of eating for you as well, your grocery total is going to go up....a lot.....

Angelina Dylon has done it again and to perfection. Mediterranean Cook Books are usually confined to giving recipes from Italy, Spain and maybe Greece. This is the first one, at least that I came across, that includes dishes from the Middle East, kudos to the author for that. No more time to chat, am off to kitchen have to try the "Turkey Cutlets in a Caper Sauce" recipe - sounds delicious, doesn't it? Take my lead and get this book, I highly recommend it.

As someone who likes to try different types of food, I came across this book because it looked interesting and refreshing. And I cannot complain. I had my nephew (feeling lazy) prepare the Stuffed Portobello Mushrooms several nights ago. The only modification we made was changing the French bread in the recipe for gluten free bread. Nonetheless, very pleased.

I've been trying to eat healthier and the Mediterranean diet fit right into my lifestyle. This book have many amazing recipes that I cannot wait to try like the grilled vegetables tagine served over couscous, the gnocci with pancetta & peppery watercress, the beef rice bake with mushrooms and cranberries or the authentic Middle Eastern Chicken Shawarma. I like that the author summarizes the diet for us at the beginners of the book and presents the health benefits. The recipes are well written, the instructions are clear and easy to follow. There are have nutritional information for each recipes which is great to have when you are on a diet. Highly recommended to anyone looking for creative and easy to prepare Mediterranean recipes.

I have had the pleasure of visiting a lot of Mediterranean countries including Greece, Morocco and Turkey and LOVE the cuisine. This book has a great selection of recipes to suit every palate. My favorite so far is the lettuce wraps with lamb and red pepper hummus - quick and sooooo tasty! The Halibut with the garlic mash is a very close second. I have only tried these two so far but plan on testing a LOT more of them over the coming weeks, hence the 4 stars.

Ever since I became an adult, I am conscious and aware of health and beauty. So, this book is a must read for someone like me. I so love desserts and this book has helped me learn a lot to make and not deprive myself on eating what I want but still I won't gain weight for it. I really recommend this book to everyone.

Once again Angelina Dylon has put together a quick and easy diet cookbook. She really knows how to give you the best recipes with simple ingredients and not time consuming. The other great thing is that all the recipes are flavorful and healthy! It would be shame to not buy this cookbook. Lyn Marie

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