

The book was found

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

File Size: 1824 KB

Print Length: 98 pages

Simultaneous Device Usage: Unlimited

Publication Date: October 4, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00O71AQZ2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #326,890 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #89

inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > European > Mediterranean #142 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #221 inÂ Books > Cookbooks, Food & Wine > Regional & International > European > Mediterranean

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

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

The Quick & Easy Mediterranean Diet Cookbook: Delicious Mediterranean Diet Recipes Which Can Be Made In Minutes Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes) Mediterranean Diet: 365 Days of Easy, Delicious, and Healthy Mediterranean Diet Recipes (Mediterranean Diet Cookbook, Mediterranean Diet for Weight Loss) Mediterranean Diet: 30 MINUTE Mediterranean Diet Cookbook with 80 Mediterranean Diet Recipes to Help You Lose Weight, Increase Energy & Prevent Disease ... (Mediterranean Diet & Cookbook Series 2) Quick and Easy Mediterranean Diet Cookbook: 76 Mediterranean Diet Recipes Made in Minutes Mediterranean Diet: The 4 weeks Challenge (Mediterranean Diet Cookbook, Mediterranean

Diet for Beginners, Mediterranean Diet Meal Plan) Top 200 Mediterranean Diet Recipes Bundle: (Mediterranean Cookbook, Mediterranean Diet, Weight Loss, Healthy Recipes, Mediterranean Slow Cooking, Breakfast, Lunch, Snacks and Dinner) Mediterranean Diet: Revealed! 65 Delicious Mediterranean Diet Cookbook Recipes Sure To Delight and Amaze All While Losing Inches (mediterranean cookbook, ... weight loss motivation, weight loss tips 1) Mediterranean: Slow Cooker: Paleo: Crockpot: Box Set: The Ultimate Recipes Cookbook Box Set(30+ Free Books Included!) (Mediterranean Diet, Mediterranean ... Beginners Guide, Mediterranean, Cooking) Mediterranean Diet: The Mediterranean Diet for Beginners: 110 Delicious Recipes and The Complete Guide to Going Mediterranean South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) 21 Famous Portuguese Dessert Recipes -Made Quick and Easy- Portuguese food - Portuguese cuisine- Portuguese Recipes: World Famous Recipes Made Quick and Easy Rice Cooker Recipes: The Ultimate Rice Cooker Cookbook: The Best Quick And Easy Rice Cooker Recipes You Can Make At Home Tonight (Rice Cooker Cookbook, ... Recipes, Rice Cookbook, Rice Recipes) Mediterranean Diet for Weight Loss: Eat Like a Spartan: Leverage Mediterranean Diet To Achieve Spartan-Like Health, Lose Weight, Get Fit, All While Eating ... (Mediterranean diet, Mediterranean recipes) Quick & Easy Recipes: Super Bowl Party Recipes: 35 Easy and Delicious Super Bowl Recipes, Appetizers, Dips, and More! (Quick and Easy Cooking Series) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3)