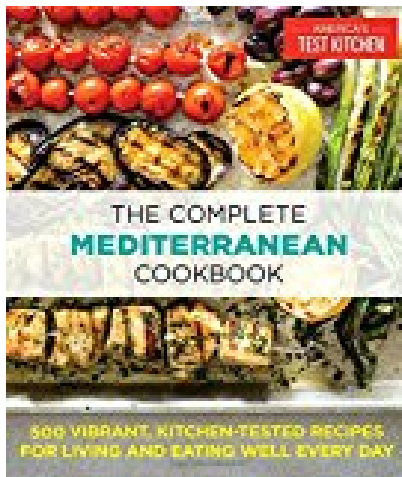


The Complete Mediterranean Cookbook 500 Vibrant Kitchen-Tested Recipes for Living and Eating Well Every Day



BOOK DETAILS

- Author :
- Pages : 440 Pages
- Publisher : Americas Test Kitchen
- Language : English
- ISBN : 1940352649

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BOOK SYNOPSIS

Americas most trusted test kitchen tackles a topic with serious staying power: the Mediterranean diet. This thorough yet user-friendly book brings the Mediterranean into the American home kitchen, with 600 amazingly flavorful yet surprisingly approachable recipes for everyday cooking. The Mediterranean diet is known for being one of the healthiest in the world, with benefits ranging from cancer prevention to improved brain function. The diet also boasts huge food appeal, with its fresh, high-quality ingredients and extraordinary flavors. Although the diet has been around for decades, it has recently experienced a burst of renewed popularity. But many Mediterranean books on the market are quirky, personal collections or have a narrow, single-region focus. The Complete Mediterranean Diet Cookbook will fill a gap in the market by bringing the best of Mediterranean cooking into the American home kitchen, with 600 fresh, flavorful, and foolproof recipes.

THE COMPLETE MEDITERRANEAN COOKBOOK 500 VIBRANT KITCHEN-TESTED RECIPES FOR LIVING AND EATING WELL EVERY DAY

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