



## Easy Mediterranean: 100 Recipes for the World's Healthiest Diet

By Sue Quinn

MURDOCH BOOKS, Australia, 2016. Paperback. Book Condition: New. 235 x 200 mm. Language: English . Brand New Book. The traditional Mediterranean way of eating is widely recognised as the healthiest approach to food in the world. Eating Mediterranean involves falling into the rhythm of the seasons and eating the freshest produce possible, when it's at its very best. It means filling your shopping basket with yoghurt, cheese, olive oil, fruit, leafy greens, nuts, seafood, whole grains and pulses and enjoying these foods with friends and family. In fact, you could say that eating Mediterranean is the healthiest way to eat in the world; abundant in fresh produce and legumes, and making great use of poultry and fish rather than red meat. Mediterranean-style eating has been proven to reduce the risk of heart disease, diabetes and stroke. In Easy Mediterranean, Sue Quinn adopts the Mediterranean way of eating with 100 delicious light, bright and delicious Mediterranean-influenced dishes that are easy to prepare and share. Whilst cookery writers such as Anna Del Conte, Claudia Roden and Yotam Ottolenghi have each explored the traditional cuisines of their individual homelands, Easy Mediterranean pulls together the best of the whole region. Sue Quinn combines the...



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