



## Mediterranean Diet Lebanese Edition: Exotic Lebanese Recipes for Your Healthy Mediterranean Lifestyle

By Andrea Silver

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.You re about to explore the exotic recipes from Tripoli to Beirut. There s a reason why Lebanese cooking is quickly becoming one of the most popular ethnic cuisines. It represents some of the best of Middle Eastern cuisine, with the best Mediterranean cooking has to offer. The Mediterranean diet, which has exploded in recent years, fits perfectly with the Lebanese style of cooking. You ll discover plenty of delicious options for anyone who loves Mediterranean style cooking. From Middle Eastern eggplant dishes to slow-roasted vegetables, tabbouleh, mujaddara, and marinated chicken dishes - there s a reason food from this country is getting so popular. And best of all, by eating in the Mediterranean diet way, many health benefits are immediately available. From improved cardiovascular health through all of the healthy, omega fatty-acid rich oils, to an elimination of processed foods and less-than-fresh Western ingredients, there s a reason why people from these coastal regions tend to live longer. Well, now s a good time to emulate some of their habits. By getting started with...



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