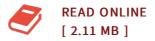




## Mediterranean Diet Lebanese Edition: Exotic Lebanese Recipes for Your Healthy Mediterranean Lifestyle

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...



## Reviews

An exceptional pdf and the typeface utilized was fascinating to read through. It can be writter in straightforward words and phrases instead of confusing. I am just quickly could possibly get a delight of looking at a written ebook.

-- Prof. Arlie Bogan

It in a single of the best book. This is for those who statte there had not been a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dr. Barney Robel Jr.