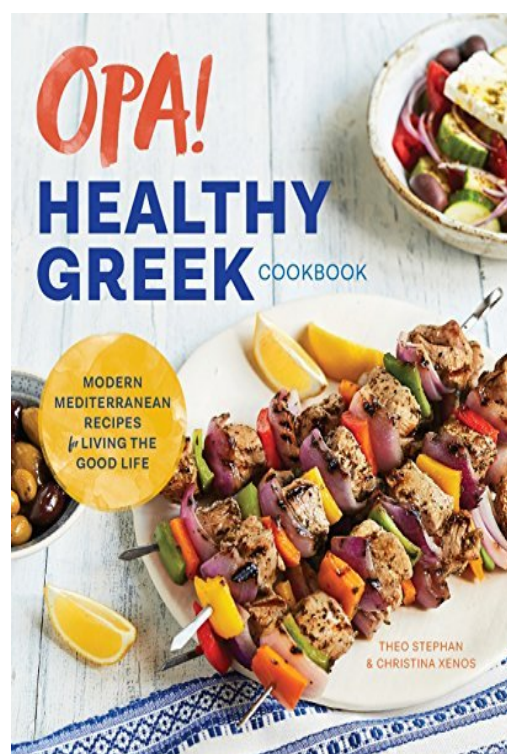


Read Opa! The Healthy Greek Cookbook: Modern Mediterranean Recipes for Living the Good Life Full Collection



Author : Theo Stephan
Language : English
ISBN : 1939754127
Number of pages : 262 pages
Editor : Rockridge Press
Date of Publication : Nov 21st, 2017

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Book Description

Discover how rich a healthy lifestyle can taste with Opa! The Healthy Greek Cookbook. When you don't have a Mediterranean breeze behind you, finding local ingredients for complex recipes can make it difficult to integrate Greek food into your lifestyle. With Opa! The Healthy Greek Cookbook you can spare yourself the odyssey of traveling just to eat fresh and flavorful food. Featuring easy-to-find ingredients for simple recipes, plus a regional overview of Greek food, Opa! The Healthy Greek Cookbook leads you on a culinary journey towards an appetizing and healthy lifestyle. Opa! The Healthy Greek Cookbook contains: 90 Recipes for popular Greek dishes made with easy-to-find ingredients, Greek Kitchen Tips including how to stock your pantry and kitchen with the right ingredients and equipment, plus cooking techniques, a Regional Overview explaining Greek food from ancient times to modern day. Recipes in this Greek cookbook include: Kalamata Olive Spread, Greek Potato Salad, Spinach Rice, Vegetable Moussaka, Shrimp Santorini, Spinach and Feta Stuffed Chicken Breasts, Greek Yogurt Brandy Cake, and much more! Join Greek chefs Theodora Stephan and Christina Xenos as they share their favorite recipes for you to feast on with Mediterranean flare in Opa! The Healthy Greek Cookbook.