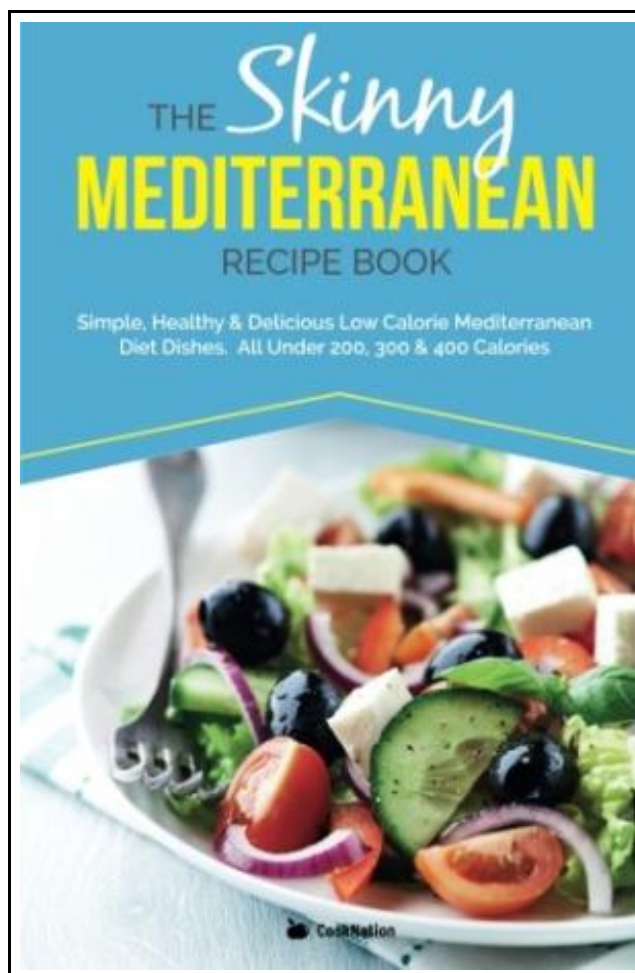


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THE SKINNY MEDITERRANEAN RECIPE BOOK: HEALTHY



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Bell Mackenzie Publishing, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.The Skinny Mediterranean Recipe Book: Healthy, Delicious Low Calorie Mediterranean Dishes. All Under 300, 400 500 Calories Skinny Mediterranean Recipe Book brings a taste of the sunny med to your table with a collection of simple, nutritious and calorie counted recipes based on the increasingly popular Mediterranean Diet. Much more than just a seasonal recipe book, The Skinny Mediterranean Recipe Book is a year round resource to help you maintain a healthy diet and control your weight. Sourcing good, fresh seasonal Mediterranean food is now very easy in the larger supermarket chains and the choice of regional fruit and veg, pastas, oils and fish make it easier then ever to cook Mediterranean no matter what the season. Pulling influence from Italian, Spanish, Greek, North African and Cypriot cuisines, the recipes are full of flavour, quick to prepare, versatile and healthy and all fall under 300, 400 or 500 calories. Plus choose from a election of skinny dressings, dips and homemade pizza toppings. Recipe include: Sun-dried Tomato Caper Linguine Simple Sicilian Gnocchi Fish Couscous Balsamic Tuna Steaks Courgettes Monkfish Cherry Tomato Kebabs Broad Bean Oregano Pasta Chicken Lemon Couscous Chickpea Anellini Mushroom Rocket Risotto Coriander Lime Beans Soup Spanish Salad Soup Classic Avocado, Tomato Mozzarella Salad Pine nUt Spinach Salad Feta, Fruit, Root Salad.



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