



Vegetarian Mediterranean Cookbook: Over 50 Recipes for Appetizers, Salads, Dips, and Main Dishes (Paperback)

By Susan Evans

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Mediterranean diet is grounded in meals that include olive oil, fruit, veggies, grains, and legumes; creating not only a wide variety of delicious dishes, but one of the healthiest as well. Following a Mediterranean diet has been found to lower the risk of cardiovascular disease, cancer, diabetes, and has been shown to be a great way to manage your weight. The vegetarian recipes included in this book use fresh foods low in carbs and naturally loaded with disease-fighting phytonutrients together with anti-oxidants to create healthy and tasty meals. You will find over 50 easy to follow recipes for Mediterranean appetizers, sides, hummus, dips, and main dishes so good even omnivores will drool over. Let s get cooking!.



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