



New Mediterranean Diet Cookbook - A Delicious Alternative For Lifelong Health - Revised & Updated

Nancy Harmon Jenkins

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SPANNING THE MEDITERRANEAN FROM SPAIN TO FRANCE, ITALY, AND GREECE WITH SIDE TRIPS TO LEBANON, CYPRUS, AND NORTH AFRICA, THIS REVISED AND UPDATED EDITION OF NANCY HARMON JENKINS'S ACCLAIMED COOKBOOK OFFERS NINETY-TWO MOUTHWATERING NEW DISHES PLUS THE LATEST INFORMATION ABOUT THE NUTRITIONAL BENEFITS OF ONE OF THE WORLD'S HEALTHIEST CUISINES. BUT BEST OF ALL ARE THE RECIPES BURSTING WITH FLAVOR, EASY TO PREPARE, AND SURE TO PLEASE EVERYONE AT YOUR TABLE, WHETHER YOU'RE COOKING FOR YOURSELF, YOUR FAMILY, OR FRIENDS. EXPERIENCED AND NOVICE COOKS ALIKE WILL BE INSPIRED IN THESE DELECTABLE, SEASONALLY INSPIRED RECIPES.

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