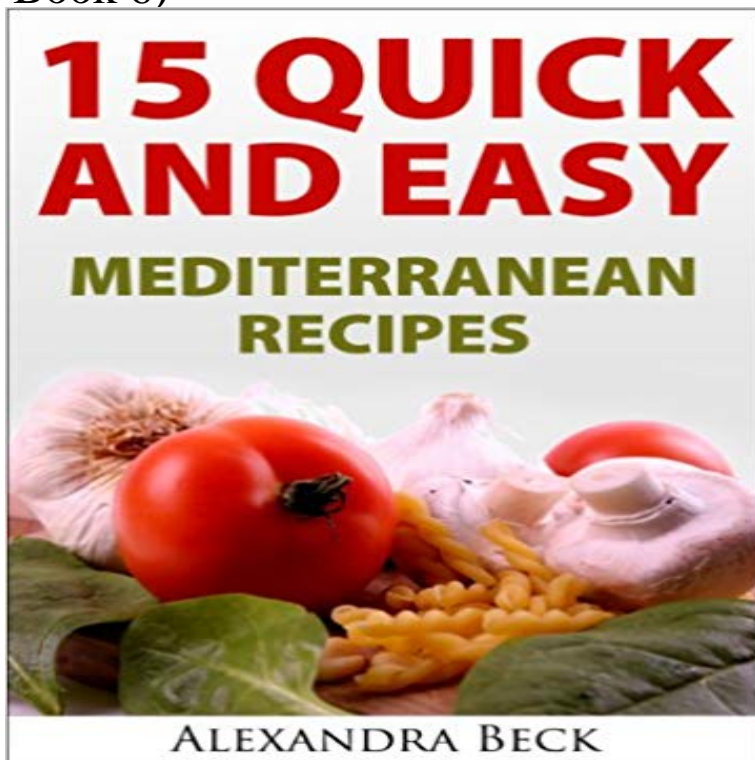


15 Quick and Easy Mediterranean Recipes (Cookbooks for Busy People Book 6)



Quick, Easy and Healthy
The Mediterranean diet is the way of eating and preparing food associated with the countries bordering the Mediterranean Sea (Italy, Spain, France, Morocco, Greece, Lebanon, Syria, Turkey and Israel). The Mediterranean diet is one of the healthiest in the world, as demonstrated both by scientific studies and by the longevity of its followers. Enjoy the simple-to-make and delicious Mediterranean recipes including: French ratatouille with baked parmesan polenta Risotto with asparagus and arugula Pasta with mushrooms, carrots and scallions Roasted sardines with garlic and herbs Spanish-style roast pork Scroll up and grab a copy today!

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