

# Instant Mediterranean Flavors: Illustratrated Collection of 30 Simple and Healthy Sea-Scented Ideas (In The Mediterranean Way Book 1)



If you are looking for a quick and easy way to make tasty and healthy meals, you will like this book which makes it as simple as possible. Pictures included Simple ingredients and alternatives Double metrics when applicable (lb/kg etc) Easy progression: the simplest recipes are at the beginning of the book, and a few somewhat harder are near the end of the book. Total of 30 Mediterranean recipes that are easy to make, sorted from the easiest to mediu difficulty. List of recipes: Bruschetta Sandwich with basil Raclette with tomatoes Simple potatoes Rice Pasta and salad Tuna with vegetables Tomato soup Green beans Chard with potatoes Simple and delicious squid Mussels Pasta with seafood and squash Squid with tomato sauce Quick dinner Whole potatoes Noodles Common mushrooms Pate Spaghetti Sardines Shrimp stew Salsa Rice with tuna Pasta with tuna Salaman Fish soup Macaroni Duck Squid stuffed with cheese

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