



**The Everything Easy Mediterranean Cookbook:
Includes Spicy Olive Chicken, Penne
all'Arrabbiata, Catalan Potatoes, Mussels
Marinara, Date-Almond Pie...and Hundreds More!**

Peter Minaki

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Delicious and healthy meals--in no time!

Mediterranean cuisine is celebrated the world over for its fresh and healthy ingredients, vibrant flavors, and complex recipes. The diet centers around fresh vegetables and fruits, whole grains, seafood and lean meats, nuts--and, of course, olive oil. But who has time to make complicated, traditional recipes every night?

Now, you can re-create healthy, classic Mediterranean meals right at home, including:

- Breakfast Baklava French Toast
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- Olive and Red Pepper Dip
- Tuscan Chicken and Sausage Stew
- Bean and Olive Salad
- Shrimp and Pasta of St. Nicholas
- Pistachio-Crusted Halibut
- Short Ribs of Beef with Red Wine
- Balsamic Chicken and Spinach
- Herb and Lemon Couscous
- Apricot and Walnut Tart
- Greek Summer Sangria

With hundreds of simple, fresh recipes, you can have a delicious and nutritious meal on your table any night of the week. This fun and easy cookbook has all the step-by-step guidance you need to effortlessly incorporate the Mediterranean lifestyle into your busy life.

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