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# Cookbook :Healthy Mediterranean Gourmet: Mediteranean Recipes For Everyday Cooking: Eat Healthy Gourmet Food



## Synopsis

Eat delicious and healthy food based on the secrets of the Mediterranean kitchen Many people associate the word 'gourmet' with cholesterol-laden dishes served in expensive restaurants. It's very tasty, but it's bad for you. No more! Mediterranean Healthy Gourmet presents a new concept of gourmet, which is both delicious and healthy, based on the secrets of the Mediterranean kitchen: a rich variety of tastes, fine dishes that are easy to prepare, and the freedom to enjoy an excellent meal every day, and stay satisfied and healthy. Yes - it's possible! Mediterranean Healthy Gourmet is based on the following principles: Fresh and excellent ingredients. These can be purchased at any local store and market. No or minimal use of deep-fry and saturated fats (red meat, cream, butter etc.) Easy cooking and simple preparation processes, done with available equipment in no time. In this book you will find dozens of recipes, all of which have been tried, perfected and adapted by the author to the wide audience over the course of twenty-five years. The book offers a wide range of gourmet foods that can be easily made at home with regular and affordable ingredients. You will find suggestions for gourmet home meals for the family and for guests, for daily meals and for festive occasions, for adults and children. Among the recipes are also easy home fast-food to prepare shortly after work, and other comfortable solutions for a healthy lifestyle for you and your entire family. *ËfËfËf* Eat healthier, tastier and easier! Today it is clear that in order to keep healthy in life's race, three fundamental principles must be upheld: engage in regular physical activity, avoid smoking, and eat a healthy diet. Mediterranean Healthy Gourmet provides a response to the issue of healthy eating - every day. *ËfËfËf* Healthy Mediterranean Gourmet is more than a cookbook: it's a way of life Scroll up to grab your copy of Mediterranean Healthy Gourmet now!

## Book Information

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## Customer Reviews

This is my first E-Cookbook experience. I love recipes. The healthier and easier the better!! experiment with new recipes one to two times a week, as I don't want to get bored with my food, and to be honest, I enjoy flavour and having a delicious meal at home. Mediterranean Healthy Gourmet seems to check all my requirements with seriously simple recipes that have quick prep time, and quick cooking times!! I've dived into actually cooking two of the side dishes so far. And both were cooked in the microwave, which is a REALLY odd way for me to cook - I'm usually anti-microwave, but figured it might be good - worst case scenario, It tastes bad and we gorge on Pita and Hummus afterwards. I'm new to eating Sweet Potatoes, but am trying to eat better - so I tried the Potatoes and Sweet Potatoes recipe first. It was stinking quick to prepare, and then in the microwave it went. I'll be honest - I have this conception that microwave cooked food would be over or undercooked, taste weird, or dry out. By using a touch of olive oil, not only was this meal cooked in 8 minutes (I took time off for our more powerful microwave), everything was cooked perfectly! So much so, I cooked it again last night and Husband even ate some sweet potatoes (which he hates). SCORE! The second recipe I've tried is the "Speed of light" Zucchini - which uses Dill, a new ingredient for me - seriously, I've never cooked with Dill, thinking it would make food taste like pickles (I love pickles, but not for my meals to taste like it. And it's another microwave meal. Easy peasy prep and 6 minutes in the microwave, we had perfect Zucchini. Normally husband complains about my zucchini cooking skills, but he ate every last piece.

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