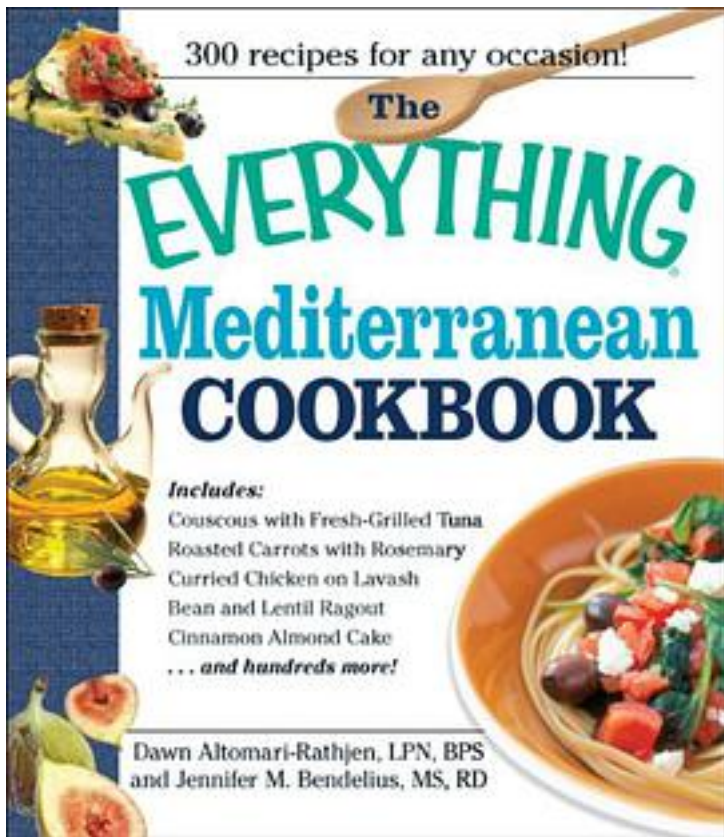


The Everything Mediterranean Cookbook



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著者:Altomari-Rathjen, Dawn/ Bendelius, Jennifer

出版者:Adams Media Corp

出版时间:2003-4

装帧:Pap

isbn:9781580628693

The bountiful cuisine of the Mediterranean evokes thoughts of luscious grains, pasta, vegetables, fruits, and, of course, olive oil. But did you know that current research also indicates that people who reside in these regions have the lowest rates of chronic diseases and one of the highest life expectancies in the world? In *The Everything Mediterranean Cookbook*, Culinary Institute of America graduate Dawn Altomari-Rathjen teams up with registered dietician Jennifer M. Bendelius to provide

you with 300 of the most sumptuous -- and healthy -- recipes that the Mediterranean has to offer. From Roasted Garlic Served on Crostini and Oven-Dried Tomatoes to Mushroom Ravioli with Walnut Parsley Pesto, The Everything. Mediterranean Cookbook helps chefs of all levels bring the Mediterranean into the comforts of their own home. Featuring: 7 Acorn Squash Bake 7 Frittata 7 Red Lentil Lasagna 7 Stuffed Grape Leaves 7 Braised Okra with Tomato 7 Vegetable Samosas Whether you're cooking for one or having a full dinner party, The Everything. Mediterranean Cookbook will have your guests begging you for the secret recipe

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