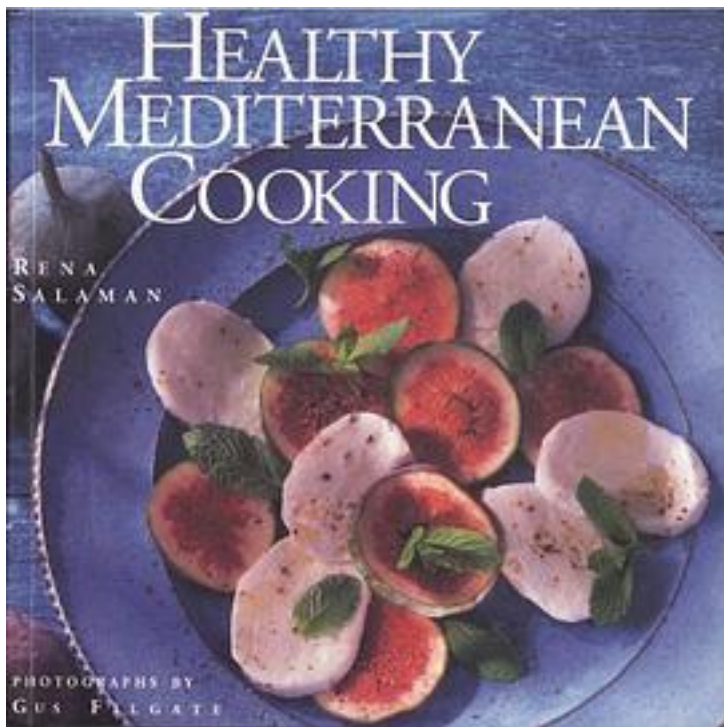


Healthy Mediterranean Cooking



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Low in cholesterol and saturated fats, and high in fibre and vitamins, the recipes in this book are concocted from the healthiest of ingredients - grains, fresh fruit, vegetables, high protein fish, lean meat and poultry. The dishes have been culled from every corner of the Mediterranean and feature the well-loved cuisines of France, Italy, Spain, Greece, as well as exotic dishes from North Africa and the Middle East. For each recipe, nutritional information is provided - calories, total fat and saturated fat content, protein, carbohydrate, cholesterol, vitamins and minerals.

作者介绍:

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