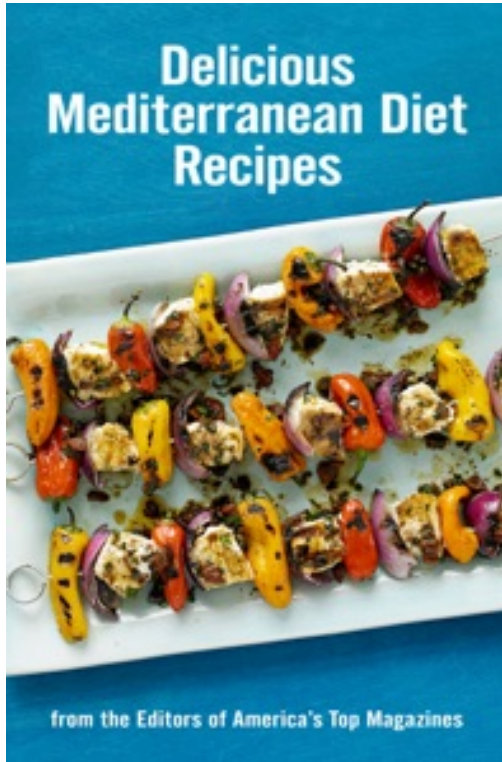


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Delicious Mediterranean Diet Recipes

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"About 30 percent of heart attacks, strokes and deaths from heart disease can be prevented in people at high risk if they switch to a Mediterranean diet rich in olive oil, nuts, beans, fish, fruits and vegetables, and even drink wine with meals."

—*The New York Times*

It's true—a diet including pasta, cheese, wine, and dessert really can trim your waistline and improve your overall health. A 2013 study published in the *New England Journal of Medicine* proves that adopting a Mediterranean diet reduces the risk of stroke and heart disease while keeping your taste buds satisfied. Full of fresh vegetables, fruits, legumes, fish, and poultry, this high-protein diet will never leave you feeling hungry. Praised by the *New York Times* and food expert Mark Bittman, this is a plan you'll want to stick to for life.

These flavorful, colorful, and easy-to-prepare dishes provide plenty of variety for every meal of the day. Enjoy delicious

recipes such as:· Asparagus-Romano Frittata· Chicken Gyros· Santa Fe Falafel· Sizzling Steak Kebabs· Red Wine-Poached Salmon· Buttermilk Panna Cotta with Blackberry Sauce
This collection makes it easy to stay healthy without feeling deprived. Start enjoying fresh and exotic meals inspired by the traditional eating habits of the countries bordering the Mediterranean Sea.

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