



The Everything Mediterranean Slow Cooker Cookbook: Includes Sun-Dried Tomato and Pesto Dip, Apricot-Stuffed Pork Tenderloin, Tuscan Chicken and Sausage Stew, Zucchini Ragout, and Chocolate Creme Brulee (Paperback)

By Brooke McLay, Laurie Kettler



Adams Media Corporation, United States, 2014. Paperback. Book Condition: New. 231 x 201 mm. Language: English . Brand New Book. Easy, make-ahead meals for a healthier lifestyle! The benefits of a Mediterranean diet--fresh vegetables and fruits, whole grains, seafood and lean meats, nuts, and olive oil--are well known. People who live in the region have the lowest rates of chronic diseases and one of the highest life expectancies in the world. Inside are 300 recipes that combine the vibrant flavor of Mediterranean ingredients with the ease and convenience of slow cooking. You'll find mouthwatering dishes such as: * Parmesan olive focaccia * Black and white bean dip * Citrusy and sticky honey wings * Apricot-stuffed pork tenderloin * Mussels marinara * Lobster risotto * Vegetable and chickpea stew with lemony couscous * Challah bread pudding With recipes for everything from filling breakfasts to special-occasion dinners, you'll find all you need to effortlessly incorporate this healthy lifestyle into your busy weekday life.



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