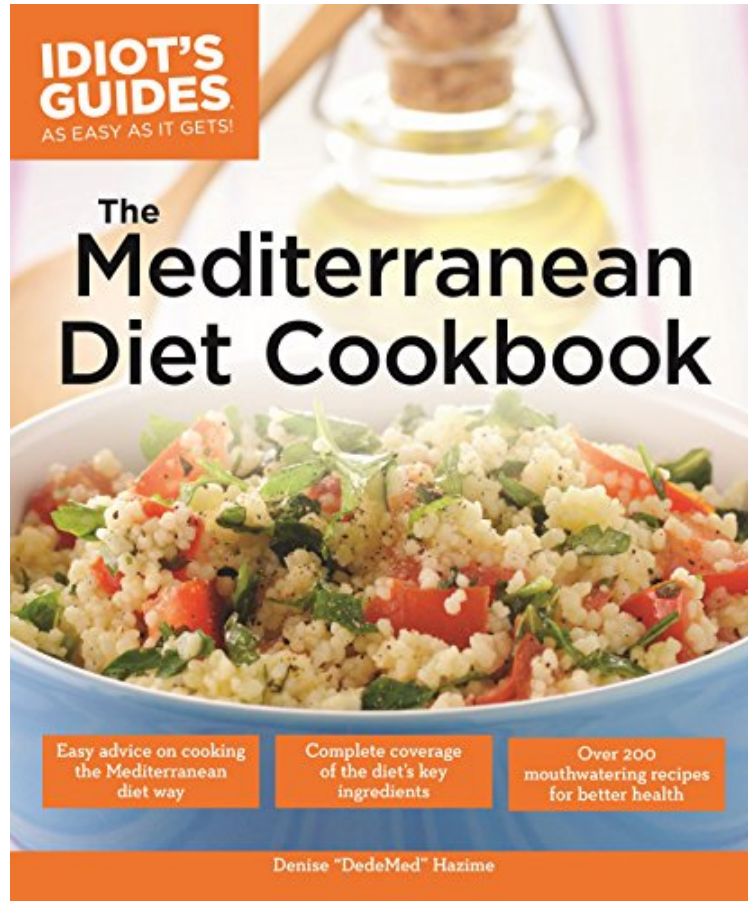


The Mediterranean Diet Cookbook (Idiot's Guides)

Denise Hazime

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#618944 in Books 2014-04-01 2014-04-01 Original language: English PDF # 1 9.20 x .68 x 7.75l, .0 #File Name: 1615644458288 pages | File size: 47.Mb

Denise Hazime : The Mediterranean Diet Cookbook (Idiot's Guides) before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Mediterranean Diet Cookbook (Idiot's Guides):

13 of 13 people found the following review helpful. Excellent recipes
By Passion for food
I came across this cookbook in the public library and was thrilled to see DedeMed as the author. I made sure to purchase this cookbook. A few months ago, I checked the author's website a few times looking for Lebanese recipes and was very impressed with the recipes and photography on her blog. The cookbook does not have color illustrations of the dishes. I suggest checking the author's website. This cookbook has a very good glossary. The recipes include healthy hints, tasty tips and sidebars. The Mediterranean food and ingredients were very well explained. This book can guide you to prepare healthy breakfasts, lunches and dinners. Thank you Dede!
7 of 7 people found the following review helpful. Fresh and flavorful
By KitkatDeDeMed's cookbook is wonderful. Clear instructions, easily found ingredients. She offers variations on recipes, too. I do wish there were pictures in the book, but since there are not any I refer to the videos of her recipes at her website. This cookbook is destined to become one of my favorites because the recipes are for fresh, flavorful dishes.
5 of 5 people found the following review helpful. I found a few good recipes in the Mediterranean

Diet Cookbook. By Traveler2My cardiologist recommended I start cooking the "Mediterranean" way and this book is being used as a companion to other cookbooks to eliminate the butter, etc. I haven't lost any weight - maybe that will come over time. It's a good cookbook and the recipes are tasty.

The Mediterranean Diet is considered one of the healthiest diets in the world and has long been acceptable for people with serious health issues, such as diabetes and heart disease. With more than 200 recipes and simple guidance on cooking the Mediterranean way, this easy-to-follow cookbook is a must-have for any home library. From hearty and heart-healthy breakfasts to delicious desserts, the recipes in this book will help bring good health and vibrant flavor to anyone looking for a better way of eating.

About the Author Denise "DedeMed" Hazime acquired a love of Mediterranean cooking at a very young age, growing up in a large Lebanese family steeped in rich culinary tradition. Exposed early on to range of cooking techniques from her mother, Denise continues her love of cooking at her website, Dede's Mediterranean Kitchen (DedeMed.com), where she teaches how to cook the Mediterranean way through easy instructional videos. Denise has appeared in The Wall Street Journal, on CNN, in Coast Magazine, and in many other nationwide outlets.