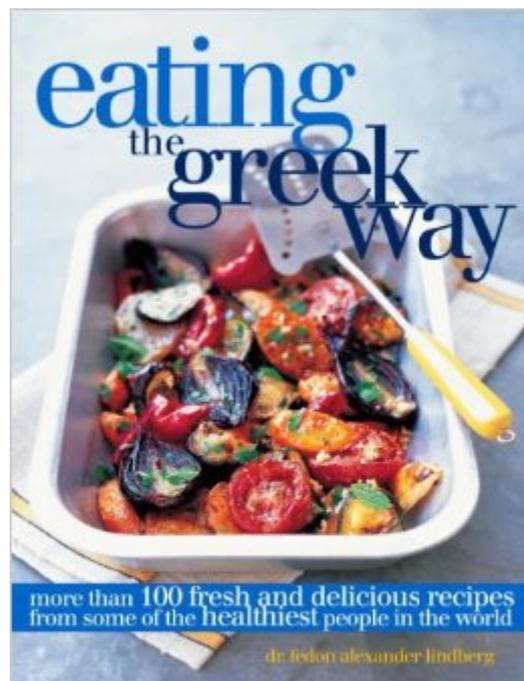


The book was found

Eating The Greek Way: More Than 100 Fresh And Delicious Recipes From Some Of The Healthiest People In The World



Synopsis

The pristine beaches, azure sea, and historic richness of Greece aren't the only reasons Americans are attracted to the Greek way of life—the juicy ripe tomatoes, creamy feta, and aromatic olive oil are just a few of the intensely satisfying flavors we just can't seem to get enough of. Eating the Greek Way captures the freshness of Mediterranean cooking with more than 100 delicious and healthful dishes that will help you look and feel great and bring the rich experience of the Greek Islands into your everyday life. The beauty of Eating the Greek Way is that every tantalizing meal in this book can help you lose weight and improve your health. Using the foundations of olive oil, garlic, wine, fish, nuts, yogurt, cheese, whole grains, fruits, vegetables, and lean proteins—ingredients found in a supermarket—these wholesome dishes will delight every palate. Reinvigorating familiar ingredients in a new way, Eating the Greek Way shares irresistible recipes, including Baked Prawns with Feta and Tomatoes, Spanish Chicken Casserole with Green Lentils, Lamb with Apricots and Almonds, and Passion Fruit Crème Brûlée. Packed with vibrant color photographs of the dishes as well as beautiful pictures of the landscape that inspired them, Eating the Greek Way is a treat for the senses and will revolutionize the way you think about healthful eating.

Book Information

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Customer Reviews

This has become one of my all-time favorite cookbooks. Literally every recipe I've tried has been an instant hit with my family. I like that there's loads of flavor (and not all the same old stuff) in

everything, and there's also a section about how to eat a health-supporting Greek-inspired diet. (The author is a doctor from/in Greece.) All of the ingredients are readily available. The only alteration I've made (to some recipes) is to cut down on the healthy oils a bit -- while olive oil is yummy and good for you, I'd rather cut back a bit on how much oil I add to a dish. I have also found that many of these dishes keep well for leftovers, the recipes make good (big) amounts, and there is a nice emphasis on fresh ingredients. Nothing is complicated, but it always comes out looking and tasting really impressive. Highly Recommended!

This is a nice introduction to the Mediterranean Diet. The recipes are very good and easy to follow. The sample meal plans are nice and helpful as well. If you are looking for a traditional Greek cookbook, look somewhere else. However, if you are looking for a Greek-inspired cookbook with healthy recipes, this one is great.

Dr. Lindberg starts with the health benefits and principles of the Greek Mediterranean diet and includes: a sample daily and weekly menu, portion sizes, glycemic index, shopping list, healthy ingredients explanation, kitchen ingredients and equipment lists, and more. The pictures are beautiful. This is a concise and comprehensible book with simple, interesting recipes. The back section contains a GL (glycemic load) breakdown list, which may be a helpful tool in choosing foods for this diet, other diet, or in general. My background: BA in Foods & Nutrition, MSED in Family & Consumer Sciences Education (FCS), and teaching certification in FCS.

Really really sound stuff. I think the front of the book has a lot of great information to arm those who are new to nutrition. My only complaint is that he has written only one book. The Roast fennel is a wonderful recipe.

I recently entertained a group of friends and pulled a couple of recipes from this book. The chilled Cucumber Soup with Shrimp was the perfect first course, and the Chicken Baked in Spiced Yogurt practically drew applause! I also really appreciate the "serve with" suggestions and all the nutritional information that the book contains. This is a wonderful cookbook.

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