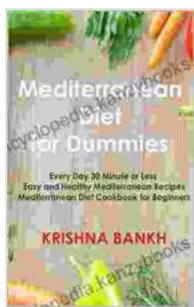


Every Day 30 Minute or Less Easy and Healthy Mediterranean Recipes

The Mediterranean diet is one of the healthiest diets in the world, and it's easy to see why. It's based on the traditional foods eaten in countries around the Mediterranean Sea, and it's rich in fruits, vegetables, whole grains, and healthy fats. The Mediterranean diet has been shown to reduce the risk of heart disease, stroke, cancer, and Alzheimer's disease.



Mediterranean Diet Cookbook: Every Day 30 Minute or Less - Easy and Healthy Mediterranean Recipes I

Mediterranean Diet Cookbook for Beginners by Aaron E. Katz

★★★★★ 5 out of 5

Language : English
File size : 3327 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 23 pages
Lending : Enabled



But many people think that the Mediterranean diet is too difficult to follow. They think that it requires a lot of time and effort to cook these healthy meals. That's where Every Day 30 Minute or Less Easy and Healthy Mediterranean Recipes comes in.

This cookbook features over 100 recipes that can be made in 30 minutes or less. So you can get a nutritious and flavorful meal on the table even on the busiest nights.

The recipes in this book are all easy to follow, and they use simple ingredients that you can find at your local grocery store. You'll find recipes for everything from appetizers to main courses to desserts. And each recipe is packed with flavor.

So if you're looking for a way to eat healthy and delicious meals without spending hours in the kitchen, *Every Day 30 Minute or Less Easy and Healthy Mediterranean Recipes* is the perfect cookbook for you.

Here's a sample recipe from the book:

Mediterranean Chicken and Rice Bowl

Ingredients:

- 1 pound boneless, skinless chicken breasts, cooked and shredded
- 1 cup cooked brown rice
- 1/2 cup chopped red onion
- 1/2 cup chopped cucumber
- 1/2 cup chopped tomato
- 1/4 cup chopped feta cheese
- 1/4 cup chopped Kalamata olives
- 1 tablespoon chopped fresh parsley

- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

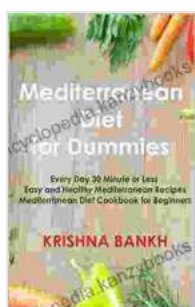
Instructions:

1. In a large bowl, combine the chicken, rice, red onion, cucumber, tomato, feta cheese, olives, parsley, olive oil, lemon juice, salt, and pepper. Stir until well combined. 2. Serve immediately or store in an airtight container in the refrigerator for up to 3 days.

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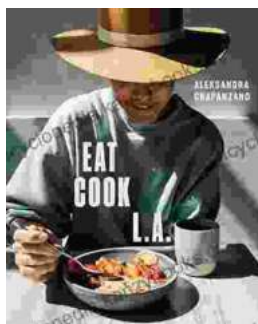
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