



# **The Mediterranean Table: Simple Recipes for Healthy Living on the Mediterranean Diet**

*Sonoma Press*

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In the age of green smoothie detoxes and elimination diets, it's easy to forget that you can actually enjoy flavorful, satisfying food *and* live a more healthful life. The cuisine of the Mediterranean is some of most nourishing and delicious in the world, and *The Mediterranean Table* includes more than 150 recipes that promise to make keeping the Mediterranean diet a natural, simple lifestyle change.

While other Mediterranean cookbooks have a strict culinary focus or a strict diet focus, *The Mediterranean Table* marries the two—and proves that you don't have to have a Sicilian grandmother to fill your kitchen with the flavors and traditions of this classic way of eating. With cooking tips, easy-to-prepare recipes, detailed nutritional information, an at-a-glance meal plan, and regional spotlights for every recipe, *The Mediterranean Table* will take readers on a culinary journey through Southern Europe, Northern Africa and the Middle East, all while sharing a time-tested tradition of healthy eating.

## **The Mediterranean Table: Simple Recipes for Healthy Living on the Mediterranean Diet Details**

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# **From Reader Review The Mediterranean Table: Simple Recipes for Healthy Living on the Mediterranean Diet for online ebook**

## **Gloria says**

Nicely laid out cookbook representing all of the Mediterranean countries. Most of the ingredients are easily accessible. The few recipes I tried were easy enough to make and really tasty. As expected, recipes are heavy on the veggies and olive oil, and light on meat.

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## **Carol says**

The recipes were fairly straightforward and simple but overall I didn't find them super inspiring with a few notable exceptions.

I had picked this up mainly because of its 55 cents kindle price tag, hoping to find some interesting recipes to add to my repertoire so I wasn't totally dismayed by this.

Oddly enough at the beginning of this book there is a lot of discussion about the merits of the Mediterranean diet but this is undoubtedly a very Americanized version of many of the dishes contained within. Therefore I am not really sure of the true health benefits that can be obtained from the recipes in this cookbook. Lots of good info though and contained a lot of recipes including staples and online references at end for sourcing the harder to find ingredients.

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## **Ruthie says**

This is a great intro to Mediterranean cooking and the Mediterranean diet in general. At the very beginning she gives a nice overview of food groups, spices, and cooking style. I tried several of the recipes and have liked all of them.

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## **T says**

I received a free copy of this for review from the publisher. Many thanks!

2.5 stars.

Over all, nothing too earth shattering with this title. Much of the information on the diet itself can be found online or in other books so if you've read one in depth description of the diet, you've read them all.

The recipes look good and don't require too many odd or off the beaten track ingredients. Full disclosure, I've yet to make any despite how good they look because of the 1 glaring issue I had with this cookbook -- the lack of pictures of the dishes. Maybe I've become too spoiled with the eleventy billion food and recipe blogs out there that photograph every.single.step. of a recipe, but there was a shameful lack of pictures in this book.

For those of us who believe you eat with your eyes, this is a serious stumbling block in ANY cookbook (not just this one) who only offer a handful of pictures of the dishes included in the cookbook and generally plop them in the middle of said cookbook and not next to recipe of it.

Hopefully, future editions of this cookbook will include more pictures.

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### **Robert Giles says**

#### **Great Soups**

More of a soup and sandwich offering. I would have preferred more entrees. Good introductory book for lunch and light snacks.

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### **Christy Olesen says**

This book does a good job describing the Mediterranean diet and it's benefits in a manageable and easy-to-read length. There are tons of recipes that look so good, I'm not sure where to start.

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### **Espresso says**

This book is user-friendly and a good way to dip your foot into the Mediterranean meal plan. It does not require a lot of specialized cooking gadgets and the recipes are simple and flavorful.

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### **Elisabeth says**

My new favorite go to cookbook. I've loved every recipe I've made since purchasing this. If you come into my store I will sell it to you along with A Gentleman in Moscow. I made the cover recipe and loved it! Many more to enjoy!!

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### **Jennifer Spiliakos says**

I miss cooking, so much. I've been busy/tired and unmotivated. This is the best cookbook I've picked up in some time, hoping it helps propel me forward.

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