



The Gluten Free Mediterranean Diet Cookbook: 150 Delicious and Healthy Recipes

Chef Judi Mehrens

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Chef Judi Mehrens has gathered the delicious recipes from her series, The Gluten Free Mediterranean Diet Cookbook, Volumes I, II, and III, originally published for Amazon Kindle, and combined them into this one volume. Rather than a strict eat-only-this kind of diet, the Mediterranean diet is a lifestyle diet. Shown to increase health and longevity, eating the Mediterranean way is delicious as well as healthy. This isn't about counting calories, rather it's a blueprint for using the best fresh ingredients. Eat these foods in moderation, drink wine in moderation, exercise a bit, and you will lose weight. More importantly, you'll be healthier for it. In this cookbook, you will find 150 delicious Mediterranean recipes that also are completely gluten free. This collection has been reorganized into chapters: Appetizers, Salads, and Sauces; Soup; Vegetables and Side Dishes; Chicken; Fish and Shellfish; Lamb, Pork, and Veal; and Fruit and Desserts. You'll find recipes for such delicious creations as: Apple and Onion Jam Asparagus and Orange Salad Fresh Tomato Sauce Fruit Soup Tomato Lentil Soup Baked Onions Braised Fennel Chicken with Tomatoes and Olives Broiled Halibut with Dijon Vinaigrette Garlic Lamb Chops Pears Poached in Chianti Chef Judi has also added a new notes sections, offering tips for shopping, preparation, ingredient substitution, and cooking techniques. What others have said of the recipes: "What a surprise!! Recipes that are healthy AND taste good!!" "this was a good purchase." "it has really nice recipes." "Found quite a few delicious recipes that my entire family enjoyed!! Can't wait to try some more. "

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Mary Gines:

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