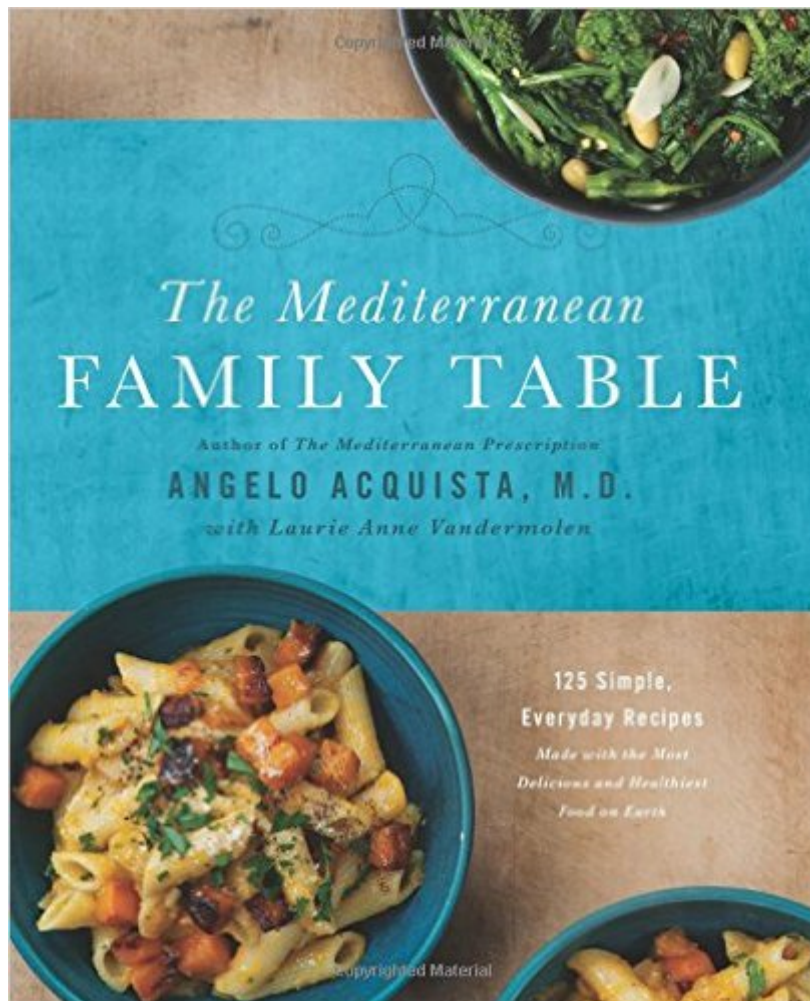


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The Mediterranean Family Table: 125 Simple, Everyday Recipes Made With The Most Delicious And Healthiest Food On Earth



Synopsis

Tutti a tavola "All to the table with this bounty of Mediterranean recipes to try, savor, and gather around To help his patients improve their health, Dr. Angelo Acquista began "prescribing" them recipes for nutritious and flavorful home-cooked meals prepared with ingredients key to the Mediterranean diet. The Mediterranean Family Table combines his medical experience and Sicilian roots to outline the guiding principles of the Mediterranean diet and takes it one step further with a collection of easy, wholesome, and delicious recipes the entire family will love. From purees made with fresh vegetables that will tempt the taste buds of bambini "and can serve as easy sides for the rest of the family" to recipes tailored to meet the special nutritional needs of children and seniors (highlighted by icons for easy reference), this well-curated collection of recipes will allow you to: "Reinvent classic recipes by replacing mayonnaise and butter with heart-healthy olive oil in dishes like Mediterranean Potato Salad and Olive Oil Mashed Potatoes " Discover good-for-you Mediterranean greens in kid-approved recipes like Orecchiette with Bread Crumbs and Broccoli Rabe, and Swiss Chard and Cannellini Beans alla Alessandra " Create your own "Sunday Supper" family tradition with recipes like Quick and Easy Tomato Sauce and Mama's Meatballs with Pasta The Mediterranean Family Table contains a wealth of helpful information, including how to make healthier eating choices; instill good habits in kids that will last a lifetime; and buy, store, and cook ingredients fundamental to the Mediterranean diet. Anecdotes from Acquista's family history are woven throughout, as well as stories of growing up near the Mediterranean Sea, and the techniques he uses to incorporate what he learned from his Sicilian upbringing into his busy, landlocked, modern family life. Buon appetito!

Book Information

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Customer Reviews

Having read his first book that got me started on the Mediterranean Diet, I looked forward to his new book and new recipes. The first 100 pages are a recap about the good about the diet. The last is recipes with pictures. I was somewhat disappointed in it. If you plan on going on this diet I suggest you get his first book The Mediterranean Prescription with Meal Plans and also I liked The Oldways 4 week mediterranean diet Menu Plan. They also have a good web site.

A friend gave me this cookbook and I thought: Why have I not heard of this? (I love cookbooks.) It's amazing: clear, beautiful, simple, healthy, delicious. You will not be disappointed. It's everything you could want in a cookbook!

I got this book because I didn't want to "diet" as much as I wanted to eat more simply and healthfully and eliminate processed food. This book was just what I needed. The recipes are simple --- the instructions are clear and use fresh ingredients readily available at any grocery or farmer's market. And most of all, they are delicious!! I can't wait till dinner to try something else!

The author is a doctor so there is a lot of health information at the beginning of the book, which I appreciated. That info leads into the recipes, which at first I thought would not go over very well in my family. But, I have since made more than a handful and all of them have been winners especially the vegetable dishes. It truly is a simpler way of eating, the recipes are generally simple and easy. Be prepared to have a lot of olive oil and garlic on hand!

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