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# Mediterranean Pressure Cooker: 50 Original Mediterranean Style Meals-Shave Half The Cooking Time Off Any Recipe Using Pressure Cooker



## Synopsis

50 Original Mediterranean Style Meals-Shave Half The Cooking Time Off Any Recipe Using Pressure Cooker You don't need to leave home for a sophisticated taste of the world! This collection features delicious and nourishing recipes that evoke the essence of the Mediterranean region while helping you work your way toward optimal health. The Mediterranean diet emphasizes plant-based foods, such as fruits and vegetables, whole grains, legumes and nuts. It replaces butter with healthy fats, such as olive oil and canola oil, and uses herbs and spices instead of salt to flavor foods. Red meat is limited to no more than a few times a month, while fish should be on the menu twice a week. The Mediterranean diet is also about enjoying delicious foods as you'll discover when you try these recipes. Here is a preview of what you'll learn... Pressure Cooker Benefits You Need to Know Simple Whole Grain Muffins for Breakfast Ham, Scallions and Arugula Creamy Crêpes Beef Kebabs with Buttery Cremini Couscous 15-Minute Pressure Cooker Beef and Potatoes Stew Tisket-a-Tasket a Spicy Mediterranean Beefy Basket Mediterranean Barbecue Chicken Pan-Seared Chicken Breast with Papaya and Mint Salsa Chipotle-Turnip Spicy Chicken Stew Lamb Pita with Cucumber Yogurt Shrimp and Kalamata Olives Pasta Red Snapper Fish Fillet with Black Olives and Tomatoes Poached Peppercorn Salmon with Dill and Fennel Seeds Much, much more! Download your copy today! Try it now, click the "buy" button and buy Risk-Free

## Book Information

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## Customer Reviews

This recipe book is so perfect that it gave me 50 different variety of how to cook Mediterranean recipe. Poultry is a staple recipe in this kind of cooking chicken and this is an advantage for me as my meals are mostly chicken and fishes. The definition of Pressure cooking and its benefits was well discussed along with its tips on how to use it. The recipes given look so appetizing and the instructions are simplified and easy to follow and definitely would love to try cooking one of the featured dish on our upcoming family reunion. A suggestion though is actually adding pictures of the featured recipes just to stir the appetite of reader who love to cook but nonetheless I sure did learn a lot of great different Mediterranean recipes on this book, surely an addition to my digital library.

If you're into mediterranean cooking or just curious about it, then this is the best book to read and learn. This has been a great and exceptional read. I can definitely attest that this is a gem of find about mediterranean cooking. The instructions were very simple and not complicated. Easy to follow and that is the most important thing about learning something new. The recipes are sure to leave your taste buds something to long for. It is great also that this book explains the importance of eating healthy recipes to achieve your way towards optimum health.

I love to cook and experiment and see my family when they smile and ask for second servings. I try to make sure that the meals I prepare are healthy, delicious and within budget. After all, we have to live within our means. When I saw this book, I just knew that I had to grab it while it was still on promotion. this book offers delicious Mediterranean recipes that are very easy to do and to be able to make delicious meals through a budget friendly and efficient manner on my pressure cooker is always a great deal. Tried about three of the delicious recipes and I have to say that this book is a working mother's best friend!

The Mediterranean diet is effective and will surely work because it is not really a "diet." It's a way of life, a lifestyle that one must embrace in order to get its maximum benefits. That's why many health buffs believe that this diet is for them. Then coupled it by using a pressure cooker and you are all set to have a healthy and enjoyable diet. This is what this book has given its readers---the chance to

stay healthy and use pressure cooker so that foods will be cooked well. And what is even amazing is that this book has given away 50 original Mediterranean recipes that everyone will surely appreciate. This has been a good reading experience.

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