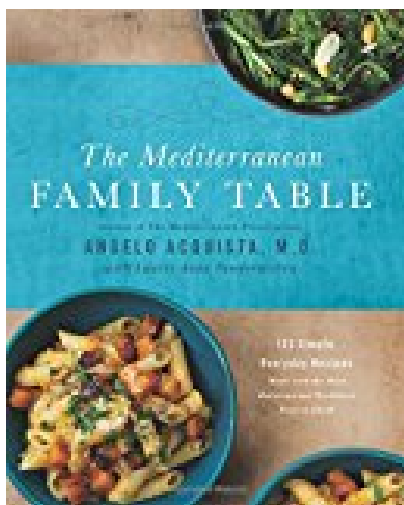


The Mediterranean Family Table 125 Simple Everyday Recipes Made with the Most Delicious and Healthiest Food on Earth



BOOK DETAILS

- Author : M.D. Angelo Acquista
- Pages : 336 Pages
- Publisher : William Morrow Cookbooks
- Language : English
- ISBN : 006240718X



BOOK 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!

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