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5 Ingredient Cookbook: Quick and Easy Mediterranean Recipes for Campers, Boaters and Hikers (Paperback)

By Maia Sautelet

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.EASY AND HEALTHY RECIPES IN 5 INGREDIENTS! Do you want to make cooking an easy and fun experience? Are you looking for new ways to eat healthy food? This cookbook is for you, it combines quick and easy recipes with healthy Mediterranean ingredients. Designed to save time and energy, you will love these delicious meals, prepared with lots of fresh vegetables and lean protein such as fish, seafood or chicken. Discover the secrets of the Mediterranean diet and its key ingredients such as ripe and juicy tomatoes, extra virgin olive oil, lemon, chickpeas and more. None of the recipes contain processed meat or ready-made sauces, all the ingredients are easy to find and available in most supermarkets and local grocers. From classic dishes such as Spaghetti Vongole to Prawns Saganaki or easy Greek salad with watermelon and mint, this book takes you to Italy, France, Greece and Spain to learn from their culinary delights. Thanks to 5 Ingredient Cookbook, it's never been easier to cook and eat well. You'll find out many dishes which offer an alternative to...



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