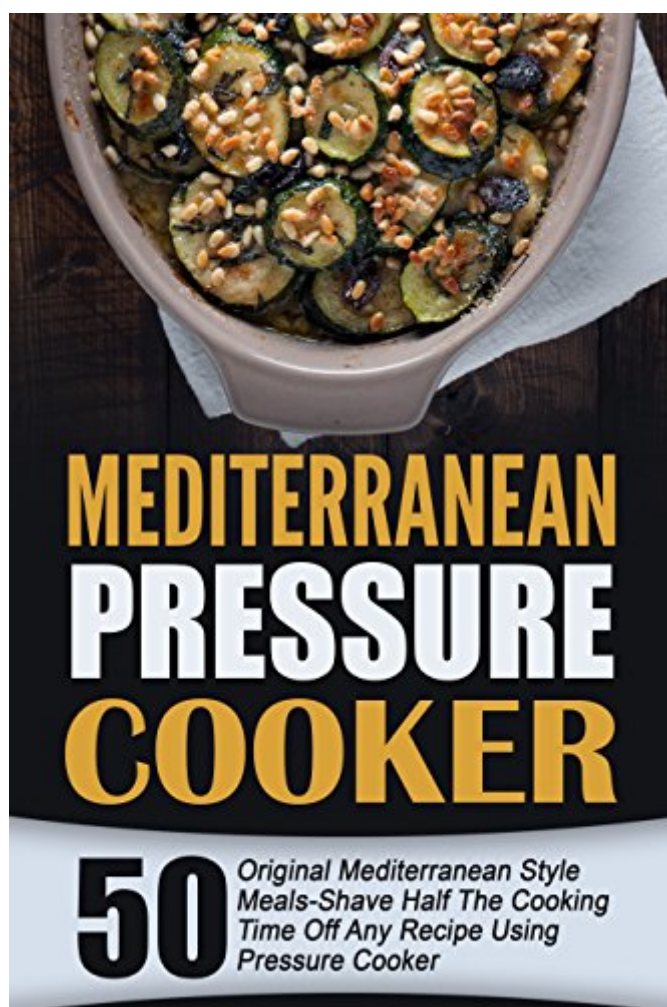


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# Mediterranean Pressure Cooker: 50 Original Mediterranean Style Meals-Shave Half The Cooking Time Off Any Recipe Using Pressure Cooker





## 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 â 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 CrÃªpes 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 Mediterranean food and I was already quite familiar with it. But what I enjoyed about this book is the new approach to it with the use of the Pressure Cooker. Most recipes are easy to make and don't take a long time to prepare! I am planning to try a few recipes when having our friends over for diner next time, I'm sure they will enjoy delicious mediterranean food even more than me!

This book is excellent and helpful. Inside of this book I have found some Mediterranean pressure cooker recipes. I wanted to follow a Mediterranean lifestyle and for that why I purchased this book a few weeks ago. I am glad to read this book. It is true that the Mediterranean diet is very helpful for health. By reading this book I have understood about the benefits of pressure cooker recipes. This book is fully loaded with delicious recipes. The author described everything clearly and step by step. If you want to learn some Mediterranean meal recipes, then this book is perfect for you.

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