

70 authentic recipes and many photos from the Mediterranean region, home of the author. Whether you are a vegetarian or just looking for an occasional alternative to dishes that contain a lot of meat or fish: In this book you can find starters, soups, salad ideas, snacks and main courses – all prepared with vegetables, grains, spices and/or herbs only! The Mediterranean region, from the Middle East to Spain, Italy and Greece to North Africa, offers ingredients in lavish abundance for imaginative vegetarians. Fresh vegetables, high quality olive oil, fragrant herbs, savory legumes, granular types of grain and fruity aromas pair with sophisticated, North African spices and spicy chili peppers of Calabria. Abroad there is still the misconception, that the residents of Mediterranean countries know how to use only pasta in a vegetarian way. But bit by bit fantastic recipes with grains and legumes cross geographic and gastronomic borders. In this book you will find tasty suggestions from the Southern Italian home of the author and from other Mediterranean countries, whose gastronomic culture is globally on the rise these days. Be inspired by the 70 innovative, newly interpreted and partially still unknown recipes and countless photos – go and find your new favorite recipe. After several successful cookbooks the author now surprises us with this vegetarian Mediterranean cook book with recipes and many photos from all over the Mediterranean region as well as countless tips and facts regarding the foods and dishes that are being used. The Vienna-born author left her home country soon after she received her high school diploma (Abitur) for France, Africa and Asia. She has lived in Italy for more than two decades now, most of the time in Sicily. Today the internationally active tourism expert devotes more and more of her time to her hobby, writing. Journalistic contributions in travel magazines, short stories, tour guides and cookbooks have already been published. This book is the first one that is also available in English.

Fire (A Dragons Fire) (Volume 1), Tears and Shadow (Kitsune series Book 2), Dominion (The New Dracula), Fire - Keeping it Behind Bars, Dragon Dreams: Gilmreth the Awakening,

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Fried Brussels Sprouts Recipe with Onions and Quick Polenta The Mediterranean Dish. 70 authentic recipes and many photos from the Mediterranean region, home of the author Whether you are a vegetarian or just looking for an Best Vegetarian Restaurants in San Antonio, Texas: Find TripAdvisor traveler reviews of San Antonio Vegetarian restaurants and search by price, location, and more. “Excellent Experience” 06/20/2018 “gourmet food not to be missed on the river” 06/19/2018. Reserve · Pasha Mediterranean Grill · 305 reviews. #9 of 349

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