



Mediterranean Light: Delicious Recipes from the World's Healthiest Cuisine

Martha R. Shulman

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The cuisines of the Mediterranean are famous for taking humble ingredients and transforming them into savory masterpieces. Finding inspiration in every region of the Mediterranean basin, from the ever-popular dishes of France, Italy, and Spain to the more exotic fare of North Africa and the Middle East, Martha Rose Shulman offers innovative recipes that use less olive oil and other high-fat ingredients while retaining every drop of sun-drenched flavor.

The results: meatless yet hearty pasta sauces; refreshing salads of beans, grains, and vegetables; sizzling grilled fish dishes; aromatic chicken stews; refreshing fresh fruit desserts; virtually fat-free renditions of ratatouille and hummus; and updated, slimmed-down versions of traditional classics like paella, salade Nicoise, and lasagne. These satisfying recipes will become the cornerstone of a long-lasting commitment to healthful eating.

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