



# **Eating the Greek Way: More Than 100 Fresh and Delicious Recipes from Some of the Healthiest People in the World**

*Dr. Fedon Alexander Lindberg*

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The pristine beaches, azure sea, and historic richness of Greece aren't the only reasons Americans are attracted to the Greek way of life—the juicy ripe tomatoes, creamy feta, and aromatic olive oil are just a few of the intensely satisfying flavors we just can't seem to get enough of. *Eating the Greek Way* captures the freshness of Mediterranean cooking with more than 100 delicious and healthful dishes that will help you look and feel great—and bring the rich experience of the Greek Islands into your everyday life.

The beauty of *Eating the Greek Way* is that every tantalizing meal in this book can help you lose weight and improve your health. Using the foundations of olive oil, garlic, wine, fish, nuts, yogurt, cheese, whole grains, fruits, vegetables, and lean proteins—ingredients found in a supermarket—these wholesome dishes will delight every palate. Reinvigorating familiar ingredients in a new way, *Eating the Greek Way* shares irresistible recipes, including Baked Prawns with Feta and Tomatoes, Spanish Chicken Casserole with Green Lentils, Lamb with Apricots and Almonds, and Passion Fruit Crème Brûlée.

Packed with vibrant color photographs of the dishes as well as beautiful pictures of the landscape that inspired them, *Eating the Greek Way* is a treat for the senses and will revolutionize the way you think about healthful eating.

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