

The MEDITERRANEAN DIET COOKBOOK

Easy and Super
Delicious Recipes for Living
and Eating Well Everyday



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INTRODUCTION

The Mediterranean diet is popular to be one of the healthiest diets in the world, and it's been around for centuries. It's a way of eating that includes a variety of plant based foods, healthy fats (like olive oil), and seafood, and it's high in antioxidants and nutrients.

The benefits of a Mediterranean diet include:

Lower Risk Of Stroke

It is not just the heart that benefits from the diet, but your brain too. People who consumed the Mediterranean diet regularly had a 22% lower risk of suffering an ischemic stroke than those who were following a high-fat diet. The study also found out that strokes caused by other factors such as bleeding tended to be less severe in people who ate vegetables and fish as the diet recommended. People who suffer strokes normally have a hard time recovering from it and the factors that lead to it need to be avoided.

Boost Immunity

You wouldn't know it, but your body's immune system is a strong part of your vulnerability to some of the diseases that plague you. This diet regulates the immune system and keeps the body strong and protected in the fight against infections.

Protection From Diabetes

People who have a diet that is rich in fruits and vegetables will have an easier time in keeping diabetes at bay. The diet for diabetes is similar to the Mediterranean diet. The diet helps people control their weight by eating healthy foods. These foods are rich in complex carbohydrates. The elimination of red meat and sugar from one's diet will also boost metabolism.

It is never too late to start a healthier diet. You can start at any time and change yourself into a healthier person. Start with small changes and make a beeline towards the Mediterranean diet. You will be surprised at how your body will change for the better. There is no need to suffer from diseases, complications, and even death just because you decided to pig out regularly. You can protect yourself by eating healthy. There is no need to be cruel to your body and compensate for the harm you did before. Take control of your health and your life by eating healthy and getting regular exercise.

BREAKFAST RECIPES

1. Fresh Tomato Pasta Bowl



Preparation Time: 7 minutes

Cooking Time: 26 minutes

Serving: 4

Ingredients:

- 8 ounces whole-grain linguine
- 1 tablespoon extra-virgin olive oil

- 2 garlic cloves, minced
- 1/4 cup chopped yellow onion
- 1 teaspoon chopped fresh oregano
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon tomato paste
- 8 ounces cherry tomatoes, halved
- 1/2 cup grated Parmesan cheese
- 1 tablespoon chopped fresh parsley

Direction

1. Boil water at high heat and cook the linguine according to the package instructions until al dente. Set aside half cup of the pasta water. Do not rinse the pasta.
2. In a large, heavy skillet, heat the olive oil over medium-high heat. Sauté the garlic, onion, and oregano for 5 minutes.
3. Add the salt, pepper, tomato paste, and 1/4 cup of the reserved pasta water. Stir well and cook for 1 minute.
4. Stir in the tomatoes and cooked pasta, tossing everything well to coat. Add more pasta water if needed.
5. To serve, top with Parmesan cheese and parsley.

Nutrition: 391 calories 28g fats 9g protein

2. Garlicky Broiled Sardines



Preparation Time: 6 minutes

Cooking Time: 31 minutes

Serving: 4

Ingredients:

- 4 (3.25-ounce) cans sardines packed in water or olive oil
- 2 tablespoons extra-virgin olive oil
- 4 garlic cloves, minced
- 1/2 teaspoon red pepper flakes

- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Direction:

1. Preheat the broiler. Line a baking dish with aluminum foil. Lay sardines in a single layer on the foil.
2. Combine the olive oil (if using), garlic, and red pepper flakes in a small bowl and spoon over each sardine. Season with salt and pepper.
3. Broil just until sizzling, 2 to 3 minutes.
4. To serve, place 4 sardines on each plate and top with any remaining garlic mixture that has collected in the baking dish.

Nutrition: 308 calories 17g fats 9g protein