



Mediterranean Cooking the Healthful Way

Marlena Spieler

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The Mediterranean region is famous for sun-drenched landscapes, deep blue seas, picturesque villages, and some of the healthiest, most delicious food in the world. *Mediterranean Cooking the Healthful Way* offers some of the very best recipes from this delightful region.

Marlena Spieler, author of many successful cookbooks, presents a cook's tour of the land kissed by sun and sea, bringing back the liveliest flavors with an eye to the health consciousness of today's chefs. From the chickpea crepes of the Cours Selaya marketplace in Nice to Turkish Grilled Eggplant with Garlic-Tahini Yogurt Sauce, the recipes are authentic and irresistibly tempting. They include:

- Poached Swordfish with Herbs and Sun-Dried Tomatoes
- Grilled Artichokes with Moroccan Chermoula Vinaigrette
- Artichoke Risotto with Lemon and Olive Oil
- Spaghetti with Artichoke Pesto
- Greek Orzo with Cinnamon-Scented Tomatoes, Spinach, and Feta

Each recipe includes a nutritional analysis, along with suggestions for innovative substitutions for even healthier eating. Ingredients are always fresh and colorful.

With Marlena's evocative descriptions of colorful locales that complement the exotic recipes, readers will feel as if they've toured—and tasted—the best the Mediterranean has to offer.

About the Author

Marlena Spieler grew up in California's Sacramento Valley and has lived in San Francisco and London, Israel and Crete. She spends much of the year traveling throughout the Mediterranean. Her books include *The Classic Barbecue and Grill Cookbook*.

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