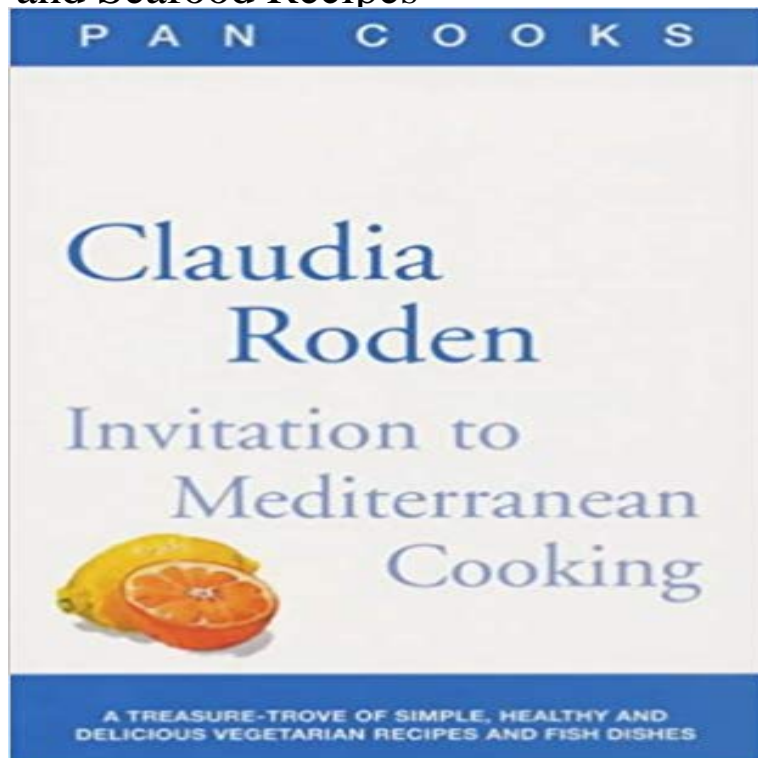


## Claudia Rodens Invitation to Mediterranean Cooking: 150 Vegetarian and Seafood Recipes



As more and more people search for a healthy lifestyle and diet they are discovering the refreshingly simple cuisine of the Mediterranean. Depending on fresh produce, such as tomatoes, aubergines and garlic, combined with olive oil and herbs such as basil, coriander and mint, the food of this region is exuberant, colourful and intensely beneficial to good health. From her extensive travels, Claudia Roden has collected over 150 of her favourite recipes, each one capturing the essential qualities of the region. The Mediterranean diet - high in fibre and low in saturated fats and sugars - emphasizes the use of a wide range of vegetables, grains and pulses. Claudia Rodens vegetarian recipes will satisfy every palate, while a chapter on Fish and Seafood will appeal to those who are not completely vegetarian. All Claudia Rodens recipes are infused with her lifelong passion for Mediterranean cooking - her selection of fruit desserts completes this inspired collection.

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