

Easy, make-ahead meals for a healthier lifestyle! The benefits of a Mediterranean diet--fresh vegetables and fruits, whole grains, seafood and lean meats, nuts, and olive oil--are well known. People who live in the region have the lowest rates of chronic diseases and one of the highest life expectancies in the world. Inside are 300 recipes that combine the vibrant flavor of Mediterranean ingredients with the ease and convenience of slow cooking. You'll find mouthwatering dishes such as: Parmesan olive focaccia Black and white bean dip Citrusy and sticky honey wings Apricot-stuffed pork tenderloin Mussels marinara Lobster risotto Vegetable and chickpea stew with lemony couscous Challah bread pudding With recipes for everything from filling breakfasts to special-occasion dinners, you'll find all you need to effortlessly incorporate this healthy lifestyle into your busy weekday life.

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