



The Mediterranean Vegan Kitchen

Donna Klein

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After years of research, scientists declared that the Mediterranean diet was the best one for overall good health-and the exciting news was that it tasted great, too.

With recipes for everything from nutritious appetizers to dairy-free desserts, this unique Mediterranean vegan cookbook is ideal for vegetarians, those with a lactose intolerance, and anyone who wants to make gloriously delicious dishes without meat, eggs, or dairy. Dishes include:

- * Sicilian Eggplant Relish
- * Catalan Grilled Vegetables with Almond Sauce
- * Classic Italian Minestrone
- * Moroccan Fresh Tomato Salad
- * Black Olive Bread
- * Zucchini-Lemon Couscous
- * Greek Currant Cake
- * Braised Pears in Red Wine
- * and more

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