



## **Prevention's Quick and Healthy Low-Fat Cooking: Featuring Cuisines from the Mediterranean**

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# Prevention's Quick and Healthy Low-Fat Cooking: Featuring Cuisines from the Mediterranean

## **Prevention's Quick and Healthy Low-Fat Cooking: Featuring Cuisines from the Mediterranean**

Because of their diet, people in the Mediterranean have traditionally lived longer, healthier lives than their American cousins. This book reveals the health secrets they've kept under wraps and shows readers how to incorporate simple but powerful dietary changes into everyday meals. Over 200 recipes. Illustrations.

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