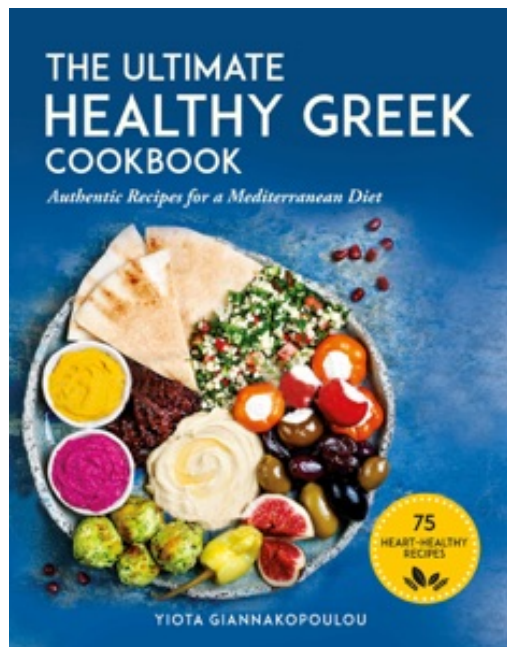


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With an emphasis on the use of fresh ingredients, limited use of processed raw ingredients, and a generous dose of olive oil in almost every dish, this is a cookbook that moves focus away from weight-management enthusiasts, toward the more health-conscious foodie.

In *The Ultimate Healthy Greek Cookbook*, you will find recipes for colorful, vibrant salads, delicious specialty breads, an array of dips for every occasion, and an abundance of desserts influenced by Greece's geographical position as a checkpoint between the East and the West. Fragrant syrups, eastern spices, and heartwarming custards adorn the pages of

this contemporary, yet traditional cookbook. Recipes include:

- Vine leaf and rice rolls
- Shrimp in tomato and ouzo sauce
- Lemon chicken with rice
- Spinach and feta cheese pie
- Yellow split pea dip
- Black olive bread
- Granddad Georgio's garlic potatoes
- And many more!

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