

Download Mediterranean Recipes

Take your tastebuds on a Mediterranean fling no matter what the time of year with favourites including fish and roasted veg. I'm Suzy; born and bred right on the shores of the Mediterranean. I'm all about easy, healthy recipes with big Mediterranean flavors. Three values guide my cooking: eat with the seasons; use whole foods; and above all, share! We've rounded up 21 of our favourite Mediterranean-inspired recipes, from Italian baked meatballs to spinach and ricotta filo pie, chicken and olive cacciatore, and Portuguese custard tarts. Inspiration and Ideas Tips & Tricks 26 Top-Rated Mediterranean Diet Recipes. Essentially, the Mediterranean diet is about eating whole foods, including lots of fruits and veggies, and limiting heavily processed foods and saturated fats.