



Vegetarian Mediterranean-Style: Recipes for 100 Fresh Italian Favorites

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Much of Italian cuisine follows a Mediterranean diet, grounded in dishes that incorporate fruit, vegetables, grains, legumes, and oils, creating a naturally vegetarian menu. But you don't have to be a vegetarian to love the country's flavorful, vegetable-based specialties. The 100 authentic, delicious recipes in Vegetarian Mediterranean Style span all regions of Italy and include iconic favorites such as tomato-basic bruschetta and potato polenta as well as inspired dishes like broad bean fritters, spaccatelle with vegetable ragout and eggplant with fennel, olives, and raisins. Every recipe is presented with step-by-step instructions, cooking tips, and a beautiful finished dish photograph.

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