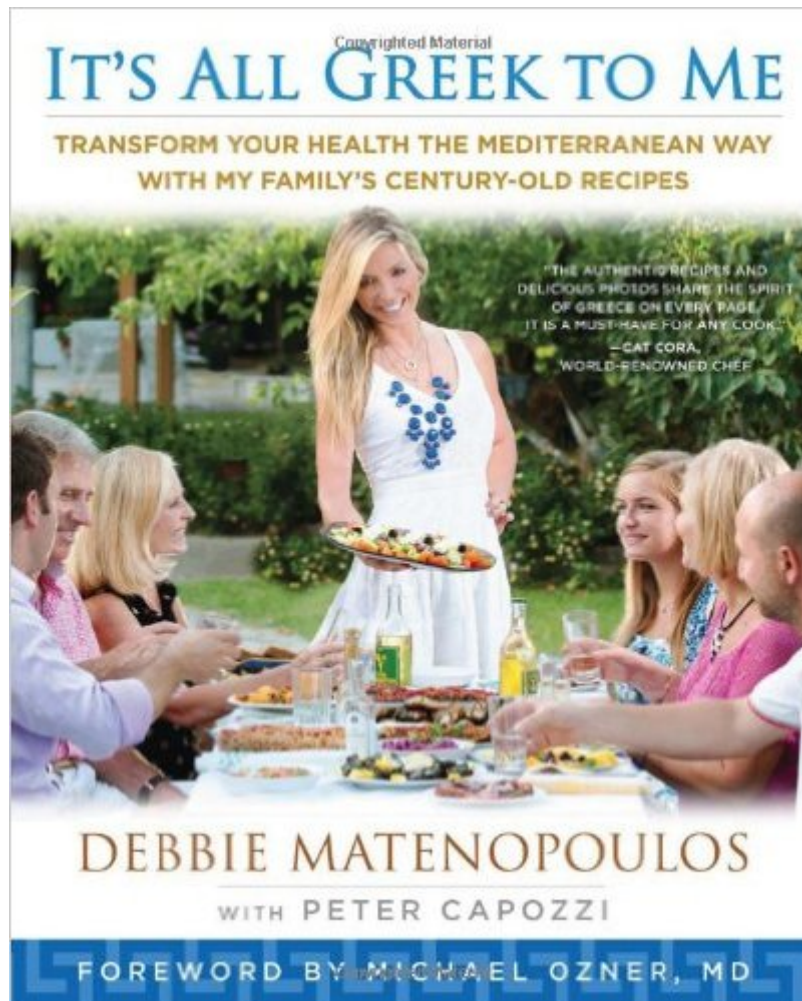


The book was found

# It's All Greek To Me: Transform Your Health The Mediterranean Way With My Family's Century-Old Recipes



## Synopsis

Debbie Matenopoulos, the first member of her family born in America, grew up in a traditional Greek household, eating delicious, authentic Greek cooking that her family had passed down for generations. By the time Debbie had started her television career in New York on *The View*, she began eating a standard American diet. But despite carefully limiting how much she ate, she found herself gaining weight and lacking energy. As Debbie's career as an entertainment news reporter and television host on BS, MTV, E!, and other networks had her constantly on the go, she was grabbing whatever food was readily available. It was only when she returned to her traditional Greek diet that she found herself easily—and healthily—realizing her natural weight and regaining her natural energy, stamina, and physique. Now, in *It's All Greek to Me*, Debbie shares 120 of her family's traditional Greek recipes and adds her own touch to make them even healthier and easier to prepare. After tasting Debbie's dishes, such as her mouthwatering version of Spanakopita (Spinach Feta Pie), Kalamaria Kaftera (Spicy Calamari), her family's secret recipe for Baklava, and, of course, Arni kai Patates (Classic Roasted Leg of Lamb with Potatoes)—you'll be amazed these delicious foods are good for you. With a foreword by Dr. Michael Ozner, one of the nation's leading cardiologists, the recipes in *It's All Greek to Me* adhere to the healthiest diet on the planet: the traditional Mediterranean Diet. Modern science is catching up to what Greeks have known for millennia: health comes from eating natural, whole-food ingredients that haven't been processed or pumped full of hormones, antibiotics, or preservatives. Let *It's All Greek to Me* bring your friends and family together to share in the experience of a Greek meal and way of life. Opa! A portion of all proceeds will benefit the ALS Association.

## Book Information

Hardcover: 304 pages

Publisher: BenBella Books (April 29, 2014)

Language: English

ISBN-10: 193952993X

ISBN-13: 978-1939529930

Product Dimensions: 1 x 7.8 x 9.5 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars — See all reviews (112 customer reviews)

Best Sellers Rank: #98,066 in Books (See Top 100 in Books) #12 in Books > Cookbooks, Food &

## Customer Reviews

I am not Greek, but I LOVE Greek food. That is, as I have known Greek food here in the United States. I have never traveled to Greece either, so I bought Debbie's book to learn about authentic Greek food and how it is cooked so I can make it like that at home. I AM SO GLAD I DID. This book is such an enjoyable read! Debbie has shared her family's authentic Greek recipes with all of us. It's like going through her personal recipe box. The photos are colorful and meaningful. Her text and tips are educational and entertaining. So what about the recipes? DELISH! I've made seven so far and plan to try more recipes this week. I have learned that traditional Greek salad does not have lettuce in it. I've learned what a huge difference the brine-packed Greek feta makes in that salad! So different and so much better than the dry, crumbly stuff I had been buying before. To me, it was the star of the salad because it so perfectly balanced all of the flavors. But let me tell you something. Her "Perfect Herb-Roasted Chicken and Vegetables" is indeed PERFECT. That recipe alone is worth the price of the book. I am serious about that. It takes a bit of prep but is SO worth it. The chicken and vegetables are unbelievably flavorful, tender, moist and juicy. Then there is this wonderful sauce in the pan that will make you swoon. I declare, even the chicken must be deliriously happy to be cooked in such heavenly ingredients! If you grew up with southern dinners of roast beef and gravy and mashed potatoes as I did, but now you need a healthier alternative that is still a "special" meal, this roasted chicken recipe is the one you need. It is "whole food" cooking and the whole meal is in the one roasting pan. Nothing processed in it.

[Download to continue reading...](#)

Greek: Greek Recipes - The Very Best Greek Cookbook (Greek recipes, Greek cookbook, Greek cook book, Greek recipe, Greek recipe book) It's All Greek to Me: Transform Your Health the Mediterranean Way with My Family's Century-Old Recipes Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes) GREEK MYTHOLOGY: Greek Gods Of Ancient Greece And Other Greek Myths - Discovering Greek History & Mythology - 3rd Edition - With Pics (Greece, Greek, Egyptian ... Greek History, Mythology, Myths Book 1) Top 200 Mediterranean Diet Recipes Bundle: (Mediterranean Cookbook, Mediterranean Diet, Weight Loss, Healthy Recipes, Mediterranean Slow Cooking, Breakfast, Lunch, Snacks and Dinner) Mediterranean Diet: 365 Days of Easy, Delicious, and Healthy Mediterranean Diet Recipes (Mediterranean Diet Cookbook, Mediterranean Diet for Weight Loss) Mediterranean: Slow Cooker:

Paleo: Crockpot: Box Set: The Ultimate Recipes Cookbook Box Set(30+ Free Books Included!)

(Mediterranean Diet, Mediterranean ... Beginners Guide, Mediterranean, Cooking) Mediterranean Diet: 30 MINUTE Mediterranean Diet Cookbook with 80 Mediterranean Diet Recipes to Help You Lose Weight, Increase Energy & Prevent Disease ... (Mediterranean Diet & Cookbook Series 2)

Mediterranean Diet: The 4 weeks Challenge (Mediterranean Diet Cookbook, Mediterranean Diet for Beginners, Mediterranean Diet Meal Plan) Mediterranean Diet for Weight Loss: Eat Like a Spartan: Leverage Mediterranean Diet To Achieve Spartan-Like Health, Lose Weight, Get Fit, All While Eating ... (Mediterranean diet, Mediterranean recipes)

Mediterranean Diet: Revealed! 65 Delicious Mediterranean Diet Cookbook Recipes Sure To Delight and Amaze All While Losing Inches (mediterranean cookbook, ... weight loss motivation, weight loss tips 1)

Mediterranean Diet: The Mediterranean Diet for Beginners: 110 Delicious Recipes and The Complete Guide to Going Mediterranean Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,)

Self-Discipline: Become A Greek Spartan: Everything You Need to Know to Transform Your Life into A Modern Day Spartan & Gain More Confidence, Hunger and ... (Greek Spartan Mindset, Spartan Discipline)

The Mega Crockpot Recipes Box Set: Crockpot Recipes, Slow Cooker Recipes, Crock pot Recipes, Dump Dinner Recipes, Quick Meal Recipes: Over 300 All Time ... Recipes For You & Your family (99+1 Book 4)

Mediterranean Diet: A Beginners Guide to Help Lose Weight Fast by Incorporating Healthy Eating Into Your Daily Life (Achieve Amazing Health with Delicious ... to Prepare Homemade Mediterranean Recipes)

The Pocket Oxford Greek Dictionary : Greek-English English-Greek Mediterranean Diet: The NEW Mediterranean Diet-30 Day QuickStart Guide To Fast Fat Loss And AMAZING Health! (Includes 45 MouthwateringDelicious Recipes) ... diet, high blood pressure diet,)

Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss)

MEDITERRANEAN DIET: Vol.3 Dinner Recipes (Mediterranean Diet Recipes)