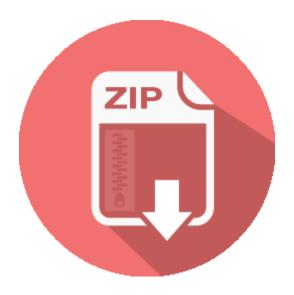
SIMPLE MEDITERRANEAN RECIPES



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This dish is a great example: You cook the shrimp in the water with the pasta, then add herby basil, briny capers, rich olive oil, and bright lemon juice, no further cooking required.

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Colorful Mediterranean Recipes to Feel Good About Kitchn

Like many of the dishes in this list, this simple wrap makes use of a few key Mediterranean ingredients: chickpeas, cucumber, feta, and tomatoes. Make these in advance so you have a quick meal or snack handy at a moment's notice.

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Simple Mediterranean Avocado Salad Recipe The

Simple Mediterranean Avocado salad recipe, tossed in a zingy garlic vinaigrette with a generous pinch of Za atar! Add decadent grilled halloumi cubes in place of croutons, or leave them off for a vegan option.

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Simple Mediterranean recipes chicken with lemon and

The emphasis of the Mediterranean diet is fresh, simple and seasonal food and using as few ingredients as possible. Recipes make the most of one s means be it cheap cuts of meat (diets

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