

# BRINGING THE MEDITERRANEAN DIET HOME:

*From your cart to your kitchen*

## RESOURCES

### WEBSITE

Med Mark: [www.mediterraneanmark.org](http://www.mediterraneanmark.org)

Oldways: [www.oldwayspt.org](http://www.oldwayspt.org)

Mediterranean Book: [www.mediterraneanbook.com](http://www.mediterraneanbook.com)

Romancing the Table: [www.romancingthetable.com](http://www.romancingthetable.com)

### BOOKS: General

Cooking Under Pressure by Lorna Sass

The Oldways Table by Dun Gifford and Sara Baer-Sinnott

The True and Real One Pot Cookbook by Jesse Ziff Cool

The Whole Foods Cookbook by Steve Petusevsky

The Pressured Cook by Lorna Sass

### BOOKS: Cheese

The Cheese Primer by Steven Jenkins

### BOOKS: Vegetables/Vegetarian

Great Vegetarian Cooking Under Pressure by Lorna Sass

Lorna Sass' Complete Vegetarian Kitchen by Lorna Sass

Lorna Sass' Short-Cut Vegetarian by Lorna Sass

Olives: The life and lore of a noble fruit by Mort Rosenblum

Olive Oil: From tree to table by Peggy Knickerbocker

Onions: A Country Garden Cookbook by Jesse Ziff Cool

Pasta e Verdura: 140 Vegetable Sauces for Spaghetti, Fusilli, Rigatoni, and All Other Noodles by Jack Bishop

The New Soy Cookbook by Lorna Sass

The New Vegan Cookbook by Lorna Sass

The passionate Olive by Carol Firenze

Tomatoes: A Country Garden Cookbook by Jesse Ziff Cool

Simply Organic by Jesse Ziff Cool

Your Organic Kitchen by Jesse Ziff Cool

### BOOKS: Whole Grains

Whole Grains Everyday by Lorna Sass



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## RESOURCES (Cont.)

### Books: Mediterranean Diet-Inspired

1,000 Italian Recipes by Michele Scicolone  
A Fresh Taste of Italy: 250 Authentic Recipes, Undiscovered Dishes and New Flavors for Every Day by Michele Scicolone  
Bitter Almonds by Mary Taylor Simeit and Mary Grammatico  
Chez Panisse Pasta, Pizza, and Calzone by Alice Waters  
Classic Recipes: Meze and Antipasti by Agalia Kremezi  
Cucina Ebraica: Flavors of the Italian Jewish Kitchen by Joyce Goldstein  
Diary of A Modern Goddess by Cynthia Daddona  
Elizabeth David Classics: Mediterranean Food, French Country Cooking, Summer Cooking by Elizabeth David  
Enoteca: Simple, Delicious Recipes in the Italian Wine Bar Tradition by Joyce Goldstein  
Essentials of Classic Italian Cooking by Marcella Hazan  
Flavors of the Riviera by Coleman Andrews  
Flavors of Tuscany by Nancy Harmon Jenkins  
Gastronomy of Italy by Anna Del Conte  
Great American Seafood Cookbook by Susan Loomis  
Greek Salad: a Dionysian Travelogue by Miles Lambert  
In the Hands of a Chef by Jody Adams  
Italian Cooking for Dummies by Cesare Casella and Jack Bishop  
Italian Farmhouse Cookbook by Susan Loomis  
Italian Holiday Cooking: A Collection of 150 Treasured Recipes by Michele Scicolone  
La Terra Fortunata: The Splendid Food and Wine of Friuli Venezia-Giulia, Italy's Great Undiscovered by Fred Plotkin  
Lidia's Italian-American Kitchen by Lidia Matticchio Bastianich  
Marcella Cucina by Marcella Hazan  
Mediterranean Hot by Agalia Kremezi  
Mediterranean Diet Cookbook: A Delicious Alternative for Lifelong Health by Nancy Harmon Jenkins  
Mediterranean Pantry by Agalia Kremezi  
Mediterranean Summer by David Shalleck  
Patricia Wells' Trattoria: Simple and Robust Fare Inspired by the Small Family Restaurants of Italy by Patricia Wells and Steven Rothfeld  
Pizza: Any Way You Slice It cover Pizza: Any Way You Slice It by Michele Scicolone  
Pizza: Easy Recipes for Great Homemade Pizzas, Focaccia and Calzones by Michele Scicolone and co-authored with Charles Scicolone  
Recipes from Paradise: Life & Food on the Italian Riviera by Fred Plotkin  
Savoring Italy: Recipes and Reflections on Italian Cooking by Michele Scicolone  
Shepardic Flavors: Jewish Cooking of the Mediterranean by Joyce Goldstein  
Simply Armenian: Naturally Healthy Ethnic Cooking Made Easy by Barbara Ghazarian  
Spice: Flavors of the Eastern Mediterranean by Ana Sortun  
Sultan's Kitchen by Ozcan Ozan  
Taverna: The best casual Mediterranean Cooking by Joyce Goldstein  
The Antipasto Table by Michele Scicolone  
The Cooking of the Eastern Mediterranean: 300 healthy, vibrant, and inspired recipes by Paula Wolfert



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### Books: Mediterranean Diet-Inspired (cont.)

The Essential Mediterranean: How Regional Cooks Transform Key Ingredients into the World's Favorite Cuisines by Nancy Harmon Jenkins

The Food Life by Steven Jenkins

The Foods of the Greek Islands by Agalia Kremezi

The Mediterranean Kitchen by Joyce Goldstein

The New Book of Middle Eastern Food by Claudia Roden

The Oldways Table by Dun Gifford and Sara Baer-Sinnott

The Slow Mediterranean by Paula Wolfert

The Sopranos Family Cookbook by Michele Scicolone

Your Heart Needs the Mediterranean Diet by Emilia Klapp

