

All Sorts of Healthy Dishes

All Sorts of Healthy Dishes features 96 delicious yet healthy recipes for family meals and entertaining. I've been lucky enough to have travelled widely throughout the Mediterranean region and I've taken inspiration from the cuisine of the countries bordering on the Med.

As I've always been interested in health and nutrition, I chose to focus on the Mediterranean diet. I enjoy it because it's relaxed, tastes absolutely wonderful and still offers well-documented health benefits. I've also ensured all the ingredients are easily available in South Africa.

Accompanied by mouth-watering food photography, the recipes will take you on a culinary journey through the Mediterranean zones of France, Greece, Italy, Morocco, Spain and Turkey.

Instead of an expensive travel itinerary, all you need is your kitchen, cooking utensils and a copy of [All Sorts of Healthy Dishes](#). And if you're planning to invite your friends, there is even a selection of menus to guide you.

Praise for All Sorts of Healthy Dishes:

"If you're after simple, tasty and healthy recipes that won't break the bank, look no further than Chantal Lascaris' new offering... this is sure to become a go-to recipe book for those looking to eat well in every sense of the word." – [House and Leisure](#)

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- [takealot.com](#)
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It is also available at [Vendange](#) outlets and all leading bookstores.