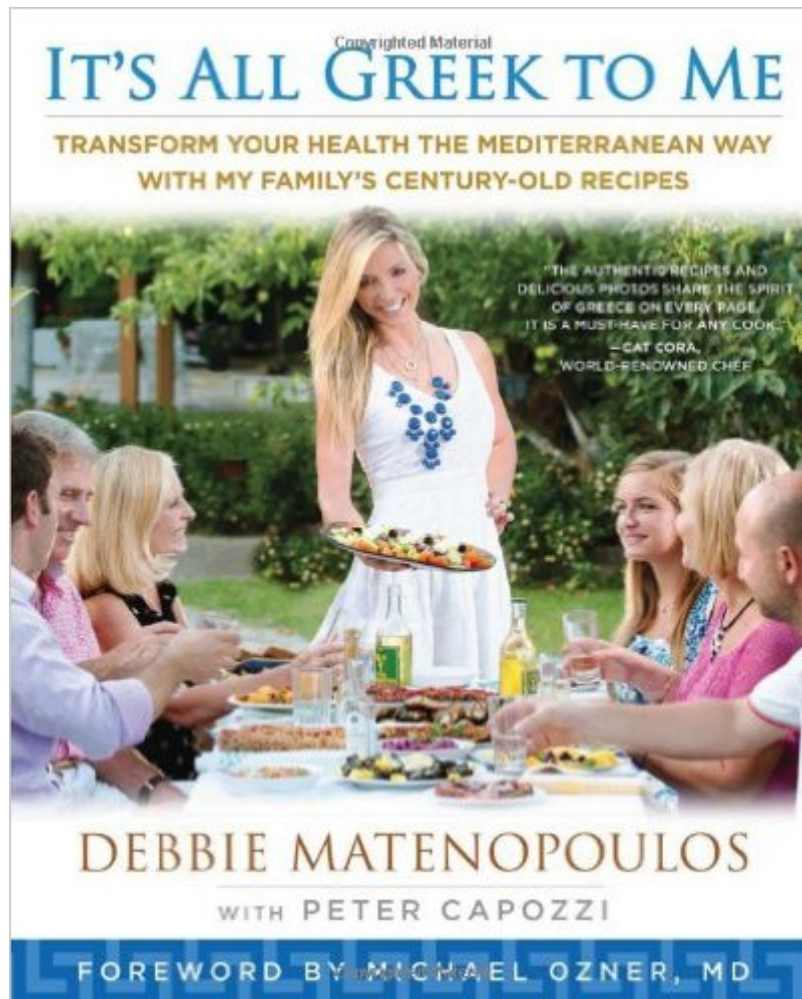


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# It's All Greek To Me: Transform Your Health The Mediterranean Way With My Family's Century-Old Recipes



## 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

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## 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.

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