



Please Join Us in Celebrating Good Health!

MEDITERRANEAN DESTINATION

A Virtual Cooking Video

Learn about...

- Benefits of the Mediterranean Diet
- How to build a Mediterranean-friendly pantry to create quick, healthy meals
- How to modify the Mediterranean Diet for specific health conditions
- Recipe suggestions using key ingredients of a Mediterranean Diet

Featured Recipes:

Sweet orange and onion salad

Bulgur salad with chickpeas

Berries with Greek yogurt and honey

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MASSACHUSETTS

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