

GREEK REVIVAL

Cooking for Life

Patricia Moore-Pastides

Take eighty-seven ambrosial recipes designed for the needs and appetites of everyday cooks, leaven with delectable anecdotes about the Greek lifestyle, then pepper with revealing scientific insight, and the result is *Greek Revival: Cooking for Life*—an appetizing introduction to wonderful flavors and health benefits of the traditional Mediterranean diet. Patricia Moore-Pastides, an accomplished cook and public-health professional, presents dozens of easy-to-make and impossible-to-resist recipes that infuse a healthful diet with the enticement of great taste.

Greek Revival showcases a pantheon of healthy recipes, accompanied by beautiful color illustrations, helpful preparation techniques, and tips for making the most of familiar ingredients, from colorful fresh fruits and vegetables, to whole grains, beans, and seafood. Throughout the book Moore-Pastides shares lively stories of her days living in Greece and Cyprus that exemplify the enduring charm of an Old World lifestyle. Through her tales we see a snapshot of a world lost to fast-paced modern living, and we are introduced to the health benefits of the Mediterranean lifestyle. Her observations are supported with illuminating summaries of current scientific research. *Greek Revival* also includes a foreword by Dimitrios Trichopoulos, the Vincent L. Gregory Professor of Cancer Prevention at the Harvard School of Public Health.

Greek Revival happily eliminates the frustration and deprivation so often associated with dieting and gives us instead a fresh and exciting approach to a lifestyle wherein food is healthy, simple, and most of all, delicious.

October 2010, 240 pages, 108 illus.



Patricia Moore-Pastides is the First Lady of the University of South Carolina and an accomplished cook, writer, and public-health professional. Moore-Pastides teaches Mediterranean cooking classes at Columbia's Cooking!, an interactive community cooking program offered by the university's Cancer Prevention and Control Program. A Connecticut native with a Master of Public Health degree from Yale University, she has served as a director and planner for several healthcare and wellness organizations.

Recipes and more at
www.greekrevivalcookbook.com

Method of payment:

_____ Check or money order (payable to USC Press in United States dollars)

Credit Card: _____ American Express _____ Discover _____ Mastercard _____ Visa

Account number: _____ Exp. date: _____

Signature: _____

Name (please print): _____ Phone: _____

Shipping address: _____

Send me _____ copy/copies

(cl, 978-1-57003-939-3, \$34.95 each) _____

SC residents add 7% sales tax _____

Shipping and handling* _____

CODE AUFR

TOTAL _____

*add \$6.00 for first book,
\$2.00 for each additional book