



Spanish Cuisine 101. Delicious and Super Tasty Spanish Rice Cookbook. Easy Spanish Rice Recipe Guide.

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Spanish rice is the perfect accompaniment to Mexican foods, chicken, or just about anything.

Building on a history spanning thousands of years, the Mediterranean diet focuses on the heart. Fruits, Vegetables and grains form the bulk of every meal. Traditional protein sources primarily include poultry and fish. Red meat is consumed at a minimum. With the heart in mind, this diet regimen replaces unhealthy salts and fats with rich herbs, seasonings and olive oil. More so than the food itself, this diet may also emphasize the Mediterranean culture, and is best enjoyed with friends and family.

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