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# The Mediterranean Vegan Kitchen

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#### **Mediterranean Sea | Facts, History, Islands, & Countries**

Mediterranean Sea, an intercontinental sea that stretches from the Atlantic Ocean on the west to Asia on the east and separates Europe from Africa. It has often been called the incubator of Western civilization.

#### **Mediterranean Sea - Wikipedia**

The Mediterranean Sea is a sea connected to the Atlantic Ocean, surrounded by the Mediterranean Basin and almost completely enclosed by land: on the north by Southern Europe and Anatolia, on the south by North Africa, and on the east by the Levant. The Mediterranean has played a central role in the history of Western civilization.

#### **Mediterranean diet for heart health - Mayo Clinic**

Jul 23, 2021 · The Mediterranean diet is a way of eating that's based on the traditional cuisines of Greece, Italy and other countries that border the Mediterranean Sea. Plant-based foods, such as whole grains, vegetables, legumes, fruits, nuts, seeds, herbs and spices, are the foundation of the diet. Olive oil is the main source of added fat.

#### **Mediterranean Countries - WorldAtlas**

Apr 19, 2021 · The Mediterranean Sea encompasses 254 million sq km. There are 16 countries with Mediterranean coastlines. The Mediterranean Sea is a body of water that is situated in between parts of 3 continents, Europe, Africa, and Asia. The name "Mediterranean" comes from the Latin term, mediterraneus, and means middle of the earth.

#### **Mediterranean Definition & Meaning - Merriam-Webster**

b : of, relating to, or characteristic of the peoples, lands, or cultures bordering the Mediterranean Sea. Mediterranean cuisines. Mediterranean villas.

the Mediterranean climate 2 mediterranean [Latin mediterraneus, from medius middle + terra land — more at terrace entry 1] : enclosed or nearly enclosed with land

### **Mediterranean Diet 101: Meal Plan, Foods List, and Tips - Healthline**

Oct 25, 2021 · The Mediterranean diet is based on the traditional foods that people used to eat in countries bordering the Mediterranean Sea, including France, Spain, Greece, and Italy

### **Mediterranean climate | Definition, Region, Map, & Facts**

Mediterranean climate, major climate type of the Köppen classification characterized by hot, dry summers and cool, wet winters and located between about 30° and 45° latitude north and south of the Equator and on the western sides of the continents In the Köppen-Geiger-Pohl system, it is divided into the Csa and Csb subtypes

### **BEST Mediterranean Recipes to Try in 2023 | The Mediterranean ...**

Dec 13, 2022 · Mediterranean food is a delicious and exciting way to eat, spanning flavors from many cultures and countries from South of Europe to North Africa and the Middle East There is so much to love about eating Mediterranean, and thankfully it ...

### **List of Mediterranean countries - Wikipedia**

The Mediterranean countries are those that surround the Mediterranean Sea or located within the Mediterranean Basin [1] Twenty sovereign countries in Southern Europe, Western Asia and North Africa regions border the sea itself, in addition to two island nations completely located in it ( ...

### **Mediterranean Sea - WorldAtlas**

Mar 31, 2021 · Covering an area of about 25 million km<sup>2</sup>, the Mediterranean Sea is the 10th-largest sea in the world located between Southern Europe and Northern Africa and accounting for about 07% of the global ocean area The term “Mediterranean” is derived from the Latin word Mediterraneus, where Medius means middle/between and Terra means land/earth