



Eat Smart in Mexico: How to Decipher the Menu, Know the Market Foods & Embark on a Tasting Adventure (Eat Smart Series, No. 4)

Joan Peterson, David Peterson

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The fourth guide in this authoritative series—*Eat Smart in Mexico: How to Decipher the Menu, Know the Market Foods & Embark on a Tasting Adventure*—is a paean to Mexican cuisine. It contains a rich historical perspective on the origins and varieties of Mexican food and extensive background on the delectable regional dishes. Spanish phrases are included to make one's culinary adventure even more successful.

At the core of the book are two extensive glossaries in Spanish with English translations. The “Menu Guide” demystifies food selection, allowing visitors to order with confidence in restaurants; the “Foods & Flavors Guide” is a comprehensive list of foods, spices, cooking utensils, cooking styles, etc., to make shopping in the colorful outdoor markets easy and fun. If you are traveling or moving to Mexico, take this book with you!

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