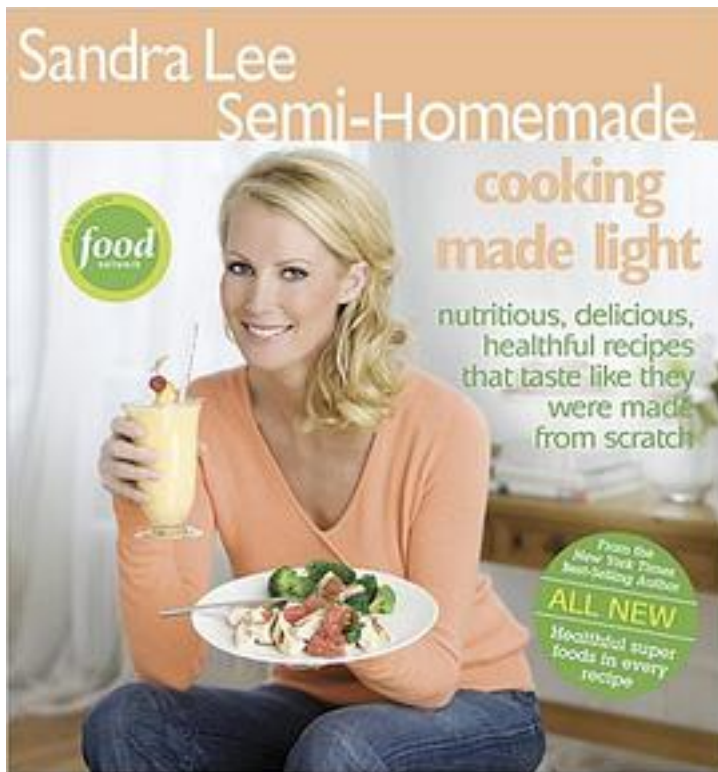


# Sandra Lee Semi-Homemade Cooking Made Light



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著者:Lee, Sandra

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Enjoying great-tasting home-cooked food that's also good for you has never been so simple. For less than the cost of a dinner out, this new cookbook from Food Network star and best-selling author Sandra Lee will inspire you to re-think the way you cook. Her unique Semi-Homemade(r) cooking formula combines 70 percent ready-made and 30 percent fresh ingredients for fast, delicious results. Learn how to make the most of heart-healthy foods and smart ingredients like lean turkey, salmon, whole grain couscous, vitamin-packed sweet potatoes, and other "power foods." Includes more than 140 quick, easy and healthful recipes, plus gorgeous color photos of every recipe.

作者介绍:

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