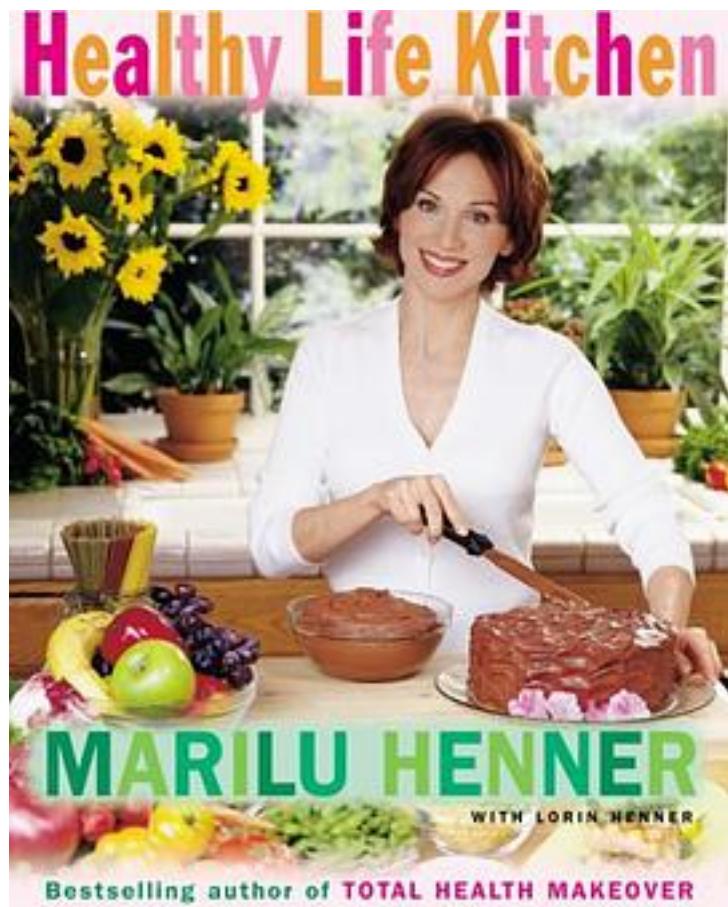


Healthy Life Kitchen



[Healthy Life Kitchen 下载链接1](#)

著者:Henner, Marilu

出版者:Harpercollins

出版时间:2002-6

装帧:Pap

isbn:9780060988579

Most of us go through a constant tug-of-war between the foods we love and the foods we feel we should be eating. But what if we didn't have to give up our favorite foods? Healthy Life Kitchen shows you a new way, a better way, to create a "health factory" in your home. Out go the red meat, dairy, and refined sugar products, and in come the

freshest fruits, vegetables, grains, soy, seafood, poultry, and seasonings imaginable -- and, in a few easy steps, you've created a Healthy Life you! Healthy Life Kitchen features: 175 delicious recipes such as Blueberry Crunch Muffins, Savory Squash Soup, Thai Shrimp and Asparagus Salad, Upside-Down Garlic Chicken, Sierra Stew, Miso-Glazed Sea Bass, Coconut Sorbet, and Killer Brownies Secrets for steaming, boiling, poaching, grilling, roasting, baking, and simmering your favorite foods to perfection and helpful suggestions on what to cook for kids Easy-to-use conversion tables for modifying your favorite foods and recipes to achieve maximum health benefits A virtual tour of a health food store to help you select the healthiest brands and products

作者介绍:

目录:

[Healthy Life Kitchen_ 下载链接1](#)

标签

评论

[Healthy Life Kitchen_ 下载链接1](#)

书评

[Healthy Life Kitchen_ 下载链接1](#)