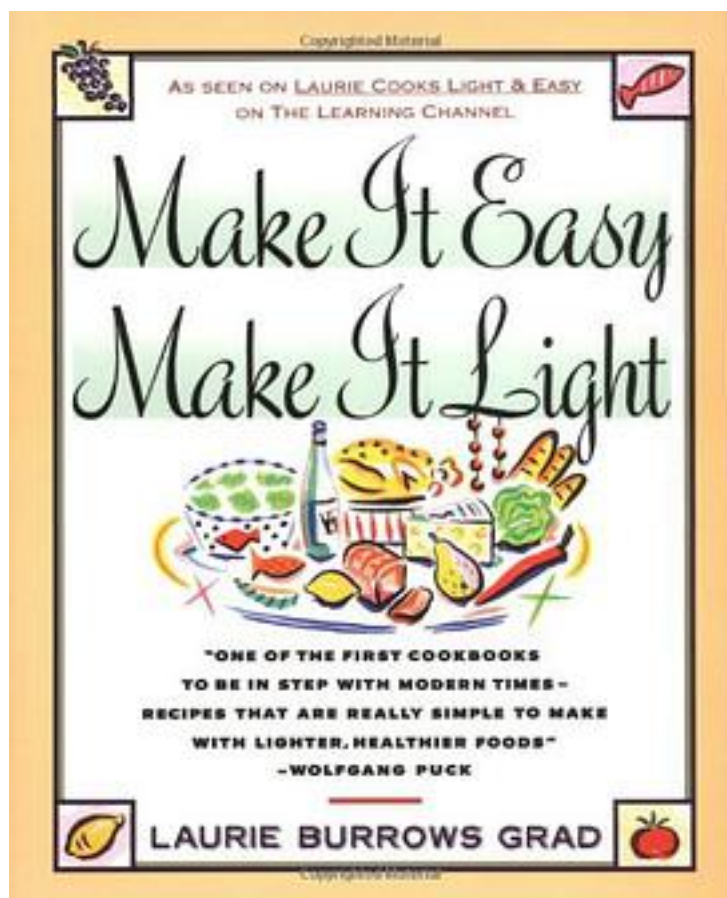


Make it Easy, Make it Light



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Make It Easy, Make It Light offers a tempting array of quick, light dishes for the taste-conscious, time-conscious, and health-conscious cook. The "light" approach to cooking is a sensible return to balance and the basic foods that made up the traditional American diet before processed and fast foods became a way of life. The

author provides more than 200 recipes for appetizers, soups, salads, and entrees that are rich in flavor and nutrition while low in fat, sodium, sugar, and calories. Entrees range from Rock Cornish Game Hens Glazed with Cranberry Chutney and Baked Fish with Papaya Salsa to a selection of pizzas, pastas and calzone. Fresh baked breads and savory desserts, such as Hot Strawberry Souffle and Italian Lemon Cheesecake are included as well, and accompanied by calorie counts.

作者介绍:

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