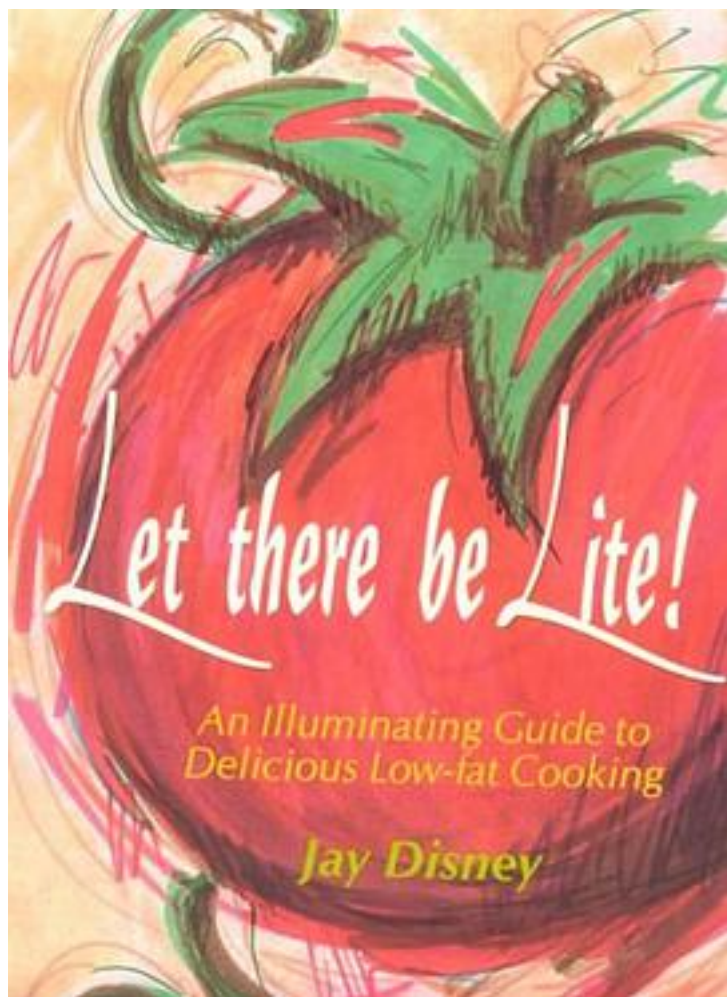


Let There Be Lite



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著者:Disney, Jay

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Television personality Jay Disney's infectious enthusiasm inspires the reader to make a commitment to low-fat cooking and eating; and his 150 exciting recipes make it

painless and enjoyable. Among Jay's delicious dishes are Chicken with Ginger Salsa, Ridiculously Simple Japanese Tuna, and Black Bean Enchiladas. Disney is a chef, caterer, and partner in the Chicago- and Dallas-based company Traveling Lite. Line art.

作者介绍:

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