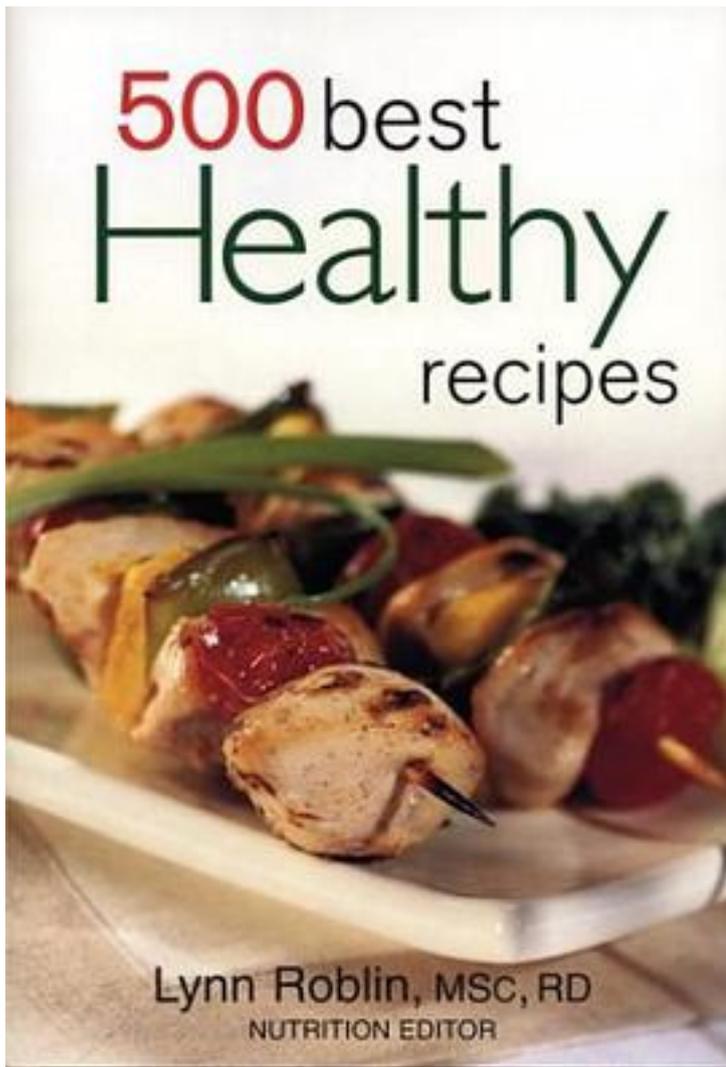


500 Best Healthy Recipes



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著者:Roblin, Lynn

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"Healthy eating made simply delicious in one comprehensive volume." Many have the best of intentions when it comes to eating healthy meals. However, heavy demands on time and unanswered questions on acceptable amounts of fat and sodium conspire to defeat healthy eating. The 500 Best Healthy Recipes brings together hundreds of delicious, nutritious and healthy recipes. Nutrition expert Lynn Roblin offers a good start. In clear, concise terms, she explains daily requirements for essential vitamins and minerals. Correct amounts of carbohydrates, fat and sodium are the focal points of good health. Roblin explains the need for maintaining the right balance of these elements in our diet. In a realistic, conversational style, she outlines a healthy eating plan. With so many recipes, there are hundreds of appetizing, healthy meals to choose from: Chunky Artichoke Dip Oriental Chicken Salad with Mandarin Oranges, Snow Peas and Asparagus Leg of Lamb with Pesto and Wild Rice Broccoli Pesto Fettuccine Black Bean, Corn and Leek Frittata Beef, Macaroni and Cheese Casserole Blueberry Peach Cake Glazed Espresso Chocolate Cake Best of all, these are recipes that can be enjoyed by everyone from families to empty nesters to students. With easy-to-follow directions, helpful tips, techniques and make ahead ideas, 500 Best Healthy Recipes belongs in everyone's kitchen.

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目录:

[500 Best Healthy Recipes_下载链接1](#)

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