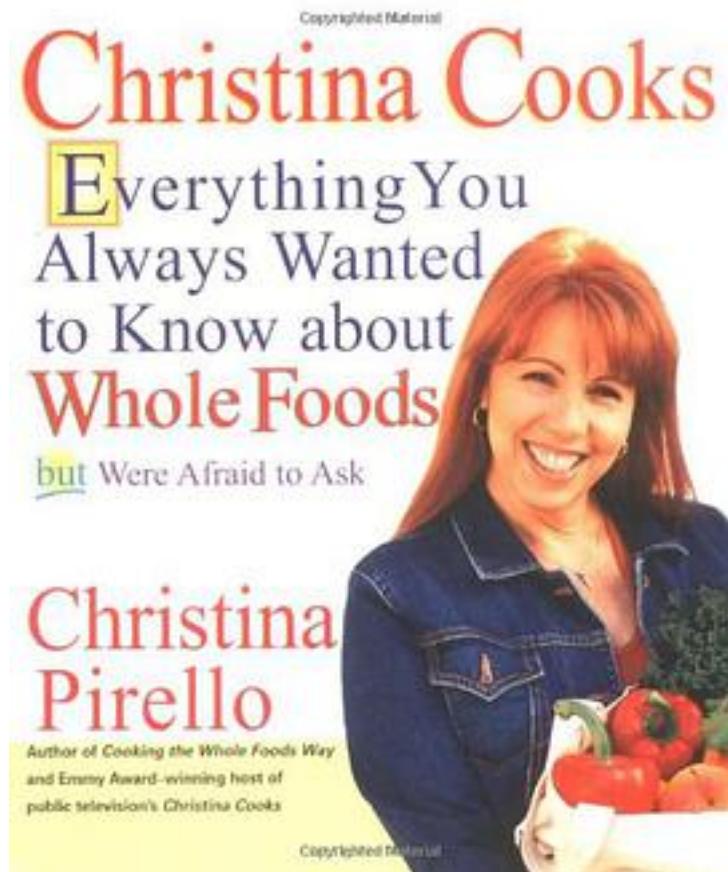


Christina Cooks



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著者:Christina Pirello

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TV's Christina cooks more than 200 recipes.

Public television cooking show host Christina Pirello is the woman who put the fun back into healthy cooking. In Christina Cooks she's responded to the hundreds of

questions that her viewers and readers have put to her over the years-with lots of sound, sane advice, hints, tips and techniques-plus loads of great recipes for scrumptious, healthy meals with a Mediterranean flair.

A whole foods cookbook, Christina Cooks offers inventive ideas for breakfast, special occasions, and what to feed the kids. Chapters include Soups, Breakfast, Kids' Favorites, Beans, Grains, Vegetables, Beverages, and Desserts-Christina addresses popular myths about dairy and protein amongst other often misunderstood ideas about healthful eating.

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