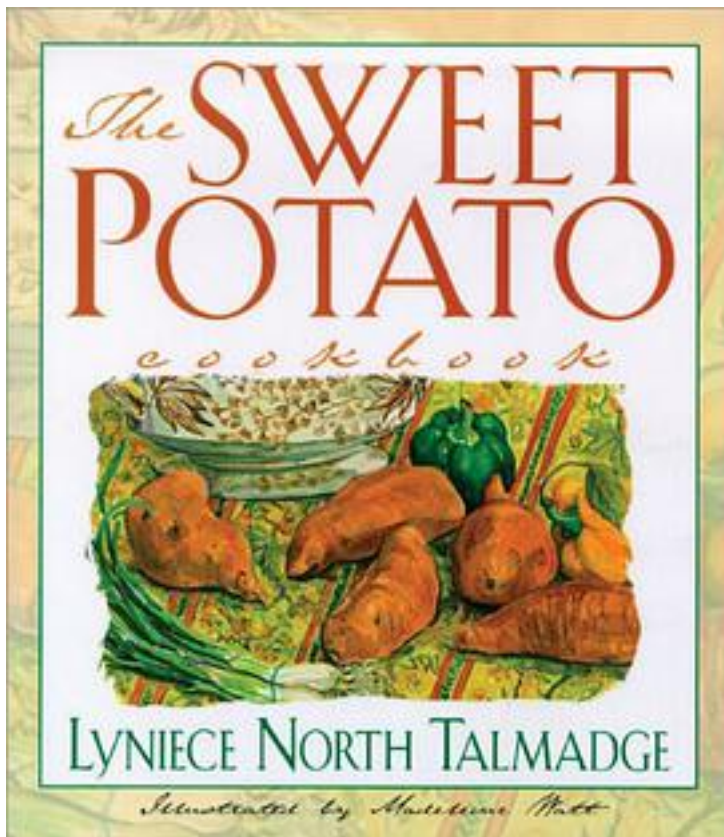


The Sweet Potato Cookbook



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Who would have imagined that the simple sweet potato-sometimes called "the lowly tuber" due to its homely appearance-could offer so many scrumptious possibilities? "The Sweet Potato Cookbook" is a unique collection of more than one hundred tantalizing recipes for dishes to serve at breakfast, lunch, or dinner with chapters on appetizers, beverages, soups, main courses, side dishes, and even desserts. The recipes are suitable for casual entertaining, family dinners, or formal dinner parties,

and a chapter containing recipes from around the world, including such far away places as Japan, China, and Africa, add a valuable cross-cultural dimension to the book. Because sweet potatoes provide an array of vitamins, minerals, and fiber, athletes regard them as the premier power vegetable, and the National Cancer Institute credits them as valuable in reducing the risks of certain types of cancers. With their nutritional value, great taste, and use worldwide, sweet potatoes truly are one of nature@s most unique gifts to the world. "The Sweet Potato Cookbook" is the perfect resource for making them a regular, flavorful part of one@s menu.

作者介绍:

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