

Wraps and Roll-Ups



[Wraps and Roll-Ups 下载链接1](#)

著者:Meilach, Dona Z.

出版者:Bristol Pub Enterprises

出版时间:2005-1

装帧:Pap

isbn:9781558673076

Move over sandwiches! Look out burritos! The new portable meal is here, and it is called a wrap. A wrap is a tortilla or other flatbread folded around enough goodies to be a complete meal. A wrap holds a much greater variety and quantity of food than a sandwich or burrito. They have become so popular, now wraps are available in the frozen-food sections of supermarkets, as well as at fast-food and other restaurants. When you make your own wraps, you control your calories, your fat intake -- and your costs. This book shows you how. This new revision of the best-selling cookbook features the latest in wrap-recipe ideas, with chapters on meat, poultry, fish, vegetarian and dessert fillings, plus how to make tortillas and 'binders'.

作者介绍:

目录:

[Wraps and Roll-Ups_ 下载链接1](#)

标签

评论

[Wraps and Roll-Ups_ 下载链接1](#)

书评

[Wraps and Roll-Ups_ 下载链接1](#)