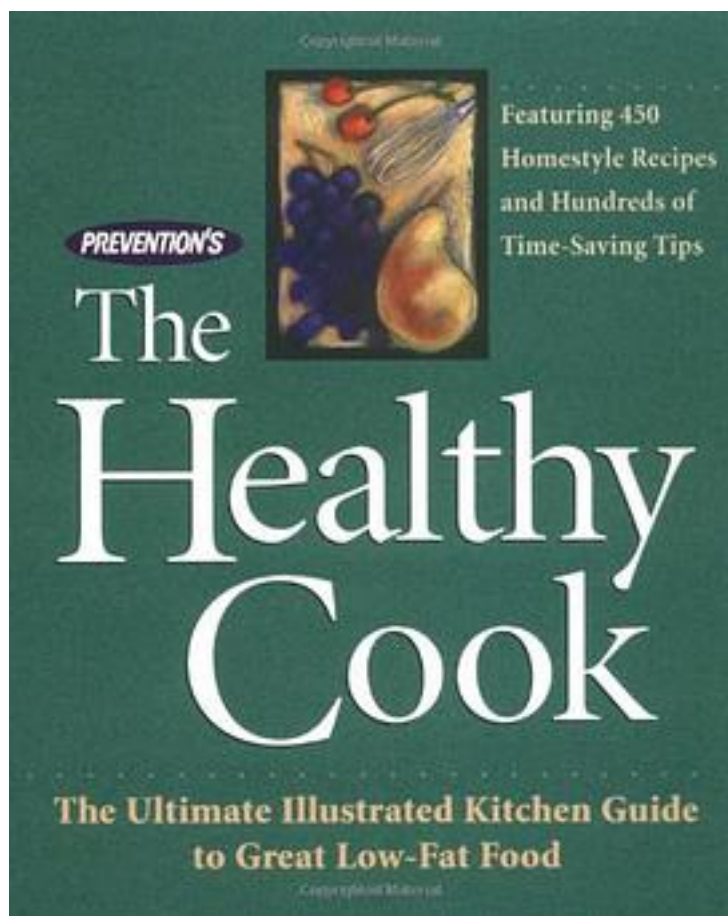


Prevention's the Healthy Cook



[Prevention's the Healthy Cook 下载链接1](#)

著者:Hoffman, Matthew 编

出版者:St Martins Pr

出版时间:

装帧:Pap

isbn:9781579542436

Here's the ultimate guide to wonderful food that's low in fat, high in nutrients and packed with flavor It's like a complete cooking school-- all in one volume. Features: * 28 information-packed chapters * 450 homestyle recipes-- and hundreds of variations * 424 step-by-step illustrations * Health-boosting hints, tips and shortcuts * Favorite

low-fat recipes from two dozen of the country's best chefs-- including Jacques Pepin, Charlie Trotter, Michel Richard, Jim Dodge, Jean-Louis Palladin and Emily Luchetti * "Is It Good for You?"-- the nutritional lowdown on eggs, white sugar, wine, liver, butter, white flour and more * Complete herb and spice primer

作者介绍:

目录:

[Prevention's the Healthy Cook_下载链接1](#)

标签

评论

[Prevention's the Healthy Cook_下载链接1](#)

书评

[Prevention's the Healthy Cook_下载链接1](#)