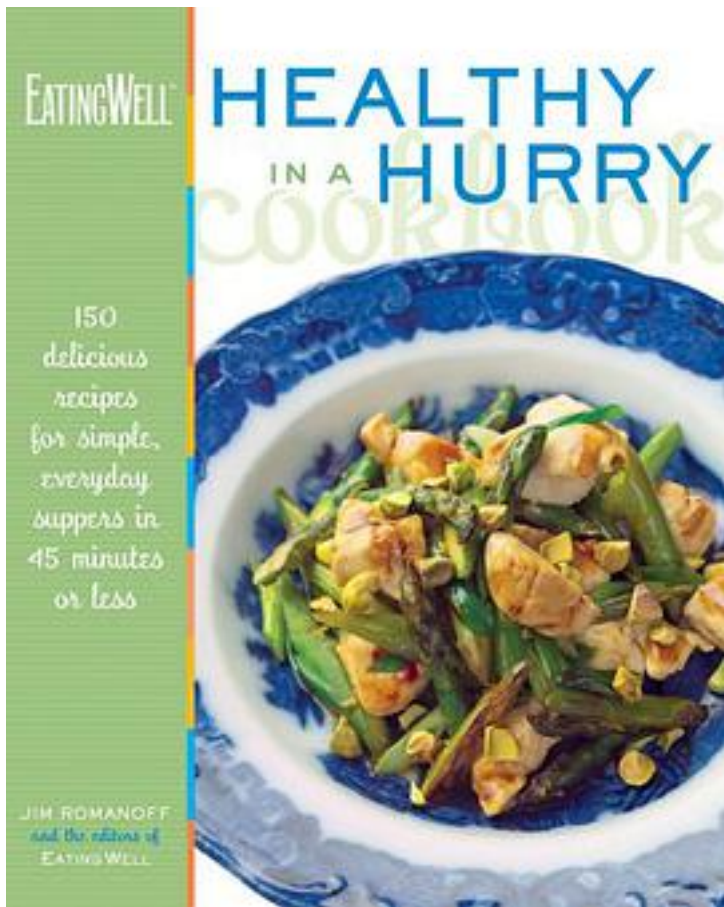


The Eating Well Healthy in a Hurry Cookbook



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Healthy in a Hurry offers the ultimate answer to the perennial weeknight question of "Whats for dinner?" With hundreds of quick and flavorful main-course recipes, it promises to become an everyday cooking tool for those who want to get a healthy, delicious meal on the table both swiftly and simply. Coming out of the highly acclaimed

Vermont test kitchens of EatingWell magazine, Healthy in a Hurry serves up a broad range of easy and mouth-watering recipes such as Warm Salmon Salad with Crispy Potatoes, Garlic & Parsley Rubbed Lamb Chops with Greek Couscous Salad, and Chicken with Green Olives & Dried Plums.

作者介绍:

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