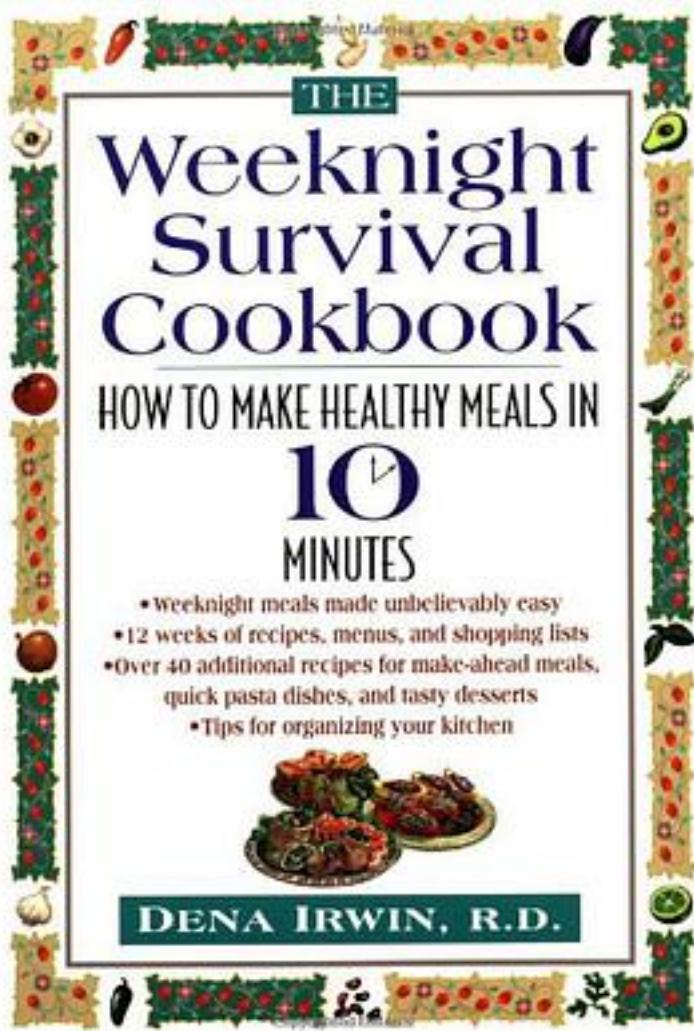


The Weeknight Survival Cookbook



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著者:Irwin, Dena

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Most quick and healthy cookbooks define "quick" as 30 minutes. In this step-by-step cookbook, registered Dean Irwin takes the term to Olympic speeds, offering 12 weeks of recipes for healthy dishes, each of which can be prepared in just ten minutes!

作者介绍:

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