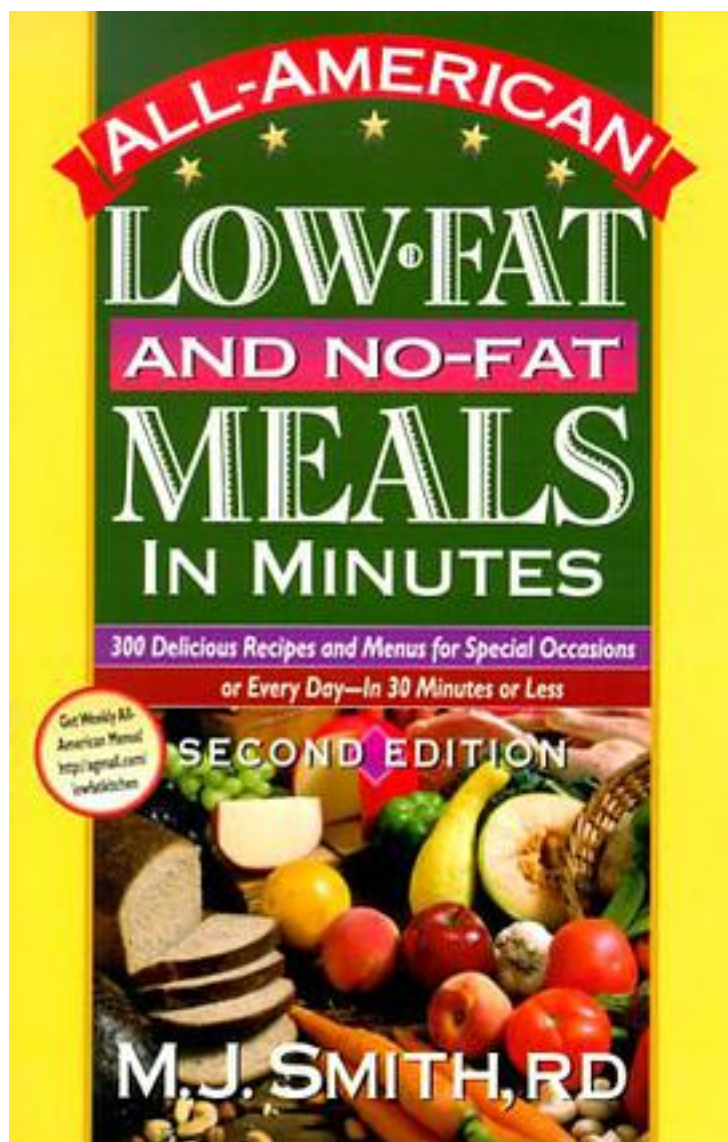


All-American Low-fat and No-fat Meals in Minutes



[All-American Low-fat and No-fat Meals in Minutes_ 下载链接1](#)

著者:Smith, M. J.

出版者:John Wiley & Sons Inc

出版时间:1997-1

装帧:Pap

isbn:9780471346555

America's Favorite Low-Fat Recipes are Now Even More Delicious. With hundreds of tasty recipes and plenty of low-fat tips and tricks, this updated best-seller makes healthy eating a snap. Registered dietitian M.J. Smith has perfected ingredient combinations and cooking methods that make healthy foods delicious and satisfying--and most of these dishes can be prepared in less than 30 minutes. This new edition features more than 100 new low-fat and fat-free recipes, new food exchanges, and new time-saving tips and convenient ingredient substitutions. It also includes seasonal menus to help you plan a variety of healthy meals and complete nutrition information for each recipe. "Quick and innovative recipes." --USA Today "'Common folk' recipes that your family will enjoy eating." --JoAnna M. Lund, author of Healthy Exchanges??Cook book

作者介绍:

目录:

[All-American Low-fat and No-fat Meals in Minutes_ 下载链接1](#)

标签

评论

[All-American Low-fat and No-fat Meals in Minutes_ 下载链接1](#)

书评

[All-American Low-fat and No-fat Meals in Minutes_ 下载链接1](#)