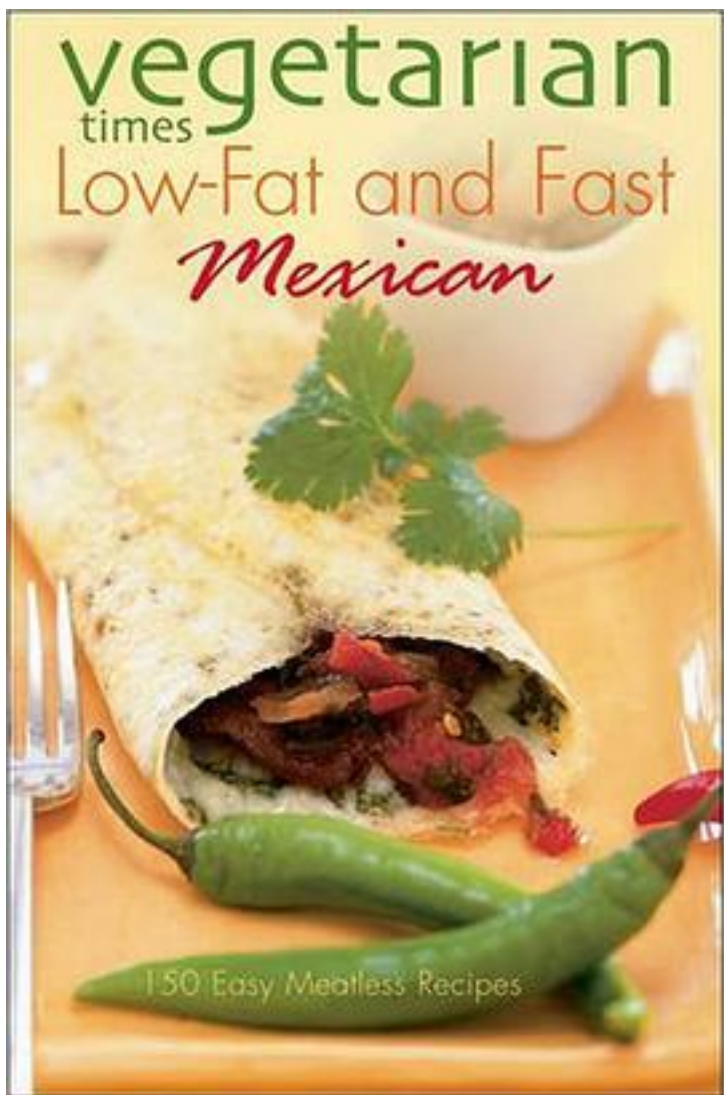


"Vegetarian Times" Low-fat and Fast Mexican



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著者:Vegetarian Times

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The next book in the series of Low-Fat & Fast cookbooks from the editors of Vegetarian Times magazine is Vegetarian Times Low-Fat & Fast Mexican. Mexican cuisine is more popular than ever, but as several studies have shown, Mexican food is high in fat. With Vegetarian Times Low-Fat & Fast Mexican, Mexican food lovers can have their favorite dishes without the fat. Low-Fat & Fast Mexican will be the first cookbook of its kind - a collection of all meatless Mexican dishes. As with other books in this series, every dish will be easy enough to prepare in 20 to 30 minutes and will include a complete nutritional breakdown. Our on-going series with Vegetarian Times magazine also includes Vegetarian Times Complete Cookbook, Vegetarian Times Beginner's Guide, and Vegetarian Times Vegetarian Entertaining.

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