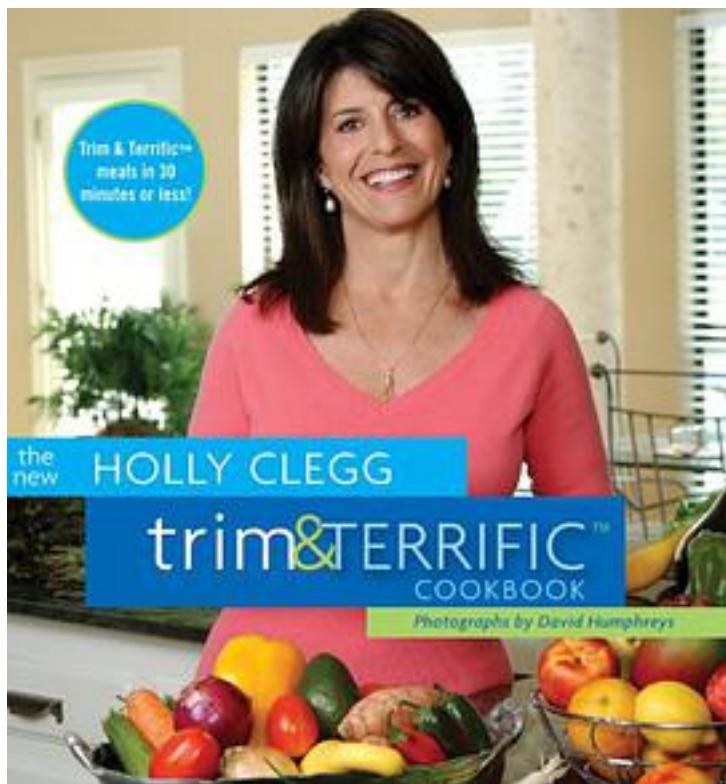


The New Holly Clegg Trim & Terrific Cookbook



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著者:Holly Clegg

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This new edition of The Holly Clegg Trim & Terrific(tm) Cookbook features a fresh look, and more than 100 full-color photographs. Holly Clegg arms real-life cooks with the tools to prepare healthy meals without spending hours in the kitchen. She never sacrifices taste for calories, and proves recipe after recipe that food can be good for you, delicious, and easy to prepare! Holly uses familiar ingredients in her recipes and presents easy-to-follow instructions and quick tips. This classic cookbook provides readers with suggested menus, pantry tips, nutritional analyses, diabetic exchanges,

advice on cooking light, suggestions for substitutions, and many shortcuts.

作者介绍:

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