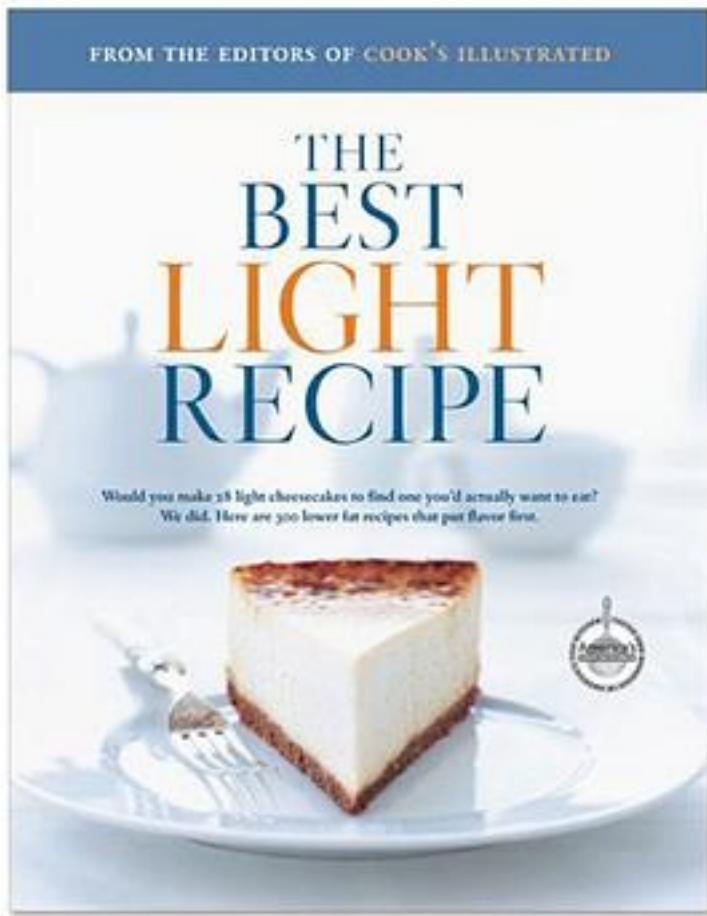


The Best Light Recipe



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著者:"Cooks Illustrated" Magazine

出版者:America's Test Kitchen

出版时间:2006-03-01

装帧:Hardcover

isbn:9780936184975

The Best Light Recipe offers more than 300 full-flavored lower-fat and reduced calorie recipes that still taste great and are guaranteed foolproof by the test cooks and editors who bring you Cook's Illustrated magazine. For the first time ever, the editors at

America's Test Kitchen have devoted an entire book and more than 300 recipes lighter versions of family favorites. If we weren't satisfied with the results in our kitchen, the recipe didn't make this book.

作者介绍:

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