

Jane Brody's Good Food Gourmet

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Good Food Gourmet

Recipes and Menus for Delicious
and Healthful Entertaining

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As anyone interested in good food and good health knows, Jane E. Brody has been one of the major guiding forces of the revolution in health consciousness that has swept this country in the past decade. Her message has been simple yet profound: good nutrition is vital to good health, and healthful foods can be flavorful and festive, too. In this volume, following her best-selling "Jane Brody's Nutrition Book" and "Jane Brody's Good Food Book," she presents more than 500 new, delicious, and wholesome recipes specifically geared toward entertaining. Some have been suggested by her readers; others have been adapted from recipes devised by noted cooks and food writers; many are Brody family favorites.

作者介绍:

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