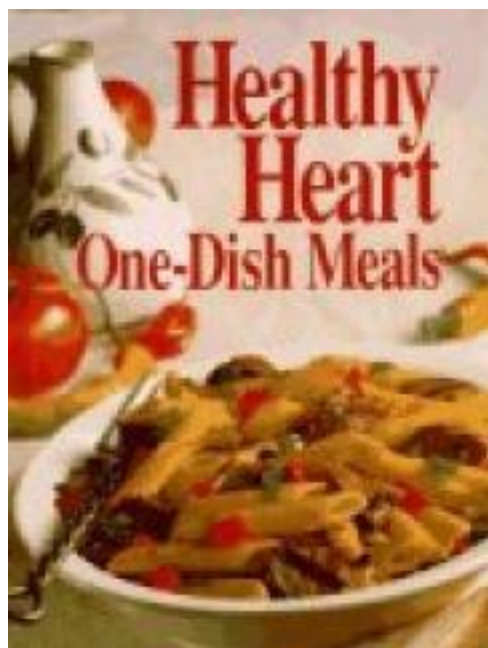


Healthy Heart One-Dish Meals Todays Gourmet



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著者:

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Each Recipe Is a Meal-In-One

Several-course menus just don't fit into busy lives on most weeknights or even on weekends anymore. That's one of the reasons why we~he home economists and registered dietitians at Oxmoor House are excited about this new

cookbook.

With every recipe we create a well-balanced meal that includes:

- ~ protein: at least 10 grams fi-om meat, poultry, fish, or mea! alternatives (cheese, eggs, or beans)
- ~ a grain or starchy food: rice, pasta, or potatoes
- ~ vegetables or fruit

作者介绍:

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