

Save Your Heart With Susan: Six Easy Steps to Cooking Delicious Healthy Meals in a Microwave



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In popular cooking classes at her own microwave oven store, at corporate health programs, and on TV nationwide, Susan Nicholson has taught thousands of beginners how to take charge of their micro-waves. Her successful teaching formula is here in her book along with a collection of her most popular TV-tested, quick, easy,

and delicious (not to mention heart-healthy) recipes. She has menus for every occasion from the "No-Time-for-Breakfast Breakfast" and the "Easy Buffet for Eight" to the much more elaborate "Thanksgiving Feast" and other gourmet dinners.

Some of the most useful advice you'll find in this book includes:

- ~ Choosing a microwave oven: deciding what size and wattage are right for you and where to put it in your kitchen
- ~ The A to Z of microwave accessories and their uses
- ~ The basic principles of shopping for and preparing healthy foods
- ~ Special techniques unique to the microwave, such as browning, shielding, rotating, rearranging, and more. Handy appendices that range from how to determine the wattage of your microwave and the optimum internal temperatures of cooked foods to a complete listing of microwave suppliers and specialty stores

This straight-talking, entertaining introduction is indispensable both to first-time cooks and to seasoned chefs looking to perfect their skills, cook healthily, and

make themselves at home with their microwaves.

Susan Nicholson appears frequently on CNN's *On the Menu* and is a regular guest on the *Noonday* program of Atlanta's NBC affiliate. She is a registered dietitian who began teaching heart-healthy microwave cooking at her store in Atlanta in 1985. She has since become a local phenomenon and her fun, down-to-earth cooking class, "Save Your Heart with Susan," has become a mainstay of community and corporate health programs. She lives in Atlanta with her husband.

作者介绍:

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