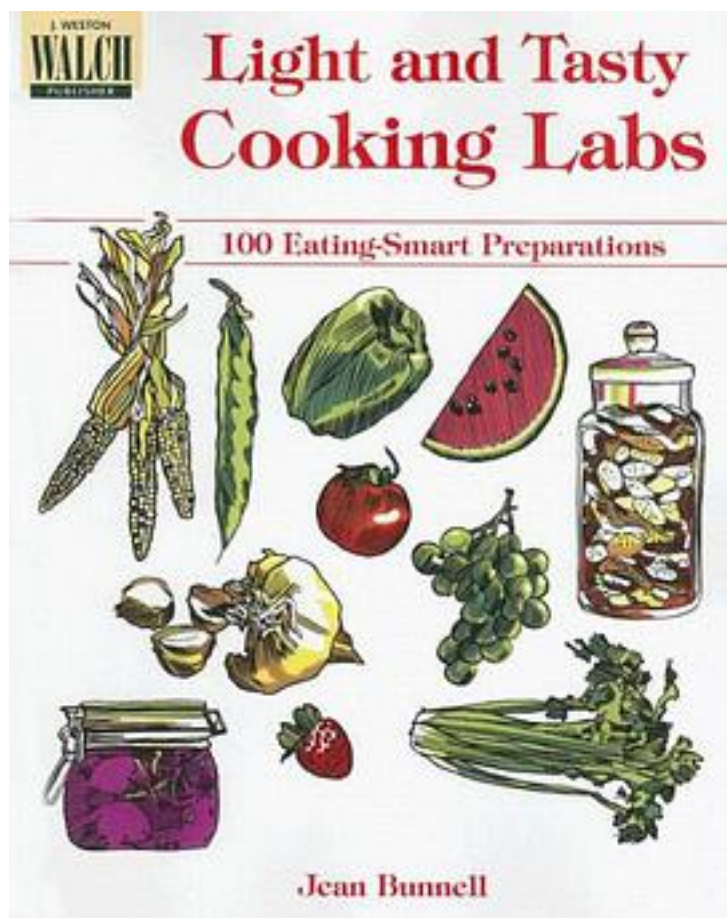


Light and Tasty Cooking Labs



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Foster good nutrition with these healthful easy-to-prepare recipes Includes a mix of ethnic recipes and light adaptations of familiar favorites Uses recipes that are low in fat, cholesterol, salt, and sugar Includes shopping lists, suggested division of responsibilities, and helpful tips

作者介绍:

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