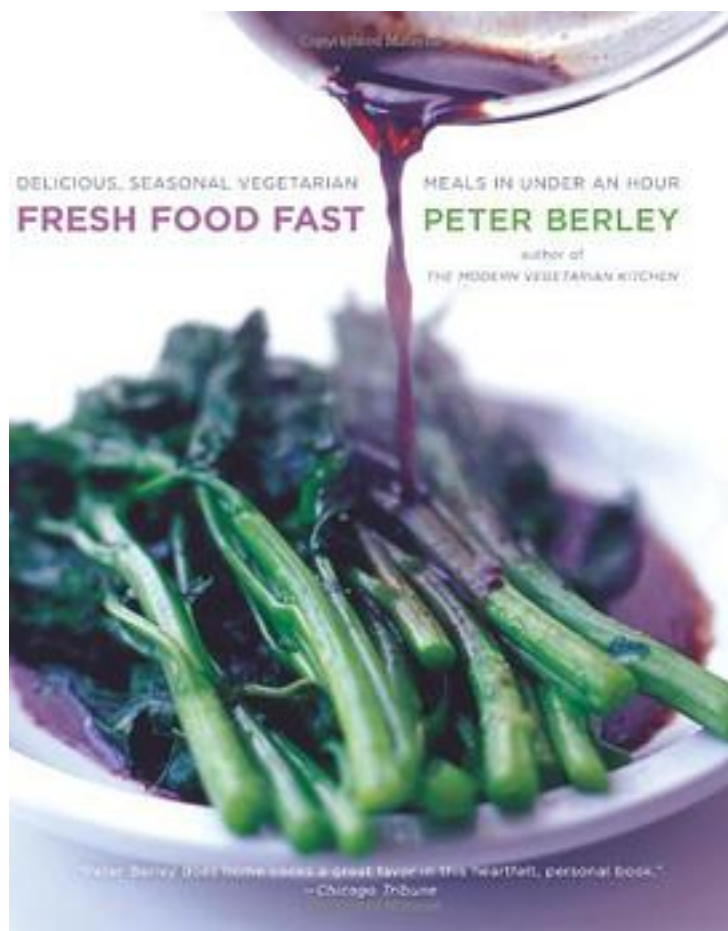


# Fresh Food Fast



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著者: Cooking Light Magazine

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Finally, a cookbook that offers quick, easy, and nutritious recipes. "Fresh Food Fast" is that rare gem that not only gives cooks great-tasting recipes, but also provides food that's nutritious and healthy. Every recipe can be made with 5 ingredients or less or in

15 minutes tops. Other 'quick' cookbooks focus on the time it takes to cook; here, each recipe also has a short ingredients list - the best of all possible worlds."Fresh Food Fast" is the ultimate time saver - with 250 mouth watering, healthy recipes - because the planning is done for you with a nutritional analysis and step-by-step instructions with each recipe. And because every recipe has been kitchen-tested to perfection by the experts at Cooking Light, they work - every time. With a staff of registered dietitians and culinary professionals, Cooking Light is unrivaled in identifying emerging food trends and providing flavorful, healthy recipes.

作者介绍:

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