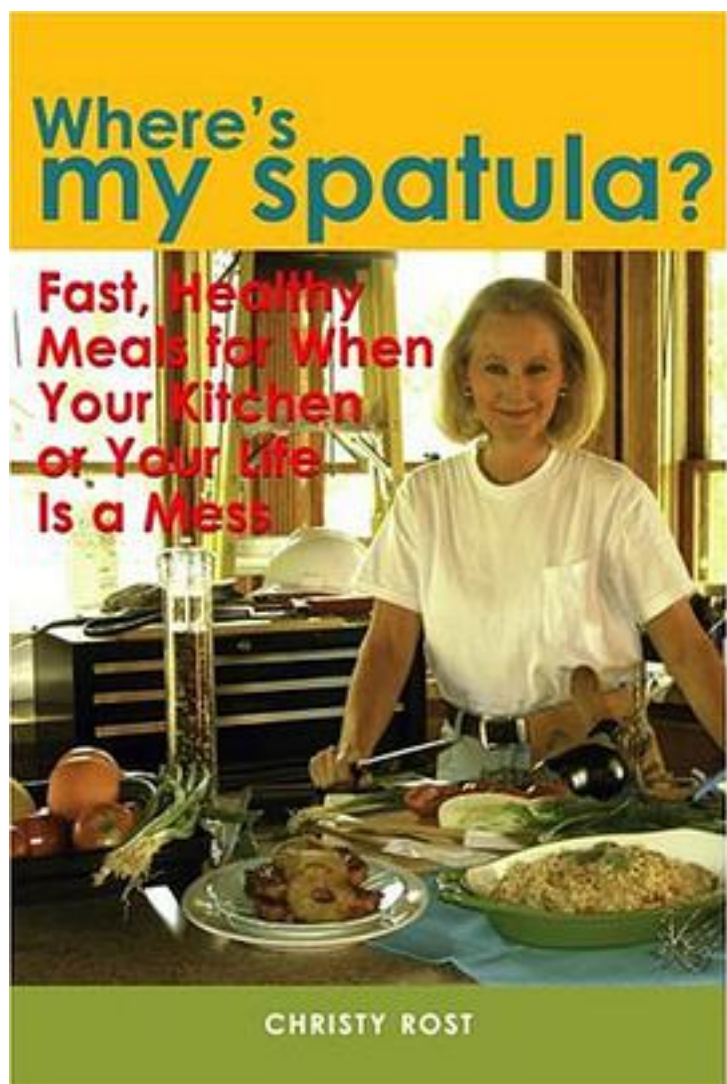


# Where's My Spatula?



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Whether you are caring for someone who's sick or struggling to cook in an ill-equipped vacation house, the idea of cooking a tasty and healthful family meal seems daunting. Just take a deep breath and pick up this cookbook. While it is tempting instead to pick up the phone and order takeout, that's not a healthy way to eat-and quite expensive. Instead, try culinary expert and TV cooking personality Christy Rost's fresh, easy-to-make, stress-relieving recipes you can make even if you don't have a stove to cook on. Christy developed the 100+ fast, easy, healthy recipes for *Where's My Spatula?* as she coped with trying to prepare healthy meals for her family during a major restoration of her historic house in Colorado. Though it was almost impossible to cook, she still fervently believes that dinner is the time to slow down and sit down with your meal and your family-no matter what else is happening in your life. *Where's My Spatula?* is so easy, it's like having a good friend drop by with a home-cooked meal for you and your family. So sit down, take a deep breath, and restore your body and your spirit with good, healthy food.

作者介绍:

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