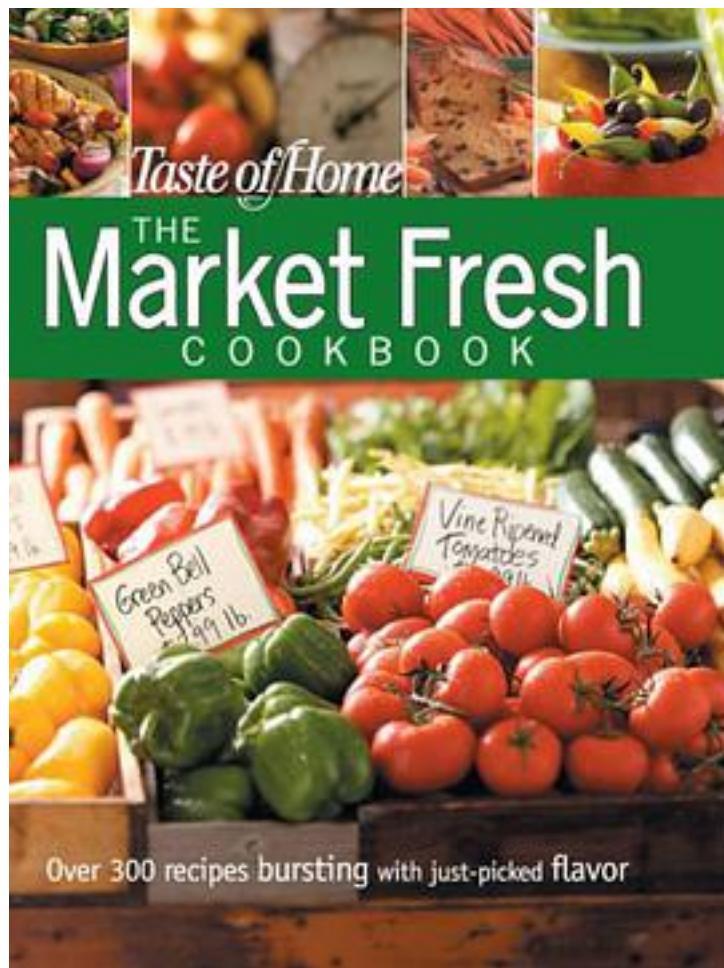


The Market Fresh Cookbook



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Whether you rely on fresh produce from your grocer or grow it yourself, you'll harvest a bounty of compliments whenever you serve these kitchen-tested delicious dishes.

Sweet, succulent fresh fruits and vegetables can be used to bring versatility to your cooking, and fresh herbs add a bit of spice. This unique volume of more than 350 kitchen-tested recipes is guaranteed to give you new, fresh ideas for preparing mouth-watering meals with healthy ingredients. Illustrated with more than 225 photographs, you are sure to find just the right recipes to please even the fussiest eaters in your family. You'll find soups and salads, main and side dishes, and desserts, which are sure to become family favorites that you'll make over and over again. Eat healthy and put real snap into your meals with crisp, tasty, fresh fruits and vegetables and herbs that are naturally high in vitamins and minerals. Each recipe is garnished with a short anecdote—"quotes from the cook"—so using this book is like sharing recipes with a good friend. Whether you are using homegrown fruits, vegetables, and herbs or the abundant supply of fresh produce available at your local market, you can enjoy the taste of summer throughout the year with the delicious recipes in this book.

作者介绍:

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