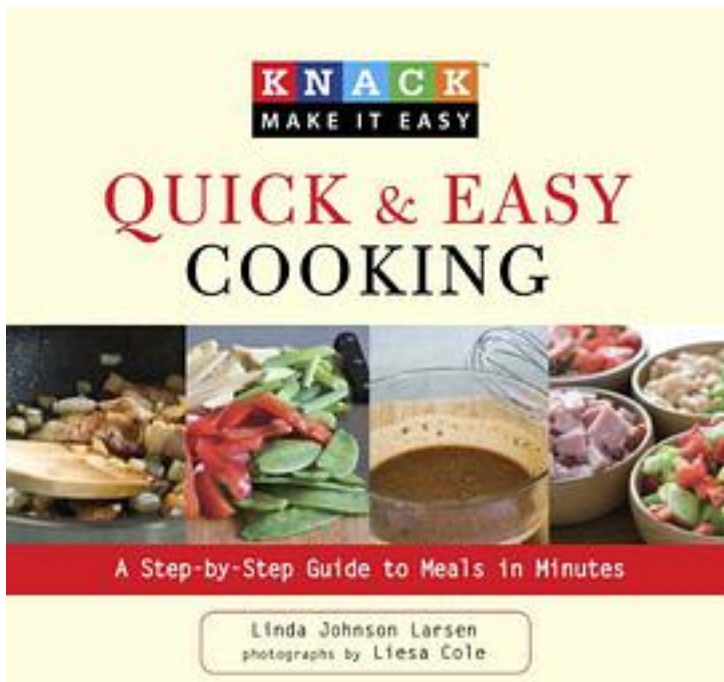


Quick and Easy Cooking



[Quick and Easy Cooking_ 下载链接1](#)

著者:Larsen, Linda

出版者:

出版时间:2009-7

装帧:

isbn:9781599215136

Surveys show that growing numbers of Americans seek to eat healthy meals regularly. Couple this with the fact that high food and fuel prices have seen fewer folks dining in "family-style" restaurants--is it surprising that a whole new generation is in the kitchen trying to figure out how to get dinner on the table? "Knack Quick and Easy Cooking" shows readers who may have little experience with cooking, and/or have little time, how to prepare healthy meals quickly, without sacrificing flavor. Clear instructions and photos illustrate how to prepare meals with everyday ingredients and easy-to-learn techniques. The book includes numerous time-saving tips and strategies--from organizing the kitchen to smart shopping. - 100 recipes and 250 variations- 350 full-color photos- No more than eight ingredients; under 30 minutes to prepare-

Step-by-step photos

作者介绍:

目录:

[Quick and Easy Cooking_ 下载链接1](#)

标签

评论

[Quick and Easy Cooking_ 下载链接1](#)

书评

[Quick and Easy Cooking_ 下载链接1](#)