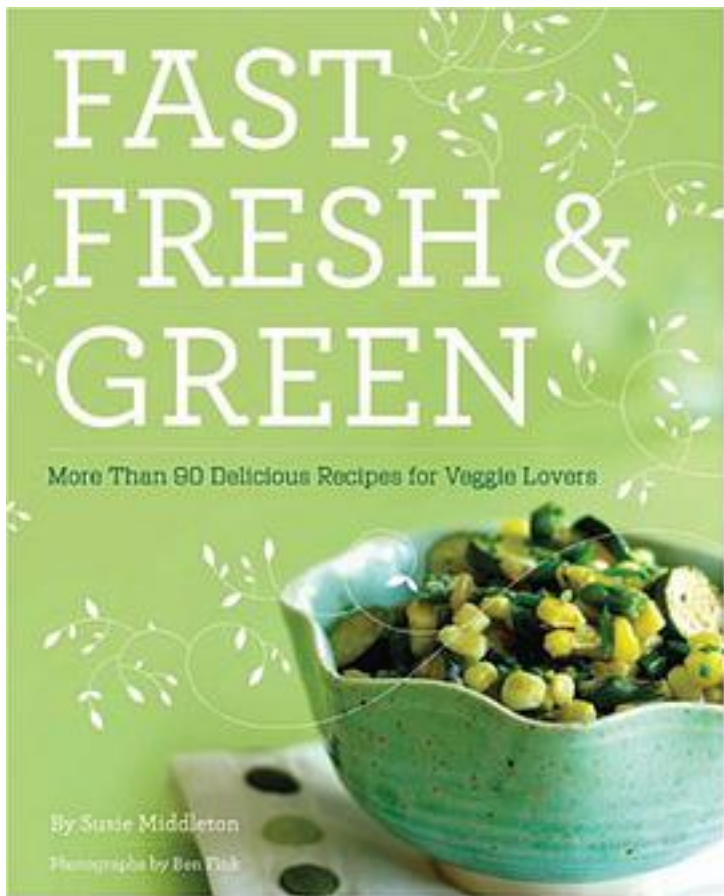


# Fast, Fresh & Green



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著者:Susie Middleton

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This new bible for all things vegetable from Fine Cooking's Vegetable Queen is ideal for the millions of cooks who want to get more veggies into their daily diet--and want to feed their families deliciously. Susie Middleton shares her love of great-tasting veggies with a guide to stocking up the pantry, shopping for vegetables, and cooking those

veggies in 9 different ways. Fast, Fresh & Green is uniquely organized by technique so that cooks can add new ways to cook veggies to their weeknight repertoires. More than 100 recipes for side dishes--many that can double as starters or main dishes, and many that are vegan--include Spinach with Shallots and Parmigiano, Sweet Potato Mini Fries with Limey Dipping Sauce, Roasted Broccoli with Two Dipping Sauces, Braised Fingerlings with Rosemary and Mellow Garlic, and Summer Vegetable Ragout. Fast, Fresh & Green is an excellent resource for vegetarians and omnivores alike.

作者介绍:

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