



Quick & Healthy Recipes and Ideas: For people who say they don't have time to cook healthy meals, 3rd Edition

Brenda Ponichtera

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The third edition edition of this bestseller is now published by Small Steps Press! People spend less time cooking than ever before— but where do they turn when they still want to eat healthy? Quick & Healthy brings you over 200 easy recipes that are low in fat, cholesterol, and calories— and take almost no time to prepare. With recipes designed for the busy cook, this latest edition includes practical nutrition information as well as quick, delicious recipes that have been kitchen-tested for taste and ease. Inside, you will find time-saving ideas, tips to reduce fat and cholesterol, and even food exchanges for weight loss and diabetes.

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