



Healthy Cooking for Two (or Just You): Low-Fat Recipes with Half the Fuss and Double the Taste

Frances Price

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Healthy Cooking for Two (or Just You) by Frances Price offers:

- * More than 200 creative, low-fat recipes for today's smaller households
- * Unique two-column recipe format for hassle-free preparation
- * Tips on shopping for one or two, and streamlining your kitchen
- * Full nutrient analysis with every recipe
- * Special chapter of delicious, no-fuss menus
- * Plenty of 30-minute recipes-- plus meatless meals, divine desserts, tip-packed boxes and more

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