

Quick And Easy South Texas Favorites - Jozi Md Maldonado

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What do you get when you combine a South Texas beauty queen and great Tex-Mex cuisine...afoodiequeen! Jozi Maldonado the author and host of PBSs A Taste of Mexico (1994) has been secretly stashing away recipes for several years to reveal her much anticipated sophomore cookbook, entitled: Quick and Easy South Texas Favorites by Jozi Maldonado. Her shows were broadcast by most of the countrys public television stations. Want to get back to cooking and get healthy at the same time? Try Jozi s new book which includes over one-hundred twenty of her familys favorite recipes, many of which offer a healthy take to the original Tex-Mex version. If you substitute one or two fat or calorie filled ingredients, you can get a superb low-cal dish, says Jozi. She also offers healthy smoothies and delicious dips that will satisfy any appetite. Most of these recipes are fast and simple for the parent on the run in todays fast paced world.Author: Maldonado, Jozi MD Publisher: eBookIt.com Illustration: N Language: ENG Title: Quick and Easy South Texas Favorites Pages: 00147 (Encrypted EPUB) / 00147 (Encrypted PDF) On Sale: 2013-02-21 SKU-13/ISBN: 9781456610555 Category: Cooking : Regional & Ethnic - Mexican Category: Cooking : Health & Healing - General Category: Cooking : General

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