

The \$7 A Meal Mediterranean Cookbook - Altomari-rathjen

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Cook the healthiest food in the world--for less! Fruit-Stuffed French Toast for breakfast. Roasted Garlic Potato Salad Lettuce Rolls for lunch. Date-Almond Tart for dessert. Cooking heart- and brain-healthy food has never been so delicious--or so inexpensive! No matter what type of budget your family is on, you will love cooking these 301 mouth-watering Mediterranean recipes, including: Ratatouille: \$3.14 per meal; Bulgur-Stuffed Zucchini: \$4.77 per meal; Italian Egg Drop Soup: \$5.46 per meal; Stuffed Grape Leaves: \$2.90 per meal; Chicken and Oregano Risotto: \$4.30 per meal; and other healthy dishes! Every recipe includes the nutritional information, the total cost, and tips for buying the best ingredients at the most affordable prices--so there are no surprises at the grocery store. The \$7 a Meal Mediterranean Cookbook makes it easy to keep your family healthy for a lifetime. Author: Altomari-Rathjen Publisher: Adams Media Illustration: N Language: ENG Title: The \$7 a Meal Mediterranean Cookbook Pages: 00336 (Encrypted PDF) On Sale: 2010-12-31 SKU-13/ISBN: 9781440511424 Category: Cooking : Regional & Ethnic - Mediterranean

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