

The \$7 A Meal Healthy Cookbook - Chef Susan Irby

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With grocery bills on the rise and the economy on the slide, you may think you're going to have to sacrifice nutrition and taste in the name of the almighty shrinking dollar. But with this practical, perfectly delicious cookbook, you can feed your family healthy, flavorful meals for only seven bucks. Inside, you'll find recipes that address every health concern--from high-fiber and low-sodium to no trans fat and low sugar--including: Guilt-free Cranberry Scones; Parmesan Orzo Salad; Onion and Mushroom Risotto; Chicken Tortellini with Squash; Spicy Chinese Beef and Broccoli; Turkey Spring Rolls; Baked Stuffed Tex-Mex Trout; Sweet Potato Pudding; Peanut Butter Chocolate Bars; and much more! Comes complete with cost per meal, nutritional information, and cooking and preparation tips--because eating well doesn't have to cost a fortune! Author: Irby, Chef Susan Publisher: Adams Media Illustration: N Language: ENG Title: The \$7 a Meal Healthy Cookbook Pages: 00336 (Encrypted PDF) On Sale: 2010-10-30 SKU-13/ISBN: 9781440503382 Category: Cooking : Methods - Quick & Easy

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