

The No-salt Cookbook - David C. Anderson

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If you suffer from high blood pressure, Meniere's Syndrome, or are simply looking to eat more healthily, The No-Salt Cookbook provides low-salt recipes that are quick, easy, and taste great. As anyone on a low-sodium diet knows, it is difficult to prepare flavorful food without salt. Authors David C. Anderson and Thomas D. Anderson help you tackle this no salt/no flavor dilemma with gusto. Providing more than 200 tasty salt-free recipes--in addition to salt-free shopping tips, information on counting milligrams, and no-salt cooking essentials--this combination cookbook/health book will help you lead a more healthy, active lifestyle without radically changing your diet. From breakfast to appetizers, entrees, and desserts, learn to prepare such wonderful dishes as: Cinnamon Raisin Bread; Cold Cucumber Soup; Salmon in Basil Butter Sauce; White Wine Braised Chicken; Veal Scaloppine; The Best Brownies; and much more! With The No-Salt Cookbook, you can truly enjoy eating without asking the person next to you to "please pass the salt." Author: Anderson, David C. Publisher: Adams Media Illustration: N Language: ENG Title: The No-Salt Cookbook Pages: 00336 (Encrypted PDF) On Sale: 2010-10-30 SKU-13/ISBN: 9781580625258 Category: Cooking : Health & Healing - Low Salt

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