

<<爱情美食>>

图书基本信息

书名：<<爱情美食>>

13位ISBN编号：9781407548296

10位ISBN编号：1407548298

出版时间：1970-1

作者：本社 编

页数：240

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内容概要

In a world where we all need to be more healthconscious, salads can open up the door to a delicious and nutritious way to boost energy levels and keep your weight down. Today's salads have shaken off their notoriety as being dull and uninspiring and are now bursting with color and flavor. With the addition of meat or fish and seafood, salads can become a substantial meal in their own right, or something lighter serves as an ideal accompaniment. 112 nutritious and delicious recipes Brief introduction to each chapter, full of useful ideas and tips A clear and easy-to-follow ingredients list and method for each recipe to ensure a perfect result Inspiring photography of each recipe to set your taste buds tingling

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书籍目录

introduction
classic salads
fruit & vegetable salad
poultry & meat salad
fish & seafood salad
dressings oils %
vinegars
index

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