

<<Weight Watchers Grea>>

图书基本信息

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内容概要

Learn to cook like a pro, from the pros! Team up with Weight Watchers, the foremost authority on weight loss, and the chefs from The Culinary Institute of America, the country ' s premier cooking school, to make flavorful, imaginative – and healthy – dishes with ease. Learn how to be creative without being complicated when you sample the more than 250 enticing recipes collected here. Roasted Vegetable Lasagne, Thai Beef Salad, Spicy Chicken-Peanut Dumplings, and Almost-Fudge Truffles – these and dozens of other delectable dishes are offered up by leading chefs intent on bringing out the full natural flavors of food. In addition to delicious and healthy recipes, you ' ll also discover chefs ' tips and secrets for great food, step-by-step illustrations of cooking techniques, and advice on the art of plating food. Complete with Weight Watchers POINTS® information, full nutrition information, and 30 color photos showcasing finished dishes, this is a book everyone who appreciates great food will want to own.

<<Weight Watchers Great>>

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