

<<沙拉美食>>

图书基本信息

书名：<<沙拉美食>>

13位ISBN编号：9781407539485

10位ISBN编号：1407539485

出版时间：1970-1

作者：Not Available (NA)

页数：96

版权说明：本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问：<http://www.tushu007.com>

## <<沙拉美食>>

### 内容概要

In these health-conscious days , we are all aware of the important role that eating a nutritious and balanced diet plays in our health and wellbeing . However, with our busy lifestyles it can be a struggle to find time to cook and prepare wholesome meals . Salads are the perfect solution . They are quick and easy to prepare——with many requiring no cooking whatsoever and can be ready to eat in a matter of minutes . What ' S more , they are incredibly healthy and packed full of vitamins and minerals . Bursting with inspiring dishes for every occasion , Salads is a collection of sensational salad recipes featuring a range of tasty ingredients , including poultry , meat , fish and seafood , cheese , beans , and grains . From the classic salads through to those with a modern twist , you will find plenty of ideas for simple side dishes , light lunches , and substantial suppers . Quick to make and satisfying to eat , salads need never be dull and boring again!

<<沙拉美食>>

书籍目录

introductionsunshine-a collection of vegetale saladshearty-a collection of meat&poultry saladsparkling-a collection of fish&seafood saladshealth-boosting-a collection of energizing saladsindex

<<沙拉美食>>

版权说明

本站所提供下载的PDF图书仅提供预览和简介, 请支持正版图书。

更多资源请访问:<http://www.tushu007.com>