

<<Weight Watchers Grea>>

图书基本信息

书名：<<Weight Watchers Great Cooking Every Day 每日减肥烹饪>>

13位ISBN编号：9780764544798

10位ISBN编号：0764544799

出版时间：2003-8

出版时间：John Wiley & Sons Inc

作者：Weight Watchers International

页数：346

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>

<<Weight Watchers Grea>>

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>>

书籍目录

CHAPTER 1 healthy eating in the twenty-first century  
CHAPTER 2 appetizers and hors d'oeuvres  
CHAPTER 3 salads  
CHAPTER 4 soups  
CHAPTER 5 pizzas, sandwiches, and wraps  
CHAPTER 6 pasta  
CHAPTER 7 fish  
CHAPTER 8 shellfish  
CHAPTER 9 poultry  
CHAPTER 10 meat and game  
CHAPTER 11 grains  
CHAPTER 12 eggs, beans, and tofu  
CHAPTER 13 vegetables  
CHAPTER 14 fruits  
CHAPTER 15 breads  
CHAPTER 16 desserts  
Index

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>