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The Book of Light Chinese Dishes

Kathryn Hawkins

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Name: 1557882061120 pages | File size: 56.Mb

Kathryn Hawkins : The Book of Light Chinese Dishes before purchasing it in order to gage whether or not it would be worth my time, and all praised The Book of Light Chinese Dishes:

Hawkins offers a timely collection of more than 100 low-fat, low-calorie Chinese recipes, from first courses to desserts, which proves that flavor doesn't have to be sacrificed when cooking light Chinese food. Each recipe lists the number of calories and grams of fat. Color photos throughout.