



Jeanne Jones' Healthy Cooking: For People Who Don't Have Time To Cook

Jeanne Jones

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Healthy cooking has never been so quick or tasty! Choose, at a glance, what to make by how much time you have. Learn to organize your kitchen so that meal preparation will be a breeze. You'll find:

- * 200 really fast recipes-- many ready in 15 minutes
- * Supermarket shortcuts
- * The quick cook's kitchen
- * How to entertain in no time at all
- * *In a Flash!* tips to speed cooking even further
- * *Spin Off* adaptations that double the use of each recipe
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