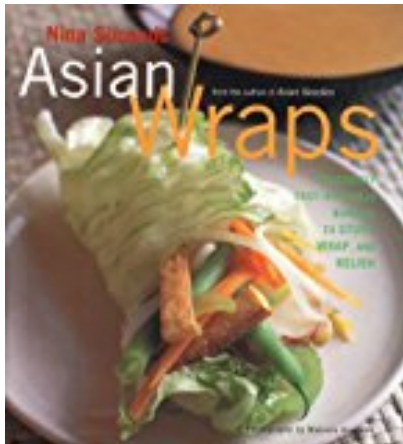


Asian Wraps Deliciously Easy Hand-Held Bundles To Stuff Wrap And Relish



BOOK DETAILS

- Author : Nina Simonds
- Pages : 176 Pages
- Publisher : William Morrow Cookbooks
- Language : English
- ISBN : 0688163009



BOOK SYNOPSIS

In this groundbreaking cookbook, Nina Simonds offers us more than 175 luscious recipes, along with practical tips for a sensible lifestyle, that demonstrate that health-giving foods not only provide pleasure but can make a huge difference in our lives. With her emphasis on the tonic properties of a wide variety of foods, herbs, and spices, this book also brings us up to date on the latest scientific research. In every recipe-gathered from cultures around the world in which good eating is a way of life-Simonds gives us dishes that are both irresistible and have a positive effect on one's well-being. For example: -Cardamom, a key digestive, subtly seasons her Steamed Asparagus with Cardamom Butter. -Cinnamon, which strengthens the heart and alleviates nervous tension, adds spice to her Fragrant Cinnamon Pork with Sweet Potatoes. -Basil has long been used as a healing salve and in teas. So who wouldn't feel rejuvenated by a delicious bowlful of Sun-Dried Tomato Soup with Fresh Basil? -Peanuts, which fortify the immune system and lower cholesterol, provide a tasty, crunchy accent in Sichuan Kung Pao Chicken. -Mint, which has many healing properties, from taming muscle spasms to dissolving gallstones, can be relished in Minty Snap Peas accompanying Pan-Roasted Salmon or in a Pineapple Salsa served with Jerk Pork Cutlets. -And peaches give us vitamin C, beta carotene, and fiber. So enjoy them in a wonderful Gingery Peach-a-Berry Cobbler. To help us understand what part these health-restoring foods can play in our lives, Simonds peppers Spices of Life with lively interviews with a variety of experts, including Dr. Jim Duke, who offers anti-aging advice from his Herbal Pharmacy; Dr. Andrew Weil, who discusses his latest nutritional findings; and Dr. U. K. Krishna, who explains basic Ayurvedic practices for healthy living. And more. With its delicious, easy-to-prepare recipes and concise health information, this delightful book opens up a whole new world of tastes for us to enjoy every day and to share with family and friends.

ASIAN WRAPS DELICIOUSLY EASY HAND-HELD BUNDLES TO STUFF

WRAP AND RELISH - Are you looking for Ebook Asian Wraps Deliciously Easy Hand-Held Bundles To Stuff Wrap And Relish? You will be glad to know that right now Asian Wraps Deliciously Easy Hand-Held Bundles To Stuff Wrap And Relish is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. Asian Wraps Deliciously Easy Hand-Held Bundles To Stuff Wrap And Relish may not make exciting reading, but Applied Numerical Methods With Matlab Solution Manual 3rd Edition is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with Asian Wraps Deliciously Easy Hand-Held Bundles To Stuff Wrap And Relish and many other ebooks.

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with Asian Wraps Deliciously Easy Hand-Held Bundles To Stuff Wrap And Relish. To get started finding Asian Wraps Deliciously Easy Hand-Held Bundles To Stuff Wrap And Relish, you are right to find our website which has a comprehensive collection of manuals listed.