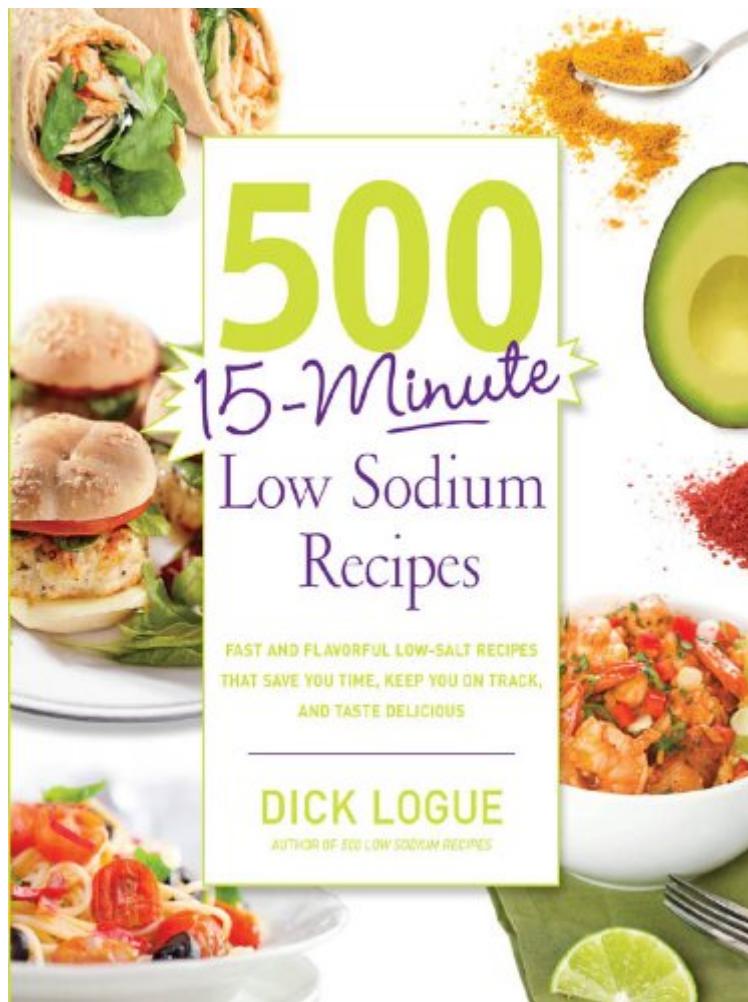


The book was found

500 15-Minute Low Sodium Recipes



Synopsis

Create great, low-sodium meals in a jiffy while still enjoying all the foods and flavors you love with 500 15-Minute Low-Sodium Recipes! In these pages, you'll be treated to dishes so delightful you'd never guess they're low in salt and quick to prepare. Packed with 500 recipes to choose from, you'll find everything from beef, chicken, and vegetables dishes to international takeout-style recipes, desserts, and more. And with 15 minutes or less prep time on every recipe, staying on track is as easy as pie! You'll also find a nutritional breakdown on every recipe, making it easier than ever to track your daily sodium intake. Cutting sodium doesn't mean cutting flavor or variety, or spending hours in the kitchen on complicated recipes. Make staying on course easy and delicious! with 500 15-Minute Low-Sodium Recipes.

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Customer Reviews

500 15-Minute Low Sodium RecipesBy Dick Logue, (author of the cookbook, 500 Low Sodium Recipes.A review by Marty Martindale, Editor, Foodsite MagazineThese are 500 welcome, quick recipes, and less salt is a bonus whether you need to or not.Logue has thoughtfully divided the book into three sections: The preliminary part gives helpful tips if you are having difficulty eating less salt.

Next are more tips on ingredients and sources. The last is some, not 15-minute, but 5-minute appetizer/made-aheads to better enjoy Part I, ten chapters of "15-Minute Meals from Start to Finish," followed by Part II, eleven "Fix-it-in-15 and Let-it-Cook Meals.

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