



Cooking Healthy with a Pressure Cooker

By JoAnna M Lund, Barbara Alpert

Perigee Books. Paperback / softback. Book Condition: new. BRAND NEW, Cooking Healthy with a Pressure Cooker, JoAnna M Lund, Barbara Alpert, Healthy recipes for any kind of pressure cooker. Whether they're cooked in an old-fashioned pressure cooker or a new, electronic, programmable one, delicious dishes are only a few steps away with these Healthy Exchanges(r) low-fat, low-sugar, heavenly creations-soup to nuts. JoAnna Lund once again proves that healthy eating can and should-be finger-licking good. In addition to approximately 200 quick-and-easy recipes, the book includes: - Best pressure cooker tips for success - How to create a Healthy Exchanges(r) pantry - A Healthy Exchanges(r) chopping chart for easier preparation - JoAnna's Ten Commandments of Successful Cooking - How to read a Healthy Exchanges(r) recipe.

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