



The All New Complete Cooking Light Cookbook: The Ultimate Guide from America's #1 Food Magazine (Cookbook)

Cooking Light Magazine

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This is the biggest, most complete cookbook in *Cooking Light* history! Every appetizer, side, entrée and dessert is guaranteed to be the most temptingly delicious, decadent food you've ever tasted...yet they're all light and healthy. If you have only one light cookbook in your collection, this is the one you need to help you cook and eat smart. You'll find:

- * Over 1,000 Top-Rated, Kitchen-Tested Recipes These are the recipes our staff returns to over and over—the ones we (and our readers) consider the “essential” light recipes.
- * Over 500 Color Photographs Mouthwatering photos will inspire you to make the recipe, and technique photos will guide you through the process.
- * Classic Makeovers—We show you how to lighten favorite recipes without losing flavor, and before and after numbers reveal the difference.
- * Test Kitchen Tips—From mastering perfectly-risen fluffy biscuits to grilling a flawless, juicy steak every time—these and many more secrets to cooking success come straight from our kitchens to yours.
- * Step-by-Step Techniques—Whether you're an experienced cook or a novice, our how-to instructions and color photos take the guesswork out of preparing light-as-air layer cakes, making creamy béchamel sauce, and more.

In addition to over 1,000 fabulous recipes, you'll also get:

- * 5 Keys to Healthy Cooking
- * Nutrient analysis for every recipe
- * 50 menus, including our Top 10 Quick & Easy menus and menu-planning secrets
- * Prep and cook times for every recipe
- * Quick & Easy, Make Ahead, and Freezable recipes identified in Index
- * Entertaining Guide and tips for table settings
- * The ultimate Pantry Checklist
- * Wine tips
- * Glossary and substitution lists

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People live in this new time of lifestyle always make an effort to and must have the free time or they will get large amount of stress from both lifestyle and work. So , if we ask do people have extra time, we will say absolutely yes. People is human not a robot. Then we ask again, what kind of activity have you got when the spare time coming to a person of course your answer will probably unlimited right. Then ever try this one, reading textbooks. It can be your alternative with spending your spare time, the book you have read is actually The All New Complete Cooking Light Cookbook: The Ultimate Guide from America's #1 Food Magazine (Cookbook).

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Jamie Treat:

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