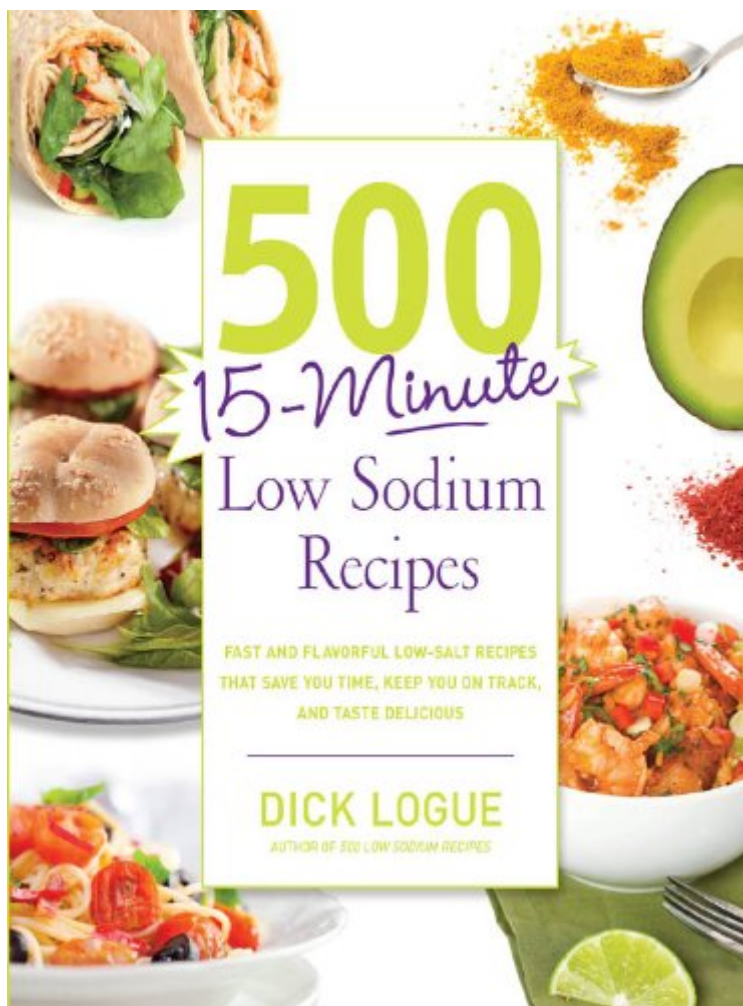


The book was found

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, youâ™ll be treated to dishes so delightful youâ™d never guess theyâ™re low in salt and quick to prepare. Packed with 500 recipes to choose from, youâ™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! Youâ™ll also find a nutritional breakdown on every recipe, making it easier than ever to track your daily sodium intake. Cutting sodium doesnâ™t mean cutting flavor or variety, or spending hours in the kitchen on complicated recipes. Make staying on course easyâ”and delicious!â”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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