



The Eating Well Rush Hour Cookbook: Healthy Meals for Busy Cooks

Magazine of Food and Health

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The real rush hour begins at home, around 5:30 p.m., when the household is hungry and it's tempting for cooks to take high-fat shortcuts. This helpful cookbook tackles the problem of health-in-a-hurry head on, providing 60 easy-to-prepare, low-fat menus, featuring dishes to please every taste. 188 recipes. 24 color photos.

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