



Healthy Small Plates, Volume 2: Eggs, Vegetables, Tarts, etc.

Kate Lerum Zeller

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Over 40 easy recipes for small plates. The section on eggs covers everything from simple poaching to making 'faux' egg noodles. The vegetables can be a healthy starter or slightly fancy side dish. Purchased puff pastry makes the tarts easy yet impressive to serve.

The preparations for all the dishes are simple but with complex flavors influenced by the cuisines found around the Mediterranean.

All recipes are from scratch, using fresh ingredients that are easy to find, and are designed for two servings.

Need more? Multiply.... (It's easier than cutting down a recipe for 6).

The dishes are flexible: recipes from Eggs and Vegetables are easy to work into a light lunch or supper... Just add a cup of soup or

a salad or some crusty bread from the local bakery.

The Tarts and Pastries are great for a proper first course or, in smaller sizes, are perfect for a tray of nibbles for a cocktail party.

When the plates are small one can add decadent bits and still enjoy without guilt. Have some fun....

Cooking from scratch is easy.... Try it!

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