



The Big Book of Low Sodium Recipes: More Than 500 Flavorful, Heart-Healthy Recipes, from Sweet Stuff Guacamole to Lime-Marinated Grilled Steak

By Linda Larsen

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, The Big Book of Low Sodium Recipes: More Than 500 Flavorful, Heart-Healthy Recipes, from Sweet Stuff Guacamole to Lime-Marinated Grilled Steak, Linda Larsen, Tasty, low-sodium meals everyone will love! The Big Book of Low-Sodium Recipes shows you how to create hundreds of heart-healthy dishes that help you control your sodium intake. From hearty breakfasts like Egg Sausage Sandwiches to mouthwatering plates like Beef and Bean Enchiladas, each page offers meals that are so tasty, you won't need to give up your favorite flavors. With more than 500 delicious recipes to choose from, you'll transform every meal into a low-sodium one with easy-to-make plates like: * Blueberry-Stuffed French Toast* Curried Veggie Couscous* Chicken Bruschetta Pasta* Maple Orange-Glazed Pork Tenderloin* Peanut Butter S'mores BarsComplete with step-by-step instructions and plenty of preparation tips, The Big Book of Low-Sodium Recipes has everything you need to make dishes that satisfy your diet and your tastebuds!.



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