



Magic Herbs: More Than 200 Delicious and Healthy Recipes That are Naturally Low-Fat and Fat-Free

Julie Metcalf Cull

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A natural remedy for monotonous meals. In ancient times herbs were thought to heal and perform other wonders. While their magic powers may be just folklore, herbs do provide health benefits--like regulating blood sugar and appetite and raising levels of "good" (HDL) cholesterol. But the real magic of herbs lies in the distinctive flavors they add to foods. They transform low-fat, low-salt meals from, dull to delicious. Magic Herbs is a collection of over 200 recipes that make it easy to spice up your diet, using more than 50 types of herbs in savory dishes that are naturally low-fat and fat-free. Mouthwatering creations include:

- * Arugula and Turkey Stuffed Mushrooms
- * Dill Weed and Thyme Whole Wheat Herb Bread
- * Grilled Porterhouse Steaks and Basil Tomatoes
- * Bay Leaf and Cayenne Shrimp Creole
- * Nutmeg Orange Marinated Chicken
- * Easy Chive and Garlic Twice-Baked Potatoes
- * Cinnamon Pumpkin Torte
- * Bergamot Strawberry Iced Tea

Each easy-to-make recipe provides preparation time and complete nutrition analysis and exchange information. This unique book also features a "dictionary" of herbs, tips on growing and drying your own, and suggestions for using herbs in decorating and gift-giving.

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Playing with family in the park, coming to see the ocean world or hanging out with pals is thing that usually you might have done when you have spare time, then why you don't try issue that really opposite from that. One activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Magic Herbs: More Than 200 Delicious and Healthy Recipes That are Naturally Low-Fat and Fat-Free, you are able to enjoy both. It is very good combination right, you still want to miss it? What kind of hang type is it? Oh can occur its mind hangout men. What? Still don't have it, oh come on its named reading friends.

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