



# Prevention's Healthy One-Dish Meals in Minutes: 200 No-Fuss, Low-Fat Recipes for Busy People

*Jean Rogers*

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Updated for today's nutrition-minded cook, this cookbook includes recipes for casseroles, skillet dinners, stews, hearty salads, and more. Most of the dishes can be prepared in 45 minutes or less. A special section includes 15-minute dinners. Detailed information on shopping, stocking the pantry, and outfitting the kitchen is included. 75 color photos.



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