

Recipes for Canadians, by Canadians Everyone wants healthy, delicious, home-cooked meals. But faced with the demands of a busy day, its hard to resist the convenience of takeout or commercially prepared foods. The Dietitians of Canada would like us to return to the pleasures of cooking and to family gathering around the table, so they have given us a cookbook that will help us achieve these goals. Here are just a few of the tempting recipes: Big-Batch Buttermilk Pancakes Strawberry Orange Flax Smoothie Asian Stir-fried Noodles with Shrimp Minestrone with Turkey Sausage Best-Ever Chocolate Cookies Simply Great Food features 250 outstanding recipes and an abundance of nutrition-related information written by practicing dietitians. Youll enjoy breakfasts, lunches, snacks and dinners that taste wonderful, yet can be prepared in surprisingly little time. Youll receive an education in food preparation and healthy eating while satisfying your desire to create appetizing meals for every occasion. As youd expect from the Dietitians of Canada, these recipes are nutritionally balanced, but never at the expense of great taste and pure eating pleasure.

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Simply Great Food has 4 ratings and 2 reviews. A definitive collection of recipes for soup lovers. The old-fashioned image of a simmering stock pot, bubb. Here are just a few of the tempting recipes: Big-Batch Buttermilk Pancakes. Strawberry Orange Flax Smoothie. Asian Stir-fried Noodles with Shrimp. Minestrone with Turkey Sausage. Best-Ever Chocolate Cookies. The Paperback of the Simply Great Food: Quick, Easy & Delicious Recipes by Patricia Chuey, Eileen Campbell, Mary Sue Waisman at.

Simply Great Food - Quick, Easy & Delicious Recipes (Paperback) / Author: Patricia Chuey / Author: Eileen Campbell / Author: Mary Sue Waisman.

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