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## Good Housekeeping Light & Healthy Recipes: 150 Delicious Appetizers, Soups, Main Dishes, Sides, Sandwiches & Desserts (Favorite Good Housekeeping Recipes)

Backyard Bruschetta, with a choice of two toppings. Caribbean Black Bean Soup, made extra tasty with sweet potatoes and cilantro. Scrumptious Steak and Pepper Fajitas. If this doesn't sound like light eating...think again! Every recipe in this *Good Housekeeping* collection—even the yummy desserts, like Frozen Chocolate Kahlua Mousse—conforms to the recent USDA guidelines, with less than 30% fat. Plus, the dishes feature plenty of whole grains, lots of fruits and vegetables (with a wide variety of choices), and foods low in sodium and saturated fat. Best of all, home cooks know they can trust *Good Housekeeping*: all the recipes have been triple-tested for success, and the stay-open spiral-bound book makes the directions easy to read during preparation.

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**Donald Goodman:**

What is your hobby? Have you heard this question when you got college students? We believe that that query was given by teacher to the students. Many kinds of hobby, All people has different hobby. And you also know that little person just like reading or as reading through become their hobby. You need to know that reading is very important and book as to be the factor. Book is important thing to add you knowledge, except your current teacher or lecturer. You will find good news or update with regards to something by book. Amount types of books that can you choose to adopt be your object. One of them are these claims Good Housekeeping Light & Healthy Recipes: 150 Delicious Appetizers, Soups, Main Dishes, Sides, Sandwiches & Desserts (Favorite Good Housekeeping Recipes).

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