



La cocina con vegetales (Spanish Edition)

Mara Iglesias

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El consumo de vegetales colabora con el cuidado de la salud, independientemente de su aporte vitamínico y de ser ideales para conservar nuestro peso. Pero al margen de estas consideraciones, no es menos cierto que son deliciosos y que se adaptan a la perfección a todo tipo de preparaciones culinarias. Este libro presenta recetas para aprovechar sus propiedades y disfrutar de su sabor, que esperamos sea el punto de partida para incluirlos más en nuestra alimentación.

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