



Cooking for Two (Healthy Exchanges Cookbook)

JoAnna M. Lund, Barbara Alpert

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Anyone can make tea for two-but cooking a balanced, interesting meal of two servings can be a challenge for newlyweds and empty-nesters alike. In this essential cookbook, JoAnna Lund shows how to get the half-used cans and never-ending leftovers out of the refrigerator. This all-new collection includes more than 200 two-portion Healthy Exchanges® recipes for salads, side dishes, entrees, and even traditional big-portion items like soups and desserts. And of course, like all of JoAnna's recipes so beloved by home cooks over the years, every one is quick, tasty, and healthy.

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