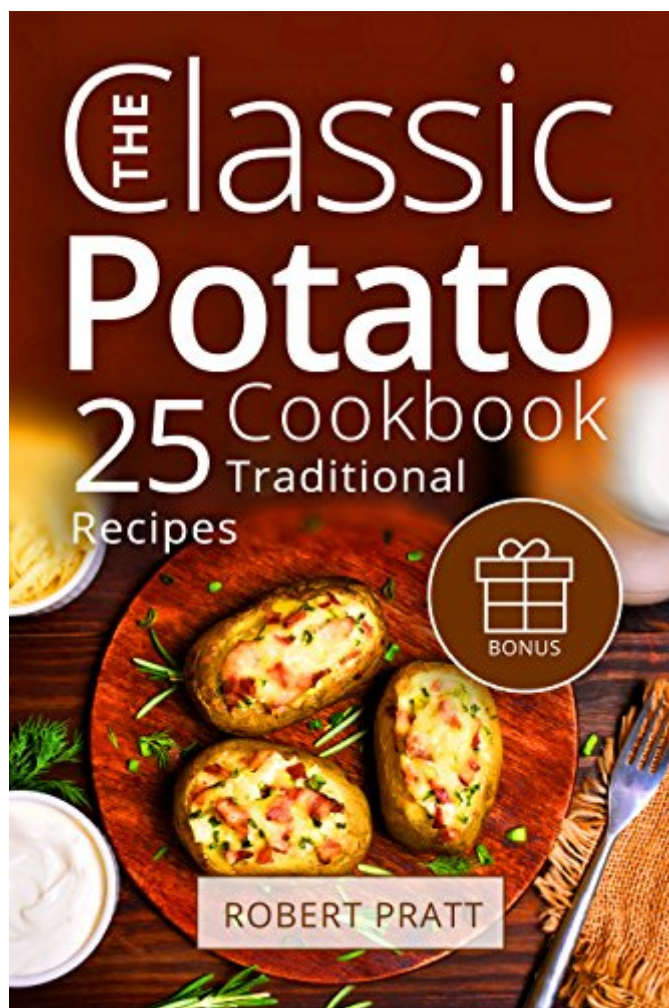


The book was found

The Classic Potato Cookbook: 25 Traditional Recipes



Synopsis

Potato is one of the most popular and commonly used vegetables today, and millions of people enjoy eating potatoes every day. Yet, this simple veggie is capable of making miracles to any of your meal, from soups to salads and main course meals, if combined in the proper way. The Classic Potato Cookbook: 25 Traditional Recipes is dedicated to offering you some good-old potato recipes, prepared even by our grandparents. And you will see in how many different ways you can serve potatoes, besides the French fries thing. Salads and soups, casseroles and stews, cakes and muffins - you will find all of these amazing recipes in this cookbook! Don't waste your time, get a copy now!

Book Information

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Customer Reviews

Potatoes are stuffed with phytonutrients, which are organic components of plants that are thought to promote health, according to the USDA. Phytonutrients in potatoes include carotenoids, flavonoids and caffeic acid. The vitamin C in potatoes acts as an antioxidant. These substances may prevent or delay some types of cell damage, according to the National Institutes of Health. They may also help with digestion, heart health, blood pressure and even cancer prevention. Great book with potato

recipes. My wife prepared "sweet Potato Casserole". That was awesome. my 3 years old son really liked it. Before we always prepare some of few potato recipes like fried potato, french-fries, boiled potato. In this book there are 25 recipes that we never even try before. Now we hope to try all these recipes. Well edited and formatted book. as it contains images of the recipes, i can give it five stars. Worth purchase.

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