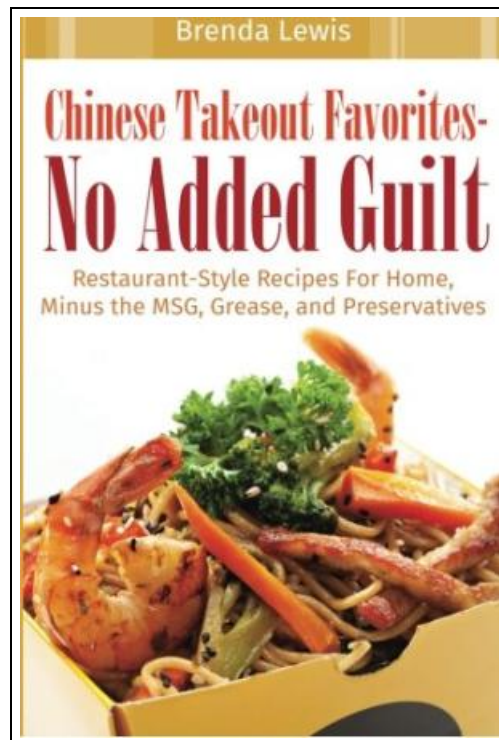


Chinese Takeout Favorites - No Added Guilt!: Restaurant-Style Recipes for Home, Minus the Msg, Grease, and Preservatives!



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Litfire Publishing, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you a mom who wants to cook healthy Chinese dishes for the family? Do you love dining at Chinese restaurants but want to make your own recipes? Do you want to get rid of the MSG-filled dishes and start living healthy with preservative-free Chinese meals? Then you are on the right track! Brenda Lewis is here to help you polish your skills in the kitchen by replicating your favorite Chinese dishes at home and turning them into healthy, MSG-free meals for the whole family! Having lived in Asia for many years, Brenda Lewis learned about various Asian food cultures, including Chinese. She will take you on a Chinese food trip in her new cookbook *Chinese Takeout Favorites - No Added Guilt!* With quick and easy recipes that require minimal ingredients, she aims to wow you with her cooking prowess in the Chinese cuisine and influence you to follow her footsteps. Since MSG has become an issue with a family member, Brenda Lewis aims to deliver recipes that have lesser, if not totally free of, the dreaded MSG. She will give you a list of MSG alternatives and tips on how to make healthy Chinese dishes. *Chinese Takeout Favorites - No Added Guilt!* focuses on the authentic Chinese restaurant and takeout dishes that the diners can't seem to get enough of. By getting a copy of this cookbook, you will be able to get your hands on the following: The basic ingredients and equipment that your pantry needs 34 all-time favorite easy takeout recipes (appetizers, soups, noodles, meat, and more!) 7 traditional recipes for a joyful Chinese festival gathering And MORE! This book is not like...



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