



# Low-Fat Microwave Cooking: 250 Quick and Healthy Recipes You'll Enjoy Every Day

*Sharon Claessens*

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A collection of microwave recipes guides readers in the preparation of such favorite dishes as stir fried foods, casseroles, and muffins, and offers weight watchers a nutritional alternative to fad diets. Prevention Main. Organic Gardening & Practical Homeowners Bk Clubs. Tour.



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