



Easy Beans: Fast and Delicious Bean, Pea, and Lentil Recipes, Second Edition

Trish Ross

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The new edition of this favorite bean cookbook, Easy Beans, has been fully updated and revised. There are 20 new recipes and nutritional analysis for all of the over 100 fast, healthy and tasty bean, pea and lentil recipes. As North Americans continue to eat healthier by cutting fat, not flavor, there is an increasing emphasis on legumes as an essential part of today's healthy diet. In addition these recipes are easy on the budget. With this edition of Easy Beans, author Trish Ross has made bean cookery a tasty and healthy choice for today's busy cooks.

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