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Autore	Light The Editors of Cooking
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Sommario/riassunto	Some of the most reliable cooking advice out there is: Cook what's in season. Now, the editors and experts at Cooking Light bring you an all-new Special Edition that helps you do just that. Cooking Light Best-Ever Seasonal Recipes features 100 fresh and easy recipes that help you take advantage of fruits and vegetables at their most delicious peak, no matter how fleeting (think figs and apricots) or prolonged (think zucchini and summer squash). Divided into five sections, including Spring, Summer, Fall and Winter, Herbs and Pickles and Preserves, Best-Ever Seasonal Recipes will have you making sophisticated meals that are mindful of calories and fat without sacrificing taste and flavor. Try your hand at recipes including Lemon Risotto with Peas, Tarragon, and Leeks (38 minutes total time) or a Spring Vegetable Quiche (55 minutes total time) and many more delicious dishes that can serve as a weeknight dinner or something more special when entertaining family and friends. Cooking Light Best-Ever Seasonal Recipes is a welcome addition to any kitchen no matter the season.

