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Lighthearted Gourmet (Menus and Music)

Sharon O'Connor

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Lighthearted Gourmet (Menus and Music) Sharon O'Connor
Cooks dont have to choose between good taste and good health with these deliciously light dinner menus selected from the Evian Healthy Menu Awards. Each dish, from appetizers and salads through the main course and dessert, features simple, fresh ingredients and includes a complete nutritional analysis. Intimate and reflective solo piano music by Dick Hindman adds to the relaxed enjoyment of good food.

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