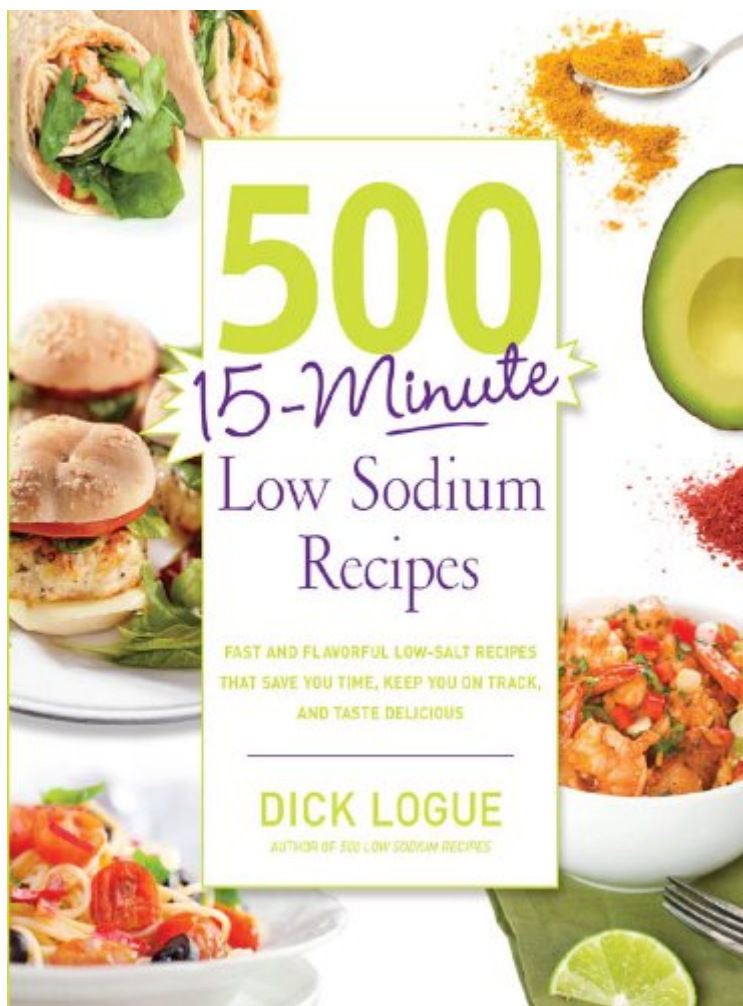


The book was found

500 15-Minute Low Sodium Recipes



Synopsis

Create great, low-sodium meals in a jiffy while still enjoying all the foods and flavors you love with 500 15-Minute Low-Sodium Recipes! In these pages, youâ™ll be treated to dishes so delightful youâ™d never guess theyâ™re low in salt and quick to prepare. Packed with 500 recipes to choose from, youâ™ll find everything from beef, chicken, and vegetables dishes to international takeout-style recipes, desserts, and more. And with 15 minutes or less prep time on every recipe, staying on track is as easy as pie! Youâ™ll also find a nutritional breakdown on every recipe, making it easier than ever to track your daily sodium intake. Cutting sodium doesnâ™t mean cutting flavor or variety, or spending hours in the kitchen on complicated recipes. Make staying on course easyâ”and delicious!â”with 500 15-Minute Low-Sodium Recipes.

Book Information

File Size: 1860 KB

Print Length: 354 pages

Publisher: Fair Winds Press (July 1, 2012)

Publication Date: July 1, 2012

Sold by:Â Digital Services LLC

Language: English

ASIN: B008SBBGE2

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #189,166 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #33

inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Salt #61

inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Salt #334 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Quick & Easy

Customer Reviews

500 15-Minute Low Sodium RecipesBy Dick Logue, (author of the cookbook, 500 Low Sodium Recipes.A review by Marty Martindale, Editor, Foodsite MagazineThese are 500 welcome, quick recipes, and less salt is a bonus whether you need to or not.Logue has thoughtfully divided the book into three sections: The preliminary part gives helpful tips if you are having difficulty eating less salt.

Next are more tips on ingredients and sources. The last is some, not 15-minute, but 5-minute appetizer/made-aheads to better enjoy Part I, ten chapters of "15-Minute Meals from Start to Finish," followed by Part II, eleven "Fix-it-in-15 and Let-it-Cook Meals.

[Download to continue reading...](#)

Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) DASH Diet Recipes: 50 Heart Healthy 30 MINUTE Low Fat, Low Sodium, Low Cholesterol DASH Diet Recipes to Help You Lose Weight Fast and Prevent Heart Disease, Stroke, Diabetes and Cancer DASH Diet: 50 Top DASH Diet Recipes - 30 MINUTE DASH Diet Recipes to Help You Lose Weight Fast & Prevent Heart Disease, Stroke and Diabetes (Low Sodium, Low Fat, Low Cholesterol) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) 500 Low-carb Recipes - 500 Recipes, From Snacks To Dessert, That The Whole Family Will Love (500 Recipes, from Snacks to Dessert) 500 15-Minute Low Sodium Recipes Dash Diet Slow Cooker Recipes: Quick & Easy, Delicious Meals Ready In a Flash (Low Sodium, Low Fat, Low Carb, Low Cholesterol) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Low Carb Mexican Recipes: 25 Of Your Favorite Mexican Recipes Made Low Carb!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low ... Ketogenic Diet to Overcome Belly Fat) You Won't Believe It's Salt-Free: 125 Healthy Low-Sodium and No-Sodium Recipes Using Flavorful Spice Blends Low-Sodium Recipes: Decadent Sodium Free, Breakfast, Lunch, Dinner and More (The Easy Recipe) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic

Diet to Overcome Belly Fat) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Low Carb: 500 Low Carb Recipes to Lose Pounds, Boost Metabolism and Eat Healthy (Low Carbohydrate, Low Carb Cookbook, Keto, Paleo, High Protein) Low Carb Diet BOX SET 3 IN 1: 30 Low Carb Snacks + 21 Low Carb Casseroles + 20 Low Carb Soups: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat)

[Dmca](#)