



# The Open Road Cookbook

JoAnna M. Lund, Barbara Alpert

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# The Open Road Cookbook

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## **The Open Road Cookbook** JoAnna M. Lund, Barbara Alpert

RVs are becoming a more popular vacation choice than ever, as people crave more family time and seek to avoid the anxieties and hassles of air travel. And when RVers, boaters, campers, and tailgaters are out on the open road—or water—they still want healthy home cooking. Now, with this unique collection by seasoned RVer (and million-selling cookbook author) JoAnna Lund, vacationers and retired folks can eat as healthfully on the road as when they're at home. Lund sticks to recipes that are both easy to whip up and easy on the sodium, fat, and calories. And she also offers her old-hand traveler's survival tips, including...

- \* storage: cupboards vs. freezers
- \* transporting—for those potlucks and picnics
- \* pre-trip food prep
- \* grocery shopping: to perish or not to perish?
- \* skillets, spatulas, and stuff
- \* best brands for healthy eating

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Playing with family in a park, coming to see the ocean world or hanging out with close friends is thing that usually you will have done when you have spare time, then why you don't try issue that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love The Open Road Cookbook, you can enjoy both. It is very good combination right, you still would like to miss it? What kind of hang-out type is it? Oh seriously its mind hangout folks. What? Still don't buy it, oh come on its called reading friends.

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