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Featuring updated dietary data for each dish, including nutritional exchanges, and simple, straightforward preparation instructions, these fast, fun recipes use readily available ingredients and require no special cooking skills or techniques. Designed to help get a tasty meal on the table as quickly as possible — many are designated as “45-minute” recipes from start to tabletop — this massive but easy-to-use book covers everything from appetizers to entrees to snacks and desserts.

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