

A detailed still life photograph of fresh ingredients. In the center, two whole fish are laid out on a light-colored surface. To their left is a large, yellow bell pepper. Above the fish is a bunch of orange carrots with green tops. To the right of the fish are several red tomatoes and some green onions. The background is filled with various green leafy herbs. The overall lighting is warm and focused on the ingredients.

The Reader's Digest
GOOD HEALTH COOKBOOKS

FISH AND MEAT

The new approach to cooking classic dishes
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RD Boyd



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Fish and Meat ,1986 With more than two hundred illustrations to support the easy to follow recipes this cookbook features more than two hundred recipes accompanied by calorie counts salt content and nutritional data for nutritious meat and fish dishes

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