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The Skinny Steamer Recipe Book: Delicious, Healthy, Low Calories

There are recipes for such main courses as Sicilian Chicken with Sun-Dried Tomatoes, Golden Raisins and Capers; Spicy Chicken with Cilantro and Mushrooms; and Salmon Steak Teriyaki, as well as others for snacks, starters and even steamed desserts. One of the book's highlights is its creative ideas for vegetables.

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This review is from: The Skinny Steamer Recipe Book: Delicious, Healthy, Low Calorie, Low Fat Steam Cooking Recipes Under 300, 400 & 500 Calories. (Kindle Edition) (Kindle Edition) This book about STEAMING FOODS is just what I needed!

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