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Secrets of Healthy Cooking is like a "cooking 101" class for the novice in the kitchen. It includes everything a new healthy cook needs to know about stocking pantries, common kitchen terms, and necessary kitchen utensils to make time in the kitchen as simple as possible.

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Book Review - Secrets of Healthy Cooking: A Guide to Simplifying the Art of Heart Healthy and Diabetic Cooking About the Book Mastering the kitchen basics of healthy cooking can be a challenge, even for the most experienced cook.

Mastering basic kitchen skills is a challenge—especially if you are learning to cook healthy for the first time. Secrets of Healthy Cooking is the perfect companion for any cook—beginner to master—looking to sharpen their heart-healthy culinary skills.

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A Guide to Simplifying the Art of Heart Healthy and Diabetic Cooking. by Barbara Seelig-Brown. Mastering basic kitchen skills is a challenge—especially if you are learnign to cook healthy for the first time.

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