



Magic Spices: 200 Healthy Recipes Featuring 30 Common Spices

Donna L Weihofen

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In this collection of simple to sophisticated recipes, Donna Weihofen introduces everyday cooks to the fascinating and flavorful world of spices. The history and qualities for each spice are presented, followed by recipes for appetizers, salads, vegetables, egg dishes, sauces and salsas, side dishes, soups and stews, poultry, fish, and red meats as well as meatless meals and even desserts! Spice up every part of your meal with these common spices that are easy to find and simple to use.

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