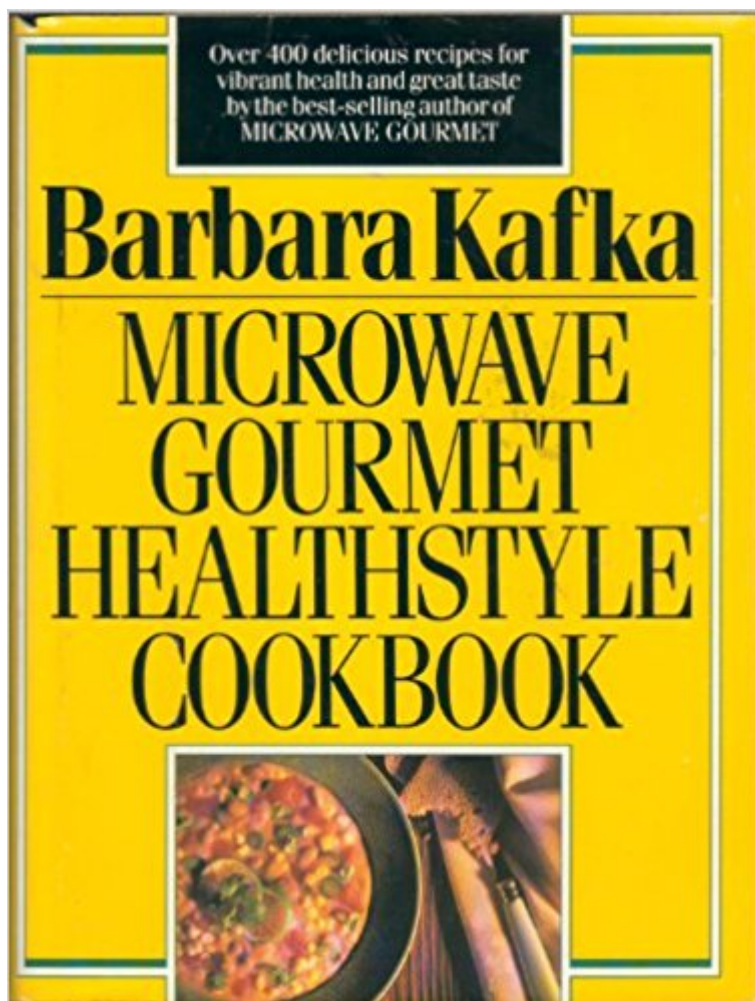




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Microwave Gourmet Healthstyle Cookbook



Synopsis

New. Ships Daily with Care.

Book Information

Hardcover: 623 pages

Publisher: William Morrow & Co; 1st edition (November 1989)

Language: English

ISBN-10: 068807572X

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Product Dimensions: 1.8 x 7.5 x 9.8 inches

Shipping Weight: 2.6 pounds

Average Customer Review: 4.8 out of 5 stars 8 customer reviews

Best Sellers Rank: #555,584 in Books (See Top 100 in Books) #52 in [Books > Cookbooks, Food & Wine > Cooking Methods > Microwave Cooking](#) #513 in [Books > Cookbooks, Food & Wine > Special Diet > Low Fat](#)

Customer Reviews

This new cookbook from Kafka, author of *The Microwave Gourmet* (LJ 9/15/87), is a massive work for both dieters and those who just want to eat healthy food. Some 400 recipes are accompanied by pages of nutritional information, lengthy head notes, cooking guidelines, and nutritional analyses of each dish. Many of the recipes--French, Italian, Mediterranean, and Oriental in inspiration--are sophisticated enough for entertaining but quick enough for the workday cook; the soups, salads, and sauce ideas are particularly good. Any book with both "microwave" and "healthstyle" in the title would attract the attention of today's cooks; with Kafka's name on it, it is likely to be very popular. Copyright 1989 Reed Business Information, Inc.

This is my "go to" cookbook, and has been for years!. I cannot tell you how many of these I have given as gifts, but this recent purchase was to replace my own copy that was being held together with rubber bands & tape! I won't cook (microwave is my way) without it. Reliable calorie counts on dishes & prep methods, plus really delicious recipes.

like it

Unfortunately, I don't use it much. This is not the fault of the author, but more of my fault. It's one of

those books that I use to back up when I can't find something anyplace else.

I've had this book for years. It is a great book for those who like food and know when duxelle is good --or fake. Barbara Kafka learned how to cook first and then adapted good food to diet and the microwave.

I bought a number of Barbara Kafka's books to the point of being overwhelmed. So I sent all but one off to my brother in California and he is actually using them! The one I kept is Vegetable Love and I just now looked quickly through it. It is called Vegetables of the New World starting with: Avocados, Beans - all kinds, Cactus Pads, Corn, Peanuts, Peppers, Potatoes, Summer Squash, Tomatillos, Poison Tomatoes, Winter Squash, Sweet Potatoes and Yams, & American Roots. After looking over some of the mouthwatering recipes I have decided to read them aloud to my husband so he can have a hand in the dinners of our future! This is a gold mine. My best, Ann W. Braden

Good price. Good Service.

First of all, great customer service. I had an issue and they took care of it right away. Love this. This is my third purchase. Nice thank you gift!! Good quality. not bad at all A happy shopping experience. all that they say they are and more!! I love how beautiful this looks

Barbara Kafka's microwave cookbooks have changed the way I think about food and cooking. And, since I was recently put on a restricted diet, the nutritional information in "Healthstyle" puts me back in control. And, dang! The food tastes great! She shows you how it's possible to both eat well and be well. Thanks, Barbara!

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