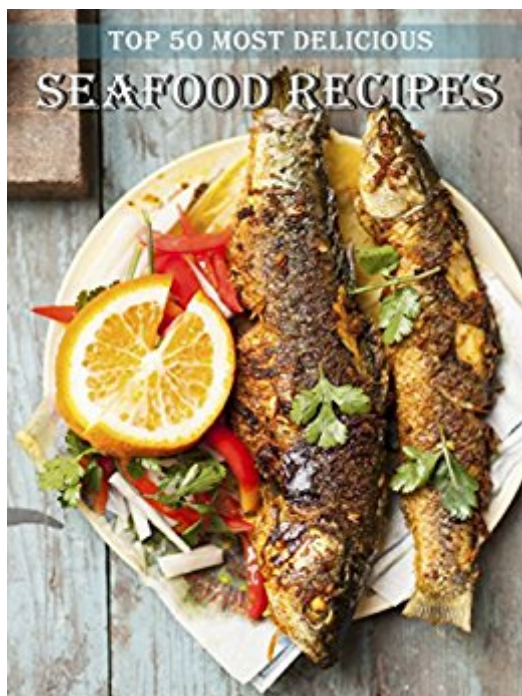


The book was found

Top 50 Most Delicious Seafood Recipes (Recipe Top 50's Book 63)



Synopsis

Seafood offers great versatility and variety as you'll see in this recipe book. It can be prepared in many different ways with various sauces and sides. In this book you'll find many appetizer and main dish recipes which use simple methods to create unbelievably delectable dishes that will surely impress your friends and family. Plus with all the health benefits seafood has to offer, you won't regret including it in your diet. The high nutritional value provides the essential nutrients needed to keep your body healthy. The low levels of saturated fat and high levels of omega-3 in seafood protects your heart, while promoting healthy skin, hair and nails; moreover, seafood boosts brainpower, enhancing memory and concentration. All in all, seafood leaves you healthier, smarter, looking better and your appetite deeply satisfied. - - - - -

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Customer Reviews

I love trying new recipes and have added this to my collection. I also love my Kindle and having my recipes available in this format is great. No more torn pages or missing books. I'm happy.

Awful - basic cooking that you don't really need recipes for. Heat the grill, oil the grill, put the fish on, add some Kosher salt, wallahhh.....Lame

These recipes have reasonable grocery lists and are surprisingly easy to follow. Fish is healthy and inexpensive alternative to red meats.

Great recipes with great instructions takes the fear out of cooking an entire an entire fish

This is a good extensive collection of seafood recipes. If you're looking for a basic recipe or a good variety this is good.

Nice book I enjoyed it

good recipes

very interesting recipes

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