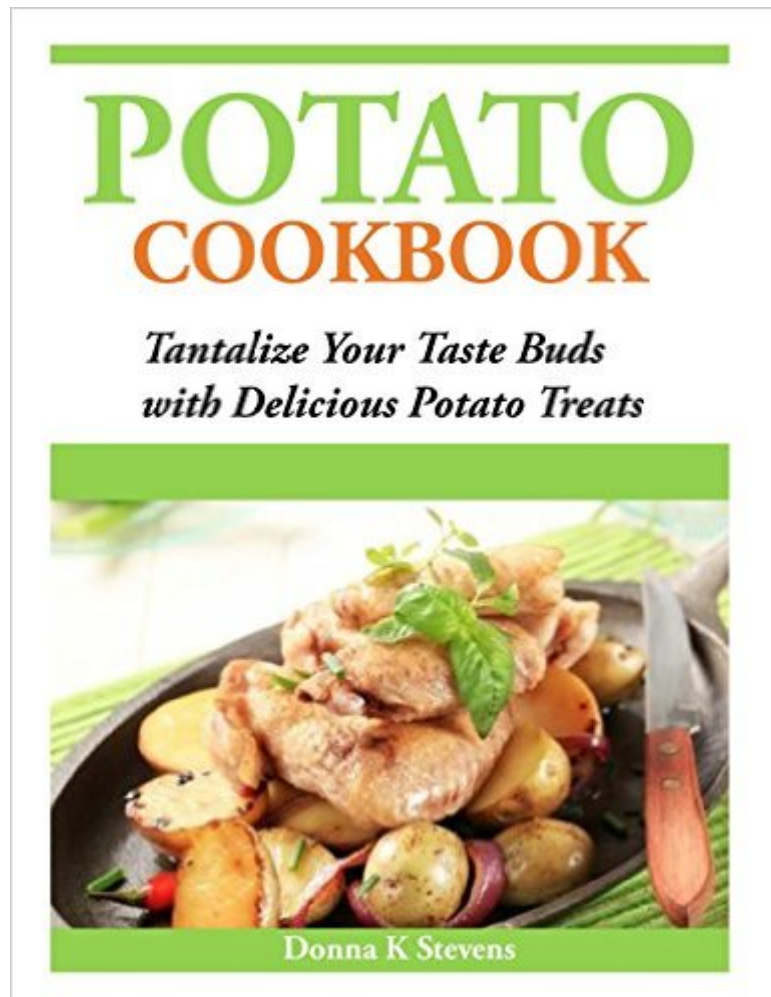


The book was found

# Potato Cookbook: Tantalize Your Taste Buds With Delicious Potato Treats



## Synopsis

We all have been living with a general misconception that potatoes are unhealthy, fattening, and not fit for people who are diet conscious and we could not have been more wrong. Potato is packed with nutrients and is a food that is best for consumption for people who are calorie conscious. Potatoes are a rich source of dietary fibers, manganese, potassium, copper, vitamin C, vitamin B6 and much more. This is the reason why we have compiled for you fifty nutrient rich potato recipes that will help you incorporate healthy potato dishes in your diet This eBook includes: 1. Fifty mouth watering and healthy potato recipes. 2. Cooking time so that you can easily plan your schedule. 3. Serving size to give you a fair idea about how many people can enjoy the delicious meals. 4. Nutrition information so that you can keep count of the calories. 5. Recipes for appetizers, breakfast, lunch and dinner. Read along and see how you can use potatoes to enhance the taste of your meals and to make each meal nutrient rich. Try out these recipes and enjoy the tasty delight with your family and loved ones.

## Book Information

Paperback: 102 pages

Publisher: CreateSpace Independent Publishing Platform (March 20, 2014)

Language: English

ISBN-10: 1497401488

ISBN-13: 978-1497401488

Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #734,357 in Books (See Top 100 in Books) #66 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Potatoes #791 inÂ Books > Reference > Encyclopedias & Subject Guides > Cooking #1001 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

## Customer Reviews

I personally love this book, potatoes are a must in this family and it helps to have lots of ways to cook them. I would recommend this to everyone.

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