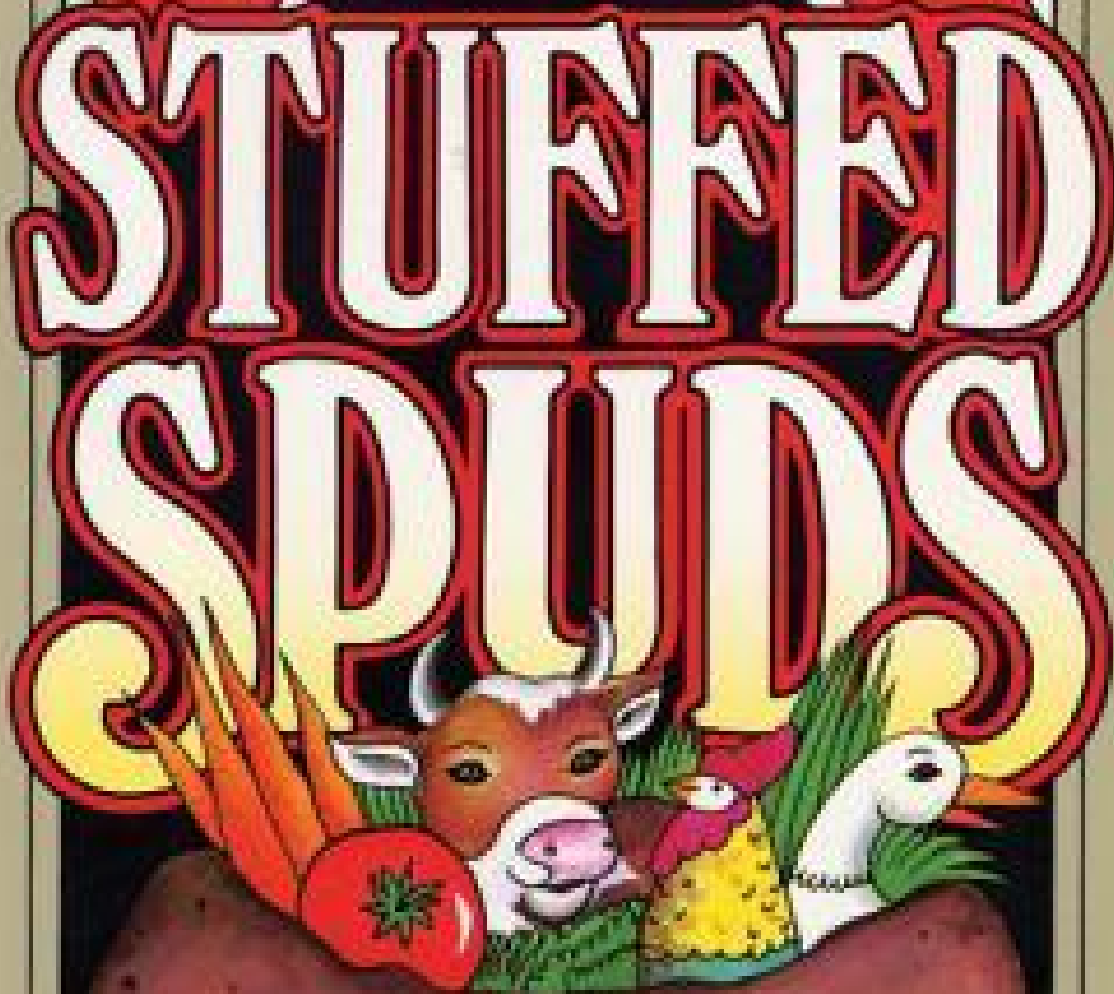


100 LIGHT MEALS IN A POTATO

STUFFED SPUDS



By Jeanne Jones

Stuffed Spuds: 100 Light Meals in a Potato

Jeanne Jones

The potato has long past gourmet, with a fit twist! listed below are 100 diverse, fascinating but nutritionally-sound recipes for turning the world's most well liked vegetable right into a fulfilling gentle meal. Hungry for a unique taste? choose between the chook Tarragon filled SPud, Chili Bowl Spud, Ham Quiche Spud, the Pizza Potato and plenty of extra to meet that appetite. excessive in vitamins, minerals and fiber, reduce in cholesterol, those one-dish nutrients will be easy or elaborate, cost-efficient or extravagant, sinfully indulgent with an eye fixed on what is strong for you. Stuffed Spuds: 100 Light Meals in a Potato For a clean new form of meal guaranteed to tickle your palate with no providing you with a gut, commence stuffing spuds!

Stuffed Spuds 100 Light Meals In A Potato

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