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19 Potato Recipes For Easy Family Meals (eHow Easy Recipes Kindle Book Series)



Synopsis

Learn how to make quick and easy potato dishes for your family with Potatoes: 19 Recipes for Easy Family Meals. Everyone loves to eat potatoes and now you can make a variety of easy recipes, including soups, breakfast, side dishes, and main dishes. Author Dick Logue provides an introduction, interesting facts, nutritional info, and how to choose and prepare, before showing you what you can do with this healthy and nutritional food. Excerpt from the Book: Potatoes originated in South America, where they were grown by the Incas; they were likely domesticated as long as 10,000 years ago. The Conquistadors brought the potato to Europe in the sixteenth century. They were easy to grow, produced copiously, and contained many of the vitamins needed to live on. By the end of the eighteenth century, potatoes made up almost the entire diet of 40 percent of the Irish. However, in the late 1840s, a potato blight came through Ireland. In the first two months after the blight appeared, almost half of the country's potato crop had died. As a result, a great famine followed. Potatoes are one of the most common crops in the United States. Seen as comfort food, and sometimes dismissed as starchy and full of carbohydrates, potatoes are actually full of nutrition and even protein. Table of Contents: Introduction Nutrition Choosing Potatoes Storage and Preparation Recipes • Breakfast • Main Dishes • Side Dishes • Soups About the Author: Dick Logue is the founder of the website www.lowsodiumcooking.com. After being diagnosed with congestive heart failure more than 10 years ago, Dick threw himself into the process of creating healthy versions of his favorite recipes. A cook since the age of 12, he grows his own vegetables, bakes his own bread, and cans a variety of foods. He is the author of 1,001 Heart Healthy Recipes, 500 Low Sodium Recipes, 500 Low-Cholesterol Recipes, 500 High Fiber Recipes, 500 Low Glycemic Index Recipes, 500 Heart-Healthy Slow Cooker Recipes, 500 400-Calorie Recipes, and 500 15-Minute Low Sodium Recipes, among others. He lives in La Plata, Maryland.

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