



Potato Cookbook: Tantalize Your Taste Buds with Delicious Potato Treats

Donna K Stevens

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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.

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