



Grandma s Guide to Healthy Eating on a Budget - Healthy Old-Time and Traditional (Paperback)

By John Davidson, Dueep J Singh

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Grandma s Guide to Healthy Eating on a Budget - Healthy Old-Time and Traditional Recipes From All Over The World Table of Contents Introduction Old-Style Eating Versus New Style Eating Tips For Healthy Food Serving Harvest Stew Fish With Tomato Spinach salad Traditional Salad Recipe Beef in Ginger Spiced Chicken Wings Mixed Vegetables Garlic Prawns Duck in Orange Sauce Beef Casserole Fried Fish Tandoori Chicken Okra in Tomato Sauce Kofta Curry Sukiyaki Managing Your Tomato Harvest Traditional Onion Bread Conclusion Author Bio Publisher Introduction We are at the beginning of a new era in food. If grandma had the financial resources, she made sure that her table was stocked with lots and lots of food, starting with soup, meat, vegetables, fruit and sweetmeats. A more frugal grandma would look at the limited ingredients in her garden, and in her kitchen and use her creativity to make a delicious meal as often as she could to feed her hungry brood. Cooking was an art, in olden days, especially when traditional cooks knew all about the effect of different foods...



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