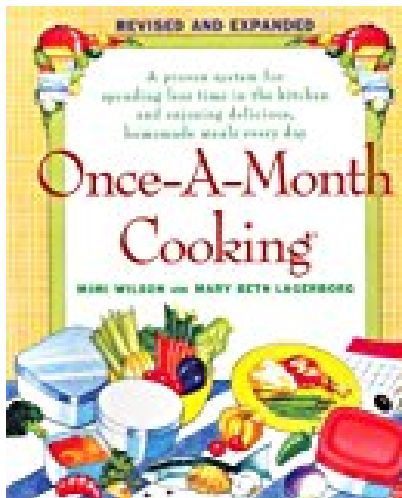


# Once-A-Month Cooking A Proven System for Spending Less Time in the Kitchen and Enjoying Delicious Homemade Meals Every Day

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## BOOK DETAILS

- Author : Mary Beth Lagerborg
- Pages : 208 Pages
- Publisher : St. Martins Griffin
- Language : English
- ISBN : 0312366256

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## **BOOK SYNOPSIS**

Describes how to prepare a whole months meals in advance, lists essential supplies, and shares make-ahead low-fat recipes for stews, pasta, meat dishes, casseroles, and breads

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