UNP-0028: Great Tasting Healthy Recipes

Great Tasting Healthy Recipes is a bilingual (English & Spanish) cookbook that can be used with any cooking demonstration class or at home with the family.

The cookbook is divided into appetizers, soups, main dishes, side dishes, and desserts. It also comes complete with nutritional facts such as calories, carbohydrates, and sodium content information.

To order a copy of UNP-0028: Great Tasting Healthy Recipes complete the form below and send a check payable to: Urban Extension.

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