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Tomato Chef: Top 30 Tomato Recipes: Appetizers, Salads, Sandwiches, Sauces Salsa, and Desserts with tomatoes

By Tim Gray

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 38 pages. Dimensions: 11.0in. x 8.5in. x 0.1in. Tomato Chef Tomatoes are a delicious and incredibly versatile food! They're full of antioxidants, natural anti-inflammatories and essential vitamins like A, C, K and B6 just one large tomato provides 40% of your daily vitamin C requirement. Because they're full of lycopene, a natural antioxidant, they can help to fight against cardiovascular disease and may even help to reduce your chances of cancer. They're good for your heart, your skin, your kidneys and even your hair the vitamin A will help to keep it soft, healthy and shiny. They'll even help to keep your blood pressure down! And, of course, they're naturally low in fat, carbs and sugar there's very little in a tomato that's bad for you! In this book you will find amazing recipes based on tomatoes. You can cook them for dinner for your family, or during a party with friends. Have you ever tried desserts with tomatoes I'm sure you should try this! The book contains the most popular recipes for everyone: Salads with tomatoes; Sandwiches with tomatoes; Sauces and Salsa with Tomato; Soup with tomatoes;...



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