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Oster Steamer Instruction Manual

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Food Steamer With 1-Liter Water Tank on QVC Oster
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Manual

What's worse, the hollow-handled design can funnel hot steam out towards your hands ... Most people won't refer to the instruction manual each time they want to make a waffle, let alone hang ...

The Skinny Steamer Recipe Book Delicious, Healthy, Low Calorie, Low Fat Steam Cooking Recipes Under 300, 400 & 500 Calories If you think your steamer is just for cooking vegetables think again! This brand new collection of delicious poultry, vegetarian, seafood

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& meat dishes are fast, fresh, fuss free, low fat and low calorie. Designed to help you make the most of your steamer, all our skinny steaming recipes fall below 300, 400 and 500 calories - which is perfect if you are following a calorie controlled diet or are keen to maintain and manage your weight! Every recipe serves two people and can be prepared in minutes. Versatile, simple & healthy.... there has never been a better time to start steaming. Includes over 60 recipes, cooking charts and tips. You may also enjoy other titles from the Skinny calorie counted series. Just search 'cooknation' on Amazon.

The debut cookbook from the Saveur blog award-winning Internet expert on making eating cheap dependably delicious As a college grad during the recent great recession, Beth Moncel found herself,

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like so many others, broke. Unwilling to sacrifice eating healthy and well—and armed with a degree in nutritional science—Beth began tracking her costs with obsessive precision, and soon cut her grocery bill in half. Eager to share her tips and recipes, she launched her blog, Budget Bytes. Soon the blog received millions of readers clamoring for more. Beth's eagerly awaited cookbook proves cutting back on cost does not mean cutting back on taste. Budget Bytes has more than 100 simple, healthy, and delicious recipes, including Greek Steak Tacos, Coconut Chicken Curry, Chorizo Sweet Potato Enchilada, and Teriyaki Salmon with Sriracha Mayonnaise, to name a few. It also contains expert principles for saving in the kitchen—including how to combine inexpensive ingredients with expensive to ensure that you can still have that steak you 're craving, and information to help anyone get acquainted with his or

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her kitchen and get maximum use out of the freezer. Whether you ' re urban or rural, vegan or paleo, Budget Bytes is guaranteed to delight both the palate and the pocketbook.

Put your electric steamer to use like never before with *Cooking with Steam*. This is the original cookbook on electric steaming, and 20 years later it's still the bible of low-fat, full-flavor steamed food. Its hearty, delicious recipes will open your kitchen to a world of sublime flavors and nutritious meals. Some favorite recipes include Panzanella-Stuffed Artichokes with Porcini Mushrooms; Salmon

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with Quick Basil Oil; Shrimp with Black Beans and Mango; Soy-Orange Marinated Chicken Cutlets; and Duck Legs Steamed on a Bed of Thyme. For dessert try the irresistible Bittersweet Chocolate Pudding Cake or the Lemon Cheesecake. But perhaps best of all is the fact that all of these astounding dishes can be prepared quickly, with no mess or hassle. Using your electric steamer is as easy as can be. Just plug it in, add your choice of ingredients, set the timer, and walk away. There's no fussy temperature gauge to monitor, no need to worry about burning your food, and since everything happens inside the steamer, you're free to focus on other tasks while your dinner cooks-it's perfect for today's healthy, on-the-go lifestyle. And last but not least, what's not to love about the simple clean-up? No more scrubbing and scraping at burned saucepans, or overnight-soaking of casserole dishes, just a quick clean of the steamer basket

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before you get on with your evening. Steaming is an exciting and innovative technique for cooking meals that are both healthy and delicious. Revealing subtle flavors in your ingredients that are often masked by other fat-heavy preparations, steaming your food will provide you with astonishingly bright, clean-tasting meals, unattainable with any other cooking method. It's also a great way to highlight and preserve the freshness of your ingredients for a broad-range of easy and fulfilling dishes. Complete with timing charts and brand comparisons, *Cooking with Steam* is a comprehensive guide to delicious steamed meals for all occasions.

Eating clean isn't a new fad diet" € "it's part of a healthy and intuitive lifestyle. There are no calories, fat or carbs to count, and no avoiding an entire food group. Simply eat whole foods like fruits,

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vegetables, meat and grains plus eliminate processed foods" € "it's that easy! This book will guide you through your day with more than 90 uncomplicated recipes using the freshest ingredients, from breakfast, soups and chilies to sides, dinners and more. Healthy eating never tasted so good! Two informative introductions" € "Eating Clean and Slow Cooker Tips. More than 85 recipe photos.

Introducing the lifesaving cookbook for every mother with kids at home—the book that solves the 20 most common cooking dilemmas. What ' s your predicament: breakfast on a harried school morning? The Mom 100 ' s got it—Personalized Pizzas are not only fast but are nutritious, and hey, it doesn ' t get any better than pizza for breakfast. Kids making noise about the same old

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lunch? The Mom 100 ' s got it—three different Turkey Wraps, plus a Wrap Blueprint delivers enough variety to last for years. Katie Workman, founding editor in chief of Cookstr.com and mother of two school-age kids, offers recipes, tips, techniques, attitude, and wisdom for staying happy in the kitchen while proudly keeping it homemade—because homemade not only tastes best, but is also better (and most economical) for you. The Mom 100 is 20 dilemmas every mom faces, with 5 solutions for each: including terrific recipes for the vegetable-averse, the salad-rejector, for the fish-o-phobe, or the overnight vegetarian convert. “ Fork-in-the-Road ” variations make it easy to adjust a recipe to appeal to different eaters (i.e., the kids who want bland and the adults who don ' t). “ What the Kids Can Do ” sidebars suggest ways for kids to help make each dish.

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A Pressure Cooker Can Change Your Life Discover how you can make delicious meals in minutes using just one pot. Let Jill, The Veggie Queen, show you how easy and safe it is to make flavorful, healthy plant-based meals with vegetables, grains, beans and other legumes and fruit. With a pressure cooker, you can save time and money, lock in flavor and nutrition, decrease your energy costs and avoid a messy kitchen with only one pot to clean! Jill will show you how you can cut cooking time in half (or more!) compared to conventional stove top cooking. In The New Fast Food, you'll learn how to choose and use a pressure cooker, with timing charts for your favorite plant foods. You'll also find more than 100 recipes for everything from breakfast to dessert. Most of the recipes are gluten-free and all are vegan. The New Fast Food offers fast, colorful and tasty dishes such as: Orange Glazed Broccoli with Carrots and Kale

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Mashed Maple Winter Squash with Cinnamon Lemony Lentil and Potato Chowder Smoky Sweet Potato and Black Bean Chili
Coconut Almond Risotto

This book explores river tourism from a range of perspectives including river uses, heritage, management, environmental concerns, and marketing. The book has 15 chapters and an index. The intended readership includes researchers and students of leisure and tourism.

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