



The Original the Incredible Potato: A Cookbook and History

Agnes Toews-Andrews

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The Original the Incredible Potato: A Cookbook and History Agnes Toews-Andrews

Agnes Toews-Andrews, author of The Original, The Incredible Potato A Cookbook and History, combines a love of healthy cooking with a comprehensive knowledge of nutrition. This UPDATED National Best-Seller, has several new sections; health information, international Organic and Heritage Seed Potato Suppliers, a REVISED Potato Variety list for home growers, several New, Healthy, Low-Cost Potato Recipes, adding to over 200 existing international recipes all based on the nutritious, versatile potato. There is no food on earth as complete as the potato. From delicious breakfast, lunch and dinner dishes; imaginative appetizers, snacks, salads, side dishes, soups, breads, desserts and sweets; budget conscious or gourmet, the potato reigns with an epicurean fillip in this book. Throughout the book, potato caricatures indicate humorous, educational, historical, culinary and nutritional information.

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