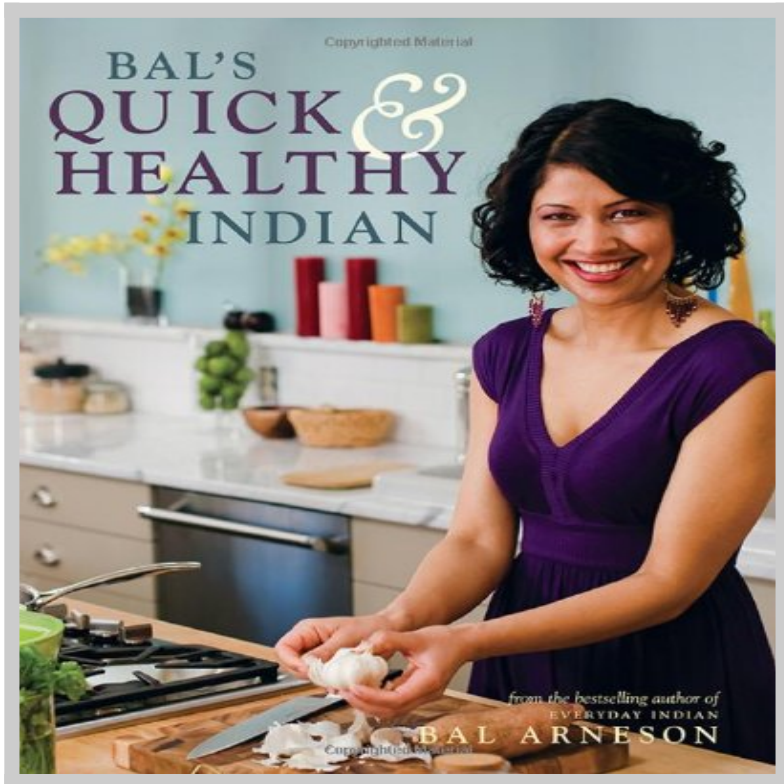


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Bals Quick Healthy Indian Arneson Book Preview

Who says Indian cooking has to be complicated? Following the national success of Everyday Indian, author Bal Arneson brings new twists to classic Indian meals in her new book Quick and Healthy Indian. These health-conscious recipes will delight those looking for a new and easy way to enjoy low-fat meals while still exploring the adventurous side of cooking. Sure to please even the most sophisticated of Indian palates, these recipes will delight your taste buds, wow your body, and fit into your busy schedule. Â Explore dishes like: . Avocado and Edamame Bean Salad . Spiced-Honey Chicken on Garlic Asparagus . Fenugreek Chicken . Ricotta Pudding with Green Cardamom and Blueberry Sauce