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Cris Lincoln

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El País-Aguilar ofrece a sus lectores tres títulos imprescindibles de la colección Cocina Express en este estupendo Pack Especial: - CENAR EN BANDEJA - COCINAR CON LATAS - RECETAS PARA NO ENGORDAR Tres títulos prácticos y funcionales para poder abarcar las necesidades de nuestro día a día sin comprometer nuestro bienestar y nuestra salud. Son títulos que demuestran que la falta de tiempo no tiene por qué ser sinónimo de mal comer, y que cocinar un buen plato no tiene que ser una tarea complicada y laboriosa. Con esta selección, tanto el cocinero principiante como el más experimentado encontrarán recetas con las que sorprenderse y sorprender. Cenar en bandeja: Todo el mundo ha de solucionarse la cena, aunque se tengan pocas ganas de prepararla y lo que más apetezca sea relajarse y dedicarse tiempo a uno mismo. Cris Lincoln acude en nuestra ayuda con menús en bandeja rápidos, sanos y divertidos, para que, cuando llegemos a casa, sepamos prepararnos algo informal, pero siempre nuevo y bueno, que nos permita disfrutar de la charla familiar o de nuestra serie favorita al tiempo que degustamos una sabrosa cena. Cocinar con latas: ¿Un recurso para cuando se tiene poco tiempo? No, las latas son mucho más. Hoy día, y dada la variedad y calidad de las conservas que se encuentran en el mercado, cocinar con ellas es una de las muchas posibilidades que hay a la hora de preparar una comida exquisita. Cocinar con latas proporciona muchas y buenas recetas basadas en productos en conserva que permiten organizar, en un momento, menús sabrosos, sencillos y, sobre todo, imaginativos. Recetas para no engordar: No hace falta pasar hambre ni seguir un régimen monótono para mantener a raya los kilos. Y Recetas para no engordar lo demuestra. Los platos y consejos reunidos en estas páginas permiten elaborar comidas bajas en calorías, pero a la vez sabrosas, equilibradas y sencillas de preparar. Con ellas el lector comprobará que es posible, incluso fácil, conservar la línea sin renunciar a comer bien y variado.

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