



# Everyday Indian: 100 Fast, Fresh and Healthy Recipes

*Bal Arneson*

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# Everyday Indian: 100 Fast, Fresh and Healthy Recipes

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## Everyday Indian: 100 Fast, Fresh and Healthy Recipes Bal Arneson

This exciting new cookbook introduces a modern concept in Indian cuisine-it can be simple, quick and delicious. With most of the healthy recipes in *Everyday Indian: 100 Fast, Fresh, and Healthy Recipes* ready in less than 25 minutes, Bal Arneson proves that Indian cooking doesn't have to be complicated. Her recipes use everyday spices and common techniques to create simply mouth-watering dishes that the novice cook and experienced home chef alike can whip up at home. *Everyday Indian: 100 Fast, Fresh, and Healthy Recipes* also offers low-fat options for the health conscious without ever compromising taste. Indian food is simple, quick and delicious with dishes like: Sal's no-butter chicken. Baked samosas. Whole wheat naan bread. Tandoori halibut patties. New York steak with fennel seeds and ginger potatoes.

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