



100% verdura: El reino vegetal en tu plato (Spanish Edition)

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¿Quién dijo que las verduras fueran aburridas?

En este libro se recogen las mejores recetas de los exitosos programas *100 % vegetal* y *De verdad verdura* de Canal Cocina. A través de sus propuestas culinarias, llenas de sugerentes platos elaborados a partir de todo tipo de vegetales, descubrirás que las verduras cocinadas con mucho arte no son nada insípidas, y que comer sano no está reñido con comer rico.

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