



Las legumbres y los frutos secos. Una alternativa para comer sano (Spanish Edition)

Véronique Liégeois

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El interés nutritivo de las legumbres y los frutos secos está hoy en día ampliamente reconocido por los especialistas de la alimentación. Ricos en minerales, vitaminas, fibras y glúcidos, reequilibran la alimentación empobrecida de nuestras sociedades occidentales. La prestigiosa dietista Véronique Liégeois nos presenta de forma detallada las distintas legumbres y frutos secos (lentejas, judías, guisantes, garbanzos, soja, pasas, nueces, avellanas, ciruelas pasas, dátiles...), su interés dietético (sus aportes, su lugar en la alimentación, las combinaciones nutricionales con los demás alimentos...), su cultivo, conservación, utilización... y sabrosas recetas (menús tradicionales y vegetarianos). Gracias a este libro completo y práctico, aprenderá a utilizar de forma óptima las propiedades nutritivas de las legumbres, fruta seca y frutos oleaginosos, y a combinarlos para lograr sabrosas recetas tradicionales que podrá integrar en su alimentación diaria o en sus regímenes (de adelgazamiento, sin sal, para deportistas...). Una nueva forma, sabrosa y original, de emparejar la cocina y la salud, y de descubrir legumbres y frutos olvidados.

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