

## Healthy Chinese Take Out - Favorite Recipes: Healthier home-cooked versions of your Chinese restaurant favorites



From television chef and author of the award-winning SteamyKitchen.com blog, Jaden Hair presents her third Asian-focused cookbook, Healthy Chinese Take Out - Favorite Recipes. You'll be inspired to cook Chinese food at home with large, gorgeous, full-color photos of each dish. Learn to make some of the most popular Chinese take out dishes with easy recipes designed for any weeknight dinner. Each recipe includes Cooking Lessons with tips, tricks and Chinese Moms secrets to delicious, healthy meals that your friends and family will love. Fifteen of your favorite Chinese Take Out recipes, healthier, and homemade. Your family and friends will rave about your restaurant-quality meals, without all the fat, calories and sodium. Easy-to-follow recipes with photos to make sure you can cook with confidence. Moo Shoo Pork Egg Flower Soup Hot and Sour Soup Wonton Soup Broccoli Beef Shrimp Fried Rice Shrimp with Snow Peas Orange Chicken Sweet and Sour Pork Chow Mein Noodles with Peanut Sauce Baby Bok Choy General Tso's Chicken Ground Beef with Beijing Sauce over Noodles Almond Cookies

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