

Whole Enchilada, The: Fresh and Nutritious Southwestern Cuisine

Angelina LaRue



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Bright, full-flavored, subtle-yet-spicy Tex-Mex explosion!

Bright spices and clean finishes accent the unique and complex flavor profiles of the Southwest. Food columnist Angelina LaRue knows that cooking delicious and healthy food seems difficult at times, but her cookbook includes simple and easy recipes that will remind you why Tex-Mex is as popular as it is! Sometimes people describe Mexican food as heavy or unhealthy, and, yes, it may well be when it comes from a can. With LaRue's inspiration and recipes such as "Oven-Fried Tomatillos with Asadero Cheese and Oregano Oil" and "Tex-Mex Cassoulet," you too can turn normal Mexican dishes into updated specialties—simple to prepare, but with a zing of flavor!

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