

# 21 Strawberry Recipes for Easy Family Meals (eHow Easy Recipes Kindle Book Series)



Learn how to make quick and easy strawberry dishes for your family with *Strawberries: 21 Recipes for Easy Family Meals*. Everyone loves to eat strawberries and now you can make a variety of easy recipes, including soups, dressings, drinks, desserts, side dishes, and main dishes. Author Dick Logue provides an introduction, interesting facts, nutritional info, and how to choose and prepare, before showing you what you can do with this healthy and nutritional food. Excerpt from the Book: Our early ancestors figured out strawberries were good eating a long time ago, but it wasn't until the nineteenth century that large-scale cultivation and consumption took place. Because they are so highly perishable, strawberries were often enjoyed only by the wealthy, who could afford to have fresh strawberries brought to them. The Industrial Revolution and railroads changed that, bringing the once regal strawberry to the masses. Since that time, strawberries have become the most popular berry fruit in the world and are available in more than more than 600 varieties. These varieties will differ in size, flavor, and texture, but their defining characteristics, red bulbous flesh with seeds speckling the skin, are found in most varieties.

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About the Author: Dick Logue is the founder of the website [www.lowsodiumcooking.com](http://www.lowsodiumcooking.com). After being diagnosed with congestive heart failure more than 10 years ago, Dick threw himself into the process of creating healthy versions of his favorite recipes. A cook since the age of 12, he grows his own vegetables, bakes his own bread, and cans a variety of foods. He is the author of 1,001 Heart Healthy Recipes, 500 Low Sodium Recipes, 500 Low-Cholesterol Recipes, 500 High Fiber Recipes, 500 Low

Glycemic Index Recipes, 500 Heart-Healthy Slow Cooker Recipes, 500 400-Calorie Recipes, and 500 15-Minute Low Sodium Recipes, among others. He lives in La Plata, Maryland.

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