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The One-Armed Cook (Meredith Books, \$19.95) was created for me and all other overwhelmed moms. Written by two career women, turned stay at home moms, turned accomplished authors, entertainers and family life gurus, it gives more than just recipes.If you are looking for something other than a great Overnight Blueberry French Toast recipe, easy ...

### **The One-Armed Cook: News and Reviews Expanded**

and cook. Side dishes cook in 30 minutes or less. Some of the ingredients may be new to you, such as fish sauce and rice vinegar (which are used in many Asian dishes) and low-sodium products. You can find these and other ingredients in most grocery stores. Try looking in the spice, ethnic, or health food section of your local store.

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