



Microwave Lite One-dish Meals, Under 350 Calories

By the Editors of Microwave Times

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Microwave Lite One-Dish Meals offers the calorie-conscious cook the best of all worlds - mouth-watering meals for under 350 calories at touch-of-a-button microwave convenience. Simple and fast, these one-dish recipes are designed to cut down preparation and clean-up time. There's even a special chapter on freezing meals to further eliminate preparation time during the busy work week.

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