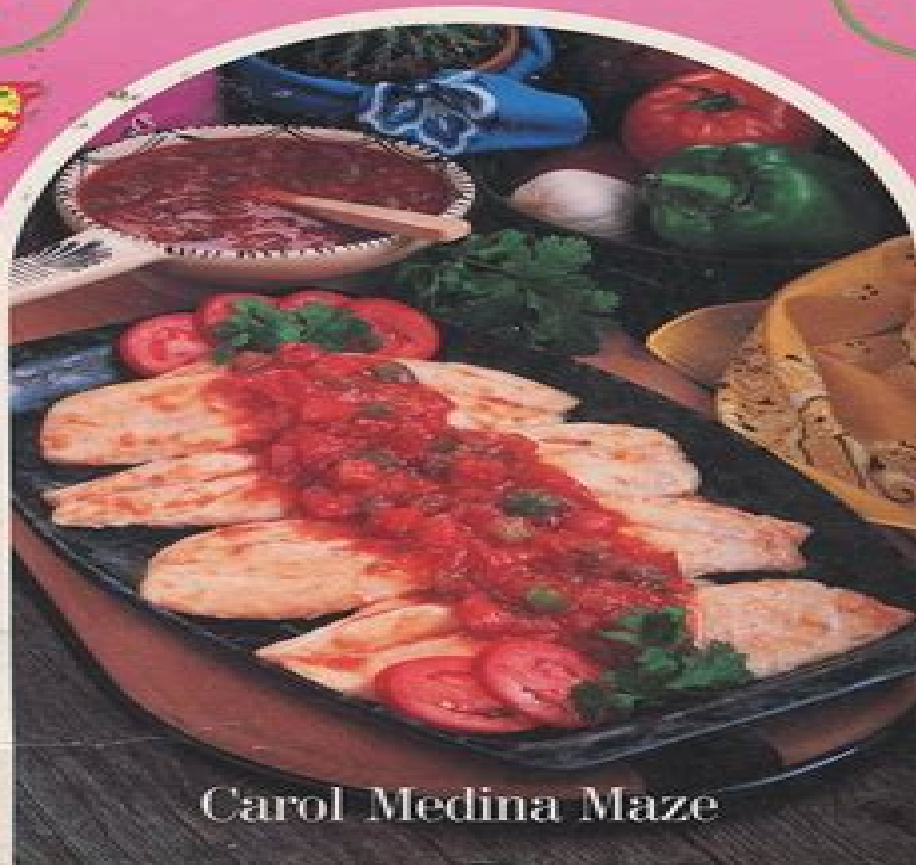


# MEXICAN MICROWAVE COOKERY



Carol Medina Maze

# Mexican Microwave Cookery

**Food and Nutrition Information Center  
(U.S.)**



## **Mexican Microwave Cookery:**

**Mexican Microwave Cookery** Carol Medina Maze,1988 The author s intent with this book is to bring to the cook a way to prepare that special Mexican dish in only one third the time it would traditionally take thus saving time energy effort without sacrificing nutrition appearance or flavorr These Mexican recipes are written specifically for microwave cooking

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