



Cooking Light: Tex-Mex : 80 Tasty and Tangy Recipes for Enchiladas and Ensaladas, Tacos and Tortillas, Fajitas and Flan, and Much More

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Here is the latest addition to the exciting and successful cooking series that showcases healthy, easy-to-prepare, flavorful Tex-Mex recipes. The recipes include information on calorie content, carbohydrates, fiber and grams of fat per dish. Eight pages of stunning color plates illustrate the recipes for such delights as tequila dip, swordfish veracruz, and flaming kahlua flan.

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