

Cocinar para uno mismo

Cooking for oneself



Author: [Cristina Macía Orio](#) [1]

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This is a book to cook healthy, tasty and nutritious dishes without wasting time and in a very easy way. It compiles 150 recipes for one person and gives you tricks to buy either fresh or canned food wisely. It also helps to make the most of your microwave and freezer.

A practical book to enjoy cooking funny and cheap menus.

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Address: Círculo de Lectores Travessera de Gràcia, 47-49 08021 Barcelona

Contact: Lourdes Llop (Non-Fiction editor) / Lidia Rey (Foreign Rights)

Phone: Tel: +34 93 366 0257 Fax: +34 93 366 01 04

E-mail: lllop@circulo.es [3]

E-mail: lrey@circulo.es [4]

Website: <http://www.circulo.es> [5]

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