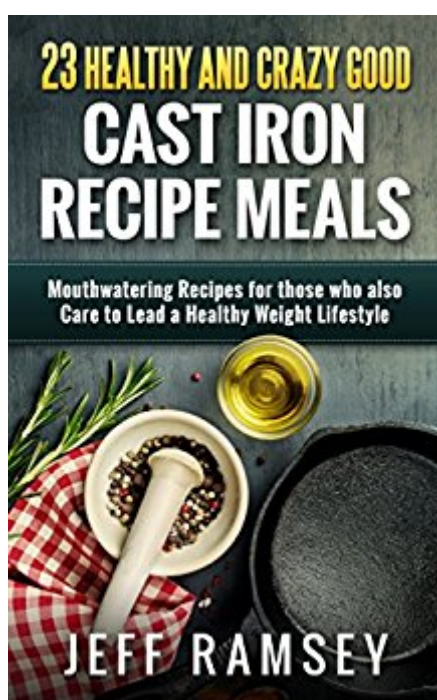


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# 23 Healthy And Crazy Good Cast Iron Recipe Meals: Mouthwatering Recipes For Those Who Also Care To Lead A Healthy Weight Lifestyle



## Synopsis

Don't have enough hours in the day to prepare healthy but deliciously good meals? 23 Healthy and Crazy Good Cast Iron Recipe Meals was created to produce Fast, Healthy and Crazy Good meal results, while making it as easy as possible for the average person to learn about Cast Iron Cookware and Cooking. Any idea what these black and glossy pots and pans are all about? Well, they are similar to what your mom and grand mom cooked with, when cooking the food that you grew up eating. When you eat your meals now and compare it to grannies or nanas cooking, you must definitely be wondering why their food was much tastier than what you currently prepare? You may even be using their recipes but your meals just don't have the same taste. Lets face it, with Cast Iron Cookware it isn't hard to eat delicious food. The hard part is planning, preparing, and maintaining your Cast Iron Cookware. The problem with our generation is that we are either too much into junk, or extremely health conscious. If you are one of the health conscious ones, then I bet you opt for non-stick cookware, which requires less oil. Well, herein lies the difference. The same dish cooked in a metal cookware (read, cast iron) will taste different (better different). The best part of using cast iron cookware is that you can try out the same recipes, which you cooked in the same old non-stick cookware, and taste the difference. In this book we have brought to you many recipes from the classic American corn bread to casseroles, from Mexican tacos to Asian noodles, plus many more. These recipes are simple and easy to make. In addition to the book recipes, this cookbook will:

- Teach you the History of Cast Iron Cookware
- Show you the different types of Cast Iron Cookware
- Show you the Benefits of Cooking with Cast Iron Cookware
- Teach you how to season your old or new Cast Iron Cookware
- Give you some very handy Cast Iron Cooking tips to create dishes with great flavor and mouthwatering appearances
- Show you how Clean and Maintain your Cast Iron Cookware so that it lasts for a lifetime

These 23 Healthy and Crazy Good Recipes are organized into 4 sections :

- Cast Iron Breakfast Recipes
- Cast Iron Appetizer Recipes
- Cast Iron Non-vegetarian Recipes
- Cast Iron Vegetarian Recipes

This cookbook will help you get started on the right track this instant, and help you reap the rewards of a healthier lifestyle without the hassles of a super strict regime. Click the "buy now" button and start mastering your Cast Iron cookware cooking skills I look forward to helping you on your journey. Join me on the road to a healthier lifestyle. - Jeff Ramsey

## Book Information

File Size: 3976 KB

Print Length: 67 pages

Publisher: Freedom Foundation Publishing (March 17, 2015)

Publication Date: March 17, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00UVXEV92

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #495,799 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #105

in Books > Cookbooks, Food & Wine > Kitchen Appliances > Cast Iron #234 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #445 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters

## Customer Reviews

One thing I am always looking for are recipes to try out with my cast iron Dutch ovens. This book had several recipes that I hadn't tried before, and they were all super tasty. I do not do a lot of cast iron cooking in my kitchen, but am planning on purchasing a skillet so I can try some of the other recipes. There are some really good looking dishes that made me hungry just reading through them. I like the way this is written with great history sections and facts about the cast iron skillets that are very interesting. It has easy-to-follow instructions, as well, common ingredients for most of the recipes. The cast iron cookware is very versatile, and these recipes demonstrate that. Overall, this was a great cookbook that I would recommend to anyone.

The author helps you to understand that the tools you use to prepare meals can make a big difference. I never knew that cooking with cast iron cookware could make such a difference. Jeff also included delicious recipes which show off the benefits of cooking with cast iron cookware. I highly recommend this book for your recipe library.

I love this book. I got it on my kindle app so I can use it wherever I am. I love reading it to relax my mind and think about cooking. I got the basic ingredients from and whole foods and it has been

enough for me to try all the recipes! Every dish that we've made from this cookbook has been delicious.

Great book for those who want start having a healthier lifestyle. It teaches us about the history, different types and benefits of cast iron cookware. Also, there are useful tips on creating better appearances, cleaning and maintaining your cookware so it would last longer. The bonus is nice too, where you can get free recipes in email your every week

This book is exactly what the title says! Twenty three nice recipes for cast iron cooking. All these recipes where very nice but my favored was Garlic Noodles! I recommend this book to anyone interested in expanding there cast iron cooking knowledge.

I enjoyed the book. I liked the recipes. I will try some of them.

Love my cookbook!

Love cooking in cast iron. This is a great book

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