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Lourdes castro

Lourdes Castro is a chef, cookbook author, and registered dietitian. Latin flavors, healthy food, big flavors, and simple explanations.

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Lourdes castro (author of simply mexican) -

Professor and chef Lourdes Castro is passionate about teaching and cooking and is as comfortable in the classroom as she is in the kitchen. She was her own first

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Adapted from *Simply Mexican* by Lourdes Castro. We like this sauce because it adds a very fresh taste and does not require roasting the tomatillos.

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In "Simply Mexican", Castro presents authentic Mexican recipes that don't require a fortnight to prepare or extra shopping forays to find rare ingredients.

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Lourdes Castro, MS, RD, is an adjunct professor at New York University's department of nutrition, food studies and public health; she earned her master's degree in

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Simply Mexican (eBook) : Castro, Lourdes : "A solid, accessible introduction to Mexican cooking featuring 60 easy and authentic recipes for quick-to-the-table meals

Lourdes castro | ten speed press | zoominfo.com

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Lourdes Castro is a cooking instructor and author of two cookbooks, "Simply Mexican," and "Eat, Drink, Think in Spanish." Her first cookbook, "Simply Mexican," was

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Fresh fruit ice trio: lime, watermelon & pineapple

Simply Mexican Lourdes Castro. Street vendors throughout Mexico's beach towns sell cold fresh fruit served in a plastic bag with bits of ice in it to keep the fruit

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Lourdes Castro, New York, NY. 1,418 likes 14 talking about this. Cookbook Author, Food Professor, & Registered Dietitian.

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Adapted from Simply Mexican by Lourdes Castro. The cream used to garnish many dishes in Mexico is slightly sour and a bit salty. It is not simply sour cream, it is

Chilled shrimp and lime salad - the denver post

Adapted from "Simply Mexican," by Lourdes Castro (Ten Speed Press). Serves 6. Ingredients 1 pound cooked shrimp 1 cup cherry tomatoes, quartered

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Chili-spiced peanuts recipe - nyt cooking

This recipe is adapted from Simply Mexican by the chef and cookbook author Lourdes Castro With a twist of lime juice and cayenne pepper, these nuts have a