



Pasta, Risotto, and Rice: Robin Takes 5

Robin Miller

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It's 5:00 PM. Everyone's hungry. It's take-out or *fake-out*, meaning nuking a processed meal from the freezer. Here's a third option that doesn't include heaps of calories and fat: over 70 recipes for pastas, risottos, and rice derived from Robin Miller's fabulous cookbook *Robin Takes 5* plus a special video introduction by the author. *Imagine* quickly preparing delicious meals for yourself, your friends and your family with just 5 fabulous ingredients. Even better? Every dish is mouth-wateringly 500 calories or less and most of them contain 500 mg or less of sodium. Look no further for your nightly noshing because when *Robin Takes 5*, we all reap the rewards.

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