



# Japanese Light

*Kimiko Barber*

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## **Japanese Light** Kimiko Barber

Japanese cuisine is renowned for being among the healthiest and tastiest in the world. Low-fat and less dependent on meat and dairy products, the Japanese way of eating is exactly how Westerners are trying to eat today. Kimiko Barber is the perfect teacher to show both beginner and advanced home cooks how to prepare 120 delicious recipes.

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