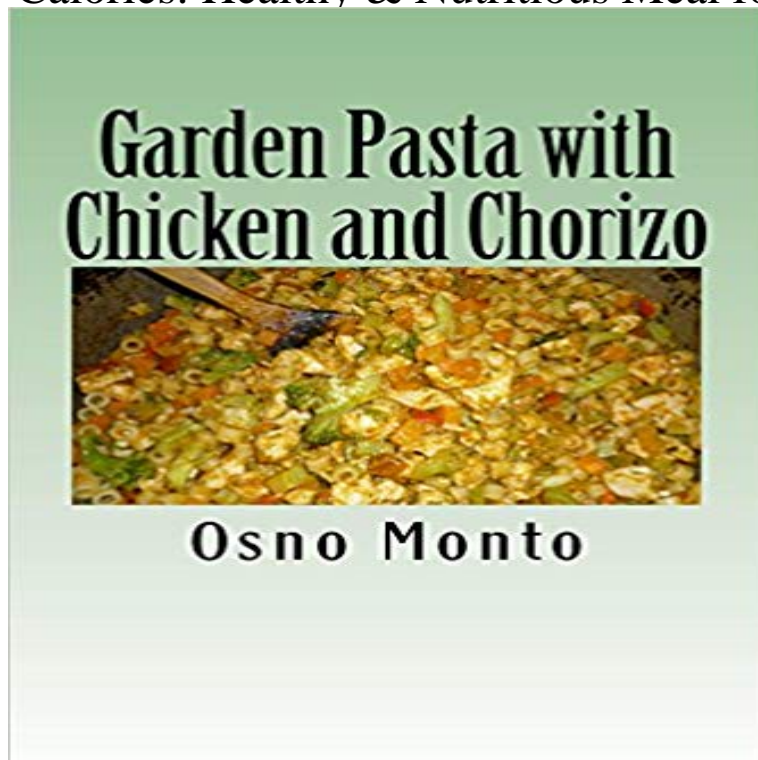


## Garden Pasta with Chicken and Chorizo: My Favorite Recipe Low Fat & Calories: Healthy & Nutritious Meal for Everyone



Pasta Eating is no longer a sin. By the way of this ingenious recipe you can make a perfect combination of herbs, vegetables, carbohydrates and proteins, using to cook exclusively the own fat of ingredients, thus giving a delicious and nutritious food to feed well your body, allowing you to live every day of your life, healthy and happy manner . This recipe in a way guided step by step, fully illustrated, without being an experienced cook, you learn how to prepare this delicious Garden Pasta. Along each page of this recipe you can find appetizing suggestions in order that every time do you like to eat pasta, you can to vary the preparation and will never you get bored of eating this delicious dish. Healthy and tasty cuisine at Osno Monto style

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