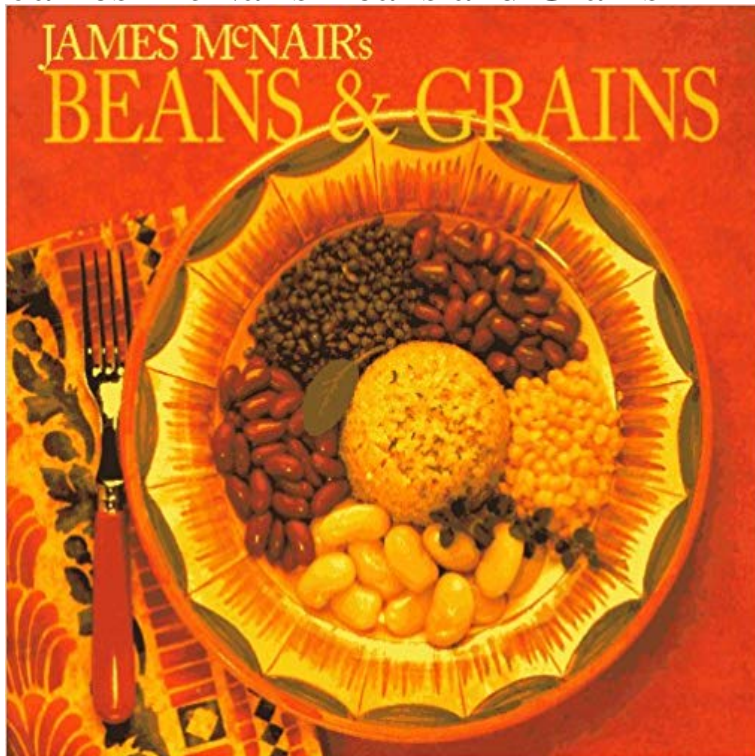


James McNairs Beans and Grains



Looking for the perfect combination of great taste and quality nutrition? Look no further than James McNairs Beans and Grains for easy, exciting recipes featuring the time-honored union of versatile, wholesome beans and grains by the master cook, culinary stylist, and food photographer. Increasingly popular ingredients with todays adventurous chefs, they also make great stock items for the home pantry. A spectacular collection of innovative recipes influenced by the worlds many cuisines, James McNairs Beans and Grains includes mouthwatering soups, salads, sauces, main and side dishes, and desserts. No combination offers more possibilities for the health-conscious meal planner than the marriage of fresh or dried beans and whole grains -- and no one transforms these humble ingredients into elegant fare like James McNair.

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