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El ahorro en la cocina a la hora de preparar los alimentos es algo que genera muchísimo interés. El nuevo libro de *MasterChef*, el programa de TVE, nos propone las recetas más brillantes realizadas con sobras.

Platos fáciles y baratos para aprovechar todos los alimentos que nos han sobrado: carnes, pescados, pan, legumbres, verduras, y con los que realizaremos recetas muy útiles y resultonas.

Brochetas de raviolis fritos, empanada de carne de cocido, rollitos de primavera, estofado de mero, helado de plátano o dulce de limón, etc.

Title	:	Cocina de aprovechamiento
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