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El arroz es parte indispensable de la alimentación humana y actualmente su consumo no deja de crecer. Por otra parte, sus propiedades nutritivas lo hacen ideal para ser el ingrediente principal de infinitas recetas. El desafío de este libro ha sido presentar recetas donde sea el gran protagonista, tanto en platos fríos y calientes, como en postres y dulces. La idea de esta colección es dar la posibilidad al lector de una cocina moderna y sabrosa, que nos permita cuidar nuestra salud y nuestra silueta.

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