



500 Fat Free Recipes

By Sarah Schlesinger

Villard Books. Paperback. Book Condition: New. Paperback. 464 pages. Dimensions: 9.0in. x 6.0in. x 1.0in. As cardiac patients, dieters, and just about anyone interested in maintaining good health can tell you, fat free too often means flavor free. With The Garden Variety Cookbook and The Low-Cholesterol Olive oil cookbook, Sarah Schlesinger proved there's no reason why good food and good diet can't go hand in hand, and in her latest recipe collection she does so again, with distinction. 500 Fat-Free Recipes is the only cookbook to offer convenient, delicious, nonfat recipes each with one gram of fat or less—as well as a complete guide to reducing the fat in your diet. Finally, here's a one-stop resource for healthy eating. Schlesinger began a dramatic reduction of her family's fat and cholesterol intake ten years ago as part of a program to reverse her husband's chronic heart disease. Finding hundreds of lowfat recipes—but very few nonfat recipes—she began her own culinary experiments. The result is a remarkable collection of dishes utilizing the freshest produce, zesty seasonings, and unusual combinations instead of added fat and fat-laden ingredients. Here is a plethora of prize edibles for breakfast, lunch, dinner, and snack time. You'll find Pear-Cinnamon...



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