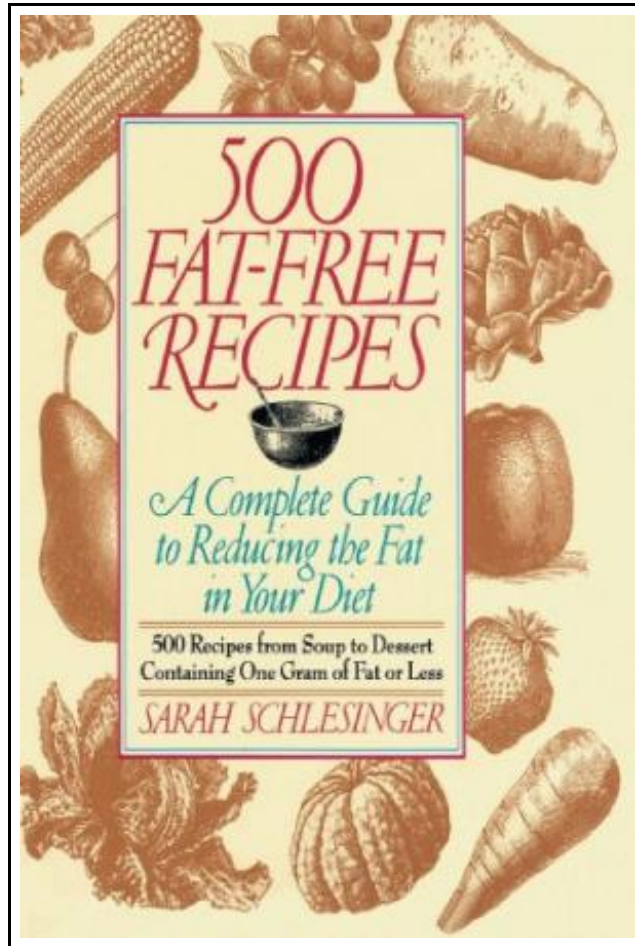


## 500 Fat Free Recipes



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### ***Reviews***

*The book is great and fantastic. It is written in straightforward words and phrases rather than difficult to understand. You won't really feel monotony at any time of your respective time (that's what catalogues are for regarding should you question me).*

***(Payton Miller)***

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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 theres no reason why good food and good diet cant 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, heres a one-stop resource for healthy eating. Schlesinger began a dramatic reduction of her familys fat and cholesterol intake ten years ago as part of a program to reverse her husbands 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. Youll find Pear-Cinnamon Muffins, Baked French Toast, Spinach Fettucini with ShiitakeTomato Sauce, Red Pepper Mini-Pizzas, Black Bean Lasagna, Cocoa Cake-all with one gram of fat or less. Theres even a special section on dressings, sauces, and relishes. Schlesinger also offers the tools you need to manage daily fat consumption. She explains the role of fat as necessary nutrient and potential health hazard, shows how to estimate how much fat you truly need, and includes tips on how to eat out on a low-fat diet, make the most of frozen meals, season dishes without fat, and shop for nonfat products. A nutritional-content analysis follows...



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