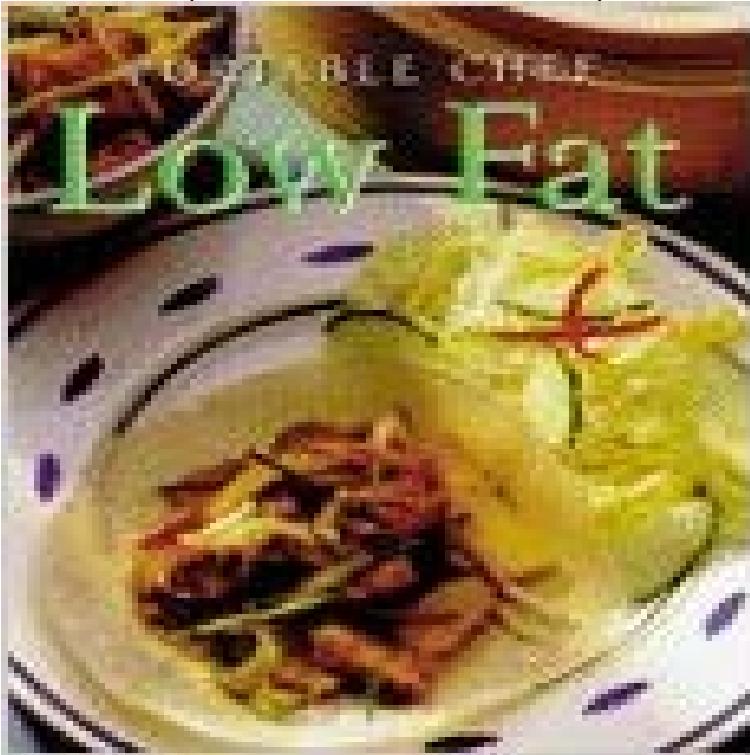


Low Fat (Portable Chef Series)



This inspirational and comprehensive cookbook offers the home chef a wide array of low-cholesterol recipes that are both healthy and flavorful. Chapters include ideas for soups and starters, meat and poultry, fish and shellfish, vegetable and salads, and baking and desserts. Balances exciting new ingredients and recipes with a wide selection of traditional favorites. Includes 120 easy-to-follow recipes, each illustrated with full-page color photographs. The Whats Cooking series also includes: Baking, Barbecue, Chicken, Chinese, Chocolate, Indian, Italian, Pasta, and Vegetarian.

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