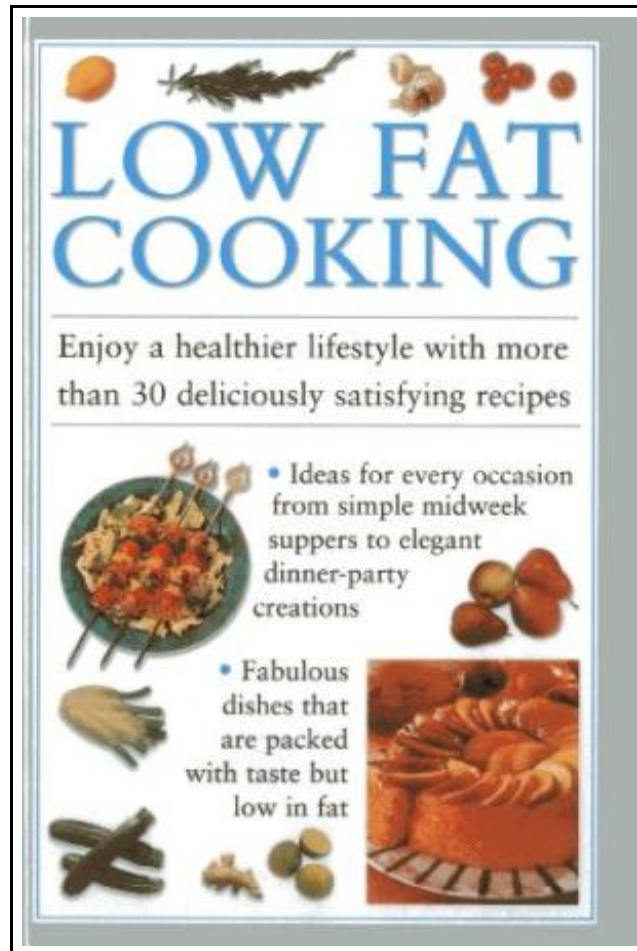


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LOW FAT COOKING: ENJOY A HEALTHIER LIFESTYLE WITH MORE THAN 30 DELICIOUSLY SATISFYING RECIPES



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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Low Fat Cooking: Enjoy a Healthier Lifestyle with More Than 30 Deliciously Satisfying Recipes, Valerie Ferguson, This title helps you wake up your tastebuds with this inspiring, guilt-free collection of recipes. It includes ideas for every occasion from simple midweek suppers to elegant dinner-party creations. You can make the most of healthy, low-fat ingredients in soups, appetizers, fish, chicken, meat and vegetarian dishes, as well as tempting desserts. It includes low-fat versions of classics such as Creamy Corn Chowder, Lasagne and Cherry Pancakes. It contains advice on planning a low-fat diet, and nutritional information is provided for each dish. Cutting down on fat does not have to mean sacrificing taste. There is no need to forgo your best-loved dishes, such as curry, lasagne or cake, as this book shows you how to cook delicious versions using less fat. It helps you alter your approach to cooking, guiding you towards ingredients that are naturally lower in fat and cooking methods that require little additional fat. Each appetizer and dessert contains less than 5g of fat per portion, and main courses contain less than 10g. With imaginative recipes such as Salmon Parcels, Chicken & Barley Casserole, Vegetable Paella, and Blackcurrant Sorbet, this handy book provides lots of inspiration for the health-conscious cook.

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