



## 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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