



## **Prevention's The Healthy Cook: The Ultimate Illustrated Kitchen Guide to Great Low-Fat Food**

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# Prevention's The Healthy Cook: The Ultimate Illustrated Kitchen Guide to Great Low-Fat Food

## Prevention's The Healthy Cook: The Ultimate Illustrated Kitchen Guide to Great Low-Fat Food

Prevention's The Healthy Cook edited by David Joachim and Matthew Hoffman is the ultimate guide to wonderful food that's low in fat, high in nutrients and packed with flavor! It's like a complete cooking school-- all in one volume. Features:

- \* 28 information-packed chapters
- \* 450 homestyle recipes-- and hundreds of variations
- \* 424 step-by-step illustrations
- \* Health-boosting hints, tips and shortcuts
- \* Favorite low-fat recipes from two dozen of the country's best chefs-- including Jacques Pepin, Charlie Trotter, Michel Richard, Jim Dodge, Jean-Louis Palladin and Emily Luchetti
- \* "Is It Good for You?"-- the nutritional lowdown on eggs, white sugar, wine, liver, butter, white flour and more
- \* Complete herb and spice primer

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