



## **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

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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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