



Light & Healthy Cookbook (Good Housekeeping)

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New Edition

***Good Housekeeping's* unrivaled guide to eating light and healthy sold over 45,000 copies in hardcover alone!**

Light pasta dishes, stews, vegetarian meals, creamy soups that won't weigh you down, and guilt-free snacks: these 375 triple-tested, luscious low-fat recipes from *Good Housekeeping* will have you feeling and looking great. In each one, less than 30 percent of the calories come from fat. Few cookbooks about healthy foods offer such a variety of dishes. Gazpacho with Cilantro Yogurt is packed with chunky, garden-fresh vegetables and makes a welcome summertime meal. Some entrees are ones you may never have tried before, such as Chili Lasagna and Baked "Fried Chicken." Or you could choose tasty Asian style alternatives, such as Pad Thai and Chinese Dumplings. There are delicious desserts, including a Chocolate Mint Cake, plus side dishes and delectable drinks. The cookbook also offers plenty of choices for a Mediterranean diet, featuring legumes and olive oil, while limiting red meat. All the recipes are easy to prepare, photographed beautifully and accompanied by complete nutritional information.

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Trevor Wright:

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Jeanne Gonzales:

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