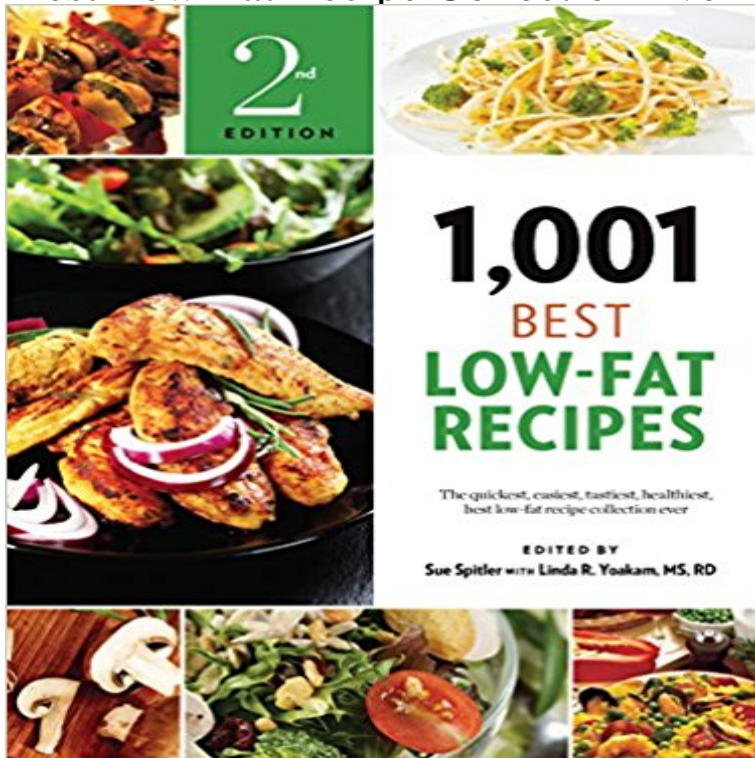


1,001 Best Low-Fat Recipes: The Quickest, Easiest, Tastiest, Healthiest, Best Low-Fat Recipe Collection Ever



A redesigned and reformatted version of a perennial favorite, this second edition of 1,001 Best Low-Fat Recipes is the most complete collection of healthy recipes for busy families. The quick, easy-to-prepare recipes are written in a concise format and use readily available ingredients with a focus on fresh, seasonal foods. They require no special cooking skills or equipment, and represent an eclectic range of styles and culinary traditions. The award-winning 1,001 cookbook series has earned its reputation for excellence by carefully curating and testing the recipes, as well as by featuring complete nutritional data, such as calories, fat, cholesterol, carbohydrates, and diabetic exchanges. This latest offering in the best-selling series has been completely refreshed and updated for maximum value and ease of use in the 21st century. In one convenient, all-encompassing volume, 1,001 Best Low-Fat Recipes presents the healthiest, simplest, and most delicious range of family meals. These recipes are designed to help provide a complete meal as quickly as possible many are designated as 45-minute recipes from start to tabletop. From appetizers to entrees to salads and desserts, these recipes are easy to make, fun to try, and deliciously low in fat.

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