



Low Fat, No Fat Cooking

Karen Bellerson

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Best-selling author Karen Bellerson takes her expert knowledge into the kitchen in this up-to-date cookbook on low-fat dining-- Includes a helpful reference chart of low-fat tips and substitutions Since the publication of her first book on fat, Karen Bellerson has been inundated with calls and letters requesting her assistance in healthy, low-fat cooking. To answer these demands, Bellerson has compiled over 225 recipes, plus all of her tips for cooking and menu planning, in the new Low-Fat, No-Fat Cookbook. She provides advice on making daily meals healthier, as well as actually converting a kitchen so it will be easier to cook low-fat meals in it. Bellerson offers her expert shopping tips to help stock pantry and refrigerator with all of the necessary ingredients for low-fat meals. She examines everything the low-fat kitchen needs, including the latest utensils, which actually skim fat off foods while they cook! Here is advice on correct measurements, seasoning with herbs and spices, roasting nuts and seeds, and making the best use of potatoes, peppers, garlic, pasta, and yogurt. The bulk of the book is devoted to Bellerson's recipes, which range from breakfast foods to dinners to desserts. Readers can start their days with Spiced French Toast with Peaches, eat Belgian Endive with Chicken Salad for lunch, snack on a slice of Orange Dream Cake with tea, and enjoy Pork Tenderloin in Plum Sauce for dinner, along with side dishes of Garlic Mashed Potatoes and Gingered Baby Carrots. Each recipe is accompanied by information on the grams of fat, calories, and percentage of calories from fat.

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