



## Low-calorie Cookbook: Discover a Feast of Tempting Recipes That Won't Pile on the Pounds

By Valerie Ferguson

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Low-calorie Cookbook: Discover a Feast of Tempting Recipes That Won't Pile on the Pounds, Valerie Ferguson, You can discover a feast of tempting recipes that won't pile on the pounds. Mouthwatering recipes from around the world that are low in calories but full of taste. Chapters include ideas for all courses, from soups and appetizers to main courses and desserts. It features dishes for every occasion from Chicken & Mushroom Terrine to Beef Strips with Orange & Ginger. Enjoy stunning fruit-filled sweet creations, from light Cinnamon & Apricot Souffle to satisfying Apple & Banana Crumble. It includes a helpful guide to planning a low-calorie diet as well as tips on using substitutes. Eating a low-calorie diet that is healthy, delicious and visually appealing has never been easier. This book offers a varied selection of recipes for soups, appetizers, fish, shellfish, poultry, meat and vegetarian dishes, plus desserts with modest calorie counts that will amaze you. Try Poached Salmon with Citrus Fruits, Skewered Lamb with Red Onion Salsa, or Strawberry Gateau. You will find it hard to believe that all of these are low-calorie dishes, but the soups and appetizers average around 170...



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### Reviews

*Extensive guideline! Its this sort of excellent read. it had been writtern quite properly and helpful. You can expect to like just how the writer create this book.*

-- **Mr. Gustave Gerhold**

*This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.*

-- **Dr. Kadin Hane DVM**