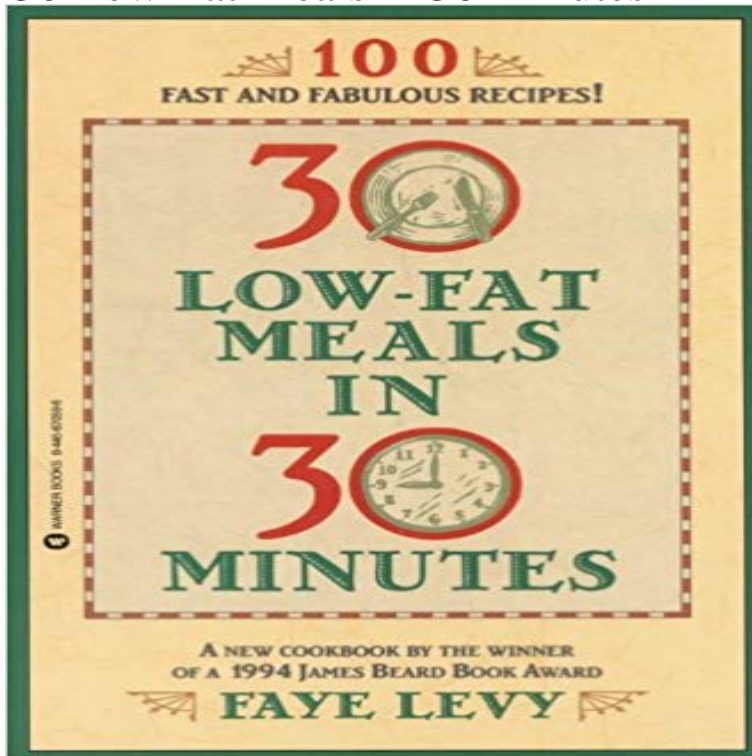


## 30 Low-Fat Meals in 30 Minutes



This book will prove that you can prepare quick meals that are low in fat and still taste great. The recipes will make use of bold seasonings that instantly add flavor without the need for long simmering. The book is organized around main courses, with chapters broken down into menus with poultry or meat, menus with fish or seafood, vegetarian menus and pasta menus. In addition, an introductory chapter will offer strategies for quick, low-fat cooking, including tips on picking fresh ingredients, stocking a pantry and cooking techniques. The menus will follow today's flexible dining habits. Some menus serve two, and others serve four. Most menus will include three recipes, but they will not all follow the traditional pattern of appetizer, main course and dessert. Sometimes, for example, there will be a main course with two accompaniments. Those menus that do not include desserts will have suggestions for simple desserts (usually seasonal fruit, frozen yogurt or other desserts already in the book) that would complement the menu well.

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