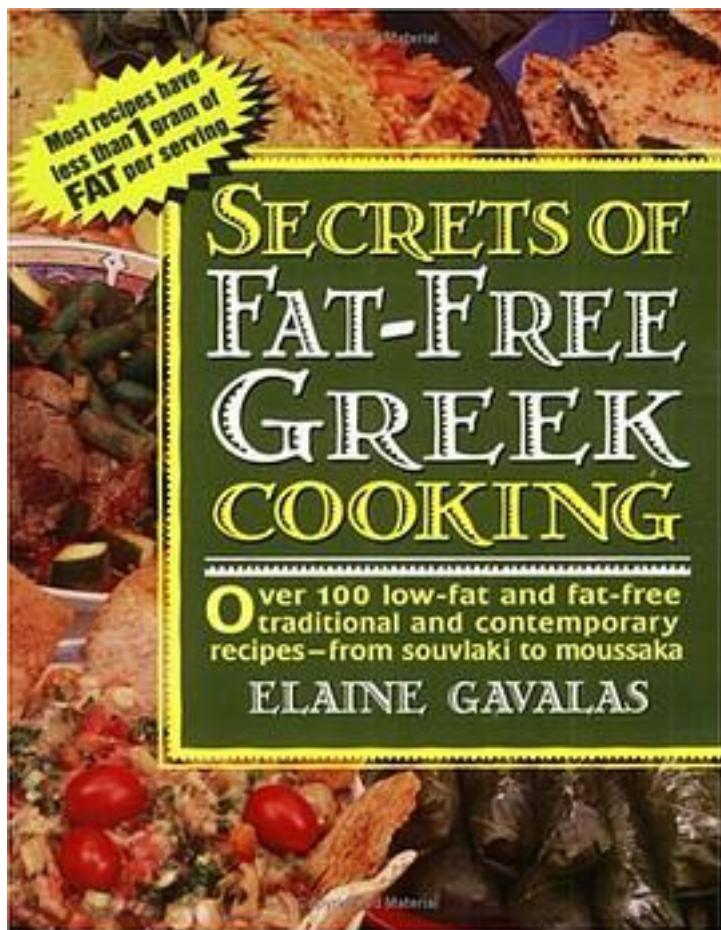


# Secrets of Fat-free Greek Cooking



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The Greek Mediterranean people have the lowest rates of diet-linked disease and the longest life expectancy in the world. Traditional Greek cooking is a naturally low-fat, healthy and satisfying cuisine, and this book shares its secrets.

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