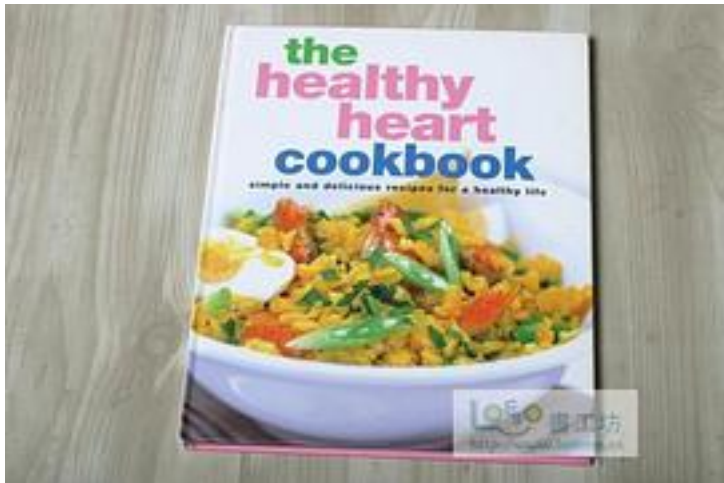


The Healthy Heart Cookbook



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Joseph C. Piscatella's five ground-breaking books on eating and health have sold nearly 2 million copies collectively. At long last, he has combined his hundreds of diverse, easy-to-follow and good-for-you recipes into this one new volume. And as a smart cook is a well informed one, this generous collection includes nutritional information with every recipe, plus an extensive nutritional guide featuring fat grams, calories, and other information about the widest array of foods and ingredients.

This mammoth cookbook has mouthwatering surprises on every page, and is a great step toward a longer, healthier, and happier life.

作者介绍:

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