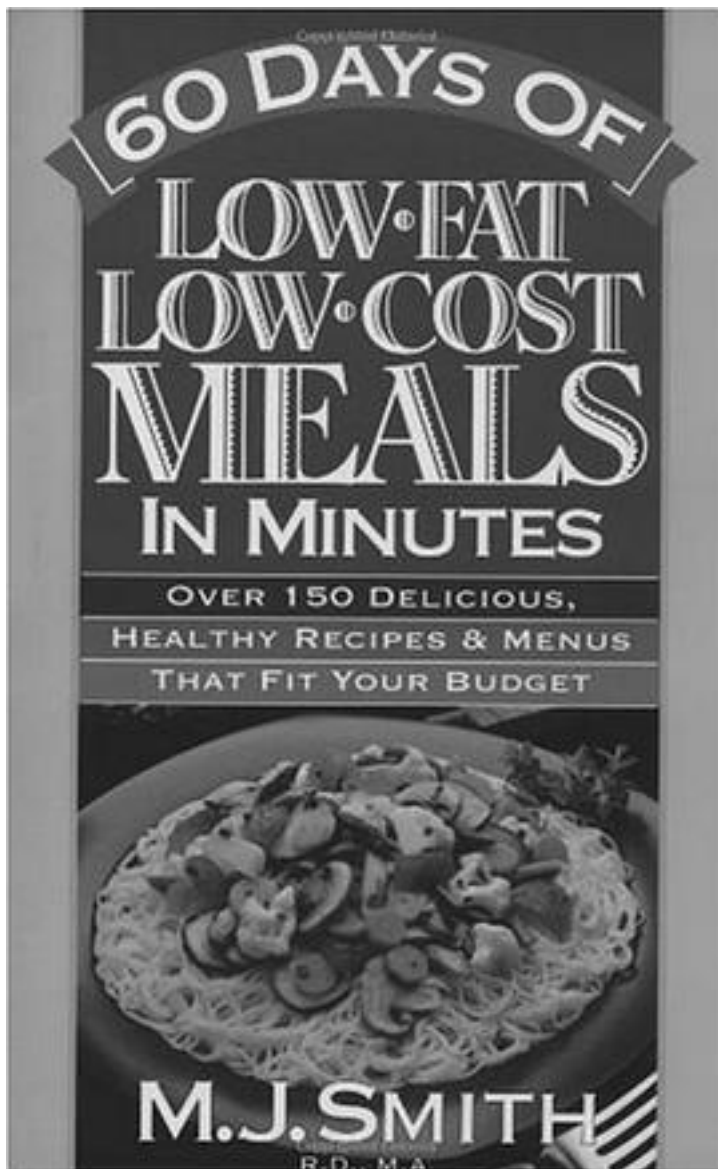# 60 Days of Low-fat, Low-cost Meals in Minutes

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著者:Smith, M. J.

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Delicious and Healthful Meals and Menus That Won't Take a Bite Out of Your Family Budget. If you're among the millions of Americans watching your fat intake, as well as your pocketbook and time, here's good news. This innovative and exciting cookbook helps you save on all three. Most of these mouth-watering, health-wise recipes take under 30 minutes to prepare with ingredients that usually cost less than $10 per meal. 60 Days of Low-Fat, Low-Cost Meals in Minutes introduces more than 150 flavor-packed, easy-to-make recipes for real food--without all of the cholesterol, fat, sodium, and calories. Using nutritious ingredients found in virtually any grocery store, this guide contains a 60-day plan for low-fat dining, complete with shopping lists and preparation tips. M.J. Smith, author of the best-selling All-American Low-Fat Meals in Minutes also explains what foods to buy and what to avoid. She offers: A pocket guide to fat grams Inexpensive ingredient substitutes A kitchen-tested guide on cutting fat from your favorite recipes Meat and poultry cooking charts A sure-fire guide for selecting first-rate produce Microwave cooking tips Measurement shortcuts Complete nutrition information, including exchanges From hearty entrees to enticing desserts, 60 Days of Low-Fat, Low-Cost Meals in Minutes contains the blueprints for such scintillating dishes as: Banana Breakfast Muffins Winter in New England Clam Chowder Creole Shrimp Salad No-Fat Fried Chicken Beef Burgundy in a French Bread Crust Grilled Halibut with Pineapple Salsa Coconut Lover's Macaroons Better Than Sex Cake Plus, the Special Binding Keeps the Book Open While You Work.

作者介绍:

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