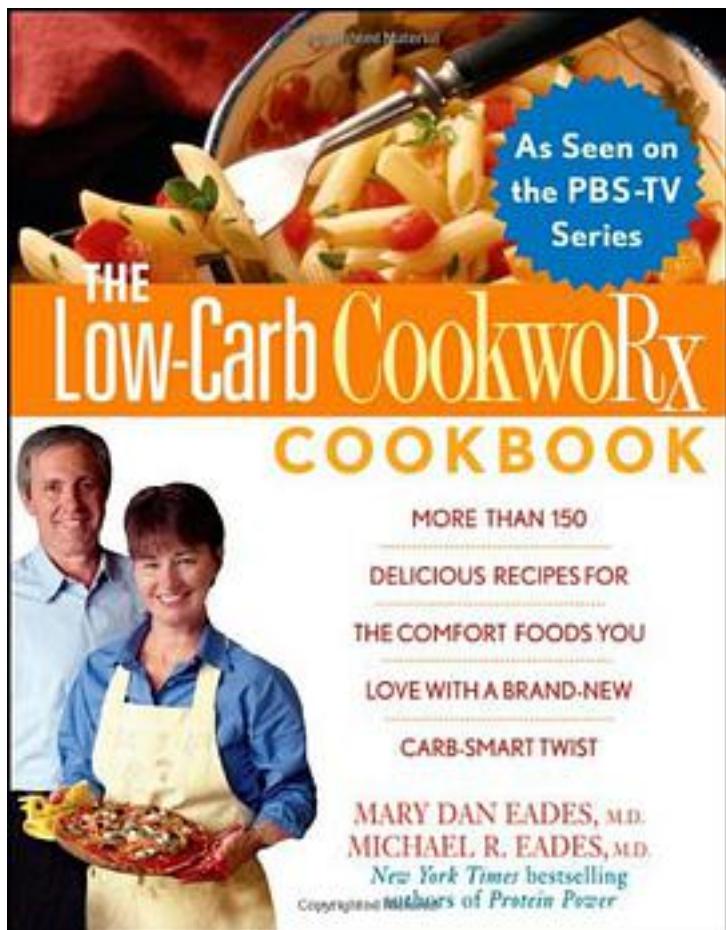


# The Low-carb CookwoRx Cookbook



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出版者:John Wiley & Sons Inc

出版时间:2005-9

装帧:HRD

isbn:9780471740742

The companion cookbook to the new PBS-TV series starring the "New York Times" bestselling authors of "Protein Power" and "The Low-Carb Comfort Food Cookbook". If you're one of the millions currently watching your carbs, you might be surprised to

learn that you can enjoy such delights as pancakes, pasta, ice cream, and bread without any of the guilt and with all of the pleasure. Thanks to the culinary expertise of Mary Dan Eades and Michael Eades, you can prepare your favorite old-fashioned comfort foods with a brand-new twist. "The Low-Carb CookwoRx Cookbook" represents the very best of the Eades' innovative and fulfilling approach to low-carb cooking. Based on their new public television series "Low-Carb CookwoRx", this must-have cookbook includes more than 150 simple, healthy, delicious recipes as seen on the show. The Eades also give you a wealth of nutritional facts as well as new cooking tips and techniques. From breads, breakfasts, and sides to sauces, entrees, desserts, and tasty recipes for kids, you'll see how easy it is to create an array of delightful dishes that will allow you to control your weight, improve your health - and enjoy cooking once again! This title features handmade rye bread, barbecued chicken, hot wings, all-American apple pie, New England-style clam chowder, smashed just like potatoes, roasted baby vegetables, stealthy healthy pasta sauce, festive Frijoles Tiramisu, almond drop scones, homemade sage and pepper sausage, creamy Southern Coleslaw shrimp, Quesadilla classic chocolate truffles, chicken pan, gravy farmer's veggie, omelet blue cheese, dressing medallions of beef Tenderloin, frozen fruit skewers, garlic herb butter, pecan-cinnamon coffee cake, and three-alarm chili.

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