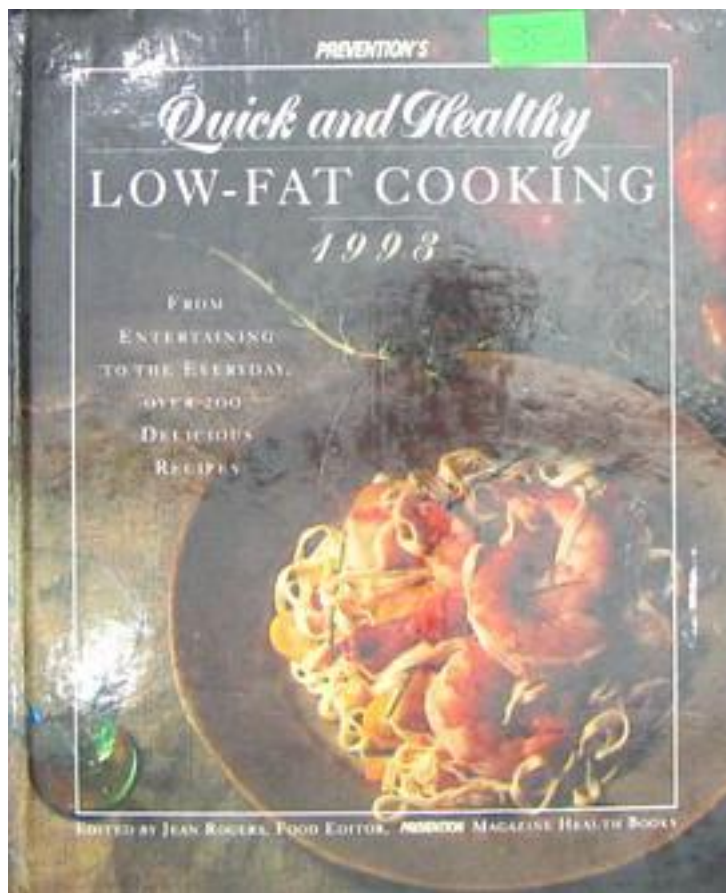


Prevention Quick Healthy Low-fat Cooking



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著者:Prevention

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It s hard to believe, but low-fat cooking is now as American as apple pie. And apple pie is just one of the foods you can enjoy and still have a healthy diet. All it takes is a little ingenuity to cut

unwanted fat from family-favorite recipes--without sacrificing old-time flavor and without depriving yourself.

Just imagine feasting on fun foods such as nachos, chili, burgers, pizza, chicken cacciatore. How about London broil with gravy? Chocolate sorbet? Pineapple blintzes? Whoever thought low fat could taste this good?

But why is it so important to slash the fat in your diet? Because heart disease and cancer, our nation's top two killers, often have a direct link to a high-fat diet. What's more, diabetes, obesity, gallstones and osteoarthritis also have a proven diet connection. Clearly, we need to eat smart if we want to safeguard our health. These days, however, it's not enough for recipes to be healthy. They've also got to be quick. Our busy lifestyles just don't leave much room for lengthy meal preparation.

To get an idea of just what kind of recipes home cooks want in 1993, we went out and talked to many of you. Prevention's Quick and Healthy Low-Fat Cooking reflects what you told us: that you want simple, nutritious and delicious recipes--in about the same time it takes to heat up a TV dinner. That you want your individual needs met, no matter what the occasion--weeknight meals, company dinners, home-alone dining, parties and more. To make things really easy for you, we accompany each recipe with guidelines that let you see how much time to allow for up-front prep work and how long the dish takes to cook or bake. And we let you know which recipes can be made ahead so you can get a jump on meal preparation; just look for this symbol.

Think of this book as more than a collection of mouth-

watering, kitchen-tested recipes. Let it be your inspiration for making 1993 the year when you finally start living the low-fat life--without turning your life upside down.

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