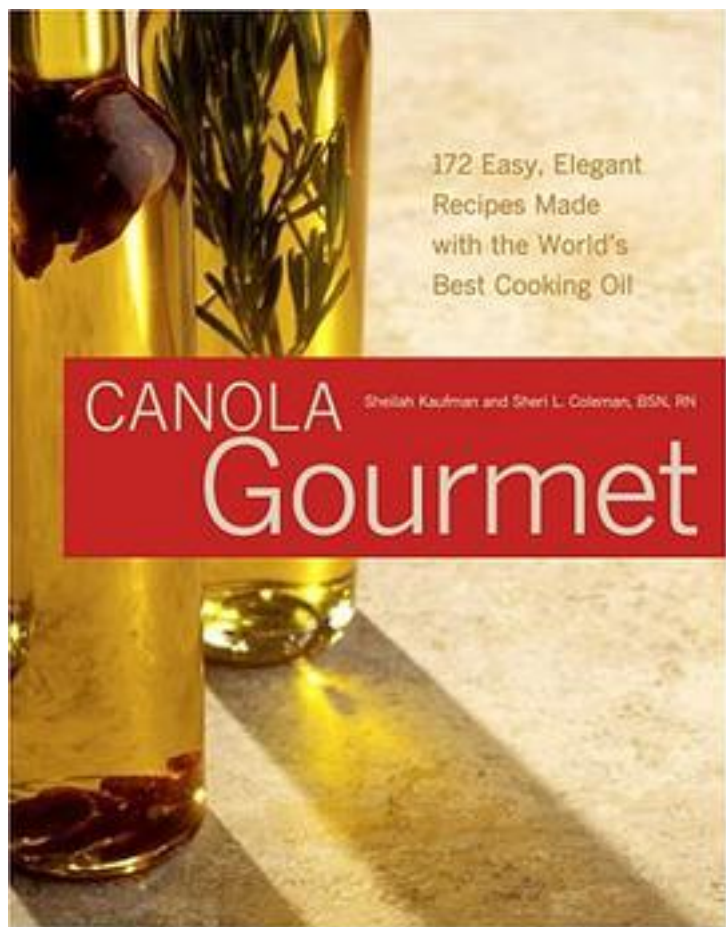


Canola Gourmet



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If you've been hooked on olive oil for all your cooking-you are ready for an oil change. Canola oil is already the cooking oil of choice for kosher cooks because it has no dairy connection. But for all health-conscious chefs, canola oil is lower in saturated fat, free from any dominating or conflicting flavor, and the least expensive of all vegetable oils.

And, now culinary expert Sheilah Kaufman has teamed up with health professional Sheri Coleman to present 172 delicious new recipes-from appetizers to desserts-to show you how to cook your best as a Canola Gourmet.

作者介绍:

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