



Mealleaniyumm!: All That's Missing is the Fat! (Kitchen)

Norene Gilletz

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MMM-Minimum Fat, Maximum Taste, Minus the Guilt! Information-packed "Low-Fat Bible" contains 800 healthy, scrumptious recipes, using readily available ingredients. Many vegetarian options. Nutritional, culinary and time-saving tips for today's Kosher (or not!) kitchen. Save time and clean-up with machine cuisine, using the processor, microwave and bread machine. Nutritional analysis includes fat, fibre, calories, calcium, sodium and more. Enjoy Cajun Chicken Breasts (163 calories, 4.9 g fat); Easy Vegetarian Chili (179 calories, 3 g fat); Melba Mandel Bread (49 calories, 1.4 g fat).

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