



Ruby's Low-Fat Soul-Food Cookbook

Ruby Banks-Payne

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Enjoy the best of America's traditional soul food cuisine made the healthy way. With "Ruby's Low-Fat Soul Food Cookbook," you can cook up mouthwatering southern dishes including soups, stews, gumbos, salads, main courses, vegetables, sauces, biscuits and breads, desserts, and beverages. Each recipe is a delectable, satisfying celebration of our rich African-American culinary heritage--and, because each recipe contains only a fraction of the fat, cholesterol, and sodium found in other soul food recipes, these dishes nourish the body as well as the soul.

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