



# **Harriet Roth's Deliciously Healthy Jewish Cooking: 350 New Low-Fat, Low-Cholesterol, Low-Sodium Recipes for Holidays and Every**

*Harriet Roth*

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## **Harriet Roth's Deliciously Healthy Jewish Cooking: 350 New Low-Fat, Low-Cholesterol, Low-Sodium Recipes for Holidays and Every** Harriet Roth

Harriet Roth, bestselling author of three books about healthful eating, has reworked her family's traditional favorites and new Jewish specialties for minimum fat and maximum nutrition and flavor. In this unique cookbook of 350 fabulous, new low-fat, low-cholesterol recipes, you'll learn:

- \* Low fat versions of specialty holiday foods
- \* What goes on a seder plate
- \* How to make delicious meals such as Stuffed Chicken Breasts with Apricot Glaze
- \* How to prepare scrumptious desserts like Passover Chocolate Torte
- \* Cooking and nutritional tips Including personal reminiscences, this cookbook will open up a world of healthful, flavorful cooking for anyone interested in Jewish cuisine.
- \* Harriet Roth's fans will be eagerly awaiting this affordable paperback edition of her newest cookbook in five years.
- \* Harriet Roth's previous cookbooks have been bestsellers.
- \* Harriet Roth is a "name-brand" authority in the area of low-fat, low-cholesterol cooking.
- \* This edition is being published in March, perfect for tie-in publicity for the Passover holiday.

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