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M. J Smith

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America's Favorite Low-Fat Recipes are Now Even More Delicious. With hundreds of tasty recipes and plenty of low-fat tips and tricks, this updated best-seller makes healthy eating a snap. Registered dietitian M.J. Smith has perfected ingredient combinations and cooking methods that make healthy foods delicious and satisfying--and most of these dishes can be prepared in less than 30 minutes. This new edition features more than 100 new low-fat and fat-free recipes, new food exchanges, and new time-saving tips and convenient ingredient substitutions. It also includes seasonal menus to help you plan a variety of healthy meals and complete nutrition information for each recipe. "Quick and innovative recipes." --USA Today "Common folk' recipes that your family will enjoy eating." --JoAnna M. Lund, author of Healthy Exchanges??Cook book

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