



# Fabulous Fat-Free Cooking

*Lynn Fischer*

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# Fabulous Fat-Free Cooking

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## **Fabulous Fat-Free Cooking** Lynn Fischer

Lynn Fischer, television's vibrant master of low-fat cooking, has banished fat and brought our flavor, making weight-conscious, heart-healthy eating easy and exciting. As the host of the Discovery Channel's "Low Cholesterol Gourmet" and PBS' "Lynn Fischer's Healthy Indulgences, Fischer has brought her dynamic message of better living through healthier eating to millions of Americans. Her book includes hundreds of recipes-including vegetarian-many that can be prepared in under 30 minutes and all with less than one gram of fat per serving.

Beyond recipes, Lynn also shares hundreds of secrets for fat-free flavorings, simple substitutions, and favorite food lore. She provides low-fat menus for all occasions and a chart of 101 fat-free foods. Tips on how to shop right, stock the pantry, cook smart, and choose the best fat-free products and cookware, plus 64 luscious, full-page food photos complete this gourmet guide to making meals sizzle without added fat.

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