



Low-Fat Chicken Breasts: 120 Healthy and Delicious Recipes for Skinless, Boneless Chicken Breasts

Diane Rozas

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With *Low-Fat Chicken Breasts*, Diane Rozas has created the perfect follow-up to best-selling *Chicken Breasts and More Chicken Breasts*, featuring more than a hundred delicious, easy low-fat recipes that make a star out of everyone's favorite part of the bird.

Everybody knows that eating low-fat is better for you, and no part of the chicken is more healthful or more popular than skinless, boneless chicken breasts. But creating interesting, appetizing, low-fat meals day after day can be a challenge. *Low-Fat Chicken Breasts* presents the ultimate collection of easy, low-fat chicken recipes for any occasion -- from a simple weekday meal to a sophisticated dinner party to perfect picnic fare. Organized by technique and accompanied by clear, detailed instructions, the chapters provide innovative ways to poach, bake, roast, saute, stir-fry, steam, grill, broil, and smoke breasts, whether you crave a simple chicken salad or a Southwestern feast. When you begin with a lean meat as appealing and versatile as the chicken breast, the possibilities are unlimited -- Balsamic Chicken Skewers, Lemon-Thyme Chicken Breasts, Thai Chicken Satay with Peanut Dipping Sauce, Spicy Mexican Grilled Chicken Breasts with Sweet and Hot Citrus Vinaigrette, and more. With a package of chicken breasts in one hand and Diane Rozas's *Low-Fat Chicken Breasts* in the other, life becomes a series of delicious meals just waiting to happen!

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