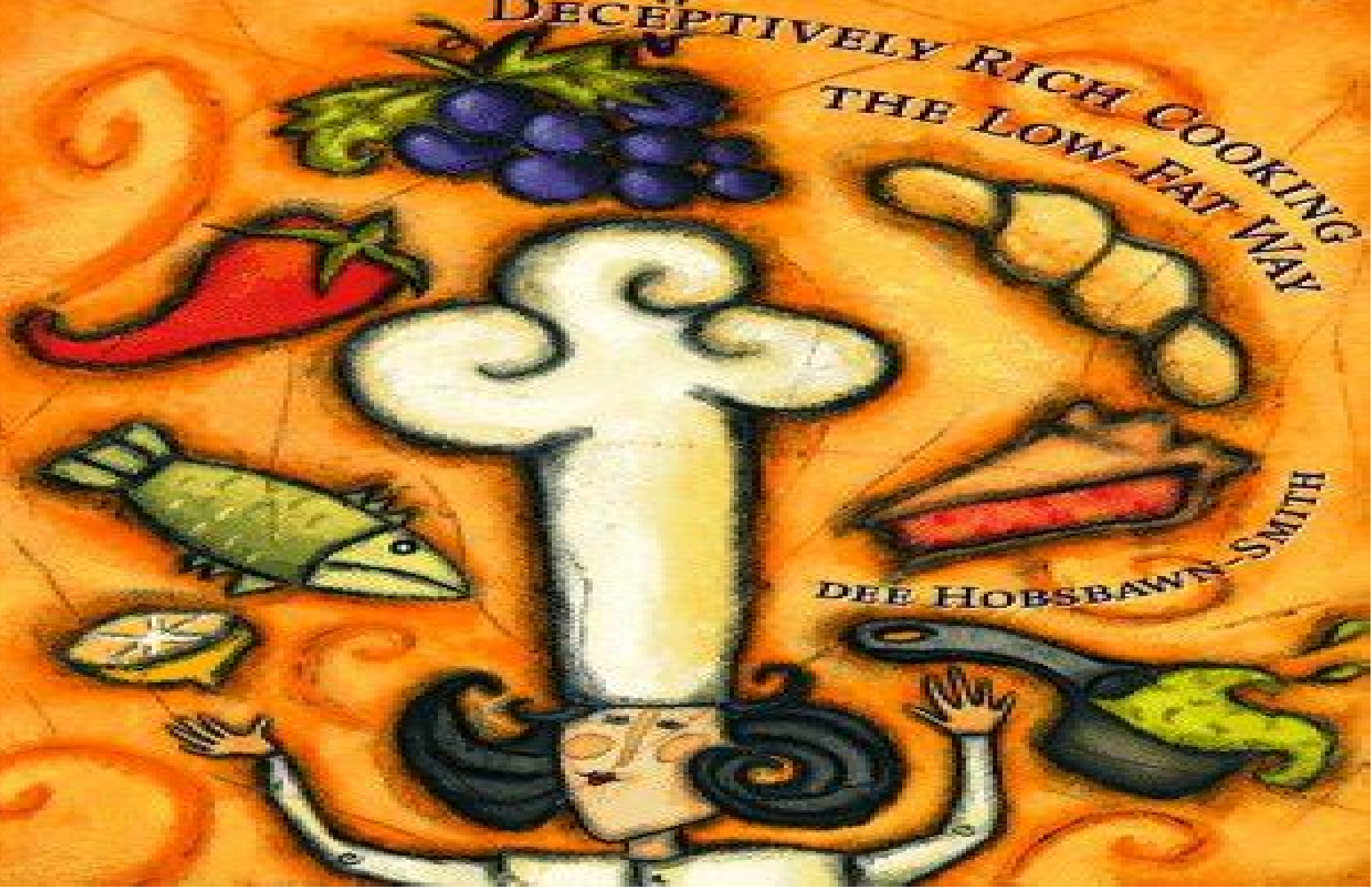


Skinny Feasts

DECEPTIVELY RICH COOKING
THE LOW-FAT WAY

DEE HOBSBAWN-SMITH



Skinny Feasts Deceptively Rich Cooking The Lowfat Way

Ian Pickup



Skinny Feasts Deceptively Rich Cooking The Lowfat Way:

Skinny Feasts Dee Hobsbawn-Smith,1998-01 Rich and delicious yet 100 percent guilt free By steaming braising and sauteing chef dee Hobsbawn Smith proves that meals can lose fat without losing flavor Quill & Quire ,1997 Canadian Books in Print 2002 Marian Butler,2002-02 **Canadian Books in Print. Author and Title Index** ,1975 **Subject Guide to Books in Print** ,1991 **Canadian Books in Print** ,2003 **Forthcoming Books** Rose Army,1998-06 *Sunset* ,1996 **New York Magazine** ,1990-06-04 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **Fat Reduction** Consumer Guide,1993 With technical assistance from The American Dietetic Association and the National Center for Nutrition and Dietetics **Working Mother** ,2000-10 The magazine that helps career moms balance their personal and professional lives **Kusina** ,1991 Mademoiselle ,1987 *The Official Washington Post Index* ,1991 *The New York Times Index* ,2005 **The Washington Post Index** ,1989 **American Book Publishing Record** ,1995 Books in Print Supplement ,2002 **USA Today Index** ,1990 Secrets of a Skinny Chef Jennifer Iserloh,2010-05-16 With recipes that deliver great taste without adding inches to the hips Secrets of a Skinny Chef shows you how to indulge your comfort food cravings without the guilt In this collection of 100 recipes America s favorites get the Skinny treatment with scrumptious offerings such as Maple Apple Waffles for breakfast and 7 Minute Salmon and Scalloped Sweet Potatoes for dinner Even for those who are dieting desserts such as Tiramisu Parfait and Crustless Apple Pie stay on the menu Iserloh understands that life s demands mean one can t always cook dinner so to help readers fend for themselves in the real world she provides simple swap outs and cheat sheets

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