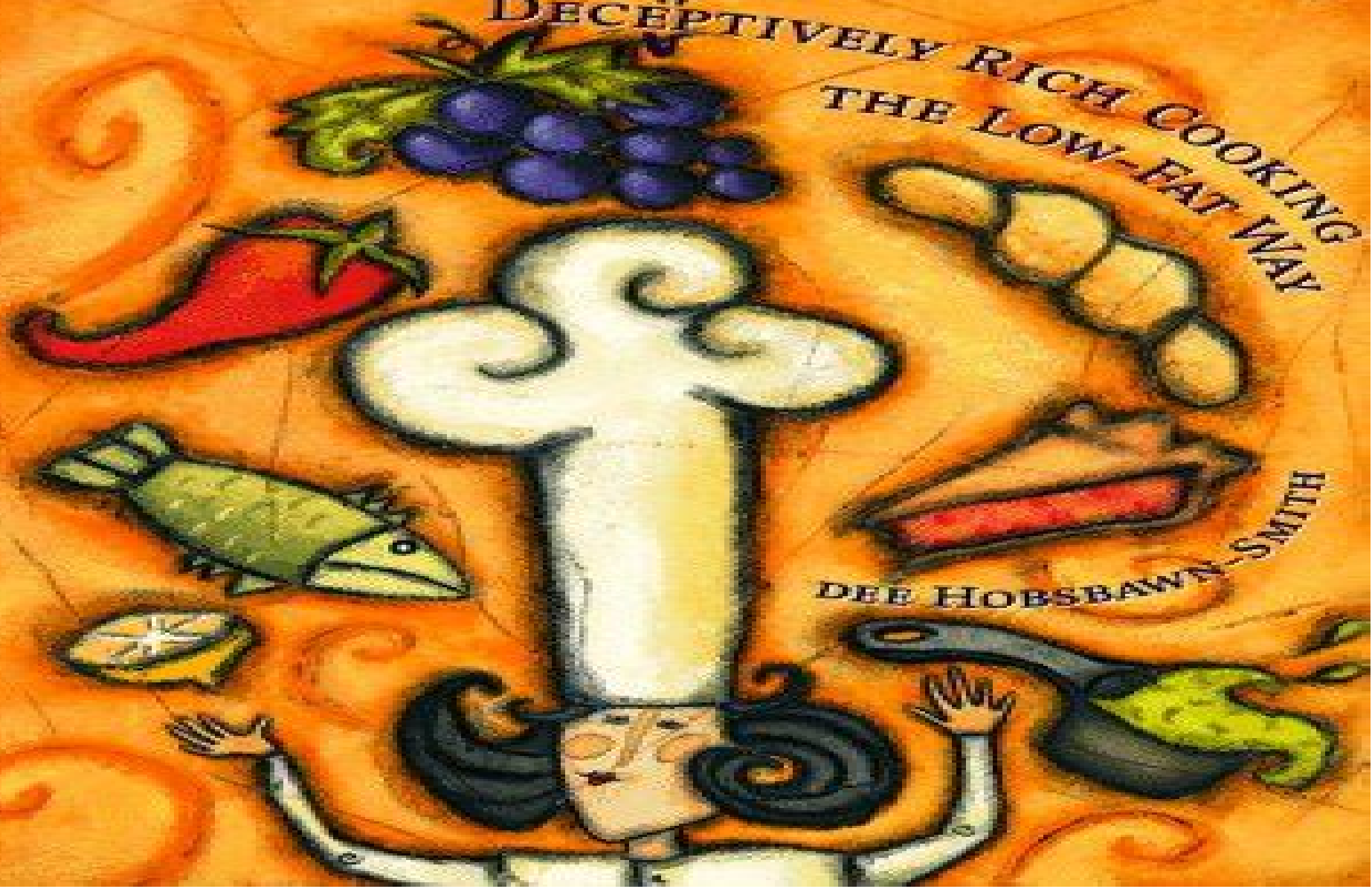


# Skinny Feasts

DECEPTIVELY RICH COOKING  
THE LOW-FAT WAY

DEE HOBSBAWN-SMITH



# Skinny Feasts Deceptively Rich Cooking The Lowfat Way

**M Woodhall**



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Subject Guide to Books in Print ,1991 *Canadian Books in Print* ,2003 *Forthcoming Books* Rose Arny,1998-06

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 *Cook Yourself Thin* Lifetime Television,2009-06-05 Lose weight without losing your mind Cook Yourself Thin a 1 New York Times bestseller is a healthy delicious way to drop a dress size without all the gimmicks Eighty easy accessible recipes teach readers how to cut calories without compromising taste For some of us losing weight has always been a struggle The challenge figuring out how to cook healthy low fat foods that won t leave you hungry bored or running for a gallon of ice cream Cook Yourself Thin shows how to cut calories change diets and improve health without sacrificing the foods we love Cook Yourself Thin is not a fad diet It gives skinny alternatives to your cravings You can t live without your chocolate cake or mac n cheese You don t have to There s never enough time to cook Cook Yourself Thin keeps it simple with easy instructions and fun recipes you ll want to make again and again What are you waiting for Cook Yourself Thin

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