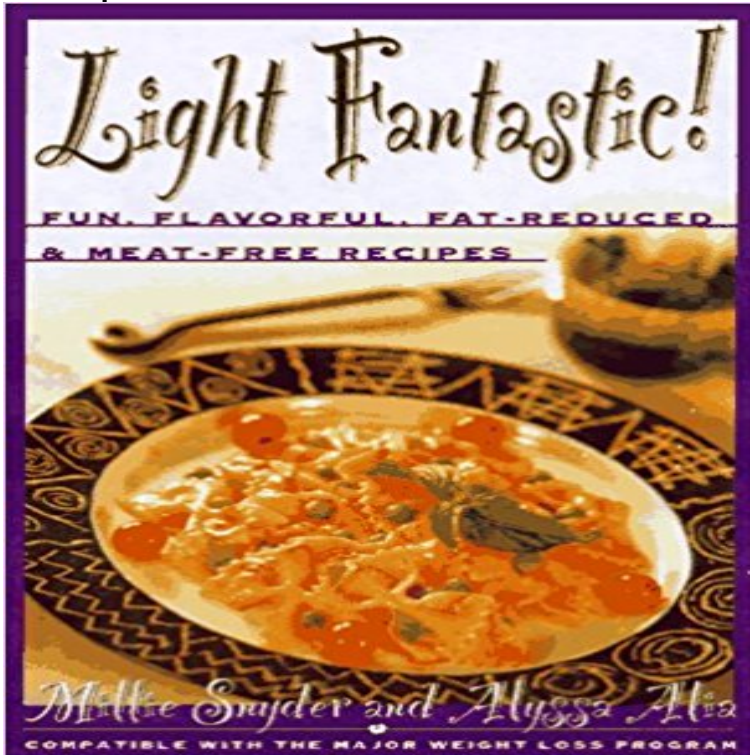


Light Fantastic!: Over 200 Fun, Flavorful, Fat-Reduced, and Meat-Free Recipes



In creating *Light Fantastic!*, the co-authors wanted to make healthful eating more of a celebration than a restriction, allowing readers to enjoy Red Pepper Quiche, Grilled Peaches in Red Wine, and Warm Fig Bread Pudding. It supports watching diet, controlling weight, exercising, preventing cancer and improving well-being on one condition readers must have fun in doing so! In addition to colorful food photography and a nutritional analysis, the cookbook includes: Recipes that turn simple ingredients into dishes like Sautéed Kale with Garlic and White Beans or Leeks in Zesty Orange Sauce. Healthful tidbits about exercise, wise grocery choices, nutrition all-stars, and more! A per-recipe calorie count and content information (sodium, cholesterol, fat, etc.) About the Authors Millie Snyder is co-author of Prima's best-selling *LEAN AND LUSCIOUS* cookbook series. She operates weight-loss centers in Charleston, West Virginia. Alyssa Alia is a professional chef and recipe developer. She lives in New York City.

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