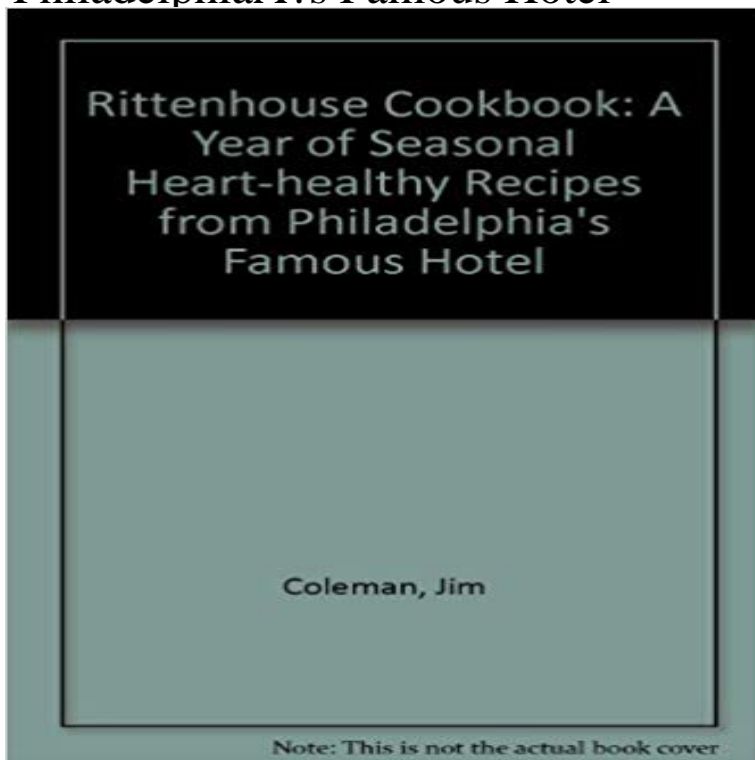


# Rittenhouse Cookbook: A Year of Seasonal Heart-Healthy Recipes from Philadelphia's Famous Hotel



Not long ago, gourmet cuisine & heart-healthy eating were rarely mentioned in the same sentence. Now all of that is changing, thanks in large part to innovative chefs like Jim Coleman, who is working luscious, low-fat wonders at Philadelphia's Rittenhouse Hotel. The recipes in this elegant cookbook are cleverly updated classics, with all the flavor & very little fat, sodium, or cholesterol. Organized by season, these surprisingly easy-to-prepare dishes allow you to make use of the freshest available ingredients. All recipes have complete nutritional analysis & helpful notes on tailoring them to your specific dietary needs. A bonus chapter by dietitian/chef Marilyn Cerino highlights healthy eating strategies for every day. Color photos.

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