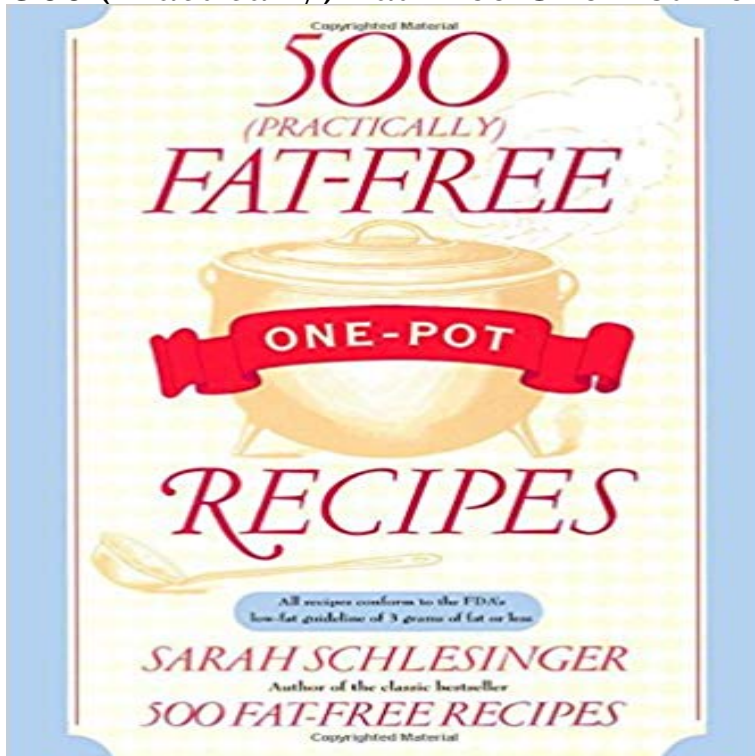


500 (Practically) Fat-Free One-Pot Recipes



In her previous books, Sarah Schlesinger took the fat out of breakfasts, appetizers, soups, main courses, and desserts, with delicious results. Now, in *500 (Practically) Fat-Free One-Pot Recipes*, she has streamlined the cooking process and delivered nutritious, affordable, mouth-watering meals with minimal cleanup. Not only do these recipes all meet the FDA definition of low fat, with three grams of fat or less per serving, but they are also freezable, reheatable, easy-to-prepare meals for the entire family. Sarah Schlesinger may have cut back on the fat and the pots, but she's kept the flavor with innovative ingredients from around the world--gingerroot, garam masala, curry, hoisin sauce, cumin, salsas, and vinegars. Among the richly flavored dishes are Salmon Chowder, Turkey Tenderloins with Vegetables in Rosemary-Wine Sauce, African Vegetable Stew, Lemon-Dilled Eggplant and Summer Squash, Potato-Tomato-Crab Curry, Curried Chicken with Apple and Mush-rooms, and Black Bean Chili with Cornbread Crust. With practically zero fat, one pot, and five hundred recipes, you can prepare a healthful, delectable meal every day of the week.

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