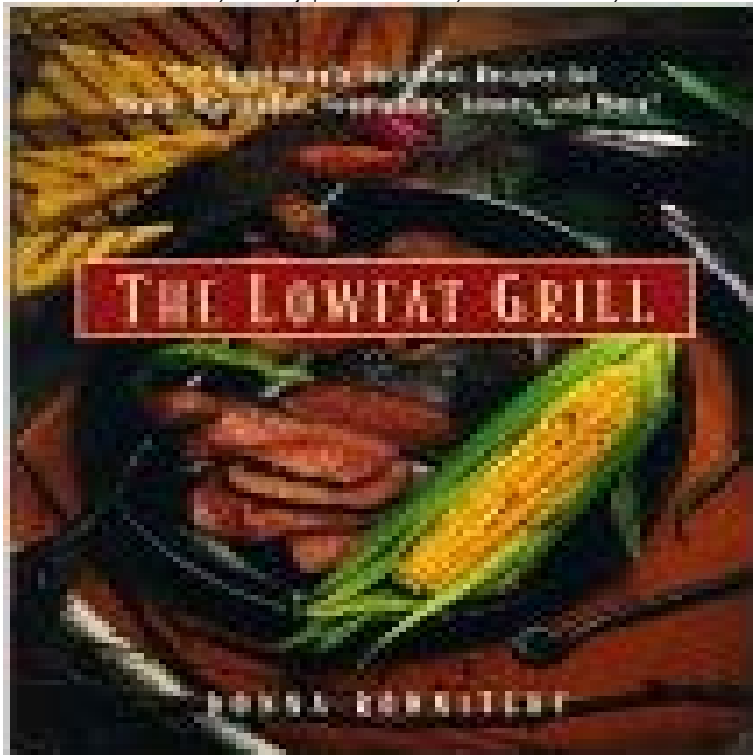


## The Lowfat Grill: 175 Surprisingly Succulent Recipes for Meats, Marinades, Vegetables, Sauces, and More



Though what's usually put to the flame can be sinfully fattening, it doesn't have to be! The Lowfat Grill shows you how to choose leaner cuts of meat, exchange heavy sauces for light and savory complements, explore appetizing options such as polenta, and use professional techniques to enjoy that distinctive smoky flavor in much more healthful ways. Inside you'll find almost 200 mouthwatering ideas for juicy, delicious grilled foods and exceptional accompaniments, including: Southwestern Steak with Gazpacho Salsa Mustard Marinated Tenderloin of Beef Grilled Polenta Tarragon Chicken with Mushroom Sauce Lamb Shish Kebabs Pork Tenderloin with Tangy Applesauce Peach Glazed Shrimp Kebabs Grilled Bananas Chicken Breasts in Mango Vinaigrette Pasta with Grilled Seafood, Eggplant, and Red Pepper Sauce Cranberry Chutney Cookouts are a great way to spend time with friends and family. So get out the apron, marinade, and mesquite but this time, serve lighter, more delicious favorites everyone can feel good about! About the Author Donna Rodnitzky is a caterer and the author of 101 Great Lowfat Desserts and The Complete Indoor/Outdoor Grill (both from Prima).

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