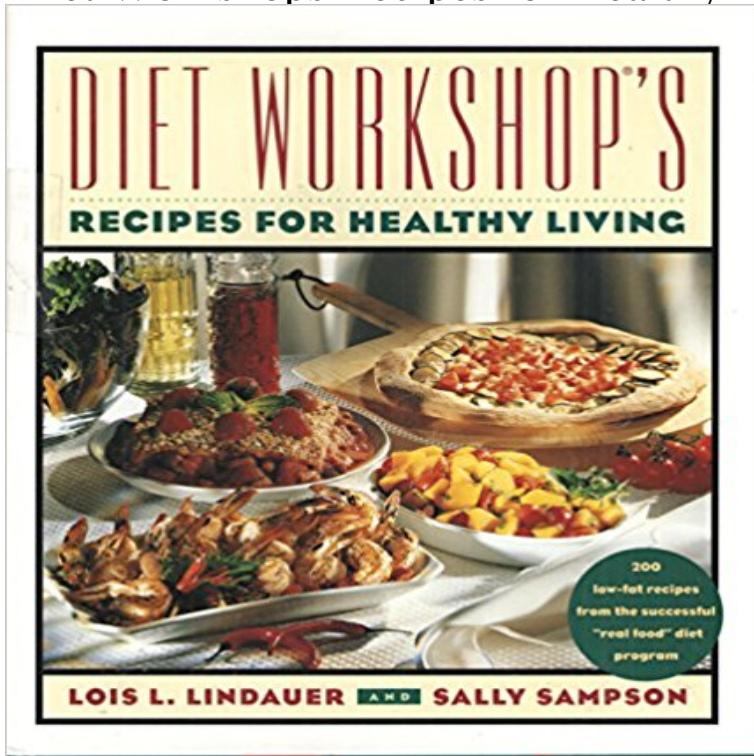


Diet Workshops Recipes for Healthy Living



A collection of two hundred low-fat recipes combines healthy eating with creativity and features such easy-to-prepare dishes as Citrus Salmon with Ginger, Whole Roasted Five Spice Chicken, and Linguini with Spinach and Garlic.

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