

EATING WELL

Secrets of *[for great healthy food]* Low-Fat Cooking

- 100 - TECHNIQUES

ROASTING, GRILLING, BROILING,
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& Soak Rule, Cook the
Mugs, Fat-Reducing, and
Fruit Pies, Candy, Breads
for Chocolate, Tarts, Soups,
60 Tips for Losing Fat, Not Flavor.



- 200 - EASY RECIPES

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Crispy Chicken, Scallops,
Fries, Delicious Pasta &
Pies, Tender Biscuits,
Hot Sauces from the
Chef, Deep-Fry Cakes & Cookies.



from The Magazine of Food & Health

Secrets Of Low Fat Cooking 100 Techniques And 200 Recipes For Great Healthy Food

Chao Zhang



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