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## Low Fat Vegetarian: 180 Delicious Recipes for Healthy Soups, Salads, Main Courses and Desserts, Shown in Over 750 Photographs

By Anne Sheasby

Anness Publishing. Mixed media product. Book Condition: new. BRAND NEW, Low Fat Vegetarian: 180 Delicious Recipes for Healthy Soups, Salads, Main Courses and Desserts, Shown in Over 750 Photographs, Anne Sheasby, This title features 180 delicious recipes for healthy soups, salads, main courses and desserts, shown in over 750 photographs. It features tempting soups, appetizers, snacks, salads, main courses, accompaniments and surprisingly delicious desserts and bakes. It includes virtually fat-free versions of classics such as vegetarian moussaka, pizza, frittata, curries and stews, as well as enticing new ideas such as Spiced Mango Soup with Yogurt; Garlicky Green Salad with Raspberry Vinaigrette; Leek, Squash and Tomato Gratin; Tofu and Vegetable Thai Curry; and Summer Berry Crepes. It offers expert advice on healthy eating with guidelines for cutting out the fat while retaining all the taste, with low-fat and no-fat cooking techniques and tips throughout. Packed with a fantastic range of delicious yet healthy vegetarian recipes, this essential cookbook is perfect for today's health-conscious lifestyles. There are over 180 recipes for soups, appetizers and snacks, side dishes, salads, light lunches and main courses, as well as enticing low-fat or no-fat breads, cakes and desserts. Dishes include Vegetable Kebabs with Mustard and Honey, Fresh...



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