



Low-Fat, High-Flavor Cookbook (Today's Gourmet)

Leisure Arts, Oxmoor House

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One of the most common beliefs among consumers concerning low-fat food is that it has no flavor. Low Fat, High Flavor shows them that certain low-fat foods and seasonings are the keys to replacing flavor lost when fat is reduced. The book centers on key ingredients that make low-fat food taste good--flavored vinegar, infused oils, herbs, spices and more. Photos.

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