

Down-Home Wholesome: 300 Low-Fat Recipes from a New Soul Kitchen

Danella Carter

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Down-Home Wholesome: 300 Low-Fat Recipes from a New Soul Kitchen Danella Carter A stylish cookbook trims the fat, sugar, and salt from traditional soul food, using low-fat foods to create more than three hundred appealing dishes, such as Country Chicken with Cornmeal Waffles, A Mess o' Greens, and more.



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