



Taste of Home Low-Fat Country Cooking

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Taste of Home Low-Fat Country Cooking

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Prepare homestyle, healthy meals without sacrificing the "down-home" taste! "Low-Fat Country Cooking" has all the satisfying recipes, low in fat but with old-fashioned country flavor. All of the 455 recipes are certified as low fat by a registered dietitian and show their nutritional "scorecard" of calories, total fat, cholesterol, protein, sodium, and carbohydrates. Full-color photos.

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