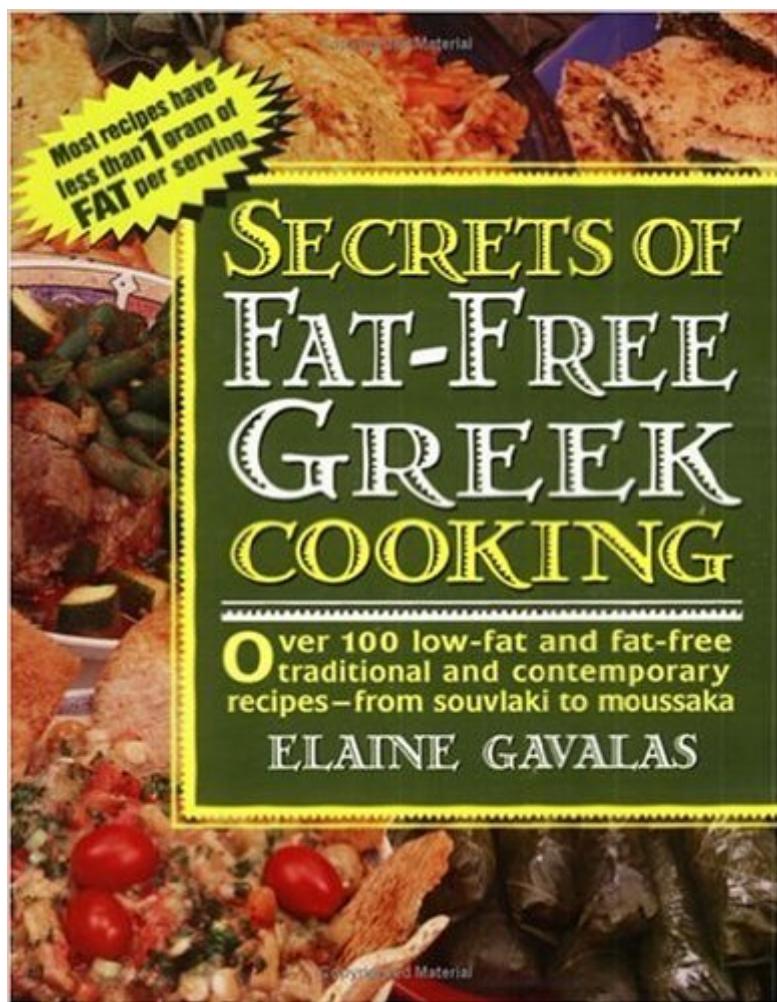


The book was found

Secrets Of Fat-free Greek Cooking: Over 100 Low-fat And Fat-free Traditional And Contemporary Recipes (Secrets Of Fat-free Cooking)



Synopsis

Discover the world's healthiest and most delicious diet with Secret's of Fat-Free Greek Cooking. Naturally delicious, traditional Greek cooking uses simple, wholesome ingredients and is the perfect antidote to the typical high-calorie, processed foods diet. Now you can learn how to make mouth-watering traditional Greek delights, using the latest cooking products and techniques, for your eating pleasure. Includes complete nutritional analysis for each recipe and a glossary of commonly used ingredients. Using Secret's of Fat-Free Greek Cooking as a companion book to The Yoga Minibook for Weight Loss can help you achieve and maintain your desired weight goals, make your best food choices, and enjoy a lifetime of delicious, healthful eating and good health. Secrets of Fat-Free Greek Cooking was featured on PBS nationally with the television program, "The Greek Americans". Whether you are cooking for a holiday get-together, your family or yourself, you'll find Secrets of Fat-Free Greek Cooking a treasure trove of timeless Greek classics and contemporary favorites. The gods would approve.

Book Information

Series: Secrets of Fat-free Cooking

Paperback: 176 pages

Publisher: Avery (October 1, 1998)

Language: English

ISBN-10: 0895298627

ISBN-13: 978-0895298621

Product Dimensions: 7.6 x 0.6 x 9.3 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 starsÂ See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #502,369 in Books (See Top 100 in Books) #45 inÂ Books > Cookbooks, Food & Wine > Regional & International > European > Greek #260 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #326 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters

Customer Reviews

This book is really quite interesting, very thorough, and the recipes truly are as about fat-free as you can get. Interestingly enough, a lot of them are also low carb as well. Very informative about Greek culture and customs as well. My only wish is that there were more recipes although there is enough presented to keep one busy for quite some time. I highly recommend this book. The author certainly

knows how to invite strangers into her life (and to her table.) This books is exactly what it states it is and is truly a keeper.

The lamb dishes are OK, but most of everything else does not have the authentic Greek flavor. Does not taste very good after having had the real stuff.

I find some of the ingredients difficult to find in local stores and I am rather disabled. I cannot even shop much.

Everyone thinks that Greek cooking has to have loads of fat in it to taste good. This cookbook shows that belief to be wrong. You can prepare the recipes in this book without any guilt involved. Not only that, but the recipes are so easy to follow that even a non-Greek can cook like a pro. Opa!

[Download to continue reading...](#)

Secrets of Fat-free Greek Cooking: Over 100 Low-fat and Fat-free Traditional and Contemporary Recipes (Secrets of Fat-free Cooking) Low salt. Low salt cooking. Low salt recipes.: Saltless: Fresh, Fast, Easy. (Saltless: NEW fresh, fast, easy low salt, low sodium cookbook) (Volume 2) Greek Cuisine Cookbook: 50 Easy and Delicious Greek Recipes (Greek Recipes, Mediterranean Recipes, Greek Food, Quick & Easy) Low Carb Dump Meals: 25 Easy, Delicious and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb!: (low carbohydrate, high protein, low ... Ketogenic Diet to Overcome Belly Fat) Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Vegan Thanksgiving Dinner: 25 Full Of Taste Thanksgiving Vegan Recipes.: (Thanksgiving, USA Holidays, Vegan, Vegetarian, Salads, Low-fat Vegan ... low fat high carb recipes) (Volume 2) Low Carb: The Low Carb Dessert BIBLEÃ¢Â© with over 200+ Decadent Recipes (The Ultimate Low Carb Dessert CookBook for Rapid Weight Loss) Stir Fry Cooking: Over 40 Wheat Free, Heart Healthy, Quick & Easy, Low Cholesterol, Whole Foods Stur Fry Recipes, Antioxidants & Phytochemicals: ... & Easy-Low Cholesterol) (Volume 45) Smoothies for Diabetics: Over 100 Quick & Easy Gluten Free Low Cholesterol Whole Foods Blender Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100) Weight Loss Stir-Frying: 48 Low Carb, Low Fat Recipes for Quick and Easy Wok and Cast Iron Cooking (Wok & Stir-Frying) Cooking for the Specific Carbohydrate Diet: Over 100 Easy, Healthy, and Delicious Recipes that are Sugar-Free, Gluten-Free, and Grain-Free Forever Fat Loss: Escape the Low Calorie and Low Carb Diet Traps

and Achieve Effortless and Permanent Fat Loss by Working with Your Biology Instead of Against It
Low Carb Aroma Rice Cooker: 50 Easy, Low Carb and Paleo Recipes with Your Rice Cooker for Busy People (Low Carb Meals & Rice Cooker) Homemade Sweet and Savory Pies: Traditional Recipes Plus Low Carb, Ketogenic, Paleo, Vegetarian Pies and All You Need to Know about Baking (Low Carb Desserts & Homemade Pies) Rice Cooker Recipes - Asian Cooking - Quick & Easy Stir Fry - Low Sugar - Low Sodium: Bonus: Trader Joe's Ingredients Asian Style Recipes (Rice Rice ... - Healthy Eating On a Budget) Greek Mythology: Greek Gods of Ancient Greece and Other Greek Myths Greek for the Rest of Us: Using Greek Tools without Mastering Biblical Greek Easy Low Carb Slow Cooking: A Prep-and-Go Low Carb Cookbook for Ketogenic, Paleo, & High-Fat Diets Rice Cooker Recipes - A Low Carb Cookbook - Low Sugar & 100% Refined Sugar Free - Gluten Free & Diabetic Friendly (Rice Rice Baby - Rice Cooker Cookbook) (Volume 2) Eating for IBS: 175 Delicious, Nutritious, Low-Fat, Low-Residue Recipes to Stabilize the Touchiest Tummy

[Dmca](#)