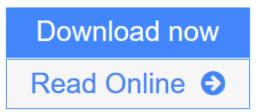


Low-Fat Ways to Cook Chicken



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Low-Fat Ways to Cook Chicken

Low-Fat Ways to Cook Chicken

Each of these 150 low-fat chicken recipes has been kitchen tested and meets the American Heart Association requirement, getting 30% or less of its calories from fat. Includes make-ahead ideas, tips for meals in 30-minutes or less, and over 40 beautiful color photos. Sprial bound, lies flat for easy use.

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