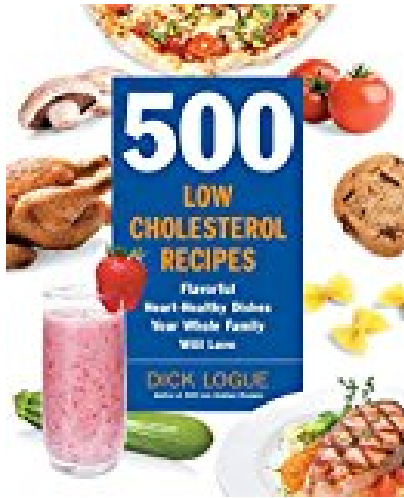


# 500 Low-Cholesterol Recipes Flavorful Heart-Healthy Dishes Your Whole Family Will Love

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## BOOK DETAILS

- Author : Dick Logue
- Pages : 512 Pages
- Publisher : Fair Winds Press
- Language : English
- ISBN : 1592333966

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## **BOOK SYNOPSIS**

A low-cholesterol cookbook that offers practically the full spectrum of flavors for the tastebuds! 500 Low-Cholesterol Recipes proves that cutting cholesterol doesn't mean cutting taste or variety—or spending hours in the kitchen on complicated recipes. Packed with everything from savory stews to sweet treats, you'll find low-cholesterol versions of all the foods you thought you had to give up, like mouthwatering burgers, fluffy omelets, and creamy desserts. You'll also find a wide array of international cuisines, from Cajun and Mexican to Italian and Asian. Make staying on the low-cholesterol course easy—and delicious!—with 500 Low-Cholesterol Recipes.

### **500 LOW-CHOLESTEROL RECIPES FLAVORFUL HEART-HEALTHY DISHES**

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