



Lowfat Cooking in the Cultural Blur of California

Joan E. Dedy

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The cookbook follows the paradigms of the current age by presenting healthy food combining ingredients of many cultures. It is based on California cuisine. The recipes contain no red meat, are low in fat and consist of fresh ingredients. Most of the recipes can be prepared in less than 1 hour, with the majority requiring 30 minutes. Each recipe has the nutritional content of each serving. The author has recommended certain combinations of her recipes that compliment each other. The cookbook is illustrated throughout with line drawings made especially for the book. The drawings bring the recipe pages to life and contribute to the book's warmth.

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