



Jeanne Marie Martin's Light Cuisine: Seafood, Poultry & Egg Recipes for Healthy Living

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More and more North Americans have been moving away from a meat-centred diet, for health, ideological, environmental and/or economic reasons. This latest book by Jeanne Marie Martin, an internationally known natural food writer, is a complete guide to the new lifestyle.

There are more than 120 recipes for mouth-watering and guilt-free appetizers, soups, salads, entrees and more - all of them free of refined foods and artificial additives, many of them dairy- and wheat-free. The book includes a guide to reducing red meat in the diet, food combining tips, and helpful pointers on selecting and storing poultry and seafood. And there are some great surprises: why the much-maligned egg is really one of nature's perfect health foods, how to make Chicken Kiev without any red meat-and yes, you can serve a delicious, low-fat tempura at your next dinner party!

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