

Dean Ornish, M.D.



150 Easy, Low-Fat, High-Flavor Recipes



"This is the most useful,
accessible and inspirational
cookbook yet. Dr. Ornish
is a pioneer."
—*New York Times*
Book Review

Everyday Cooking with Dr. Dean Ornish

NATIONAL BESTSELLER

Resumo de Everyday Cooking with Dr. Dean Ornish: 150 Easy, Low-Fat, High-Flavor Recipes

Renowned cardiac researcher and bestselling author Dean Ornish, M.D., has inspired millions of people to choose a healthier lifestyle and a low-fat diet. But low-fat cooking can be time-consuming and hard to fit into a busy schedule, so Dr.

Ornish has found 150 wonderful ways to make it fast, delicious and fun. Everyday Cooking with Dean Ornish includes 150 easy and extraordinary recipes that are extremely low in fat and cholesterol -- and high in flavor.

You'll find slimmed-down versions of comfort foods that are delicious and nutritious, from French Toast and Hashed Browns to enchiladas and lasagna, from Creamy Corn Soup and Spicy Arkansas Chili to Southwest Pizza and Carrot Cake with Cream Cheese Frosting.

The recipes are quick to prepare, the ingredients are familiar and inexpensive and there are hundreds of smart time-saving tips on cooking, shopping and serving. Now you no longer have to choose between good food and good health.

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