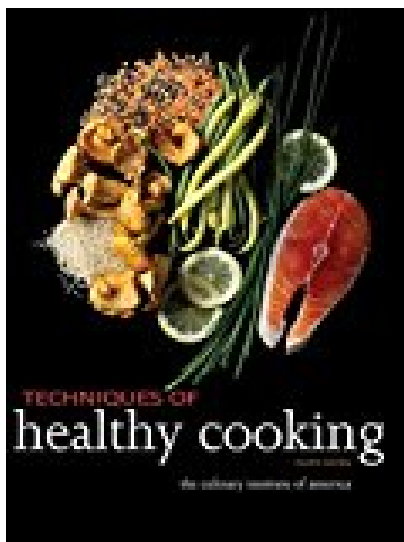


Techniques of Healthy Cooking



BOOK DETAILS

- Author : The Culinary Institute of America (CIA)
- Pages : 576 Pages
- Publisher : Wiley
- Language : English
- ISBN : 0470635436

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BOOK SYNOPSIS

Combining good nutrition and great flavors, the Culinary Institute of America offers readers its up-to-date guide to healthy eating, featuring two hundred full-color photographs, nutritional requirements and dietary guidelines, healthful cooking techniques, and more than four hundred recipes from Mediterranean, Asian, and vegetarian cuisines.

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