



Low Carb 1-2-3: The Low-Calorie, Low-Carbohydrate Cookbook

Rozanne Gold, Helen Kimmel

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As a professional chef for 25 years, Rozanne Gold is a big believer in using only the best and freshest ingredients—and treating them simply to achieve fabulously flavorful results. That's what her award-winning "1-2-3" series of three-ingredient cookbooks are all about. Now Gold works her 1-2-3 magic on low-carb cooking, creating an invaluable collection of amazingly simple and satisfying recipes that meet the guidelines of all the low-carb and good-carb plans out there today, including Atkins, South Beach, Sugar Busters, and Glycemic Index diets.

What's more, every recipe is also low in calories and saturated fat, so the dishes are easy to incorporate into any weight-loss program and are great for anyone who just wants to eat healthy.

Here are 225 delightfully easy and delicious recipes that sound (and taste) more complicated than just three ingredients—from fortifying breakfasts like Baked Eggs Ranchero, to fabulous party food like Wasabi-Stuffed Shrimp, to savory main dishes like Chicken Rollatini with Salami and Roasted Peppers, to luscious desserts like Frozen Hot Chocolate.

Each recipe is placed in one of three basic categories, from very low carb to indulgent low carb, and the "Carbs That Count" feature gives readers a quick tally of actual carbs consumed. Additional features include tips for stocking the 1-2-3 kitchen, a selection of 50 low-carb snacks, a collection of 50 low-carb menus, and a reference list ranking carb-smart (and not-so-smart) foods.

Whether you're looking for recipes to help you stick to a low-carb diet or just want to improve the quality of your family meals, you will be delighted to discover that satisfying, low-carb meals are as easy as 1-2-3.

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William Marsh:

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