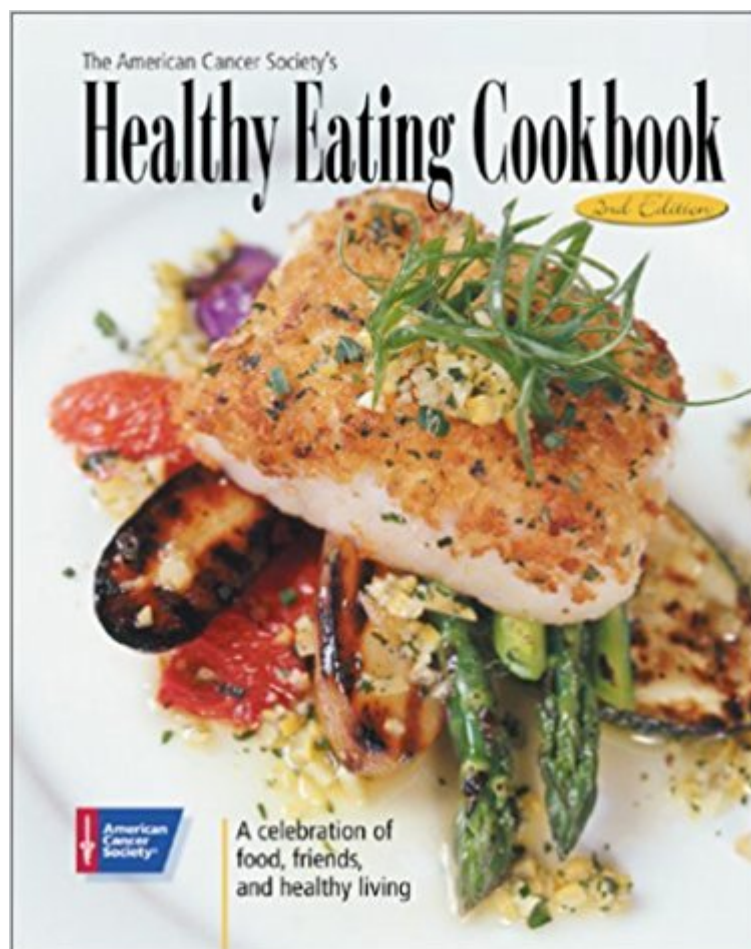




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The American Cancer Society's Healthy Eating Cookbook: A Celebration Of Food, Friends, And Healthy Living



Synopsis

The American Cancer Society's Healthy Eating Cookbook: A Celebration of Food, Friends, and Healthy Living

Book Information

Hardcover: 272 pages

Publisher: American Cancer Society; 2nd edition (August 2001)

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Shipping Weight: 2.5 pounds

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #1,409,379 in Books (See Top 100 in Books) #91 in [Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention](#) #185 in [Books > Cookbooks, Food & Wine > Special Diet > Cancer](#)

Customer Reviews

This new second edition contains 50 new recipes in addition to all the favorites you loved in the original edition! Aspiring chefs and amateur cooks alike will discover more than 250 pages of simple and delicious recipes that will turn healthy eating into a celebration of good food. This new edition provides you and your family with the perfect tools for creating a delectable menu that is as tasty as it is healthy.

Now in a newly updated and expanded third edition, The American Cancer Society's Healthy Eating Cookbook is packed from cover to cover with more than 300 simple, nutritious, delicious, "kitchen cook friendly" recipes that reflect the latest research and recommendations for healthy eating and healthy living. Some of the dishes are from friends and celebrities in the worlds of entertainment, sports, and business. From appetizers like Ginge3r Steak Rumaki; to soups like Mock Sour Cream; to salads including Vivica Fox's Perfect Caesar Salad; to poultry dishes like Herb-Baked Chicken; to seafood entrees such as Ed Begley Jr.'s New Orleans Catfish; to pastas like Creamy Fettucini with Sun-Dried Tomatoes; to vegetarian dishes like Chinese Meatless Balls; to chili's and stews like Robert Hook's Hot Hollywood Chili; to salsas including Pineapple, Peach, and Jalapeno Salsa; to side dishes featuring Turkish Tomatoes and Rice; to magnificent desserts like Creamy Chocolate

Cheesecake, The American Cancer Society's Healthy Eating Cookbook is a compendium of fine dining recipes that will satisfy any appetite and please any palate. Enhanced with "Simple Tips in the Kitchen", budget and "best buy" shopping tips, healthy eating ideas, even quick tricks for judging portion sizes, The American Cancer Society's Healthy Eating Cookbook is an important, popular, and enthusiastically recommended addition to any personal or community library's kitchen cook collection!

Product is as described. We will use it a lot. In fact, I made breakfast out of it this morning. Thank you

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