



100 Low Fat Chicken & Turkey Recipes: The Complete Book of Food Counts Cookbook Series

Corinne T. Netzer

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One of six titles in Corinne T. Netzer's new *The Complete Book of Food Counts Cookbook Series*, *100 Low Fat Chicken and Turkey Recipes* takes its inspiration from Corinne Netzer's biggest bestseller, *The Complete Book of Food Counts*, by featuring healthy and delicious recipes complete with full nutritional breakdowns on calories, fat, sodium, cholesterol, protein, and carbohydrates. Enjoy Braised Chicken Breast with Grapes and Olives over Rice--only 290 calories and three grams of fat! From stocks, stuffings and sauces to the glorious birds themselves--this book has it all, and it's all good for you too! So if you want to eat well for both body and soul, get the cookbook that "counts."

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