



Art of Nutritional Cooking, The

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Description

Completely updated in a new edition. this unique book combines the experience of a professional chef with the expertise of a registered dietitian, offering readers a valuable guidebook/resource tool for preparing healthy food. The science of nutrition and the art of cooking are fully integrated to illustrate the infinite possibilities of healthy cooking that achieves quality in all areas of taste and customer satisfaction. A refreshing emphasis is placed on the taste, and composition of nutritionally prepared foods.

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