



Cooking Light Way to Cook: The Complete Visual Guide to Everyday Cooking

Editors of Cooking Light Magazine

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The *Cooking Light Way to Cook* celebrates the philosophy that all foods have a place in a healthful diet. The keys are moderation and balance, and this highly visual book shows you how to prepare those foods and enjoy them judiciously. It's filled with over 850 photos that show you how to prepare the more than 200 recipes that appear in these pages, as well as hundreds of cooking tips that give an insider's peek into our way to cook great food.

Look and learn your way through our healthy eating principles. One of these is utilizing the flavors of the world's cuisines to enhance recipes. These concentrated sauces and robust herbs and spices offer ways to add flavor with little or no fat. Another is embellishing convenience products by adding fresh herbs or a sprinkling of freshly grated cheese. You reap the benefits of time-saving ingredients but can still enjoy the spark of flavor that fresh ingredients bring to a dish.

These are just some of the hundreds of tips and techniques that you can use to get started cooking healthfully right now. From making the best marinara sauce to scrambling the perfect egg-it's all here in one stunning collection. In the *Cooking Light Way to Cook*, learning to cook healthfully is as simple as turning the page.

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