



Low-Fat Ways to Cook Fish & Shellfish

Leisure Arts, Susan M. McIntosh, Oxmoor House

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Recognized as a staple in any weight-loss diet, fish and shellfish take on new flavors in these carefully chosen recipes. This cookbook includes preparation and cooking techniques for lobsters, crab claws, and clams. With make-ahead ideas, substitution charts, and other reader-friendly information, successful dishes are super-easy. 50 color photos.

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