



Secrets of Fat-free Indian Cooking: Over 150 Low-fat and Fat-free Traditional Recipes

Priya Kulkarni, Anita Ranade

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Health experts agree that reducing the amount of fat in the diet is a sure way to better health and longer life. Health-conscious diners can now enjoy such fat-free East Indian delights as Mulligatawny Soup, Tandoori Masala, Lamb Curry, Barbecued Shrimp, Sweet Saffron Rice, and more. 12 color photos. 30 b&w illustrations.

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