



Low-Fat-Low Calorie Quick & Easy Cookbook (Cooking Light)

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You can't go wrong with this book. Every recipe is easy to follow and tastes great. We haven't made 1 thing in the past 4 months that we did not enjoy and we cook from these cookbooks everyday. I had several other cookbooks where I had written on pages "YUCK!" or "NO GOOD" when I've tried a recipe and didn't like it. Not one of the Cooking Light recipes have I done this to. I've since thrown away all the cookbooks I had that are not Cooking Light.

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