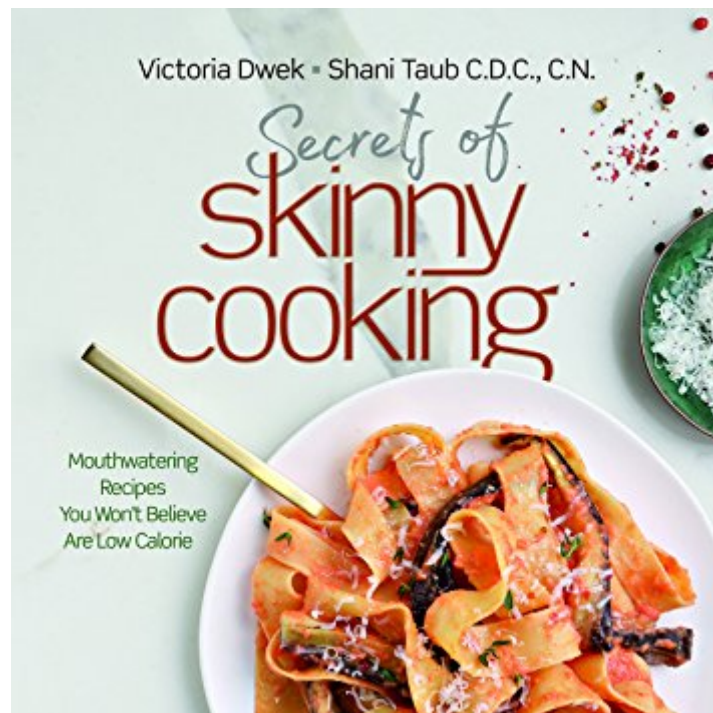




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Secrets Of Skinny Cooking: Mouthwatering Recipes You Won't Believe Are Low Calorie



Customer Reviews

This is an excellent cookbook. The recipes have proven to be yummy and the photos are beautiful.

I own many cookbooks but this one is a lot of fun!! Healthy and clear recipes and pictures. Can't wait to try them!

I was super excited to receive this cookbook. Dieting is tough and finding new variations of diff healthy choices is even harder.I've been able to incorporate so many new and amazing recipes into my diet. The choices are plentiful and whatever I already tried was truly delicious!! love the nutrition facts and tips included. This way theres no questioning the healthiness of a dish.

I love this Cookbook. Great all around.

I had pre-ordered Victoria Dwek's new cookbook because I saw her give a demo months before. I was very impressed with her and the two recipes she made--which are in the book.One day I saw the cookbook in a bookstore I had to buy it then--instead of waiting for my pre-order. Why? The ingredient combinations are refreshingly new, ingeniously simple and a welcome change to my repertoire that had remained the same for a decade or so. I'm recreating my go-to recipes from this book. If you buy it, you will too!Update: 7/19/2017The Alfredo sauce w/spaghetti squash using cauliflower was better than the real sauce with cream and pasta. It was out of this world! Definitely a keeper forever!! loved the baked French fried eggplant strips instead of French fried potatoes. The nacho chips were A+.Enjoying these scrumptious healthy recipes really makes unhealthy food very unappealing to me. I don't have a weight problem at all--I'm just looking for recipes with healthy ingredients. This cookbook is fantastic.

The secrets are out! Attention all cooks: if you want to know how to cook healthy this book will show you. My wife absolutely loves it. The food tastes great and it's good for you. We all love good tasting food but I've always wondered why does the best tasting food always have to come with the most calories. It's always bothered me. BUT now I don't have to ask the question as much. THis book takes care of that problem (except ice cream and chocolate). My personal recommendation is Janel's Moroccan style fish! I highly recommend. You won't be disappointed. And to all the cooks, you don't even have to tell your "customers" it's skinny cooking. They won't even know.

I was excited about this book for a number of reasons. First, I have a somewhat embarrassing cookbook addiction and am always thrilled when I hear that a new Kosher cookbook is coming out (I've actually been known to stalk upcoming cookbooks on social media, as pathetic as that may sound). Second, while I can't claim to be a real stickler about nutrition, I do prefer to eat healthily and to encourage good eating habits for my family. I've been disappointed in some of the previous calorie-conscious Kosher cookbooks out there but knew I could expect something wonderful from Victoria, having loved her other cookbooks (the Made Easy and Secret Restaurant Recipes series). Now that I have it, this cookbook has been a joy. I love the various tips it provides, such as salad dressing ideas (I've always made my own dressings and it's great to have some new ideas). The chicken "lo mein" was delicious, as was the Spanish rice. My family absolutely loved the stuffed baked potatoes with broccoli (Greek yogurt is substituted for sour cream, significantly reducing calories and fat but not taste). I must confess to occasionally cheating by using more cheese than is called for and such (like I said, I'm not a real stickler) but I still feel somewhat virtuous preparing these recipes and enjoying them fully. Highly recommended -- I hope you enjoy this cookbook as I do.

When I found out about this cookbook I couldn't be happier. All the recipes in this cookbook are low calorie and delicious! I've made plenty of the dishes and they haven't failed me. I definitely recommend this

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