



More So Fat, Low Fat, No Fat For Family and Friends: Recipes for Family and Friends That Cut the Fat but Not the Flavor

Betty Rohde

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200 more tempting recipes from the author of *So Fat, Low Fat, No Fat* that taste so good you'll never believe they're good for you!

Betty Rohde's first book, *So Fat, Low Fat, No Fat*, introduced the world to her delicious down-home low-fat food. In this new collection of sensible and savory dishes, you'll find recipes designed to please the palate and safeguard the waistlines of people who enjoy a well-stocked table without a lot of fuss in the kitchen. Now you can enjoy:

- Ham Swirls
- Sweet Potato Chips
- Oklahoma Lazy-Daze Tex-Mex Casserole
- Bayou Magic Chicken
- Sausage and Grits for Breakfast
- Old-Fashioned Banana Pudding
- Spaghetti Pizza
- Krispy Chicken

Betty shares her tips for cutting fat and spicing up your diet, as well as menu suggestions for a Christmas morning party, a New Year's buffet, sit-down dinners, informal brunches, and more. *More So Fat, Low Fat, No Fat* makes having company, whether the occasion is casual or formal, a cause for celebration.

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