



Good Morning America Cut the Calories Cookbook: 120 Delicious Low-Fat, Low-Calorie Recipes from Our Viewers

Jean Anderson, Sara Moulton

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This past spring, Good Morning America ran a recipe contest that generated overwhelming response and publicity over 1,100 viewers submitted recipes. As a result of this hugely enthusiastic response to the contest, a delectable and healthy cookbook has emerged. Sara Moulton, who is also the star of her own Food Network cooking shows, has chosen 120 of the best low-fat recipes all submitted by viewers, as well as including some of her own fantastic recipes along with some savory dishes from Emeril Lagasse. Readers won't believe how good low-fat, low-cal cooking can taste!

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David Unruh:

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