



500 Low-Cholesterol Recipes: Flavorful Heart-Healthy Dishes Your Whole Family Will Love

Dick Logue

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A low-cholesterol cookbook that offers practically the full spectrum of flavors for the tastebuds! *500 Low-Cholesterol Recipes* proves that cutting cholesterol doesn't mean cutting taste or variety—or spending hours in the kitchen on complicated recipes. Packed with everything from savory stews to sweet treats, you'll find low-cholesterol versions of all the foods you thought you had to give up, like mouthwatering burgers, fluffy omelets, and creamy desserts. You'll also find a wide array of international cuisines, from Cajun and Mexican to Italian and Asian. Make staying on the low-cholesterol course easy—and delicious!—with *500 Low-Cholesterol Recipes*.

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