



The Joy of Healthy Grilling

Joe Famularo, Joseph J. Famularo

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Joe Famularo demonstrates that all the great flavors that come with grilling no longer mean high-fat cooking. He offers basic rules for healthful cooking and eating, including using leaner cuts of meat, cooking with less added fat, using less salt and sugar, and planning meals with less meat and more fish and vegetables. 57 full-color photos. .

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