



The No-salt Cookbook: Reduce or Eliminate Salt without Sacrificing Flavour

By David C. Anderson, Thomas D. Anderson

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, The No-salt Cookbook: Reduce or Eliminate Salt without Sacrificing Flavour, David C. Anderson, Thomas D. Anderson, If you suffer from high blood pressure, Meniere's Syndrome, or are simply looking to eat more healthily, The No-Salt Cookbook provides low-salt recipes that are quick, easy, and taste great. As anyone on a low-sodium diet knows, it is difficult to prepare flavorful food without salt. Authors David C. Anderson and Thomas D. Anderson help you tackle this no salt/no flavor dilemma with gusto. Providing more than 200 tasty salt-free recipes-in addition to salt-free shopping tips, information on counting milligrams, and no-salt cooking essentials-this combination cookbook/health book will help you lead a more healthy, active lifestyle without radically changing your diet. From breakfast to appetizers, entrees, and desserts, learn to prepare such wonderful dishes as: Cinnamon Raisin Bread Cold Cucumber Soup Salmon in Basil Butter Sauce White Wine Braised Chicken Veal Scaloppine The Best Brownies And much more! With The No-Salt Cookbook, you can truly enjoy eating without asking the person next to you to "please pass the salt.".

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