



A Trim & Terrific Louisiana Kitchen: Southern Favorites

Holly Berkowitz Clegg

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Now you can enjoy all your favorite foods without guilt. The book contains easy, everyday recipes that can be prepared in about 30 minutes. Nutritional analysis is included for all 375 recipes. The cookbook also features a wonderful pasta section and great menu ideas. Holly is a frequent guest on NBC's Weekend Today Show and has been featured in Cooking Light Magazine.



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