



# Low Carb 1-2-3: 225 Simply Great 3-Ingredient Recipes

*Rozanne Gold, Helen Kimmel*

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Low-carb cooking has never been this easy-or delicious!

Now 1-2-3 cooking goes low-carb, and the results are simply fabulous! Here readers learn how to create dishes that are not only low-carb but low in calories and saturated fat-from Pan-Seared Tuna Niçoise, Baked Eggs Splendido, and Wasabi-Stuffed Shrimp to Fresh Cherry Compote with Chocolate Drizzle-each using only three ingredients!

In Low Carb 1-2-3 - by Rozanne Gold, with Helen Kimmel, M.S., R.D. - readers will discover:

- o Recipes that fit effortlessly into any low-carb or good-carb diet, including South Beach, Atkins, and Sugar Busters
  - o 225 great-tasting dishes created by an award-winning chef
  - o A focus on healthy eating with recipes that promote good fats and carbs; shun trans-fats; use whole, unprocessed, fresh ingredients; and eliminate white flour and sugar
  - o An accurate carb count for each recipe, lists of low-glycemic index foods, and 100 menu plans
- Perfect for today's busy lifestyles, these recipes make it easy for anyone to eat more healthfully every day.

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