



99% Fat-Free Meals In Under 30 Minutes (99% Fat-free Series)

Barry Bluestein, Kevin Morrissey

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The bestselling authors of two previous "99% Fat-Free" cookbooks now provide complete quick-to-fix menus for every occasion.

With the overwhelming success of their first two books, *The 99% Fat-Free Cookbook* and *99% Fat-Free Appetizers and Desserts*, Barry Bluestein and Kevin Morrissey have proved to America that they know how to make virtually fat-free dining both sophisticated and delicious. With *99% Fat-Free Meals in 30 Minutes*, they prove that it can also be done quickly.

Although we now understand the need to adopt healthful eating habits, actually doing it on a daily basis has proved somewhat more difficult. There's been an ongoing--and as Barry Bluestein and Kevin Morrissey now prove, mistaken--perception that healthful eating is just too time-consuming and complicated. But with this book, Bluestein and Morrissey have made it adaptable to even the busiest schedule.

With forty complete menus for everything from a hearty meal like Chicken Scaloppine with Polenta and White Bean Garlic Salad to a light supper of White Gazpacho and Turkey Caesar Salad, along with a cornucopia of 99% fat-free desserts to mix and match, *99% Fat-Free Meals in 30 Minutes* covers every dining occasion--from formal entertaining to family dinners to lunches and light meals.

A "99% Fat-Free Fast Strategy" at the beginning of every menu explains how to maximize and budget your time for quickest results. And "The 99% Fat-Free Pantry" describes the many conveniently prepared ingredients--from prechopped onions to precut potatoes--that are available in most supermarkets, and significantly reduce preparation time.

With this book in hand, no one will ever again be able to claim that he or she "doesn't have time" to prepare a tasty, healthy, low-fat meal.

Barry Bluestein and Kevin Morrissey are the bestselling cookbook authors of *The 99% Fat-Free Cookbook*, *99% Fat-Free Appetizers and Desserts*, and *The Complete Cookie*, as well as *Home Made in the Kitchen*, *The Bountiful Kitchen*, *Dip It!*, *Light Sauces*, and *Quick Breads*. The former owners of a cookbook store, they live in Chicago where they are now at work on their next book, *99% Fat-Free Italian Cooking*.

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