



So Fat, Low Fat, No Fat

Betty Rohde

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Betty Rohde loved to eat -- and it showed. When her doctor told her she was "a walking time bomb," she knew she'd better change how she ate, but she didn't want to change *what* she ate, or deprive her family and guests of their favorite foods. Using calorie-reducing cooking techniques and low- and no-fat ingredients, she was able to enjoy hearty, flavorful meals that were low in fat and calories but not in satisfaction. Refreshingly simple and realistic, *So Fat, Low Fat, No Fat* collects more than 200 of her delicious recipes for low-fat home-style fare, including:

- Homemade Biscuits
- Ham and Potatoes au Gratin
- Scalloped Potatoes
- Pizza Mexicana
- Cream Cheese Brownie Cake
- Creamy Chicken and Noodles
- Corn Pudding
- Hot Fudge Sundae Pudding Cake

Including advice on reading food labels, suggestions on resisting temptation while eating out, and innovative tips for transforming your favorite dishes into tasty low-fat fare, *So Fat, Low Fat, No Fat* makes healthful cooking easy and fun.

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Robert Burmeister:

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