



101+ Low Salt Recipes from Around the World

Ray Johnson

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A Recipe Sampler: Italian Crostini of Mozzarella, English Deviled Eggs, Moroccan Nuts, Swedish Pepparkahar, English Scones, Swedish Hermits, Swedish Platter, Italian Thumb Cookies, Swedish Mustard, American Indian Pudding, Swedish Rice Pudding, German Cheesecake, French Blue Cheese Dressing, Scottish Pirr, German Fried Apples and Onions, Irish Corned Beef, Indian Meat Curry, Egyptian Stuffed Peppers, Chinese Sichuan Pork Noodles, South African Cucumber Salad, Togo Fried Oysters, Senegal Peanut Butter Stew, Mongolian Spinach, Indian Saag Paneer, Egyptian String Bean and Onion Salad. This Book Has: No and low salt recipes; Recipes that can be modified for Calories, Fat, Cholesterol, Sodium, Carbohydrates, Sugar and more; Recipes for the average kitchen and budget. Diet Impaired?, Menu Challenged? A Must Read Companion Book to the 101+ series is "Diet Easy - Coping with Restricted Diets". "Diet Easy" will show you how to make any of these recipes in this book to your restrictions and taste. A must read for anyone who is on a diet or has diet restrictions. A culinary, how to do it, survival manual.

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