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Indian Recipes for a Healthy Heart: Low-Fat, Low-Cholesterol, Low-Sodium Gourmet Dishes

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Indian Recipes for a Healthy Heart destroys the myth that a healthful diet is synonymous with deprivation. This unique book, in the context of Indian cuisine, contains modified recipes for well-known Indian (and some non-Indian) dished with their authentic gourment tastes and flavors intact, yet worthy of inclusion in a healthful diet.

Endorsed by health professionals, it offers lovers of good food a whole new repetoire or healthful dishes, and to Indians, a way of meeting dietary guidelines without giving up their favorite cuisine. The book is packed with a wealth of useful and easy-to-understand information in addition to the 140 easy-to-cook recipes with step-by-step instructions which even a beginner to cooking can follow. Illustrated with line drawings, nutrition analysis tables, and indexed for quick reference, it is essential reading for anyone who cares about healthy eating or just good food

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