



Low-Fat, No-Fat Asian Cooking: 150 Simple, Delicious Recipes for a Healthier You

Editors of Reader's Digest

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Asian cooking is synonymous with healthy food and for good reason: common ingredients range from protein rich soy to digestion-aiding lemongrass and ginger to fresh vegetable and fruits such as bok choy (Chinese cabbage) and papaya. Asians don't skimp on the gifts of the field, stream, and sea, either: red meat, poultry, and fish are fundamental to some of the most vibrant and distinctive dishes such as:

- Asian Chili Crabmeat Soup
- Chicken Lemongrass Skewers
- Malaysian Prawns and Pineapple
- Thai Beef with Papaya and Rice
- Chinese Slow-Cooked Pork
- Sesame Sausage with Vegetables
- Pork Dumplings with Spicy Peanut Salad

These and other diverse recipes are each accompanied by a full-color photograph and organized into five chapters: Fish and Shellfish, Appetizers and Snacks, Noodles and Rice, Poultry, and Beef, Pork, and Lamb. Lessen the fat in your meals, and fill your table with tempting and satisfying dishes with this collection of recipes you'll treasure even as you improve your health.

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