



## Light French Recipes: A Parisian Diet Cookbook

By Jean-Michel Cohen, Bernard Radvaner

Editions Flammarion. Hardback. Condition: new. BRAND NEW, Light French Recipes: A Parisian Diet Cookbook, Jean-Michel Cohen, Bernard Radvaner, Enjoy French food without worrying about the calories! Traditional French cuisine is famous for ultra-rich, high-calorie dishes, which are off-limits to the figure conscious dieter. In this book, Dr. Jean-Michel Cohen, internationally best-selling author and nutritionist, takes one hundred classic French dishes, from quiche lorraine to croque-monsieur, and serves them up in health-conscious recipes that taste as good as the originals, but at a fraction of the calorie count. The book is divided into the Cafe, Bistro, and Gourmet phases of The Parisian Diet, each featuring a variety of recipes for starters, main courses, and desserts. With Dr. Cohen's simple step-by-step recipes, even beginners can create fool-proof and delicious French dishes. From the famous onion soup to cheese souffle, a Nicoise salad to boeuf bourguignon, and from crepes Suzette to a layered mille-feuilles dessert, these easy-to-follow recipes for starters, main courses, and desserts will impress your dinner companions and get your body beach-ready at the same time. General advice on how to lighten your own favorite recipes makes this cookbook a valuable reference for life-long healthy and enjoyable meals. The...



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