



# Fabulous Lo-Carb Cuisine

*Ruth Glick*

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## **Fabulous Lo-Carb Cuisine** Ruth Glick

Included in these pages are more than 100 great-tasting, easy-to-prepare low-carbohydrate recipes that will add variety to your meals: everything from delicious soups to nut-topped tarts. There are Appetizers like White Pizza, Buffalo Wings, and Hot Artichoke and Spinach Dip. Gourmet Salads and Vegetables like Bacon, Lettuce, and Tomato Salad; Portobello Slices; and Roasted Asparagus. Sensational Sauces and Dressings like Orange-Rosemary Butter, Russian Dressing, and Sweet and Sour Mustard Sauce. Main Dishes like Philly Cheese Steak, Kung Pao Chicken, and Beef Paprikash. And Dazzling Desserts like Key Lime Pie, Strawberry Mousse, Fruit Pizza with Marzipan Crust, and Coffee Ice Cream--all of which use the great new artificial sweetener SLENDA. Every recipe includes nutritional data, so you'll know exactly what you're eating.

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