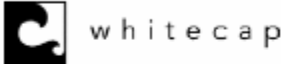


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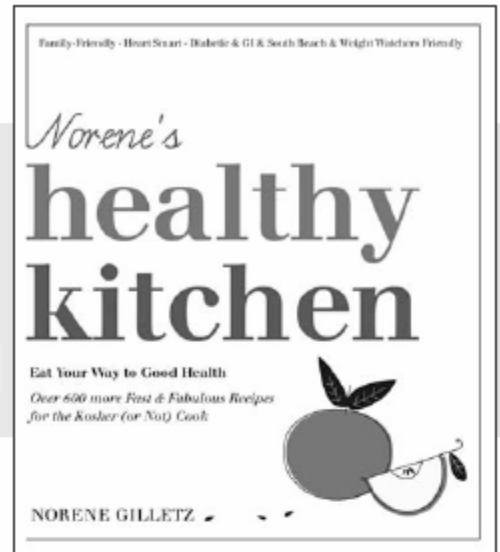
Norene's Healthy Kitchen

by Norene Gilletz
available August 2007



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\$34.95 CDN, \$29.95 US, paperback
8 x 9, 512 pages
colour photographs throughout

The delicious side of healthy eating.



Healthier food choices don't always mean that we need to sacrifice flavor for nutrition. Culinary expert **Norene Gilletz** proves that healthy cooking can be as nutritious as it is delicious in her latest cookbook, ***Norene's Healthy Kitchen***. Packed with 600 fabulous recipes, the pages shine with Norene's passion for healthy kosher meals from around the world.

Norene's Healthy Kitchen bursts with tried-and-true chef's secrets, nutrition tips, and deliciously easy non-dairy, meat-free options fit for kosher and vegetarian diets. The recipes are great choices for heart-smart cooking, for those looking to lose weight, and for diabetic diets. They are also compatible with the Weight Watchers and South Beach diets.

The book features a buffet of exciting international flavors, and Norene has been careful to ensure that her recipes' ingredients can be found at local supermarkets. Her friendly voice and culinary expertise make it easy for home cooks to integrate diverse, healthy dishes in their busy lives.

Favorite dishes include:

- Confetti Vegetable Strudel
- Cool as Cucumber Soup
- Lox and Bagel Cheese Strata
- Spanikopita roll-ups
- Chimichurri Chicken
- Luscious Lemon Berry Mousse

For the home cook looking for fresh, healthful spins on old and new favorites, the search stops with *Norene's Healthy Kitchen*.

Norene Gilletz is the leading author of kosher cookbooks in Canada. She is a culinary consultant, cooking teacher/lecturer, cookbook author, and freelance food writer, focusing on healthy cooking. *Norene's Healthy Kitchen* is her seventh cookbook.

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