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Indulgent Dishes

Author: Laurent Chevallier

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If all foods are not created equal, how do we choose what to eat? What foods are better than others?

Who among us has never been tempted by seductive savory dishes? Especially when they're ready to eat! This book will guide your choices by presenting 35 savory dishes whose quality varies greatly from one brand to the next. Laurent Chevallier advises us on which to choose, based on their ingredients and preparation. By following simple recipes from this doctor and nutritionist, you, too can enjoy affordable, easy-to-make dishes as part of a balanced diet. Healthy sides and lighter or vegan variations for each recipe are also included.
