



The Good For Your Health All Asian Cookbook

Marie Wilson

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The warning has been sounded loud and clear: reduce your intake of red meats, salt, eggs, butter, and cream or run the risk of high blood pressure, heart problems, and cancer. But does this mean that all your favorite foods must be forsaken, or that bland is better? Not at all! Fortunately, Asian cuisines offer a wonderful selection of delicious, colorful, and easy-to-prepare dishes that actually help to promote better health.

The Good-for-Your-Health All-Asian Cookbook presents over 220 exciting Asian dishes from eleven Asian countries, from Japan to Pakistan that are low in fat and cholesterol, low in salt, and low in calories. Very little oil or fat is used in the recipes, and salt and MSG have been wholly eliminated. Instead, generous use is made of Asia's miracles of flavor and aroma: garlic and fresh ginger root, to maintain full-bodied richness; spices and herbs, to add zest; rice wines, lemon juice, and vinegar, to provide the sultry pungency of sweet-and-sour dishes; and peppers and chilies, for those who like a little more "heat" in their lives.

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