



100 Low Fat Fish and Shellfish Recipes: The Complete Book of Food Counts Cookbook Series

Corinne T. Netzer

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One of six titles in Corinne T. Netzer's new *The Complete Book of Food Counts Cookbook Series*, *100 Low Fat Fish and Shellfish Recipes* takes its inspiration from Corinne Netzer's biggest bestseller, *The Complete Book of Food Counts*, by featuring healthy and delicious recipes complete with full nutritional breakdowns on calories, fat, sodium, cholesterol, protein, and carbohydrates. From Soup of Mussels with Shallots and Wine to main courses like Swordfish and Baby Eggplant En Brochette--this book has it all, and it's all good for you too! So if you want to eat well for both body and soul, get the cookbook that "counts."

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