



Skinny Grilling: Over 100 Inventive Low-Fat Recipes for Grilling Meats, Fish, Poultry, Vegetables, and Desserts

Barbara Grunes

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Using creative ways to eliminate the fat and increase the flavor, the author suggests various alternatives sure to make any barbecue a meal to remember, with recipes ranging from appetizer to dessert, vegetarian to seafood, accompanied by nutritional breakdowns. Original. *IP*.

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