



The Healthy Soul Food Cookbook: How to Cut the Fat but Keep the Flavor

Wilbert Jones

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The Healthy Soul Food Cookbook: How to Cut the Fat but Keep the Flavor Wilbert Jones A cookbook featuring ninety-nine traditional African-American dishes puts the emphasis on fresh ingredients and low-fat or no-fat ways to prepare such dishes as Mixed Greens, Red Beans and Rice, Unfried Chicken, and Mississippi Mud Cake. Original."



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