

DIETITIANS OF CANADA Cook Great Food

Creating healthy and delicious home-cooked meals is always a challenge. How do you make sure that the lunch or dinner you have prepared not only tastes wonderful but is nutritionally sound and part of a well-balanced diet?

Cook Great Food satisfies these requirements and more. With 450 delicious recipes and an abundance of nutrition-related information written by practicing dietitians, *Cook Great Food* will provide you with an education in food preparation and healthy eating, while satisfying your desire to create appetizing meals for every occasion. *Cook Great Food* is jam-packed with tasty ideas for breakfasts, snacks, lunches and delicious dinners. There are even recipes for entertaining the most discerning guests — including mouthwatering desserts.

Here are some of the tempting recipes: Lunch Box Chili, Banana Berry Wake-Up Shake, Curried Chicken Salad Wraps, Creole Tomato Soup, Cedar-Baked Salmon, Meat Loaf "Muffins" with Barbecue Sauce, Grilled Vegetable Lasagna, Light Tiramisu, White Chocolate Raspberry Pie.



Dietitians of Canada
Les diététistes du Canada

Dietitians of Canada (DC) is the nationwide voice of dietitians — the most trusted source of information on food and nutrition for Canadians. With 5,000 members, who meet academic and experience standards, DC is the only national organization of dietitians in Canada and is one of the largest professional dietetic organizations worldwide.

Visit www.dietitians.ca



- 450 delicious recipes
- 32 pages of color photography
- Nutritional analysis for every recipe
- Recipes accompanied by tips and messages from dietitians
- Kids and food
- Guidelines for a well-stocked pantry
- Great family meals
- Suitable for entertaining
- Canada's Food Guide to Healthy Eating

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