



The Long Life Cookbook: Delectable Recipes for Two (Long Life Book)

Anne Casale

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More than a decade ago, cooking teacher Anne Casale recognized the need for recipes that would be delicious and make an active contribution to good health and a long life. From that vision sprang *The Long Life Cookbook*. This kitchen classic was such a success that now it has at last been completely revised, incorporating the latest research in diet and nutrition.

For your healthy eating pleasure, the revised *The Long Life Cookbook* serves up 166 recipes: seductive soups, authentic Italian pastas and sauces, energy-building grains, hearty beef, poultry, veal, and lamb dishes, delicate fish and seafood entrées, healthy salads, quick breads and muffins, and sensational desserts.

The author also provides the exact amount of fat, sodium, cholesterol, carbohydrates, protein, and the number of calories for each recipe, so you can easily determine whether it fits into your particular diet regimen. Inside are simple dishes like Butternut Apple Soup, Shells with Peas and Herbs, Barley and Mushroom Casserole, and Baked Tomatoes Provencale—as well as memorable delicacies like Poached Chicken with Apricot Sauce, Candied Yams with Pecans, Baked Trout with Shallots, Orange, and Watercress, and others guaranteed to make every meal a healthy eating experience.

Every recipe has been kitchen-and taste-tested. Anne Casale also includes an illustrated glossary of ingredients, complete with herbs and spices. In sum, here's an easy-to-use cookbook that provides all the nutritional facts with every recipe—so when you sit down to eat a meal, you can enjoy every mouthful, confident that it enhances your potential for a long and healthy life.

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