



The Low-fat Low-carb Southwest Cookbook

Anne Lindsay Greer McCann

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A completely revised edition of the James Beard-nominated *The Ultimate Low-Fat Mexican Cookbook*, this new book reinvents Anne McCann's award-winning and nationally renowned Southwest dishes. Boasting nearly one hundred new or revised recipes of dishes such as Los Cabos Shrimp Cocktail, Veal Chops with Manchego Mushroom Sauce, and Lettuce Wrap Tacos, McCann's culinary creations combine the flavorful with the exotic, while still preserving a low-fat and low-carb health value for the weight- or health-conscious-of particular significance in today's Atkins mindful America. McCann's expert and detailed advice, drawn from years of experience, and the clear and concise presentation of recipes, make this cookbook especially reader-friendly.

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