



**The Smart Chicken and Fish Cookbook: Over 200
Delicious and Nutritious Recipes for Main
Courses, Soups, and Salads (Jane Kinderlehrer
Smart Food Series)**

Jane Kinderlehrer

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Jane Kinderlehrer's *Smart Chicken* and *Smart Fish* are now collected in this one volume, creating a doubly delicious selection of high-fiber, low-fat, low- or no-sugar, low-sodium, and low-cholesterol recipes for main courses, soups, and salads.

However you make your poultry, whether roasted, sautéed, poached, grilled, baked, or stir fried, make it healthy and delicious with these 101 chicken recipes. Recommended by Julia Child, the tasty poultry offerings include dozens of chicken, capon, turkey breast, pot pie, and stew selections, plus a glossary on terminology and helpful hints on stuffing carving, storing, and freezing.

Regarding fish, here are 101 recipes, encompassing 26 varieties of fin-fish, covering baking, broiling, poaching, grilling, smoking, and sautéing, and including appetizers, salads, chowders, gumbos, and main courses. Jane also reports all the important facts on fish safety, selection, menu planning, and caloric and nutritional analysis.

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