



Cooking Healthy with a Pressure Cooker: A Healthy Exchanges Cookbook (Healthy Exchanges Cookbook (Paperback))

JoAnna M. Lund, Barbara Alpert

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Healthy recipes for any kind of pressure cooker.

Whether they're cooked in an old-fashioned pressure cooker or a new, electronic, programmable one, delicious dishes are only a few steps away with these Healthy Exchanges(r) low-fat, low-sugar, heavenly creations-soup to nuts. JoAnna Lund once again proves that healthy eating can-and should-be finger-licking good.

In addition to approximately 200 quick-and-easy recipes, the book includes:

- Best pressure cooker tips for success
- How to create a Healthy Exchanges(r) pantry
- A Healthy Exchanges(r) chopping chart for easier preparation
- JoAnna's Ten Commandments of Successful Cooking
- How to read a Healthy Exchanges(r) recipe

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