



Chicken (Great Taste, Low Fat)

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This Cook's Illustrated series aims to find the best possible ways to cook the most popular foods, relying on a rigorous testing process to find the optimum recipes for, in this case, chicken dishes of all kinds. Part of the Time-Life Books Great Taste - Low Fat series. Chicken-praised as the food that's nutritionally near perfect. Low in fat yet so satisfying, it works with bold or delicate flavorings to please any palate. Whether you crave soups, stews or stews or salads, something stir-fried, roasted or grilled, chicken has never tasted so good.



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