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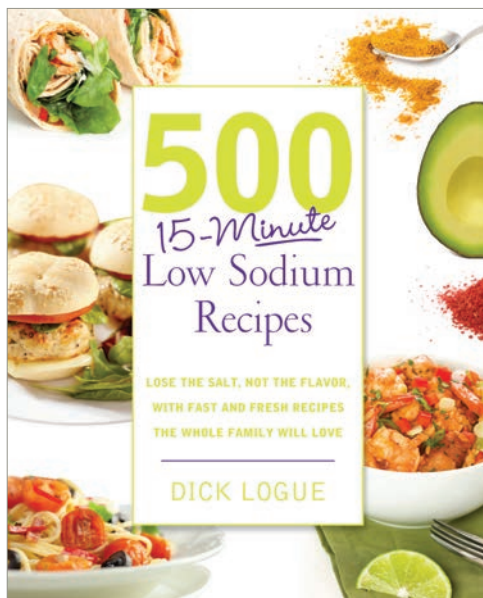
500 15-MINUTE LOW SODIUM RECIPES

Lose the Salt, Not the Flavor, with Fast and Fresh Recipes the Whole Family Will Love

Dick Logue

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ISBN: 978-1-59233-501-5
\$19.99 US
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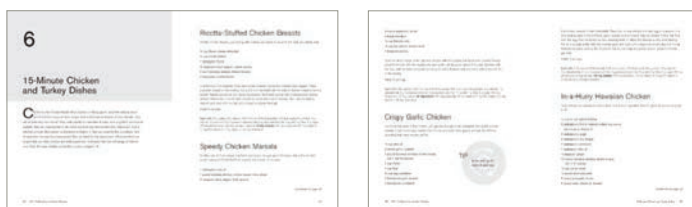
7.5 x 9.125 in
191 x 235 mm
512 pages, Paperback
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Cooking/Health & Healing/Low Salt
Ct. Qty. 20



Fast, flavorful, low-salt recipes, just like the doctor ordered!

- This book provides more than twice the number of recipes than the leading competitive titles.
- Each recipe provides nutritional breakdowns so readers can easily track their sodium intake.
- Recipes require 15 minutes or less prep, which helps dieters avoid the temptation of opting for convenience and takeout foods.

Dick Logue is a six-time cookbook author and founder of the website www.lowsodiumcooking.com. After being diagnosed with congestive heart failure more than 10 years ago, Dick threw himself into the process of creating healthy versions of his favorite recipes. A cook since the age of 12, he grows his own vegetables, bakes his own bread, and cans a variety of foods. He is the author of *500 Low Sodium Recipes*, *500 Low-Cholesterol Recipes*, *500 High Fiber Recipes*, *500 Low Glycemic Index Recipes*, *500 Heart-Healthy Slow Cooker Recipes*, and *500 400-Calorie Recipes*. He lives in Maryland.



Create great, low-sodium meals in a jiffy while still enjoying all the foods and flavors you love with **500 15-Minute Low Sodium Recipes!** In these pages, you'll be treated to dishes so delightful you'd never guess they're low in salt and quick to prepare. Packed with 500 recipes to choose from, you'll find everything from beef, chicken, and vegetables dishes to international takeout-style recipes, desserts, and more. And with 15 minutes or less prep time on every recipe, staying on track is as easy as pie! You'll also find a nutritional breakdown on every recipe, making it easier than ever to track your daily sodium intake. Cutting sodium doesn't mean cutting flavor or variety, or spending hours in the kitchen on complicated recipes. Make staying on course easy—and delicious!—with **500 15-Minute Low Sodium Recipes**.

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