



Cooking for Heart and Soul: 100 Delicious Low-Fat Recipes from San Francisco's Top ChefsA Cookbook to Benefit the San Francisco Food Bank

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From Alice Waters at Chez Panisse to Jeremiah Towers at Stars, 60 world-famous culinary professionals have teamed up to create this lavishly illustrated, low-fat, low-calorie cookbook to benefit the San Francisco Food Bank. One hundred luscious recipes, all tailored for the home cook, include such tempting dishes as Reed Hearon's Sopa Ranchera and Patricia Unterman's Crab and Mango Salad in a gloriously photographed volume that will delight the palate even as it nurtures the heart and soul. ?

?A portion of the proceeds benefits the San Francisco Food Bank and its programs supporting those in need.?

?The **San Francisco Food Bank** works with more than 300 shelters, soup kitchens, AIDS service organizations, after-school programs, and other food providers to distribute millions of pounds of food to San Franciscans in need.

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From reader reviews:

Benjamin Deloatch:

Spent a free the perfect time to be fun activity to perform! A lot of people spent their spare time with their family, or their particular friends. Usually they performing activity like watching television, gonna beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? Could be reading a book can be option to fill your free time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the e-book untitled Cooking for Heart and Soul: 100 Delicious Low-Fat Recipes from San Francisco's Top ChefsA Cookbook to Benefit the San Francisco Food Bank can be good book to read. May be it might be best activity to you.

Alma Brady:

A lot of people always spent their very own free time to vacation as well as go to the outside with them household or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, or even playing video games all day long. If you want to try to find a new activity that is look different you can read a new book. It is really fun for you personally. If you enjoy the book that you just read you can spent the whole day to reading a reserve. The book Cooking for Heart and Soul: 100 Delicious Low-Fat Recipes from San Francisco's Top ChefsA Cookbook to Benefit the San Francisco Food Bank it is quite good to read. There are a lot of those who recommended this book. These were enjoying reading this book. When you did not have enough space to develop this book you can buy the particular e-book. You can m0ore simply to read this book from the smart phone. The price is not very costly but this book offers high quality.

Robert Vargas:

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Marilyn Fox:

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