



Pacific Light Cooking

Ruth Law

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Pacific Light Cooking Ruth Law

Over the past eighteen years, Ruth Law has travelled through China, Japan, Korea, and Hawaii, collecting hundreds of recipes for light and nutritious local foods. After carefully screening each recipe for ways to further reduce fat and calories, here she presents an assortment of 156 home dishes made with readily available ingredients that are easy to prepare. From Spicy Thai Chicken Salad to Hawaiian Tropical Salsa, flavorful choices for every course mean that anyone can prepare healthy and satisfying meals with all the exotic appeal of the East.

- The only comprehensive, healthy pan-Asian cookbook.
- These are light recipes for health-conscious cooks.
- Complete nutritional analysis for every recipe.
- Ruth Law's Indian Light Cooking has sold more than 16,000 copies and was a selection of the HomeStyle Book Club.
- The author is a tireless promoter who makes frequent appearances preparing dishes.

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