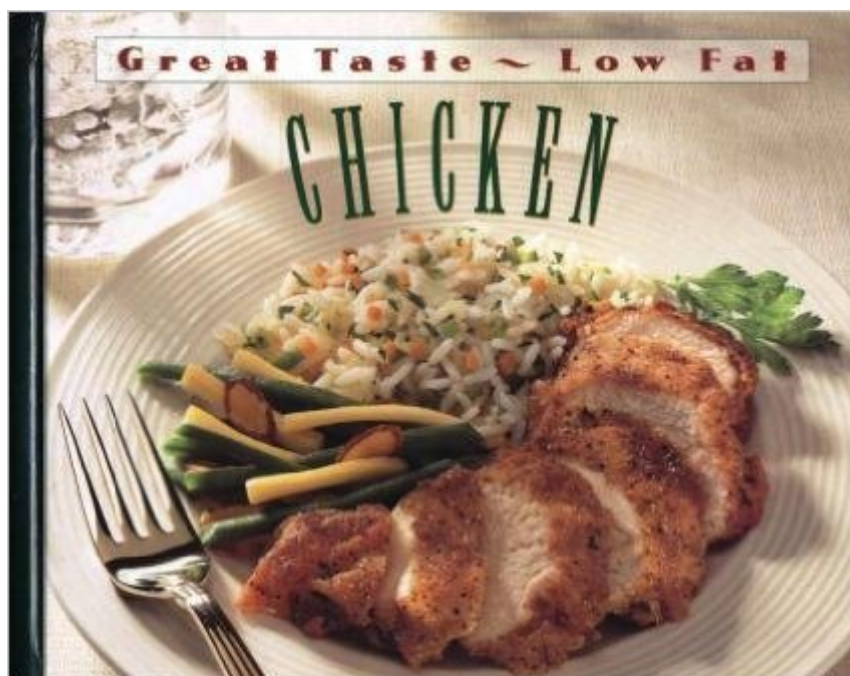


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# Chicken (Great Taste, Low Fat)



## Synopsis

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.

## Book Information

Series: Great Taste, Low Fat

Hardcover: 160 pages

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Product Dimensions: 0.5 x 11 x 9 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #747,055 in Books (See Top 100 in Books) #130 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Poultry](#) #647 in [Books > Cookbooks, Food & Wine > Special Diet > Low Fat](#) #1314 in [Books > Cookbooks, Food & Wine > Special Diet > Weight Loss](#)

## Customer Reviews

Fantastic series that Time Life should consider republishing. I bought this book for my son who loves my books and wanted to start collecting them.

Terrific easy recipes, you will save time and enjoy the food. Easy to follow instructions, the sum total of someone who knows how to cook chicken.

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