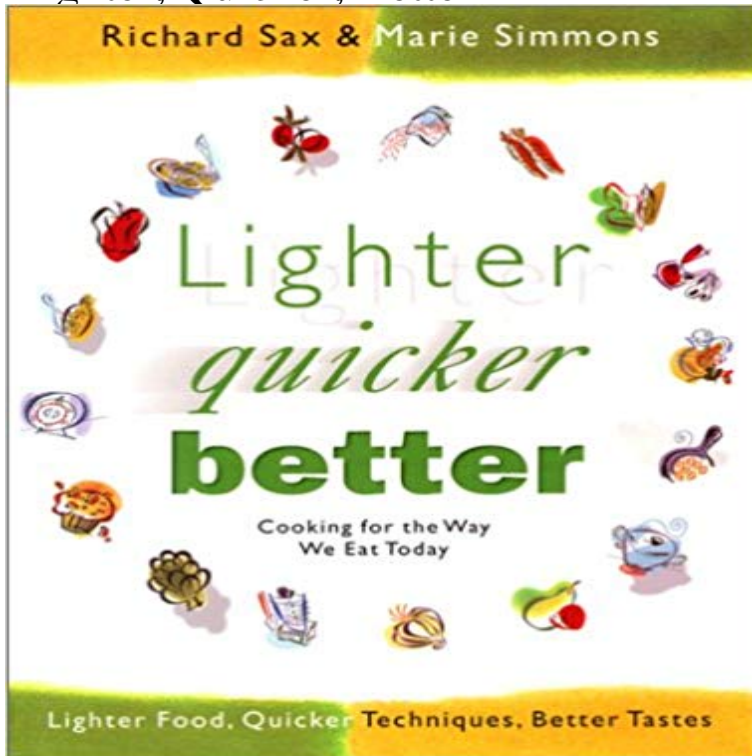


Lighter, Quicker, Better



We both feel there is no celebration in life greater than eating wonderful food -- a perfect ripe tomato or ear of corn, a bowl of homemade soup, the best bread, say Marie Simmons and Richard Sax. These two passionate cooks, who also happen to be busy food professionals, have cooked and eaten their way through every culinary trend imaginable, yet they return again and again to simple, full-flavored dishes they grew up with, but with a thoroughly contemporary twist. What's changed? Sax and Simmons have reinvented the way they cook and eat. Remarkably reinterpreted soups, luscious pastas, mashed potatoes, hearty stews, and comforting desserts have been trimmed of richness and fat, but not of vibrant flavors. In *Lighter, Quicker, Better*, Sax and Simmons deliver more than 200 innovative recipes that are lighter in fat, quicker to prepare, and better tasting than ever thought possible. **Lighter** -- Add fat-free flavorful accents with herbs, vinegars, and mustards. Enjoy slimmed-down favorites like macaroni and cheese with ricotta, all-vegetable paella, and southwestern-style meatloaf. Savor homemade, oven-baked, low-fat pita and tortilla chips with guilt-free guacamole. **Quicker** -- Ten-minute marinades for fish; One-Step Browned New Potatoes; pasta and vegetables cooked in the same water; mix-and-match stirfries; ready-in-minutes fruit desserts. **Better** -- Soup Bowl Lasagna, Salmon Tacos, and Super Chocolate Pudding are just some of the new twists put on classic favorites. Top a bowl of soup with a dollop of Roasted Pepper Puree or Pureed Roasted Garlic for a quick blast of flavor. Replace mayonnaise with horseradish, Dijon mustard, salsa, or relish for cleaner, brighter tastes. From soup to (dry-roasted) nuts, *Lighter, Quicker, Better* features recipes, ingredients, and techniques culled from an array of international cuisines. Indian, North African, Thai, and Middle

Eastern dishes, as well as classic French, Italian, and Mexican favorites are all streamlined. Rich, aromatic Puerto Rican-style Rice and Beans, Zesty Stuffed Poblano Chilies with Salsa, satisfying Osso Buco with Lemon Zest, and pungent Thai-style Salmon Soup are just a few of the remarkable dishes perfectly suited for the way we eat today.

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