

Latin American food is famous for its vibrant colors and explosive flavors, and Americans have a passion for salsa, tortillas, and tacos. However, we also tend to prepare these foods with large amounts of lard, salt, and deep-fat frying. Steven Raichlen, master of delicious, low-fat Latin cooking, has taken 200 traditional Latin recipes and removed the fat-but not the fun! Celebrate your own fiesta with the savory spices of Raichlens more than 200 tempting recipes. From guacamole to Mexican hot chocolate, Raichlen blends his thorough knowledge of Latin Americas diverse cuisine with his time-tested skill in healthy cooking.

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