



You Can Trust a Skinny Cook

Allison Fishman

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Co-host of Lifetime's *Cook Yourself Thin* Allison Fishman shows you how to eat great—and look even better!

In *You Can Trust a Skinny Cook*, Allison Fishman teaches you how to stay thin and trim without giving up on the good things in life. She shows you how to take control of your health by taking charge in the kitchen with delicious, healthy meals served in the right portions.

You'll learn how to cook with confidence, making your neighbors jealous both for your cooking skills and your great figure. Recipes include handy "Kitchen Tips" that make cooking simple and "Skinny Kitchen Tips" for cutting out the calories without losing the flavor. Recipes like Slow Roasted Salmon with Lemon Dill Sauce, Three Cheese Mac and Cheese, New England Clam Chowder, and even decadent desserts like Berry Cobbler with Buttermilk Biscuits are so good, you'd never know that they're made with healthy ingredients and techniques.

- A smart guide to enjoying great food and great health
- From Lifetime and TLC star Allison Fishman, an authority on healthy and delicious cooking
- Features recipes that cover every meal of the day, including desserts and snacks
- Full of simple cooking instructions and nutritional information per serving

You Can Trust a Skinny Cook is the only guide home cooks need to eat the foods they love in a healthy way. So live it up—without giving anything up!

Sample Recipes



Quick Chicken Mole



Spicy Peanut Noodles with Shrimp



Profiteroles

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