



It Only Tastes Like Cheating: Low-Carb Gluten-Free Recipes, Homestyle Goodness to Gourmet Heaven (Volume 1)

Em Elless, M.L. Smith

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Introducing 2 Net Carb Pasta. Roll out your favorites: macaroni, spaghetti, lasagna--no guilt, just high-nutrition goodness, ready to eat in minutes. Em Elless has developed a dynamic variety of new recipes previously "off the table" in this innovative cookbook, including Tiramisu, Cannoli and Peanut Butter Chocolate Pie for dessert, homestyle comfort foods like Chicken Pot Pies, Chili (with reduced carb tomato sauce), Hungarian Goulash and Herb-Stuffed Pork Chops. Gourmet entrees include Seafood Thermidor, Boeuf Bourguignon and Chicken Cordon Bleu with homemade Mascarpone. You will discover culinary treasures that have become a lost art, like City Chicken (made with beef and pork), Ham Noodle Soup and Double Chocolate Pecan Semifreddo. You will learn how to easily make impressive Bread Bowls for serving soups, stews and salads. Quickly bake the 5 Minute Biscuit loaf for breakfast or breadcrumbs, or dry your own sugar-free cranberries in your oven. Learn the secret to achieve smooth, twirly pasta and fine-textured baked goods. **It Only Tastes Like Cheating!**

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