



Good Fat Cooking: Recipes for a Flavor-Packed, Healthy Life

Franklin Becker, Peter Kaminsky

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From *Top Chef Masters* and *Iron Chef America* contestant, restaurateur, and type 2 diabetic Franklin Becker comes an exciting collection of recipes highlighting good fats?from sources such as nut oils, olive oil, fish, and avocados?and their important role in maintaining good health with delicious flavor. Along with award-winning food writer Peter Kaminsky, Becker has put together an assortment of recipes that showcase flavor-packed, modern dishes. Heavily illustrated with beautiful photographs of the 100 droolworthy recipes, *Good Fat Cooking* is an ideal volume for anyone who wants to eat and live well.

This game-changing cookbook includes mouthwatering recipes such as Acorn Soup with Pistachios, Black Bread and Apples; Mackerel with Oranges, Mint, Chili, and Lemon Agrumato; Charred Eggplant with Grilled Onion; and even dessert: Avocado Ice Cream with Lime and Coconut. *Good Fat Cooking* provides delicious, beautiful, and healthy recipes that will remind everyone that cooking with good fats is a smart and tasty choice.

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Nancy Smith:

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Daria Gertz:

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