



The French Culinary Institute's Salute to Healthy Cooking

Alain Sailhac, Jacques Pépin, Andre Soltner, French Culinary Institute, Jacques Torres

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For the first time, chefs from New York City's renowned French Culinary Institute have created a collection of recipes that are not only delicious, but also easy and low in fat. You'll learn from chefs like Jacques Pepin how to create dishes worthy of restaurants like Le Cirque. The chefs share 40 seasonal menus that use only the freshest, tastiest, healthiest ingredients for a distinctly French taste.

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