



Cooking Light Complete Cookbook: A Fresh New Way to Cook (Book & CD-ROM)

Cooking Light Magazine

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Cooking Light, America's leading epicurean magazine and trusted authority on healthy cooking, presents the **Cooking Light Complete Cookbook** in a new format. This ring-bound edition is the most comprehensive *Cooking Light* collection of healthy and tasty recipes ever combined in one cookbook. In addition to all the benefits of its cornerstone edition, this ring binder offers a bonus section titled In Season, featuring seasonal recipes and menus that highlight the *Cooking Light* way of life – nutritious whole foods that make it from the produce stand to your dinner table with ease. And as a special gift offer, readers will find a free interactive "Dinner Tonight" CD-rom tucked inside the front pocket of the binder, which includes 100 recipes, 100 menus, and 40 how-to videos from the experts at *Cooking Light*. This is truly a "Complete" experience for smart cooks who want it all – great taste, timesaving techniques, inspiring and helpful photography, and ultimate nutrition. Now available in this wipe-clean kitchen-friendly binder, you'll find:

- The new kitchen-friendly ring-binder format with tabbed dividers and page lifters, plus FREE interactive CD-ROM
- 1,200+ simply delicious *Cooking Light* recipes—each with prep and cook times, plus nutritional analysis
- 500+ time-saving tips and techniques to help you get fresh, fabulous food on the table fast
- 600+ mouthwatering photos, including handy how-tos for outstanding results
- More than 140 complete menus for everyday and special occasions
- The all-new "In Season" special section featuring recipes and menus with the best seasonal ingredients
- Healthy ingredient substitutions, a glossary, kitchen measurements, and more
- Easy-to-use index highlights quick & easy, make ahead, and freezable recipes

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