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Low-Fat & Luscious is an ideal cookbook for the "30 something", middle-to-upper-income families who want appealing, low-fat, low-fuss dishes to maintain good health or control cholesterol through diet.

Low-Fat & Luscious Vegetarian by Fuller, Kristi (EDT)/ Better Homes and Gardens Books (EDT). Hardcover available at Half Price Books® <https://www.hpb.com>

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Serve this pumpkin pie when you need a low-calorie and low-fat dessert. Light means using oil in the pastry, fat-free milk, fat-free topping, and egg substitute.

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