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Filled with time-tested and refined techniques for maximizing both nutrition and flavor, The Professional Chef's(r) Techniques of Healthy Cooking, Second Edition, is a completely trustworthy and irreplaceable reference for anyone interested in creating the finest, healthiest, and most flavorful of meals.

Prepared by The Culinary Institute of America, which has been hailed by Time magazine as "the nation's most influential training school for cooks," "The Professional Chef's(R) Techniques of Healthy Cooking, Second Edition," offers nutritional cooking techniques and theories that have been tested and proven in the Institute's kitchens.

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The authoritative guide to healthy cooking in the modern professional kitchen In today's health-conscious culinary environment, diners expect much more than just delicious food. They expect nutritious, well-balanced meals made with wholesome ingredients.

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