



Techniques of Healthy Cooking

The Culinary Institute of America (CIA)

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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. Chefs in every sector of the food industry, whether at fine dining establishments or cafeteria kitchens, should be prepared to address those concerns with a variety of healthier dining options.

This updated new edition of *Techniques of Healthy Cooking* includes the latest dietary guidelines and healthy cooking techniques. It also covers a wide range of health- and environment-related topics of concern to today's diners, such as organic ingredients, local sourcing, farm-to-fork initiatives, and much more. All recipes here have been revised to include more whole ingredients, sustainable foods, and a wide range of substitution options.

- This new edition features nearly 500 recipes for virtually any meal or occasion, including 150 all-new recipes for this edition
- More than 150 full-color photographs of ingredients, techniques, and plated dishes are included in this new edition
- The Culinary Institute of America explores the latest on topics such as locally sourced food, farm-to-fork initiatives, and food safety
- Learn how to create dishes for vegan, vegetarian, gluten-free, and lactose-free diners

With the latest information and a huge variety of recipes, *Techniques of Healthy Cooking* is the perfect source for exciting, flavorful, and healthful food.

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