



The New Chicken Breast Cookbook: 350 Quick and Delicious Ways to Cook Everybody's Favorite Food

Diane Rozas

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Let's face it--when it comes to eating chicken, most people prefer white meat over dark meat, Delicious, lean, quick-cooking, and the perfect match for endless flavor combinations, it has become a staple in our diets over the past two decades. But just how many different ways can you cook chicken breast, you might ask? With *The New Chicken Breast Cookbook*, three hundred and fifty to be exact!

Food columnist and cookbook author Diane Rozas has filled this book with a collection of recipes that no cook should be without. Whether it is a simple dish for two or a gourmet feast, *The New Chicken Breast Cookbook* offers a wide range of recipes that will soon land on your 'favorites' list.

In addition to the full-flavored, lower-calorie, higher-protein recipes, *The New Chicken Cookbook* also includes great resources such as 'Advice from the Butcher,' 'Chicken Breast Specifics,' 'Terms and Techniques' and 'Tools of the Trade.' Stuffed with recipes in chapters that focus on the way we eat, the way we cook, and choices for every occasion, this is the ultimate cookbook on the fairest part of the fowl.

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