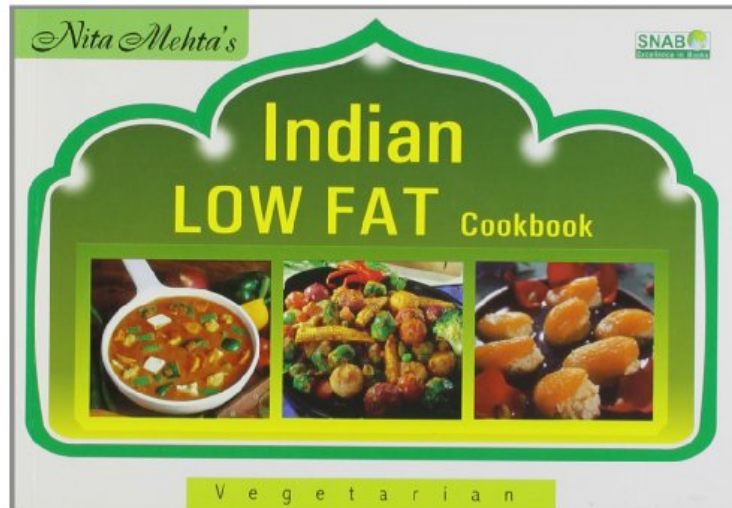


## Nita Mehta's Indian Low Fat Cookbook

*Nita Mehta, Tanya Mehta*  
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**Nita Mehta, Tanya Mehta : Nita Mehta's Indian Low Fat Cookbook** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Nita Mehta's Indian Low Fat Cookbook:

2 of 4 people found the following review helpful. Great little book By S. Siegel Great little book. A lot of fun and great pix. The food is wonderful.

Now Indian food can be low fat and low calorie. No more boring boiled food or salads when on a diet; the low calorie Indian recipes created here will fit easily into your life style! Cooked carefully with the right blend of spices, all vegetables can be made delicious, even if the fat is cut to the minimum. This cookbook will help you remain slim, healthy and beautiful.