



Cooking for Heart and Soul: 100 Delicious Low-Fat Recipes from San Francisco's Top Chefs

A Cookbook to Benefit the San Francisco Food Bank

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From Alice Waters at Chez Panisse to Jeremiah Towers at Stars, 60 world-famous culinary professionals have teamed up to create this lavishly illustrated, low-fat, low-calorie cookbook to benefit the San Francisco Food Bank. One hundred luscious recipes, all tailored for the home cook, include such tempting dishes as Reed Hearon's Sopa Ranchera and Patricia Unterman's Crab and Mango Salad in a gloriously photographed volume that will delight the palate even as it nurtures the heart and soul. ?

?A portion of the proceeds benefits the San Francisco Food Bank and its programs supporting those in need.?

?The San Francisco Food Bank works with more than 300 shelters, soup kitchens, AIDS service organizations, after-school programs, and other food providers to distribute millions of pounds of food to San Franciscans in need.



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