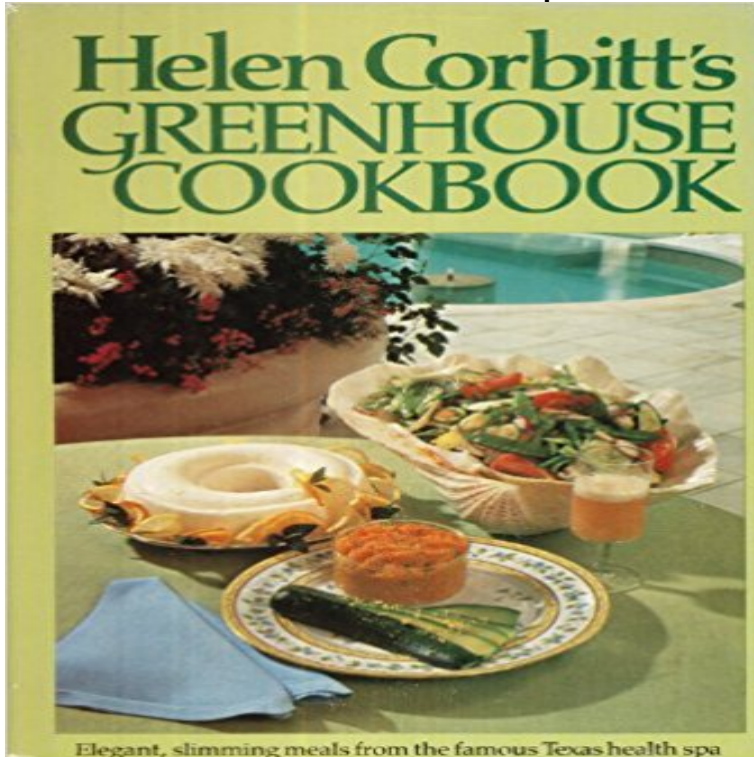


Helen Corbitts Greenhouse Cookbook: Elegant, Slimming Meals from the Famous Texas Health Spa



At last, Helen Corbitt, internationally known authority on food and, for many years, Director of Restaurants for Neiman-Marcus, reveals the dietary secrets of one of the worlds most exclusive health and beauty spas, The Greenhouse in Dallas-Fort Worth, where she was Food Consultant. HELEN CORBITTS GREENHOUSE COOKBOOK presents a complete 4-week dietary plan: day-by-day menus composed of dishes that look so beautiful and taste so good no one can believe its a diet. The calorie content of each meal has been meticulously balanced so that the days total always falls below The Greenhouse limit of 850 calories for dieters. To help you when youre creating your own menus, the recommended portion and calorie count for each dish is provided with its recipe. And what fabulous recipes they are! Its easy to see why Greenhouse guests return year after year for the pleasure of dieting so delightfully. Who wouldnt look forward to losing weight on such epicurean treats as Helen Corbitts Oyster Bisque, Crabmeat and Grapefruit Salad, Shrimp and Spinach Quiche, Artichoke Souffle, Trout with Read and Green Pepper Sauce, Roast Veal with Oranges, Chicken in Champagne, Strawberry Buttermilk Sherbet, Pears Poached in Red Wine, and even Low-Calorie Cheesecake! Every dish is genuinely dietetic, and yet they all display the imaginative flair for which Helen is famous. This book is a storehouse of inspired ideas, not only for dieters, but for all modern hosts and hostesses who what to serve their friends food that is beautiful and exciting and light and healthy as well.

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Helen Corbitts Greenhouse Cookbook: Elegant, Slimming Meals from the Famous Texas Health Spa Helen Corbitt. **Functional Safety, Second Edition: A Straightforward Guide To** Helen Corbitt (19061978) was an American chef and cookbook author. Corbitt was born in New York but spent nearly 40 years in Texas promoting Several of her recipes are still on the department stores menu, including her famous Poppy Seed Dressing. In the 1969 edition of its famously extravagant Christmas catalog, **Helen Corbitts Potluck Cookbook:**

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