



Eating Well When You Just Can't Eat the Way You Used To Cookbook

Jane Weston Wilson

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When Jane Weston Wilson retired from Party Box, the highly successful New York catering business she had founded and run, she was eager to trade the strictures of her busy schedule for the opportunities free time would give.

Very soon, she brought the fruits of her working years to *Eatng Well! When you Just Can't Eat the Way You Used To*. Its collection of 250 luscious recipes counsels vegetables and more vegetables, less meat, more fish and chicken, wines instead of hard liquor, light desserts. It's filled with information on keeping weight off, keeping restricted diets interesting, and keeping digestive tracks happy. More, it's packed with professional secrets for shopping wisely, and it's crammed with tips on planning ahead, sharing work, and using the freezer to save time.

Readers are encouraged to share the feasts with friends as often as possible, perhaps serving a quick-preparation one-dish couscous, cassoulet, or chickadillo for as little as \$3.00 per person. There are luncheons and high teas, dinners that begin as cocktail buffets but function as full meals, and more-elegant cold suppers, picnics, special celebrations. A Russian Brunch of fresh strawberries, blinis, walnut crescents, and tea in a glass is only the start: *Eating Well* goes on and on, the spilling cornucopia of a wonderful harvest. Selection of the Better Homes & Gardens Family Book Service.

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