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And Less Cholesterol By Enola Prudhomme**

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Enola Prudhomme's Low-Calorie Cajun Cooking. Author: Enola Prudhomme. Spiral-bound Apr 1991. List Price: \$19.95. Compare Prices. Enola Prudhomme's Cajun Cafe. Author:

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### **The kokomo tribune from kokomo, indiana page 14**

The Kokomo Tribune from Kokomo, Indiana Page 14 Publication: Her cookbook, "Enola Prudhomme's Low-Calorie Cajun Cooking", includes calorie, fat

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which he deliberately avoided marketing as a low fat cookbook in order to prevent Chef Paul Prudhomme's Always Cooking Paul Prudhomme: Cajun

## **Kindred works**

Enola Prudhomme's low-calorie Cajun cooking by Prudhomme, Enola. New York :Hearst Books, 1991. Book ISBN: 9780688092559, 0688092551. View in WorldCat; Add to List.

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## **Clcomp 3201-3600 - scribd**

minced 1 (15.75-ounce) can fat-free, less-sodium CALORIES 40; FAT 1g; PROTEIN 7g; CHOLESTEROL Enola Prudhomme s Low-Calorie Cajun Cooking

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