

Fat Freedom

*Food feeds our bodies and our souls. As one of life's greatest pleasures, it is the centerpiece of family gathering, social events, entertainment and holidays. Yet in these health conscience times, we reluctantly abandoned many of the dishes we loved the most. But **FAT FREEDOM** will show you how you can proudly and confidently serve them to family and friends once again!*

***FAT FREEDOM** offers a new way of preparing all of our favorite dishes while keeping unwanted fat to the absolute minimum. Yet each and every dish retains all of the traditional yumminess and texture our poor deprived taste buds have been yearning for.*

You will be offering your family and friends truly delicious meals that will fill them with satisfaction and pleasure.

Second helpings?

No Problem! Every dish is so low in FAT, you will no longer have to measure each morsel that goes into your mouth.

Does this sound too good to be true?

*Far from it. We promise you, with **FAT FREEDOM**...*

You can have your cake and eat it too!

Each recipe was created by Executive Chef Michele West

Enjoy!

*From our family to yours
Four Sisters Catering*

Four Sisters Catering

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www.foursisterscatering.com

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FAT FREEDOM!

Dieting is Delicious at Four Sisters Catering

Breads & Muffins

Apricot Muffins

Banana Bread

Sugar Free Blackberry Muffins

Fat Free Sugar Free Carrot Muffins

Jalapeno Corn Muffins

Molasses Date Bread

Lemon Poppy Seed Muffins

Fat Free Sugar Free Peach Muffins

Pumpkin Bread

Fat Free Scones

Fat Free Sugar Free Strawberry Muffins

Hot Appetizers

Fat Freedom Chile con Queso

Hot Artichoke & Crab Dip

Crabmeat and Artichoke Quiche

Turkey Italian Meat balls

Cold Appetizers

Deviled Eggs

Homemade Pimento Cheese

Dijon Cheese Ball

Layered Mexican Dip

Mushrooms Dijon

Portobello Mushrooms

Shrimp Mousse

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Entrées

Fat Free Pizza with Grilled Vegetables

Oriental Chicken

Mexican Stir-fry

Hearty Turkey Meatloaf

Chicken Enchiladas

Black bean Stacked Enchiladas

Shrimp Creole'

Shrimp Acapulco

Shrimp with Fat Free Ricotta Cheese

Stuffed Eggplant with Shrimp & Crabmeat

Spinach Lasagna

Desserts

Orange Custard

Sinfully Rich Chocolate Cake

Mexican Flan

Peach & Blueberry Cobbler

Pear Torte

Rum Upside Down Cake

Brown Sugar Cookies

Sugar Free Apple Cinnamon Cookies