

THE
Twenty-
MINUTE
LOW-FAT
GOURMET

KAREN A. LEVIN

Low Fat Gourmet

Harriet Roth



Low Fat Gourmet:

The New Gourmet Light Greer Underwood,1999 The Twenty-Minute Low-Fat Gourmet Karen A. Levin,1994 Busy people know how difficult it can be to find the time to prepare flavorful nutritious low fat dishes every day Now the author of Meatless Dishes in Twenty Minutes gives low fat meals quick cook appeal in 80 delectable recipes from succulent seafood and poultry dishes to hearty pastas stews and more in 20 minutes or less Low Fat Gourmet Valerie Ferguson,2001-02 This book contains recipes for appetizers main meals and desserts that are low in fat but full in flavor *Low-fat, High-flavor Cookbook* ,1995 One of the most common beliefs among consumers concerning low fat food is that it has no flavor Low Fat High Flavor shows them that certain low fat foods and seasonings are the keys to replacing flavor lost when fat is reduced The book centers on key ingredients that make low fat food taste good flavored vinegar infused oils herbs spices and more Photos **Deliciously Low** Harriet Roth,1983 **Deliciously Low** Harriet Roth,1984 **Health Related Cookbooks** Tian-Chu Shih,1991 Will assist in researching cookbooks designed for those with specific diseases or disorders as well as for special diets for general health extremely comprehensive CHOICE a good addition to public libraries of any library that supports a dietary or food services program ARBA Low-fat Gourmet Chicken Jackie Eddy,Eleanor Clark,1992 From the authors of The Absolute Beginner s Cookbook here are 200 healthful and delicious chicken recipes for today s health conscious family This book includes a wide variety of recipes for soups barbecues microwave stir fry and salads all low cholesterol and low fat Promotion during National Heart Month February *Italian Cooking for a Healthy Heart* Joanne D'Agostino,1989 Provides over a hundred and forty recipes for Italian dishes redesigned for use with a low fat low cholesterol diet **Fat-Free Gourmet Recipes** Maurizio Cusani,Cinzia Trenchi,2013 Obesity affects almost 10 percent of the world s population i e 400 million people and is rising especially in the rich countries of the Western world due to the increasing influence of an Anglo Saxon diet and lifestyle A diet rich in fiber fruit vegetables and whole grain foods in general combined with less industrially prepared foods snacks and pre made meals is believed to be a valid alternative that can reduce the intake of calories and over time reduce excess weight and the complications linked to all the conditions resulting from excessive fat mass Integrating appropriate foods those that are low fat and low in protein and saturated fats such as whole wheat flour cereals vegetables and fruit in a daily diet is a great help to promote losing weight and body fat which in turn results in significant improvements in social life and in keeping several serious illnesses at bay including cardiovascular disease degenerative illnesses and cancer The objective of this book is to suggest ways to adopt a well informed approach to food and to prepare meals that are conceived for healthy living on the basis of simple tasty recipes in order to improve health increase energy and to transform food into an ally for achieving well being and a perfect figure With the right diet it is possible to reduce weight significantly and maintain weight loss over time This helps to lead a healthy life in harmony with others and with oneself Maintaining the ideal weight is an essential element for preventing all adult diseases and those of the

elderly AUTHOR Cinzia Trenchi is a naturopath and a freelance journalist and photographer specializing in food and eno gastronomic related tours She contributes original recipes and interpretations of typical foods for cooking courses and to books for both Italian and foreign publishers She is a passionate cook and has worked for many years with various Italian magazines producing new versions of regional specialties traditional recipes macrobiotic food and natural cuisine contributing with recipes and photographs as well as proposing dishes of her own creation She is a curious traveler and likes to experiment with local traditions and recipes and reinterpret them using her own intuition and according to her taste Trenchi produces cookbooks that offer original and creative recipes blending different tastes and trying out unusual combinations in her pursuit of good food and the enjoyment of the palate but also with an attentive eye for the nutritional characteristics of food in order to achieve greater balance at the table and greater wellbeing as a consequence She lives in the Monferrato area in Piedmont in a house surrounded by nature She prepares original sauces dressings and dish decorations using flowers and herbs from her garden guided by the seasons and her knowledge of produce Maurizio Cusani was born in Como and he practices as an eye specialist in Milan He is interested in the relationship between art the psyche nutrition and health and in order to carry out research in this field he has studied Sufism and ancient traditions in which as a curious traveler he has always been particularly interested He teaches Enneagram and Symbolism of the human body in Naturopathy courses and in the Masters courses in Psychosomatics for doctors and psychologists at the Riza Institute For some years he has been interested in nutrition and its effects on health He has written numerous papers and articles on topics linked to Nutrition and Nutraceuticals Symbolism Sufism and ancient traditions Psychosomatics and well being in general for various publishers including Riza Red Nuova Ipsa and Sagep La Lontra 132 colour photographs

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