

LOW-FAT SOUL



JONELL NASH

Food Editor of *ESSENCE* Magazine

Low Fat Soul

Alan Bryson



Low Fat Soul:

Down Home Healthy Gordon Press Publishers,1997-06 *Low-fat Soul* Jonell Nash,1998 Over 100 recipes for cooking great soul food the low fat way by the food editor of Essence magazine Ruby's Low-fat Soul Food Cookbook Ruby Banks-Payne,1996 Generations of Americans have celebrated their heritage with such traditional dishes as fried chicken black eyed peas greens candied yams and cornbread yet these mainstays typically have been high in fat calories and sugar This one of a kind cookbook brings the down home taste of soul food into the low fat kitchens of the 90s with 141 tempting recipes including Southern Okra and Crab Gumbo Oven Fried Catfish and Smothered Chicken **African American Foodways** Anne Bower,2009 Moving beyond catfish and collard greens to the soul of African American cooking **The New Soul Food Cookbook** Wilbert Jones,2005 The down home pleasures of soul food no longer have to be off limits because of excess fat cholesterol sugar and salt The New Soul Food Cookbook offers a new look at traditional African American cuisine and provides modern versions of 99 recipes all with an emphasis on fresh ingredients and prepared with leaner meats egg whites less or no oil non fat dairy products less salt and fewer calories *The Jemima Code* Toni Tipton-Martin,2022-07-01 Winner James Beard Foundation Book Award 2016 Art of Eating Prize 2015 BCALA Outstanding Contribution to Publishing Citation Black Caucus of the American Library Association 2016 Women of African descent have contributed to America's food culture for centuries but their rich and varied involvement is still overshadowed by the demeaning stereotype of an illiterate Aunt Jemima who cooked mostly by natural instinct To discover the true role of black women in the creation of American and especially southern cuisine Toni Tipton Martin has spent years amassing one of the world's largest private collections of cookbooks published by African American authors looking for evidence of their impact on American food families and communities and for ways we might use that knowledge to inspire community wellness of every kind The Jemima Code presents more than 150 black cookbooks that range from a rare 1827 house servant's manual the first book published by an African American in the trade to modern classics by authors such as Edna Lewis and Vertamae Grosvenor The books are arranged chronologically and illustrated with photos of their covers many also display selected interior pages including recipes Tipton Martin provides notes on the authors and their contributions and the significance of each book while her chapter introductions summarize the cultural history reflected in the books that follow These cookbooks offer firsthand evidence that African Americans cooked creative masterpieces from meager provisions educated young chefs operated food businesses and nourished the African American community through the long struggle for human rights The Jemima Code transforms America's most maligned kitchen servant into an inspirational and powerful model of culinary wisdom and cultural authority Improving Your Health ,1999 This booklet offers tips to help African American men and women improve their health by eating better and being more active **Chicken Soup for the Soul Healthy Living Series: Weight Loss** Jack Canfield,Mark Victor Hansen,2012-10-16 This new series from Chicken Soup for the Soul inspirational

stories followed by positive practical medical advice for caregivers and patients is the perfect blend of emotional support and vital information about weight loss including Weight Loss Goals The Right Attitude Diet Tips Healthy Snacks Emotional Eating Family Affairs Smart Exercise Finding Support Loving the New You Chicken Soup for the Soul partners with top doctors to give you the information you need to survive and the positive inspiration to thrive Each book features beautifully written stories plus information on diet lifestyle diagnosis procedures caregiving emotional issues and alternative therapies from some of the world s foremost experts **Body with Soul** Randy Jackson,2008 Mixing memoir a wellness program and inspirational advice Randy Jackson s book is a work of personal passion The American Idol judge s struggles with his health and weight have been well documented a Type II diabetic he s tried every diet spent cou *Healing Mind, Body And Soul* Alan Bryson,2000-03-01 Healing Sterling

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