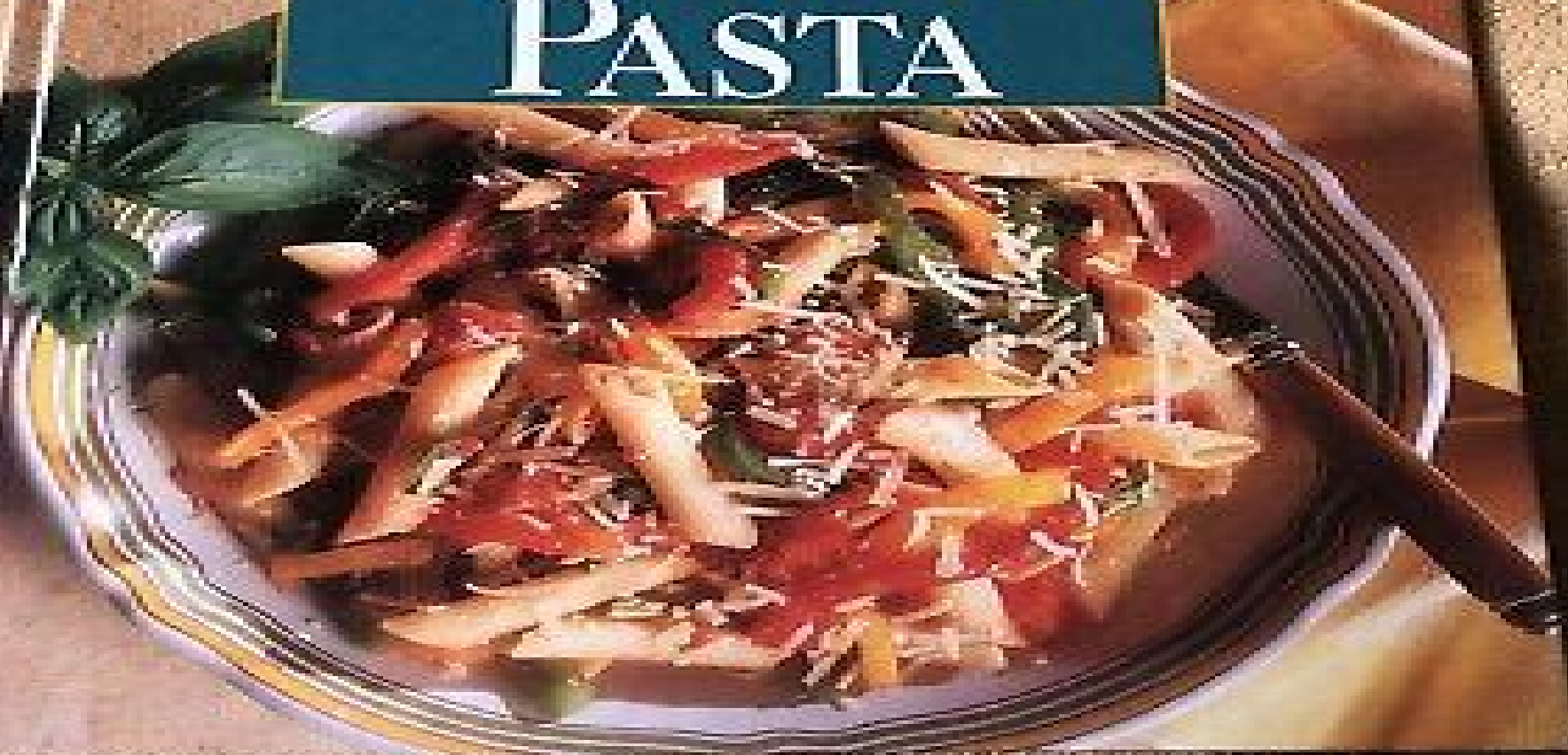


LOW-FAT

WAYS TO COOK

PASTA



Low Fat Way To Cook Pasta

American Heart Association

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the American Heart Association text.

Low Fat Way To Cook Pasta:

Low-fat Ways to Cook Pasta Susan M. McIntosh,1995-01 These great tasting pasta recipes have been kitchen tested and meet the American Heart Association requirements of 30 percent or less calories from fat This spiral cookbook includes recipes for homemade pasta step by step cooking instructions and color photos of the different varieties of pasta Lays flat for easy use

The Low-fat Way to Cook Oxmoor House,1993 This comprehensive cookbook guide to healthy eating is a collection of recipes menus and helpful information designed to make low fat cooking with everyday foods easier than ever Features more than 450 kitchen tested recipes 30 menus substitution chart and more Full color photos

30 Low-Fat Meals in 30 Minutes Faye Levy,2009-12-19 This book will prove that you can prepare quick meals that are low in fat and still taste great The recipes will make use of bold seasonings that instantly add flavor without the need for long simmering The book is organized around main courses with chapters broken down into menus with poultry or meat menus with fish or seafood

vegetarian menus and pasta menus In addition an introductory chapter will offer strategies for quick low fat cooking including tips on picking fresh ingredients stocking a pantry and cooking techniques The menus will follow today s flexible dining habits Some menus serve two and others serve four Most menus will include three recipes but they will not all follow the traditional pattern of appetizer main course and dessert Sometimes for example there will be a main course with two

accompaniments Those menus that do not include desserts will have suggestions for simple desserts usually seasonal fruit frozen yogurt or other desserts already in the book that would complement the menu well

Low-Fat Pasta Jean Paré,2001 Can delicious and healthy go hand in hand Of course Low Fat Pasta brings you extraordinarily flavorful recipes Cut the fat and keep the taste Book jacket

Low-Fat Ways to Cook Family Favorites Susan M. McIntosh,1997 The comfort foods of the past are revisited in this new collection of low fat Family Favorites Enjoy such favorites as casseroles homemade breads and desserts that are great tasting and low in calories and fat Chapter titles include Sensible Menus Daytime Fare Evening

Entrees Breads Salads and Side Dishes Super Snacks and Winning Deserts There are also tips on meal planning suggestions for make a head recipes and quick and easy recipes for 30 minutes meal preparation Great tasting recipes with 30% of less calories from fat

Three-Hundred and Sixty-Five Ways to Cook Pasta Marie Simmons,1995-01-26 For emergency dinners as well as dinner parties whether you re in the mood for something light or a hearty dish to stick to your ribs from the traditional to the exotic this book provides recipes for new and exciting pasta dishes every day 365 days of the year

Low-Fat Cooking to Beat the Clock Sam Gugino,2000-11 Using clever timesaving and fat busting techniques Gugino shows busy cooks how to get a healthy dinner fit for a gourmand and on the table in 15 minutes including the time it takes to chop and prep This cookbook drastically cuts the preparation time for meal sized entrees while offering creative new ways of thinking about any recipe that can change the way readers cook

Vegetarian Times ,1995-01 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but

wrapped in a fresh stylish mainstream package that's inviting to all. Because while vegetarians are a great vital passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

American Heart Association Meals in Minutes Cookbook American Heart Association, 2002-11-05 If homemade meals at your house are being replaced by fat-filled takeout or microwaveables in front of the TV, you'll want American Heart Association Meals in Minutes on your cookbook shelf. More than 200 delicious low-fat, low-cholesterol recipes nourish your appetite for good food while respecting your hectic schedule. Whether you're balancing work and family, putting in overtime at the office, or simply wanting to restore the joys of home cooking to your table, here are terrific dishes you can put together without a lot of fuss and bother and in 20 minutes or less. With everything from appetizers, snacks, soups, salads, and sandwiches to main courses including plenty of vegetarian options, vegetables, breads, breakfast dishes, and of course, desserts, the emphasis is on ease of preparation and great taste. You can prepare many of these dishes with ingredients you probably already have on hand, making mealtime even more stress-free. In addition to one-dish and microwaveable recipes, there are four special super-saver recipe types for when you're extra rushed to get dinner on the table. New Classics are basic main dishes that will become your new standbys, ready to dress up or down as you see fit. Planned Overs are recipe two-fers that use last night's leftovers in a creative new way for tonight's meal. Shopping Cart recipes require no more than six common ingredients and get you in and out of the kitchen in no time. Express recipes are the quickest of the quick, taking merely 25 minutes or less for all the preparation and all the cooking. Tempting dishes include Stacked Mushroom Nachos, Mini Cinnamon Stackups, Portobello Pizza with Peppery Greens, Chicken Fajita Pasta with Chipotle Alfredo Sauce, Scallops Provençal, Broccoli with Sweet and Sour Tangerine Sauce, Chocolate Hazelnut Angel Food Cake with Bananas, Devil's Food Cake with Caramel Drizzles, No-Chop Stew, Blue Cheese Beef and Fries, Turkey Potstickers, Lemongrass Chicken with Snow Peas and Jasmine Rice, Green and Petite Pea Salad with Feta, Pasta Frittata.

The Everything Healthy Cooking for Parties Linda Larsen, 2008-09-17 With a third of Americans on a diet at any given time, planning party menus can be a challenge for any hostess. Veteran cookbook author Linda Larsen has the solution. She offers readers healthy cooking tips and delicious party food recipes with their health in mind. Her recipes include lots of fruits and vegetables and low-fat ingredients like turkey, bacon, and tofu, so the foods are good for you and taste great. Readers will find many festive recipes: Cantaloupe Punch, High-Fiber Cashew Pear Bread, Low-Fat Turkey Swiss Sandwiches, Lemon Meringue Crunch Trifle, and more. With this book, readers will discover that party food doesn't have to be bad for you. And that's reason enough to throw parties more often.

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