

# THE LONG LIFE COOKBOOK

Delectable Recipes For Two



Low Sodium - Low Cholesterol - Low Sugar

**Anne Casale**

Foreword by Richard N. Blumenthal, M.D.

# Long Life Cookbook Delectable Recipes For Two

**Jiyuan Zhang**



## **Long Life Cookbook Delectable Recipes For Two:**

*The Long Life Cookbook* Anne Cass,1991-10-01      **The Long Life Cookbook** Anne Casale,1988 More than a decade ago cooking teacher Anne Casale recognized the need for recipes that would be delicious and make an active contribution to good health and a long life From that vision sprang *The Long Life Cookbook* This kitchen classic was such a success that now it has at last been completely revised incorporating the latest research in diet and nutrition For your healthy eating pleasure the revised *The Long Life Cookbook* serves up 166 recipes seductive soups authentic Italian pastas and sauces energy building grains hearty beef poultry veal and lamb dishes delicate fish and seafood entrees healthy salads quick breads and muffins and sensational desserts The author also provides the exact amount of fat sodium cholesterol carbohydrates protein and the number of calories for each recipe so you can easily determine whether it fits into your particular diet regimen Inside are simple dishes like Butternut Apple Soup Shells with Peas and Herbs Barley and Mushroom Casserole and Baked Tomatoes Provencale as well as memorable delicacies like Poached Chicken with Apricot Sauce Candied Yams with Pecans Baked Trout with Shallots Orange and Watercress and others guaranteed to make every meal a healthy eating experience Every recipe has been kitchen and taste tested Anne Casale also includes an illustrated glossary of ingredients complete with herbs and spices In sum here s an easy to use cookbook that provides all the nutritional facts with every recipe so when you sit down to eat a meal you can enjoy every mouthful confident that it enhances your potential for a long and healthy life

**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      **Jim Kobak's Kirkus Reviews** ,1987      *Cassette Books* Library of Congress. National Library Service for the Blind and Physically Handicapped,1989

**Subject Guide to Books in Print** ,1997      **Library Journal** ,2006 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately      **Forthcoming Books** Rose Army,2002-02      *Time* Briton Hadden, Henry Robinson Luce,1988      *The Publishers Weekly* ,2004      *Talking Book Topics* ,1989      *Books in Print* ,1993-09 V 1 Authors A D v 2 Authors E K v 3 Authors L R v 4 S Z v 5 Titles A D v 6 Titles E K v 7 Titles L Q v 8 Titles R Z v 9 Out of print out of stock indefinitely v 10 Publishers      *Journal of the American Dietetic Association* ,1988      *American Book Publishing Record* ,2003      *Library Journal* Melvil Dewey, Richard Rogers Bowker, L. Pylodet, Charles Ammi Cutter, Bertine Emma Weston, Karl Brown, Helen E. Wessells, 1952 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Issued also separately      **Field & Stream** ,1976-12 FIELD STREAM America s largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations

**Cookbooks for People with Diabetes**, 1988

**Fat for Fuel Ketogenic Cookbook** Dr. Joseph Mercola, 2017-11-14

Hippocrates himself wrote that food is medicine Today natural health expert Dr Joseph Mercola and top Australian chef Pete Evans share the firm belief that food can be a tool to reshape our health Now they ve joined forces to put this tool in readers hands in an illustrated guide to eating the ketogenic way Drawing on Dr Mercola s expertise and visionary work in natural medicine and Evans s experience as an award winning restaurateur cookbook author and TV chef this book offers A Health 101 course that covers metabolism digestion gut health diabetes and more Guidance for a healthy lifestyle from fitness sleep and stress relief to stocking a ketogenic kitchen 100 delicious nutritious recipes aligned with both ketogenic and Paleo principles Nutritional ketosis can help with Losing weight Lowering inflammation through eliminating sugar Reducing risk of cancer and treating existing cancer Increasing muscle mass Normalizing appetite Lowering insulin levels Improving mental clarity Taming junk food cravings Juices soups salads meals and snacks all the recipes include complete nutrition facts and all are illustrated with gorgeous full color photographs shot in Pete Evans s own studio

*Arabian Nights Cookbook* Habeeb Salloum, 2012-02-28 2011 Best Arab Cuisine book in the U S Gourmand World Cookbook Award Prepare delicious and healthy meals with this award winning Arabian cookbook For untold centuries the Bedouin of the Arabian Peninsula in their desert tents have served their honored guests lavish meals featuring roasted lamb with rice Bedouin hospitality has not changed over the ages but Arabian cuisine has undergone a remarkable evolution in the last 100 years making it extremely diverse This diversity is due in part to the explosion of wealth on the Arabian peninsula which has drawn people along with their foods and cooking methods from around the world The blending of these culinary worlds has produced something remarkable In The Arabian Nights Cookbook author Habeeb Salloum has compiled an amazing array of recipes that celebrate this blending of cultures while still making it compatible with the everyday kitchens of the Western world From the familiar Hummus Bi Tahini to the unique Stuffed Lamb Salloum offers an accessible world of savory tastes and memory provoking aromas Authentic Arabian recipes include Classic Hummus Chickpea Puree Spicy Eggplant Salad Hearty Meat and Bulghur Soup Tandoori Chicken Omani Style Golden Meat Turnovers Fish Fillets in an Aromatic Red Sauce Spicy Falafel Patties Delicious Stuffed Zucchini Cardamom Fritters with Walnuts in Orange Blossom Syrup Real Arab Coffee Made Just Right And many more

**Indian Vegetarian Cooking from an American Kitchen** Vasantha Prasad, 2011-05-25 A remarkably skillful job of bringing authentic Indian flavors to the American kitchen David Rosegarten author of The Dean Deluca Cookbook and host of Taste TV Food Network Recipes include Cucumber Pirogue Spicy Potato Soup Fruit Salad with Yogurt Cheese Dressing Saut ed Eggplant and Bell Pepper Curry Spinach with Homemade Cheese Saag Paneer Mixed Vegetable Korma Navarathna Korma Rice Pilaf with Cashews Black Pepper and Coconut Vegetable Biryani Basic Toovar Dal Spicy Black eyed Pea Curry Chapatis Whole Wheat Flat Breads Parathas Whole Wheat Flaky Griddle Breads Aloo Parathas Potato stuffed Breads Masala Dosa Rava Idli Minty Yogurt Drink Sweet Vermicelli Pudding Almond Milk Fudge and more Vasantha Prasad s

book is a must read for anyone who loves healthy Indian vegetarian fare Her recipes are wonderful and use all five of the senses Nina Griscom co host of Dining Around TV Food Network

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