

# 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

**Liying Dong**



## **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

**The Long Life Cookbook** Anne Casale, 2002 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 Subject Guide to Books in Print ,1997 **Cassette Books** Library of Congress. National Library Service for the Blind and Physically Handicapped,1989 The Publishers Weekly ,1972 **Nutritional Dinners for Two Lovers as If They Are Loving Angels Descending from Heaven** Dr. Mary M. Tai,2019-04-11 All recipes are composed of nutritional ingredients The implications of foods on health are also presented In this second cookbook there are two types of desserts food dessert and thirty four written presentations of desserts The presentations are composed of interesting and significant events in several areas humanity medicine science literature arts and music **Gatherings** America's Test Kitchen,2023-09-19 The cooks of America s Test Kitchen share how they entertain at home with 140 recipes from simple to showstopping and airtight planning strategies Toss out old rules of getting together and throw a dinner party so memorable and fuss free that everyone will want to repeat it even the host It s time to get excited about entertaining again The cooks of America s Test Kitchen are shaking up the notion of what a dinner party is all about stepping away from the test kitchen to reveal their favorite ways to entertain friends and family and sharing an all new collection of personal recipes After all professional cooks want to chill out when hosting at home just like everyone else Be Casual but Fancy Grill expert Morgan Bolling transforms a grill smoked pork butt into the star of a giant nacho spread Avid gardener Jack Bishop showcases late summer produce in a whole new light for a simple pasta and salad dinner Matthew Fairman urges everyone to dig in with their hands to his Viet Cajun shrimp boil Get Playful Stephanie Pixley s dumpling dinner easily morphs into a make your own dumpling party Amanda Luchtel s vegan optional hot dog spread features smoked carrot dogs and loads of festive toppings Mark Huxoll s hearty Oktoberfest is a blast any time of year Go All Out Joe Gitter pays homage to his heritage with a proper British picnic Leah Colins does the same with her South Philly Nonna s Sunday porchetta abbondanza Steve Dunn has a swooningly romantic dinner that starts with cocktails and smoked salmon kettle chip blini and ends with a make ahead Napoleon that looks right out of a pastry shop Up Your Game Cooks share all their pro tips too including game plans to achieve each menu and advice on shopping make ahead setup and serving all the logistical info for a fun hitch free gathering Mazimize Quality Fun Time Discover the cooks favorite store bought hacks for pulling together pre dinner nibbles and desserts for planning drink selection and quantities and for responding creatively when asked What can I bring **Food Babe Kitchen** Vani Hari,2023-03-14 New York Times best selling author and revolutionary food activist Vani Hari offers an array of quick easy real food recipes that make cooking fun healthy and delicious This book will inspire you to take control of your health and ditch processed foods for good If you want to be inspired delighted and overwhelmed with deliciousness look no further than Vani Hari s masterful yet simple everyday cookbook Food Babe Kitchen Mark Hyman M D New York Times best selling author of Food Fix and Head of Strategy and Innovation at the Cleveland Clinic Center for Functional Medicine With more than 100 mouthwatering recipes from Biscuits with Whipped Honey Butter to Baja Fish Tacos Grapefruit Goddess

Salad Luscious Lemon Bars and even Homemade Doritos the Food Babe Kitchen will show readers how delicious and simple it is to eat healthy easy real food Food Babe Kitchen shows you how to shop for the healthiest ingredients by breaking down every aisle in the grocery store with expert label reading tips and simple swaps plus a handy meal planning guide and pantry list to stock your kitchen for success Eat healthfully close to the earth with the best ingredients that you choose so when you sit down to enjoy a delicious meal you know what you are eating and you haven't spent all day in the kitchen Easy to follow directions eye catching photography and simple substitutions to accommodate vegan dairy free grain free and other diets make this the ultimate guide to getting back into the kitchen to create healthful meals for yourself and those you love Getting off processed food has never been easier or more delicious

**The Complete Modern Pantry** America's Test Kitchen, 2022-11-15 Busy home cooks can create exciting meals straight from the pantry with this unique cookbook from America's Test Kitchen Cook more shop less and improvise like a pro with over 350 recipes and tricks for making the most of ingredients you already have on hand Flexibility should be in every cook's arsenal sometimes you can't always get to the supermarket This invaluable cooking resource from America's Test Kitchen shows cooks how to make use of their pantry by thinking in categories The recipe is the blueprint you focus on what the ingredients do not just what they are Visualize a dish starting with what's in your pantry fridge or freezer Then substitute swap and combine to build the meal up Bulk and bases grains beans and other starchy foods are a solid foundation Long storage vegetables use go to staples like potatoes and garlic even frozen veggies Proteins items like eggs tinned fish tofu and cured meat anchor the meal Toppings creamy and rich or crispy crunchy and chewy these always transform a dish Acidic and pickled foods brighten everything up Umami flavor enhancing condiments and seasonings add depth to food Hot and smoky elements spices chiles and sauces enliven your meal Sweet and tart flavorings balance out anything that's salty bitter sour or hot DIY Pantry items make your own blends and toppings Whether you're a home cook who wants to get more creative or are budget and waste conscious or even just pressed for time on a weeknight America's Test Kitchen will show you how to improvise with confidence

**Fresh Pasta at Home** America's Test Kitchen, 2022-12-06 Turn homemade pasta into your new favorite kitchen hobby with foolproof methods and 100 plus recipes that make it totally achievable Whether you use a hand crank machine electric machine extruder or rolling pin and elbow grease you can make incredible pasta from scratch using ATK's rigorously tested techniques Then choose one of the delectable recipes to show off your impressive every time pasta to perfection More than a dozen doughs Pasta doughs made with eggs semolina whole grains vegetables and even gluten free flours are proportioned for perfect results whether you're using a machine or not Strand pasta Spaghetti al Limone Tagliatelle with Artichokes and Parmesan Bucatini al Fuoco Hand shaped pasta Orecchiette with Broccoli Rabe and Sausage Fileja with Nduja Tomato Sauce Gnocchi with Fontina Sauce Stuffed pasta Short Rib Agnolotti with Hazelnuts and Browned Butter Butternut Squash Filled Cappellacci Cheese Ravioli with Pumpkin Cream Sauce Baked pasta Lasagna Verde alla Bolognese Wild Mushroom Lasagna

Three Cheese Manicotti with Meat Sauce Mix and match sauces Pair your favorite shapes with any of these including quick tomato sauces even quicker olive oil sauces long simmered meaty sauces and pestos Plenty of step by step photos accompany crystal clear instructions for rolling out pasta sheets and cutting and forming shapes all accompanied by irresistible photos of the finished dishes **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

*Everyday Bread* America's Test Kitchen,2023-03-28 Simplify the baking equation to add up to bread of all kinds on any schedule as often as every day Introducing the only cookbook to put homemade bread and convenience in the same sentence whether you re a beginner baker or an enthusiast Learn seven core recipes and then manipulate them into different shapes and flavors with ease for tons of new breads Fit bread into your schedule with flexible customizable timetables Maybe you re looking to get bread on the table tonight or maybe spreading steps over a few days is better for you Recipes follow both paths with new streamlined techniques no specialty equipment and even loaves with no yeast kneading or shaping You won t believe the chewy open crumb and ultracrisp crust you ll get from no knead Dutch oven baked loaves the ease of quick breads that come together with a stir and the dinner possibilities for flatbreads of all kinds Bake fast with a lively new roster of quick breads Three Ingredient Bread mimics yeasted loaves with a simple stir Potato Biscuits with Bacon are on the dinner table in an hour Master 7 core dough recipes and then remix with confidence American Sandwich Bread levels up to loaves swirled with spicy zhoug crusted with seeds or shaped into multipurpose buns and b tards Impress with our reinvented Rustic No Knead Bread You don t need experience to turn out a beautiful bakery loaf Cherry Pistachio Whole Wheat in a few folds anyone Get unbelievable crust and crumb with your skillet or Dutch oven No specialty equipment in this book Make recipes straight through or hit the pause button and return when it s convenient Have warm Sticky Buns in the morning or Thai Curry Butter Fan Rolls with dinner even on a Tuesday Make your daily bread do work for your weekly meals Homemade flatbreads like Mushroom Musakhan win over delivery on a weeknight rustic Spicy Olive Bread makes a topped toast lunch Learn what to do with all the bread you ll make Toast it top it crouton it bread has endless uses *Jim Kobak's Kirkus*

*Reviews* ,1987 **Healthy Air Fryer** America's Test Kitchen,2021-12-28 All new inspired recipes for vibrant meals and good for you snacks that will have you turning to your air fryer all day Air frying is no longer just a substitute for deep fat frying Go beyond french fries and fried chicken to experience a world of fresh flavor From Chicken Tomatillo Tacos with Roasted Pineapple Salsa to Stuffed Portobello Mushrooms with Kale Corn and Pickled Jalape os from Sesame Salmon with Roasted Kimchi Broccoli and Shiitakes to Lemon Thyme Pork Tenderloin with Green Beans and Hazelnuts you can easily air fry them all These recipes were tested repeatedly to make sure they work in any model of air fryer basket style oven style toaster oven style and the Instant Pot lid Healthy Air Fryer gives you 75 ways to use your air fryer for breakfast lunch dinner Try Overnight Breakfast Three Grain Bowl Whole Wheat Blueberry Almond Muffins Shrimp with Curry Noodles Crispy Pork

Chops with Roasted Peach Blackberry and Arugula Salad Crispy Barbecue Chickpeas These foolproof recipes chock full of whole grains lean proteins good fats and vegetables are developed to maximize the air fryer's convection heat Discover prep ahead breakfasts Fruit Nut and Oat Scones and Hearty Vegetable Hash with Golden Yogurt lighter inventive ways to dinner Coriander Chicken Thighs with Roasted Cauliflower and Shallots and crave worthy snacks Asparagus Fries and Make Ahead Crispy Egg Rolls

The Complete One Pot America's Test Kitchen, 2020-11-03 The only one pot cookbook you'll ever need Simplify dinner and eat well with hundreds of meals that take full advantage of your favorite pans Today's one pot recipes are more varied than ever From sheet pan suppers to no boil pastas these flavorful recipes represent the test kitchen's best strategies for successful single pan cooking including staggering cooking times so everything finishes at once and developing an arsenal of no cook sauces to dress up Instant Pot and slow cooker meals ATK flips the lid on several one pot cooking assumptions first that it's always slow More than 130 of the 400 recipes can be made in 45 minutes or less Next that the recipes serve an army We paid attention to smaller family sizes by adding scaled down recipes serving two throughout the book And we made some of the all time best recipes more flexible with choose your own pan options such as Classic Chicken Soup that can be made in a Dutch oven slow cooker or pressure cooker Finally we realized that decluttering dinner didn't stop with using just one pot but also meant limiting the number of bowls Skip takeout with Sheet Pan Veggie Pizza Make date night Classic Arroz Con Pollo for Two in a saucepan Cook for a crowd using a roasting pan for Herbed Lamb Shoulder with Fingerling Potatoes and Asparagus Set and forget Slow Cooker Spiced Pork Tenderloin with Raisin Almond Couscous or get dinner on the table fast using an Instant Pot to make Cod with Warm Tabbouleh Salad

**Weight Success for a Lifetime** Carol Simontacchi, 2005 This book helps readers learn how to eat and enjoy healthy nutrient dense foods and teaches how to develop positive lifelong nutritional and lifestyle habits Each person has a unique array of health issues and if these issues are not addressed it's impossible to find a lasting solution Carol Simontacchi has devised a comprehensive 48 week program that helps readers discover their individual health issues and deal with them through professional guidance and understanding This program will produce long term weight loss for a lifetime of health and fitness

The Savory Baker America's Test Kitchen, 2022-02-01 The ultimate guide to savory baking using fragrant spices and herbs fresh produce rich cheeses and meats and more Baking is about a lot more than just desserts This unique collection one of the few to focus solely on the savory side of baking explores a multitude of flavor possibilities Get inspired by creative twists like gochujang filled puff pastry pinwheels or feta studded dill zucchini bread And sample traditional baked goods from around the world from Chinese lop cheung bao to Brazilian pão de queijo Our flexible recipes let you keep things simple by often using store bought doughs and crusts or go all out and make them from scratch using our foolproof methods No matter what kind of baker you are you'll be inspired by the irresistible flavors from everyday biscuits to showstopping breads including Quick breads scones biscuits and pastries Turn scones savory with panch phoran an Indian spice blend with cumin fennel and

mustard seeds Bake the flakiest biscuits ever packed with fresh sage and oozing with melty Gruyere Even danish goes savory with goat cheese and Urfa chile Tarts galettes and pies Jamaican spiced beef patties or a flaky galette with corn tomatoes and bacon will be your new favorite lunch or breakfast or snack Or make pizza chiena the over the top Italian double crusted pie of eggs cheeses and cured meats Batter and stovetop bakes Popovers bursting with blue cheese and chives dress up dinner while bread pudding with butternut squash and spinach makes the brunch table And savory pancakes are for anytime whether you choose Chinese c ngy ubing or Korean kimchi jeon Flatbreads pizza rolls and loaves Try alu paratha the Northern Indian potato stuffed flatbread Shape mushroom crescent rolls or a challah enlivened by saffron and rosemary And for kids of any age bake a pizza monkey bread Every recipe has a photo you ll want to sink your teeth into and ATK tested techniques plus step by step photos walk you through rolling out pie and galette doughs shaping breads and rolls stretching pizza dough and more

*Healthy and Delicious Instant Pot* America's Test Kitchen,2021-10-19 Vegetables to the front We ve flipped the traditional ratio on its head by keeping our protein portions small while making vegetables superabundant Embrace the fresher side of Instant Pot cooking with satisfying meals and exciting flavors to invigorate weeknight dinner These wholesome recipes are easy over half ready in an hour or less yet are anything but predictable with options that bring a variety of flavors to the table Cook a wide range of cuisines and ingredients with meals that will leave you feeling nourished and energized Steam fluffy Persian jeweled rice with pressure poached chicken for an eye catching dinner Pressure cook fall off the bone oxtails in an aromatic broth abundant with mustard greens to create authentic Hawaiian Oxtail Soup Poach haddock with tomatoes escarole and top it with crispy garlic for extra savoriness Perfectly sear chicken breasts then pressure cook with barley and butternut squash to create a creamy update on risotto We indicate calories per serving on each recipe page to help you easily choose dinner for the night With newer models coming out every year it s more important than ever to understand how your Instant Pot functions ATK has tested across a range of models to make sure you won t have to settle for dry proteins or blown out textures We show you how to utilize your pot to add that crispy element such as toasted croutons garlic chips and more for meals with varied textures Plus our intro chapter teaches you how to best troubleshoot issues to ensure that you re getting the best out of your Instant Pot



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