

# Low-Fat

VEGETARIAN COOKING



Classic Slim Cuisine

by Sue Kreifman

# Lowfat Vegetarian Cooking

**Jeanne Tiberio**



## **Lowfat Vegetarian Cooking:**

*Low-fat Vegetarian Cooking* Jenny Stacey,1997      *1,001 Low-fat Vegetarian Recipes* Sue Spitler,Linda R. Yoakam,1997  
This revised edition of tasty healthy recipes accommodates vegetarians of all persuasions A new chapter Veg Express features dishes that can be prepared and cooked in less than 20 minutes      **Steven Raichlen's High-flavor, Low-fat Vegetarian Cooking** Steven Raichlen,1997      **Vegetarian Homestyle Cooking** Jeanne Tiberio,1998 A homestyle collection of 175 easy to prepare culturally diverse vegetarian recipes that abound with heart healthy lowfat and cholesterol free dishes to nourish the body and soul Nutrient analysis and diabetetic exchanges included      **Low-Fat Vegetarian Cooking** Jenny Stacey,2004      *30 Low-Fat Vegetarian Meals in 30 Minutes* Faye Levy,1997-03-01 Taste speed and ease are the main ingredients in this cookbook for the health conscious vegetarian The recipes make use of bold seasonings that give maximum flavor with minimum preparation and each menu serves two or four Most meals include three recipes built around a main dish with chapters broken down into menus featuring pasta beans rice or other grains one pot menus soup salads and savory and sweet recipes      **Low Fat Vegetarian Cooking** Sue Kreitzman,1996-10      **1,001 Low-Fat Vegetarian Recipes** Linda R. Yoakam,2009-03-01 A massive collection of tasty low fat recipes for vegetarians and vegans from appetizers to desserts This edition of 1 001 Low Fat Vegetarian Recipes is completely revised to reflect current food trends and styles of cooking Catering to the needs of today s busy cooks from committed vegetarians to flexitarians to those simply looking for inventive ideas for peak of season produce the recipes are easier and faster to prepare with fewer ingredients and more concise cooking methods The recipes which all adhere to American Heart Association guidelines emphasize super foods foods that boast high nutritional antioxidant and phytochemical qualities including blueberries pomegranate juice edamame leafy dark greens beans and legumes nuts seeds whole grains and soy Included are recipes from every category from appetizers through desserts with more than 500 entrees offering a superb assortment of satisfying meals that are low in fat and rich in flavor Each recipe is labeled with an identifying icon for vegan lacto vegetarian ovo vegetarian and lacto ovo vegetarian Nutritional data and diabetetic exchanges are provided for each recipe      *Low-fat Vegetarian Cooking* Sue Kreitzman,1996 Low fat and non fat vegetarian dishes are the focus of a cookbook which joins others in the quest for healthy dishes Each recipe here is introduced with the author s insights on the origins of the dish or its flavorful contents the result s most readable and enticing      **Low-Fat No-Fat Vegetarian** Anne Sheasby,2012 Deliciously tasty dishes for vegetarians who want to watch their fat intake too with low fat soups appetizers casseroles and hot pots paellas pies puddings baked goods and desserts      *Vegetarian Cooking for Healthy Living* Mary Ter Meer,Jamie Gates Galeana,1997 This ideal to the point guide describes how to remain healthy without eating red meat fish or poultry This beautiful title is endorsed and highly recommended by Dean Ornish M D All of the 130 recipes are creative and easy to follow require no exotic ingredients and follow the heart disease reversal guidelines advocated by Dr Ornish Sidebars highlight unique features of the dish

Vegetarian Times Low-Fat & Fast Vegetarian Times Magazine, Maimonides, 1997-01-05 Vegetarian Times Low Fat and Fast If you've been searching for a cookbook to help you put delicious meatless meals on the table in a hurry then look no further The editors of Vegetarian Times magazine the leading authorities on the vegetarian lifestyle have compiled this delicious collection of 150 recipes all of which can be prepared in 30 minutes or less In fact many of the recipes are easy enough to complete in just 15 or 20 minutes Not just easy all of the recipes in Vegetarian Times Low Fat and Fast are low in fat too Of course eating meatless meals is always healthful but as the Vegetarian Times editors explain you still need to watch what you eat to stay fit and healthy Light vegetarian cooking can be made simple by cutting back on eggs using low fat cheeses sauteing with olive oil instead of butter and trying healthy cooking techniques like grilling broiling roasting and steaming all of which bring out the best flavors in your food Whether you're a longtime vegetarian or vegan looking for some exciting new and easy recipes to try or a part time vegetarian just trying to eat meatless meals a few times a week for better health this is the book for you Vegetarian Times Low Fat and Fast is a timesaving cookbook that will make anyone even beginner cooks feel at home in the kitchen Sample Recipes Caribbean Bean Burgers Sesame Broccoli Mexican Lasagna Vegan Caesar Salad Black Bean Flautas Pesto Mashed Potatoes Tandoori Style Chickpeas Indonesian Fried Rice Six Vegetable Couscous Gingered Carrot Soup *Fat Free Vegetarian* Anne Sheasby, 2016-03-07 Tempting vegetarian starters main courses and desserts including low fat takes on classics with 750 photographs *Low-fat Vegetarian Cookbook* Sunset Books, 1995 Recipes for healthy eating fat fiber content included Cover *Sue Kreitzman's Low-fat Vegetarian Cookbook* Sue Kreitzman, 1998-09 Sue Kreitzman shows you how simple it is to adopt a low fat lifestyle all the time and enjoy the benefits of a low fat diet whatever the occasion Lifeplan explains how to make a low fat lifestyle effortless and stress free by including over 150 delicious recipes to suit every occasion All the common concerns are addressed including what to eat in restaurants what to put in sandwiches and what to eat at dinner parties or celebrations Full of simple tips techniques shopping lists and organizational hints to help you change to a healthy low fat regime that you'll never want to leave

Low-fat Ways to Cook Vegetarian Susan McEwan McIntosh, 1996 From the staff at Leisure Arts comes a collection of more than 140 low fat vegetarian recipes to satisfy the lacto ovo vegetarian the vegan and those who are cutting back on their meat consumption Included are suggestions for meal planning make ahead ideas substitution charts a daily food guide and much more All the recipes emphasize the use of fresh fruits and vegetables and reflect the best in international cuisine 75 color photos **1001 Low-fat Vegetarian Recipes** Sue Spitler, 2003 Low Fat Vegetarian Anne Sheasby, 2015-05-18 This title features 180 delicious recipes for healthy soups salads main courses and desserts shown in over 750 photographs It features tempting soups appetizers snacks salads main courses accompaniments and surprisingly delicious desserts and bakes It includes virtually fat free versions of classics such as vegetarian moussaka pizza frittata curries and stews as well as enticing new ideas such as Spiced Mango Soup with Yogurt Garlicky Green Salad with Raspberry Vinaigrette Leek Squash

and Tomato Gratin Tofu and Vegetable Thai Curry and Summer Berry Crepes It offers expert advice on healthy eating with guidelines for cutting out the fat while retaining all the taste with low fat and no fat cooking techniques and tips throughout Packed with a fantastic range of delicious yet healthy vegetarian recipes this essential cookbook is perfect for today's health conscious lifestyles There are over 180 recipes for soups appetizers and snacks side dishes salads light lunches and main courses as well as enticing low fat or no fat breads cakes and desserts Dishes include Vegetable Kebabs with Mustard and Honey Fresh Ravioli with Pumpkin Ratatouille Pancakes Vegetable Moussaka Balti Stir fried Vegetables with Cashews Tropical Coconut Sorbet and Chocolate and Banana Brownies The book is the perfect kitchen companion for everyone who cares about their health and diet

**Soy of Cooking** Marie Oser, 1996-05-20 Now you can create elegant meals that are as healthy as they are delicious Soy of Cooking is a gourmet guide to preparing savory meatless dishes that incorporate nutrient rich soyfoods into your diet high in antioxidants and phytochemicals as well as fiber and vitamins With more than 170 enticing recipes this innovative cookbook shows how to combine creative techniques and easy to find soyfoods to make healthy starters main dishes desserts and more with tempting artful presentations All of the recipes have 5 grams of fat or less and include complete nutrition analysis This collection of healthy and delectable soyfood creations includes Spicy Roasted Pepper Dip Raspberry Walnut Dressing Pumpkin Ravioli Saucy Pizza Abbondanza and Frozen Fudge Cheesecake Soy of Cooking defines 30 new and traditional soyfoods most of which can be found in supermarkets and health food stores around the country It also includes a guide to useful cooking techniques tips on using spices and soyfood exchange information For those who think soy based vegetarian cooking is less than gourmet think again Soy of Cooking is full of excellent recipes that taste superb and are made from ingredients that are readily available John Robbins author of Diet for a New America and Reclaiming Our Health Soy of Cooking will be a great help to health conscious consumers who love good food and want to find new ways to introduce soy products in their diets Mark Messina Ph D and Virginia Messina M P H R D authors of The Simple Soybean and Your Health and The Vegetarian Way The recipes are familiar enough to become instant successes in your home yet sensational enough to be served in 5 star restaurants John McDougall M D Director of the McDougall Program St Helena Hospital and Mary McDougall author of The New McDougall Cookbook In Soy of Cooking Marie Oser shows the myriad of ways to make soy delicious and nutritious Dean Ornish M D author of Everyday Cooking with Dr Dean Ornish

*Appetite for Reduction* Isa Chandra Moskowitz, Matthew Ruscigno, 2011 Bestselling vegan chef Moskowitz is known for making groundbreaking strides in vegan cooking Appetite for Reduction offers 125 delicious big portion recipes that are fewer than 400 calories per serving low in fat and sugar and high in fiber

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