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# Low Fat Favorite Recipes

**Moosewood Collective**



## **Low Fat Favorite Recipes:**

*1,001 Best Low-Fat Recipes* Linda R. Yoakam, 2015-03-10 A massive collection of quick easy low fat recipes covering everything from appetizers and salads to entrées and desserts A redesigned and reformatted version of a perennial favorite this second edition of 1 001 Best Low Fat Recipes is the most complete collection of healthy recipes for busy families The quick easy to prepare recipes are written in a concise format and use readily available ingredients with a focus on fresh seasonal foods They require no special cooking skills or equipment and represent an eclectic range of styles and culinary traditions The award winning 1 001 cookbook series has earned its reputation for excellence by carefully curating and testing the recipes as well as by featuring complete nutritional data such as calories fat cholesterol carbohydrates and diabetic exchanges This latest offering in the best selling series has been completely refreshed and updated for maximum value and ease of use in the 21st century In one convenient all encompassing volume 1 001 Best Low Fat Recipes presents the healthiest simplest and most delicious range of family meals These recipes are designed to help provide a complete meal as quickly as possible many are designated as forty five minute recipes from start to tabletop From appetizers to entrees to salads and desserts these recipes are easy to make fun to try and deliciously low in fat **My Favorite Low Fat Recipes:**

**For Keeping Track of My Heart-Healthy Foods** Yum Treats Press, 2018-10-05 What's for dinner tonight That's a common question in most households across the country As we get busier sometimes it becomes harder for us to plan ahead This series of My Favorite Recipes is a great addition to your Library where you can either write in or print and paste in recipes for the things you like most to eat Each recipe book consists of 150 pages for you to enter your favorite recipes for the type of food you choose No longer do you have to either surf the net to re-find your recipes or dig through a bunch of separate cookbooks Now where did I put that recipe Will no longer be a common phrase heard at your house These 8 X 10 recipe books are plenty big enough to give you room to write and you'll be able to read your recipes when you are done Each recipe is broken down into Ingredients Prep time Cook time Oven settings Pan size and then there is also room for the general instructions The books are printed on white paper in black and white Get one of these My Favorite Recipe Books for all the types of food you love to cook and eat It makes a wonderful Christmas gift as well as for a wedding shower Buy one for yourself and one for all the people you love [Dr. Art Ulene's Low-fat Cookbook](#) Art Ulene, 1996 Following the success of his bestselling weight loss books Dr Ulene has created a cookbook that allows readers to reduce fat in their diets without sacrificing the pleasures of eating In addition to being delicious these 170 recipes provide health benefits that range from easy weight loss to reduced risk of heart disease 100 illustrations of color photos *The 50 Best Low-Fat Recipes* Adams Media, 2011-12-01 They're healthy They're tasty And they're right at your fingertips The 50 Best Low Fat Recipes is an appetizing selection of delicious dishes that pack in the flavor without packing on the pounds From Crispy Tortilla Chips to Sweet Citrus Cheesecake there's plenty included so you can whip up satisfying and easy snacks and meals Enjoy

*Moosewood Restaurant Low-Fat Favorites* Moosewood Collective, 2015-08-18 This is the low fat book cooks who care about wholesome vegetarian inspired food have been waiting for with more than 280 recipes that are as delicious and trustworthy as those in the Moosewood Collective's previous books With fourteen chapters ranging from savory soups and main course salads to creative side dishes and aromatic Mediterranean and Asian inspired dishes fat will not be missed in mouthwatering recipes like Guacamole with Asparagus Chinese Orzo Vegetable Salad Spring Vegetable Paella Indian Potato Pancakes and Creamy Dairyless Rice Pudding Along with those creative dishes there are also low fat variations on familiar favorites such as Macaroni and Cheese Shephard's Pie and Dark Chocolate Pudding An added bonus the Moosewood Collective has made sure that the ingredients used in the recipes throughout the book are easily found in most well stocked supermarkets Along with nutritional and glossary guides that provide explanations of nutritional terms instructions for how to glean the information you need from nutrition labels a brief overview of vitamins and minerals and guides to ingredients and cooking techniques the Collective also offers tips and ideas for sustaining a low fat lifestyle They bake rather than fry replace high fat ingredients with healthy substitutes no artificial ingredients allowed and use butter and oil very moderately so that what is lost in fat is gained in bold intense flavors *Moosewood Restaurant Low fat Favorites* is sure to set the kitchen standard not only for health conscious cooks but also for those who have come to rely on the Moosewood Collective's easy earthy approach to cooking

**366 Low-Fat, Brand-Name Recipes in Minutes!** M. J. Smith, 1994-05-20 Create A Year's Worth of Healthy and Fast Family Favorites using Popular Brand Name Foods If you crave good cooking and good health but find yourself short on time delicious and healthful meals are now as close as your cupboard With brand name foods you may already have around the kitchen you can create mouthwatering and nutritiously sound meals in minutes In fact most of these recipes take less than 30 minutes to prepare You'll save precious time and money at the same time as reducing unwanted calories fat salt and cholesterol With Brands You Trust This Creative Cookbook Offers Such Temptations As Green chili spoon bread Bartles Jaymes tropical fruit salad Pepper chicken tortellini salad Speedy baked ziti Saturday night seafood scramble Dannon brownies Frosted pistachio marble cake 366 Low Fat Brand Name Recipes in Minutes also includes tips on reducing the fat in brand name foods recipe preparation times food exchanges for weight loss and diabetes recipes for bread machines and more From appetizers to dessert and Betty Crocker to Velveeta 366 Low Fat Brand Name Recipes in Minutes makes it easy to eat conveniently inexpensively and healthfully every day

*Our Best Low-fat Low-calorie Recipes* Southern Living, 1997 A collection of recipes taken from Southern Living magazine

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Nutritional data and diabetic exchanges are provided for each recipe      **Low-fat Soul** Jonell Nash,1998 Over 100 recipes  
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