

The
LOW-FAT
JEWISH
COOKBOOK

*225 Traditional and Contemporary Gourmet Kosher
Recipes for Holidays and Every Day*

FAYE LEVY

Low Fat Kosher Cookbook

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Low Fat Kosher Cookbook:

Hold the Schmaltz, 1993 *Low-fat Jewish Cookbook* Faye Levy, 1997 Award winning cookbook author Faye Levy proves once and for all that kosher and low fat are not mutually exclusive She offers 225 healthy and delicious recipes for holidays and every day color photos Secrets of Fat-free Kosher Deborah Bernstein, 1995-01-01 *Secrets of Fat Free Kosher Cooking* begins with a brief introduction to the laws of kosher cooking and then guides you through some nutrition basics It then shows how the use of low fat ingredients coupled with appropriate cooking methods can turn once high fat foods into delicious low fat alternatives This exciting collection includes such kosher classics as plump pierogen and knishes crisp potato latkes and old fashioned chicken soup complete with fluffy matzoh balls Choose from a wide variety of hearty chulents and kugels as well as dessert classics like prune filled hamantaschen creamy cheese blintzes and sweet honey cake There is even an amazing recipe for low fat challah the traditional bread of the Sabbath and holidays **Secrets of Fat-free Kosher**

Cooking Deborah Bernstein, 1998 More information to be announced soon on this forthcoming title from Penguin USA

Secrets of Fat-free Kosher Cooking Deborah Bernstein, 1998 More information to be announced soon on this forthcoming title from Penguin USA **Healthy Jewish Cooking** Steven Raichlen, 2000 Just in time for the High Holy Days the bestselling maestro of low fat cooking turns to Jewish cuisine to make it healthier Tantalizing color photos accompany all the recipes in this festively packaged book whose ingenious practical tips make it a lifesaver for the health conscious Jewish holiday cook and gift giver **Passover Lite Kosher Cookbook** Gail Ashkanazi-Hankin, 1996 Nearly two hundred recipes traditional dishes as well as contemporary foods that meet the Passover dietary laws but avoid all those whole eggs and fat

Enlitened Kosher Cooking Nechama Cohen, 2006 **MealLeaniYumm!** Norene Gilletz, 2002 You don't have to be Jewish to enjoy the 800 healthy home style recipes in MealLeaniYumm pronounced meal leani yumm almost like millennium This quick and easy cookbook focuses on low fat nutritious cuisine using everyday ingredients It's an excellent resource for people with health and weight concerns part time vegetarians diabetics weight watchers or those who couldn't care less but just love to eat good food This information packed book is perfect for today's time challenged cook You'll find step by step directions for nutritious satisfying dishes that are sure to please Packed with tips for today's kosher or not kitchen MealLeaniYumm is the smart weigh to cook delicious dishes for every day holidays and special occasions Each recipe has a nutritional analysis plus there are hundreds of healthful hints about fat fibre cholesterol calories calcium and mmm more Ship shape shopping lists will guide you on stocking your pantry fridge and freezer There is a substitution chart for low fat baking Alternative ingredients and variations are suggested in many recipes plus do ahead directions freezing tips and up to date nutritional information plus 20 pages of full color photographs Tasting is believing You'll love Cajun Chicken Breasts 163 Calories 4.9 g fat Fudgy Wudgy Brownies 72 calories 1.4 g fat *Festivals of Lite Kosher Cookbook*, 1999 **Helen Nash's Lower-fat Kosher Kitchen** Helen Nash, 1996-02 The author of *Kosher Cuisine* introduces an innovative cookbook for everyday that

combines healthy eating with the kosher kitchen Nash's recipes cover everything from a simple lunch to a full dinner party menu with an eye to the lighter and healthier standards of today's cooking Line drawings **1,000 Low-Fat Recipes** ,

100 Jewish Things to Do Before You Die Barbara Sheklin Davis,2017-01-01 The demands of modern society often create distance between Jews and their cultural heritage Author Barbara Sheklin Davis a New York City native and longtime Jewish educator offers ways to embrace and uphold Jewish influences in everyday life Suggestions range from simple activities like indulging in a Woody Allen movie marathon and noshing on pastrami on rye to more involved activities including hosting a Shabbat dinner or exploring tikkun olam to bring about social justice and repair the world Feeling more Jewish than Jewish these days Let this list of 100 tips reconnect you Start now with 12 and call your mother after all she worries Sample Contents Binge watch Woody Allen Face the future Guess how many of these people are Jewish Join a Jewish dating site Make an impact on social justice Unravel a Jewish superstition A Jewish educator for well over 50 years Barbara Sheklin Davis has devoted her life to teaching and upholding Jewish traditions in the United States She earned her PhD in Spanish literature from Columbia University and serves as executive editor of HaYidion a journal of Jewish education An accomplished author noted scholar and community leader Davis received the 2015 Hannah G Solomon Award from the National Council of Jewish Women She is a true Jewish mother to three children and the grandmother of nine **Healthy Cooking for the Jewish Home** Faye Levy,2023-12-15 The award winning cookbook author shares 200 deliciously updated delightfully nourishing kosher recipes for all occasions In Healthy Cooking for the Jewish Home Faye Levy presents a progressive upbeat approach to kosher cuisine that highlights the pleasure of preparing and eating mouthwatering dishes that promote well being From the traditional to the exotic Levy introduces a grand array of international ingredients in dishes such as Poached Turkey with Mushrooms Wheat Berries and Dill Diced Vegetable Salad with Pepitas and Papaya Marseilles Style Fish with Saffron and Fennel and Turkish Autumn Vegetable Casserole with Chicken she shows how they will add zest to any menu while maintaining solid nutritional value With a focus on foods with substantial health benefits such as nuts whole grains fruits and vegetables Levy puts a modern twist on old favorites including Passover Haroset with Pistachios and Pomegranate Juice and Rosh Hashanah Chicken with Dates and Almonds She also introduces new classics to the festive Jewish kitchen such as Buckwheat Blintzes with Goat Cheese and Ratatouille Spicy White Bean Soup with Kale Purim Baked Turkey Schnitzel with Sweet Sour Onion Compote and Macadamia Orange Cake with Red Berry Sauce Whether you're cooking weeknight meals for your family or preparing a holiday feast for friends and relatives Healthy Cooking for the Jewish Home is bound to satisfy all your culinary needs **Diabetes Dateline** ,1979 **How to Spell Chanukah...And Other Holiday Dilemmas** Emily Franklin,2012-09-11 Ring in the holiday with eighteen writers who extol excoriate and expand our understanding of this most merry of Jewish festivals as they offer up funny irreverent and yes even nostalgic takes on a holiday that holds a special place in Jewish hearts and stomachs Pieces by Jonathan Tropper Jennifer Gilmore

Steve Almond Joanna Smith Rakoff Adam Langer and others address pressing issues what is the weight gain associated with eating 432 latkes in eight nights Offer joyous gratitude What a holiday No pestilence no slavery no locusts no cattle disease or atonement Thank God And afford tender truths You are reminded of your real gifts a family you get to come home to Whether your family tradition included a Christmas tree or a Chanukah bush whether the fights among your siblings rivaled the battles of the Maccabees or even if you haven't a clue who the Maccabees were this little book illustrates the joys frustrations and small miracles of the season The Healthy Family Cookbook Hope Ricciotti, Vincent Connelly, 2004 Dr Ricciotti of Beth Israel Deaconess Medical Center and her husband chef Connelly share their secrets for making family meals a time of joy and good eating Also included is the latest nutritional advice for babies children and adults Que's Official Internet Yellow Pages Joe Kraynak, 2005 Information online is not stored or organized in any logical fashion but this reference attempts to organize and catalog a small portion of the Web in a single resource of the best sites in each category Jewish Curriculum and Resource Guide for the Armed Forces: Resource guide update (1984), 1985 *Women's Health Healthy Meals for One (or Two) Cookbook* Editors of Women's Health Maga, Katie Walker, 2018-01-23 Take care of your taste buds your wallet and your health by prepping and cooking your way to healthy eating every day of the week with a cookbook designed with just one or two diners in mind In the US we eat nearly half of our meals as a party of one with only the TV or social media followers for company But with The Women's Health Healthy Meals for One or Two Cookbook you don't have to wait until you have 2-5 kids and a spouse around the dining table to prepare simple fresh and nutritious meals that taste as good as they are for your health So step away from the microwave ditch the delivery and get cooking This book is filled with inventive recipes that you can make ahead pull together on a minute's notice or take your time to create all for the most important person in your life you With shopping guides meal prep plans for every type of week a kitchen tool guide tips for a well stocked pantry and advice for making leftovers seem new The Women's Health Healthy Meals for One or Two Cookbook is not just a cookbook it's your new cooking bible So whether you are prepping quick batches of grab and go meals for a hectic workweek or sipping rose with a date as you create an impressive dish from scratch to eat together you have found your indispensable guide for simple portioned out healthful eats you can make yourself

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