

THE COOKING BOOK

Mexican

RECIPES



WITH SPICES & FLAVORS
FROM THE MEXICAN KITCHEN

Lowfat Mexican Cooking

Xiaolong Qi



Lowfat Mexican Cooking:

Low-Fat Mexican Cooking Patrick Earvolino, 1996 Over 100 healthy recipes that cut the fat and calories of the most popular Mexican foods Low-Fat Mexican Cook Book Sunset Books, 1994 Savor the bright fresh flavors of Mexico with this collection of more than 150 light and delicious recipes Enjoy traditional Mexican dishes authentic regional specialties and contemporary favorites many shown in full color photographs A nutritional analysis accompanies every recipe Page 4 of cover

Low-Fat Mexican Cooking Patrick J. Earvolino, 1999-06 Great news for anyone who wants to continue eating Mexican food still maintain a healthy diet This book contains more than 100 recipes that cut as much as 3/4 the fat off the typical meal Includes recipes for salsas moles tortillas appetizers soups main dishes breakfasts Recipes include a listing of calories grams of fat percentage of calories from fat Earvolino traveled throughout central southern Mexico to study traditional cooking techniques gather the recipes found in this cookbook He then developed alternative cooking techniques that dramatically lower the caloric fat content without compromising the great taste **Healthy Mexican Cooking** Velda de La Garza, 1995

Healthy Mexican Cooking enables readers to prepare authentic traditional Mexican food with few ingredients practical preparation times and moderate to low calories This book contains over 160 low fat heart healthy recipes each with nutritional analysis and diabetic exchange Includes special sections on the nutrition label in Spanish and English tools and ingredients for the Mexican kitchen glossary of Hispanic food and ingredient terms and specialty supplier list *Mexican Low-Fat Cooking* Cole Group, Cole Group Editors Staff, Cole, 1995 A repertoire of healthful nonfattening Mexican recipes based on traditional favorites *Vegetarian Times Low-Fat & Fast Mexican* Editors of Vegetarian Times, 1998-04-01 The next book in the series of Low Fat Fast cookbooks from the editors of Vegetarian Times magazine is Vegetarian Times Low Fat Fast Mexican Mexican cuisine is more popular than ever but as several studies have shown Mexican food is high in fat With Vegetarian Times Low Fat Fast Mexican Mexican food lovers can have their favorite dishes without the fat Low Fat Fast Mexican will be the first cookbook of its kind a collection of all meatless Mexican dishes As with other books in this series every dish will be easy enough to prepare in 20 to 30 minutes and will include a complete nutritional breakdown Our ongoing series with Vegetarian Times magazine also includes Vegetarian Times Complete Cookbook Vegetarian Times Beginner's Guide and Vegetarian Times Vegetarian Entertaining **Healthy Easy Mexican** Velda de la Garza, 2021-10-26 Unlock all

the health benefits and all the flavor of Mexican cuisine with this lighter take on traditional favorites Traditional Mexican ingredients aren't just delicious they're good for you too Avocados are a superfood and so are beans and lentils Corn is a fiber powerhouse and what is salsa if not a fresh vegetable sauce In Healthy Easy Mexican Velda de la Garza reintroduces this craveable cuisine with 140 new lighter recipes her abuelita would approve of From chalupas to enchiladas and nachos to tacos she elevates whole produce and lean meats to fiesta worthy fare with generous helpings of herbs and spices also good for you Here are can't miss classics like tamales which date back to the Aztecs Latin Caribbean Mexican fusions Slow Cooker

Pork Pernil Tacos and Tex Mex traditions like the Cowboy Bread recipe passed down by Velda's grandfather Quick preparations with short ingredient lists will have you eating in no time while nutrient information for every recipe steers you right This is Healthy Easy Mexican Buen provecho Flavorful fresh salsas and dips Guacamole with Toasted Cumin Protein packed meat and fish dishes Steak Tacos with Tomatillo Sauce Filling vegetarian favorites Mushroom and Cheese Enchiladas Plus hearty salads rice and beans soups breads desserts and more

Cooking the Mexican Way Rosa Coronado, 2001-01-01 Introduces the fundamentals of Mexican cooking including special ingredients for such dishes as enchiladas nachos tacos and guacamole

The Ultimate Low-fat Mexican Cookbook Anne Lindsay Greer, Anne Lindsay Greer McCann, 1999 You can now enjoy great tasting Tex Mex food from zesty dips to scrumptious desserts without worrying about excess fat and calories Every recipe in this fabulous cookbook is prepared with reduced fat ingredients using techniques that minimize unnecessary fat

Low Fat Mexican Recipes Shayne Fischer, 2003-06 Wonderful Mexican foods without the guilt From appetisers to savory soups salads main dishes salsas and sauces this tempting cookbook proves that low fat can taste great

Consumer Connection: Low-fat Mexican Cooking: Can We Still Enjoy It with Less Fat? , The Colorado State University Cooperative Extension CE presents the September 15 2000 article entitled Low fat Mexican Cooking Can We Still Enjoy It with Less Fat written by Doreen La Duca as part of the Consumer Connections resource The article offers tips on how to cook Mexican foods with less fat content and includes some recipes

Deleites de la Cocina Mexicana María Luisa Urdaneta, Daryl F. Kanter, 2010-07-05 Mexican food Tex Mex Southwestern cuisine call it what you will the foods that originated in Mexico have become everyone's favorites Yet as we dig into nachos and enchiladas many people worry about the fats and calories that traditional Mexican food contains Deleites de la Cocina Mexicana proves that Mexican cooking can be both delicious and healthy In this bilingual cookbook Maria Luisa Urdaneta and Daryl F Kanter provide over 200 recipes for some of the most popular Mexican dishes guacamole frijoles Spanish rice chiles rellenos chile con carne chalupas tacos enchiladas fajitas menudo tamales and flan to name only a few Without sacrificing a bit of flavor the authors have modified the recipes to increase complex carbohydrates and total dietary fiber while decreasing saturated and total fats These modifications make the recipes suitable for people with diabetes and all those who want to reduce the fats and calories in their diet Each recipe also includes a nutritional analysis of calories fats sodium etc and American Diabetic Association exchange rates Because diabetes is a growing problem in the Mexican American community Deleites de la Cocina Mexicana is vital for all those who need to manage their diet without giving up the foods they love Let it be your one stop guide to cooking and eating guilt free Mexican food

Mexican So Fat, Low Fat, No Fat Betty Rohde, 1998 Presents 160 low fat recipes for Mexican dishes including appetizers soups fish poultry meats vegetables sauces breads breakfast dishes desserts and beverages

Naturally Healthy Mexican Cooking Jim Peyton, 2014-10-01 Presents some 200 recipes from the various schools of Mexican and Mexican American cooking in Texas New Mexico Arizona and California that have exceptional

nutrition profiles are easy to prepare and most important of all taste delicious **Low Fat Mexican** ,1994 *The Low Fat Mexican Cookbook* Robert H. Leos,Nancy A. Leos,1992-03 **One Hundred and One Great Lowfat Mexican Dishes** Margaret Martinez,1995 Offers low fat alternatives for Mexican dishes with a nutritional analysis for each **Cooking the Mexican Way** Rosa Coronado,2001 Introduces fundamentals of Mexican cooking including special ingredients and cooking utensils Also includes recipes for suggested dishes **Mexican Light** Martha R. Shulman,2000-01-05 Cilantro and chiles mole and salsa succulent sweet shrimp and red snapper zesty tacos nachos and quesadillas no cuisine in the world is more fun than that of Mexico In *Mexican Light* first published in hardcover in 1996 Martha Rose Shulman takes the fat out of America's favorite good time food creating mouthwatering and healthy adaptations of Mexican classics *Mexican Light* lets you eat all the irresistible foods from south of the border without any of the guilt Savor creamy Chipotle Dip luscious Refried Black Beans with Plantain Pancakes delicious Soft Tacos with Chicken Corn and Avocado smoky Pan Cooked Salmon Fillets with Tomatillo Salsa and homey Green Hominy Stew with Chicken Desserts include delectable fruits and ices and traditional Mexican rice pudding and flan adapted for lower fat content Even snacks are healthier versions of our favorite indulgences crisp nachos and toppings soft tacos green enchiladas and fabulous quesadillas with wild mushrooms and smoked jalapenos Each recipe is accompanied by a complete nutritional breakdown including calories sodium and fat *Mexican Light* captures the essence of one of the world's greatest cuisines in healthful versions so good you'll never miss the fat Cilantro and chiles mole and salsa succulent sweet shrimp and red snapper zesty tacos nachos and quesadillas no cuisine in the world is more fun than that of Mexico **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

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Table of Contents Lowfat Mexican Cooking

1. Understanding the eBook Lowfat Mexican Cooking
 - The Rise of Digital Reading Lowfat Mexican Cooking
 - Advantages of eBooks Over Traditional Books
2. Identifying Lowfat Mexican Cooking
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Lowfat Mexican Cooking
 - User-Friendly Interface
4. Exploring eBook Recommendations from Lowfat Mexican Cooking
 - Personalized Recommendations
 - Lowfat Mexican Cooking User Reviews and Ratings
 - Lowfat Mexican Cooking and Bestseller Lists
5. Accessing Lowfat Mexican Cooking Free and Paid eBooks
 - Lowfat Mexican Cooking Public Domain eBooks
 - Lowfat Mexican Cooking eBook Subscription Services
 - Lowfat Mexican Cooking Budget-Friendly Options
6. Navigating Lowfat Mexican Cooking eBook Formats

- ePub, PDF, MOBI, and More
- Lowfat Mexican Cooking Compatibility with Devices
- Lowfat Mexican Cooking Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Lowfat Mexican Cooking
 - Highlighting and Note-Taking Lowfat Mexican Cooking
 - Interactive Elements Lowfat Mexican Cooking
- 8. Staying Engaged with Lowfat Mexican Cooking
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Lowfat Mexican Cooking
- 9. Balancing eBooks and Physical Books Lowfat Mexican Cooking
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Lowfat Mexican Cooking
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Lowfat Mexican Cooking
 - Setting Reading Goals Lowfat Mexican Cooking
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Lowfat Mexican Cooking
 - Fact-Checking eBook Content of Lowfat Mexican Cooking
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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