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# **Low - Cholesterol & Jewish Cookery** **June Roth**

**THE UNSATURATED-FAT WAY**

A DELICIOUS BLEND OF TRADITIONAL JEWISH RECIPES  
AND MODERN METHODS OF HEALTH AND NUTRITION —  
ESPECIALLY FOR THOSE ON RESTRICTED OR  
UNSATURATED-FAT DIETS

Foreword by Seymour K. Fineberg, M.D., F.A.C.P.

# Low Cholesterol Jewish Cookery The Unsaturated Fat Way

**Lingsheng Yao**



## **Low Cholesterol Jewish Cookery The Unsaturated Fat Way:**

Low-cholesterol Jewish Cookery June Roth,1978      *Harriet Roth's Cholesterol Control Cookbook* Harriet

Roth,2008-06-04 The classic low cholesterol cookbook with more than 350 easy to prepare healthy gourmet recipes If you re feeling deprived bored or turned off by diet food think about such delectable treats as Orange glazed Cornish Hens Cajun Blackened Redfish Chocoholic s Chocolate Cake and many other inspired specialties Harriet Roth nutritionist author and former director of the Pritikin Longevity Center Cooking School provides more than 350 low cholesterol low fat recipes for breakfasts lunches brunches dinners appetizers desserts and more This updated edition of her classic cookbook includes Thirty new delicious recipes More than 100 menu plans Nutritional information on statins and other cholesterol lowering treatments trans fats and other dietary research Invaluable tips on converting your favorite recipes into low cholesterol low fat versions Nutritional contents for cholesterol total fat trans fat saturated fat fiber sodium and calories for each recipe This gourmet quality nutrition oriented cookbook lets cholesterol watchers know exactly what they should and should not eat providing savory recipes that are dedicated to your health Bon app tit Roth does an exemplary job The Washington Post

**Subject Catalog, 1979** Library of Congress,1979      **Library of Congress Catalogs** Library of Congress,1980

Subject Catalog Library of Congress,1979      *Medical and Health Care Books and Serials in Print* ,1986      Paperbound Books in Print ,1991      The Jewish Food Odyssey: A Cookbook Exploring Recipes and Stories from Samarkand to New York

Janice Li,2025-04-14 Imagine the scent of saffron and cumin wafting from a bustling market stall in Samarkand or the comforting aroma of slow cooked brisket in a New York City deli This cookbook is more than just a collection of recipes it s a passport to a world of flavor a journey through generations of Jewish culinary traditions Within these pages you ll uncover a vibrant tapestry of dishes each one a delicious testament to the Jewish diaspora From the sun drenched shores of the Mediterranean to the bustling streets of Eastern Europe and beyond every recipe tells a story Learn the secrets of flaky rugelach passed down through families savor the rich history behind a perfectly spiced tagine and discover the art of crafting melt in your mouth matzah balls that will have everyone asking for seconds Whether you re a seasoned chef or just beginning your culinary adventure this cookbook will inspire you to embrace the richness of Jewish cuisine Detailed instructions and stunning photography make each recipe approachable while historical anecdotes and cultural insights add depth and understanding to every bite      Contemporary Authors CONTEMPORARY.,1981      **American Book Publishing Record**

,1978      **Library Journal** ,1986-07 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      **Subject Guide to Books in Print** ,1996      **The Publishers' Trade List Annual** ,1985      Healthier Jewish Cookery June

Roth,1972      *Medical Books and Serials in Print*, 1979 R. R. Bowker LLC,1979-05      **Medical Books and Serials in Print** ,1984      **Rhapsody of flavors** Raquel Askenazi de Harari,2022-03-31 Eating Healthily Who says healthy food isn t tasty

Eating healthily is not a synonym for unsavory or boring eating Based on this premise the recipes in this book have been adapted to today s preferences and generational shifts offering a new approach whereby you can cook intelligently without compromising flavor People used to say Eat anything you want and put on weight without guilt Nowadays however people are much more educated when it comes to healthy eating habits hence there is an increasing awareness of the need for a diet lower in fat sugar and calories Variations One of the main appeals of this book is what the author calls Variations Beginning with a basic recipe a variety of dishes can be created by simply changing a few ingredients thus opening up a broad range of possibilities to set your imagination soaring for customizing the recipes to suit your own personal taste The same principle applies when creating non dairy vegetarian and gluten free dishes Proven Recipes Rhapsody of Flavors contains 395 recipes and 433 Variations all tested and proven to be within the skills level of beginners and experts alike all with clear complete step by step instructions The book also explains the What s the How s and the Why s as well as providing a complete glossary tips and equivalence charts Interactive Menus For those who lack the time to plan a new menu on a daily basis the book offers 49 meat and 28 dairy menus as well as options for Shabbat holidays barbecues breakfasts and brunches it also explains the essential techniques regarding the washing and cleaning of fruits vegetables and poultry along with how to preserve and freeze all types of food how to equip a kitchen plus tips on how set up your own buffet History of Soybeans and Soyfoods in the Hawaiian Islands (1847-2021) Bill Shurtleff; Akiko Aoyagi, 2021-05-20 The world s most comprehensive well documented and well illustrated book on this subject With extensive subject and geographical index 52 photographs and illustrations Free of charge in digital PDF format The National Jewish Monthly , 1973 **National Union Catalog** , Includes entries for maps and atlases

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