

# MEXICAN LIGHT COOKING

## Easy, Healthy, Low-Calorie Recipes from Nachos to Tacos

# KATHI LONG

# Mexican Light Cooking

**Jaimee Raquel Partida**



## **Mexican Light Cooking:**

**Mexican Light Cooking** Kathi Long, 1992 One of a new series of cookbooks targeted to people who enjoy new forms of culinary expression but who shun esoteric ingredients and complicated cooking instructions Mexican Light combines the appeal of healthy eating with stimulating taste sensations in 150 recipes for everything from mushroom quesadillas to Mexican chicken soup with tortilla strips and lime

**Light Cooking**, 1994 A collection of Mexican recipes without the high fat calorie and cholesterol counts associated with traditional Mexican cooking

*Light & Easy Mexican Cooking* Jaimee Raquel Partida, 2025-01-21 Make Exciting Flavorful Recipes Without Cheating on Your Diet If you love classic Mexican dishes like tacos and quesadillas but your waistline doesn't these protein packed low calorie recipes are perfect for you With all the flavor but fewer carbs and saturated fats each recipe is perfectly balanced with nutritious ingredients so you can enjoy your favorite dishes guilt free Health and wellness coach Jaimee Raquel Partida has taken her childhood favorites to the next level proving that nutrient dense meals don't have to be bland or boring Tacos de Huevo Breakfast Tacos will make the most important meal of the day both delicious and full of protein Pollo y Nopales en Salsa Roja Chicken and Nopales in Red Sauce is perfect for meal prep so you don't have to worry about missing your macros and Protein Fresas con Crema Strawberries and Cream ensure that you serve your sweet tooth without overloading on sugar With more than 60 standout recipes you'll be able to enjoy healthy Mexican dishes for every meal

*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 jalapeños 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

**Mexican Light/Cocina mexicana ligera** Kris Rudolph, 2006 Did you know that Pre Columbian Mexican cuisine was low in fat and high in fiber and vitamins The book opens with a short introduction outlining the history of Mexican cooking followed by an overview of healthy eating habits a description of the most common ingredients and a useful guide to planning for parties

**Mexican Light** Martha Rose Shulman, 1996 America's favorite low fat gourmet cook

and author of the bestselling Mediterranean Light now turns her magical hand to lighten America's favorite ethnic cuisine. Shulman's restorative soups make a meal in themselves and her zesty salads are full of the fresh sparkling tastes of Mexican fruits and vegetables.

**Cooking Light Annual Recipes 2018** The Editors of Cooking Light, 2017-11-14 Find every mouthwatering recipe from a year of Cooking Light Magazine. Cooking Light presents the highly anticipated annual collector's edition Cooking Light Annual Recipes 2018. Featuring more than 750 delicious dishes that highlight ingredients and flavors from cuisines around the world, translates the latest research in nutrition science into meals you can prepare for your family every day and provides you with tasty recipes for a variety of occasions. Featuring the latest trends in healthy cooking, this book contains tips, techniques, ingredient and nutrition information and how-to photographs to ensure your success.

**Light Cooking Meals: Tasty Quinoa Recipes and Green Juicing** Altagracia Summerall, 2017-05-15 Light Cooking Meals: Tasty Quinoa Recipes and Green Juicing. The Light Cooking Meals book covers two diet plans that are considered to be light and healthy: the Green Juice Diet and the Quinoa Cookbook. This book gives you quick healthy meals and cooking recipes to help you stay on a light and healthy diet. There are enough healthy cooking recipes to create a menu to last a couple of weeks without repeating any of these easy healthy recipes. Going on a light cooking diet is a breeze when you can create easy meal ideas through the many delicious healthy recipes. All of the healthy easy recipes in this book are a part of either the green juice diet or the quinoa diet.

**COOKING LIGHT Complete Meals in Minutes** The Editors of Cooking Light, 2016-07-15 Cooking Light Complete Meals in Minutes is a must-have collection of over 700 fast and delicious recipes that go from kitchen to table in 30 minutes or less. Enjoy appetizers and beverages, pasta and pizza, meats and poultry, soups and sandwiches, sides and desserts, and so much more. In this kitchen-friendly, wipe-clean binder, you'll find Cooking Class, how-to tip boxes and photos, 15, 20, and 30 minute icons so you can find the right recipe at a glance, Ingredient Spotlights, purchasing tips, storage guidelines and nutritional information, 500 mouthwatering photos, Make It a Meal, hundreds of simple ideas to round out your dinner menu, Plus Editor's picks for time-saving gadgets, Make It Faster, shortcuts for when your schedule is especially busy, A nutritional analysis for every recipe, Easy to use recipe index.

**Cooking Light Plant-Based Recipes** The Editors of Cooking Light, 2021-12-17 Eating a diet with more focus on fruits, veggies, and grains instead of meats has clear health benefits and can provide a wealth of nutrients in pleasurable ways. Some of the dishes in Cooking Light Plant-Based Recipes do contain lean meats, poultry, and seafood, but only in small amounts and as more of a flavor accent rather than the main part of the dish. This compilation of over 65 Cooking Light recipes is for those who are moving toward eating less meat, flexitarians, as well as those following a vegetarian lifestyle. Featured recipes include grain bowls, stir-fries, pastas, pizzas, and pressure cooker recipes. Complete nutrition information is provided with every recipe.

**Cooking Light Way to Cook Vegetarian** The Editors of Cooking Light, 2016-07-15 Cooking Light Way to Cook Vegetarian is a celebration of all the plant world has to offer, from colorful fruits and vegetables bursting with nutrients to hearty grains and protein-packed beans and tofu. Even if

you only occasionally go meat free this book has plenty to offer It s filled with more than 700 images showing you exactly how to prepare over 150 delicious dishes as well as hundreds of cooking tips and nutrition information about the joys and flavors of vegetarian cuisine Vegetarian cuisine offers a healthy way of eating that can certainly meet all of your nutritional needs the key is to eat a variety of foods so your nutrient bases are covered Inside Cooking Light shares healthy eating principles for a well rounded vegetarian diet It also offers a world of flavor Cultures around the globe have long been preparing delicious vegetarian meals and you ll find a sampling of those international flavors in this book from Egyptian koshari and Turkish carrots and lentils to Japanese tempura tofu and vegetables and Malaysian style noodles This book is filled with recipes and techniques to help you prepare and savor meat free meals **Cooking the Mexican Way** Rosa

Coronado,2001-08-01 Mexico is a large rich and culturally diverse country Over the years a combination of ancient native foods combined with European customs to produce the authentic delicious dishes that are associated with Mexico Discover the beauty and flavor of this country through its traditional meals and ingredients such as corn peppers chocolate and beans

Cooking Mexican J. Mahoney,2013-02 In Cooking Mexican I show you easy authentic recipes to create great tasting Mexican meals you can enjoy at home These basic recipes cover everything from tacos and enchiladas to salads salsas appetizers and even desserts like Flan and Apple Enchiladas Cooking Mexican food doesn t have to be difficult in fact it is easy since it is the flavors not the cooking that can be complex Cooking Mexican shows how it can be quite effortless accessible and very delicious Cooking Mexican provides cooks with the basics involved in cooking Mexican food The Mexican recipes in this book are intended to provide cooks with the secrets to great Mexican food Cooking Mexican Features Recipes Like Fish Tacos with Mango Avocado Salsa Mexican Rice Shrimp Enchiladas Verde Mexican Villa Enchilada Sauce Chipotle Cream Sauce Pico de Gallo Mexican Salad With Roasted Peppers Bunuelos Americans are quickly coming to love authentic Mexican food from travels to Mexico whether sampling the street food or enjoying Mexican food in a cafe or even in restaurants here at home As a result they have discovered the rich colorful tasty flavors of Mexican cooking However they may be intimidated when considering trying to create Mexican food at home You will even find in my book Cooking Mexican that I have included information on key spices and ingredients that give Mexican food it s unique one of a kind taste I have tried to present in my book a little taste of everything in the recipes I have selected I wanted to cover the kind of information that a home cook would find helpful in understanding how to cook Mexican Mexican Culinary History I have included some culinary history of Mexican food that is every bit as varied as the diverse culture of Mexico Mexican cuisine has benefited from so many influences from the ancient Aztecs to that of the Spanish Conquistadors Mexican food is considered to be one of the truly great cuisines in the world J Mahoney **COOKING LIGHT Global Kitchen** David Joachim,The Editors of Cooking Light,2016-06-01 It is an exciting time to be in the kitchen with so many incredible flavorful ingredients from around the globe in our local supermarkets We can thank globalization for stimulating our taste buds and for making it easier to eat

healthy David Joachim Author Cooking Light Global Kitchen brings a world of flavor texture and enticing aromas to your everyday meals In this book the sometimes intimidating topic of preparing your favorite ethnic inspired dishes is made easy approachable and most importantly doable for home cooks of any skill level by using ethnic ingredients easy to find in your local grocery store New York Times Bestselling author David Joachim shares fascinating stories behind the world s most loved dishes as well as tips and techniques from 15 notable chefs and experts such as Rick Bayless Marc Vetri Michael Solomonov Lidia Bastianich Marcus Samuelsson Jose Garces Mark Bittman and many more We ll show you how to create Mexican chile rellenos homemadepasta in the Italian tradition Thai sticky rice Egyptian koshari and many other dishes without venturing further than the supermarket You ll get a taste of the world without ever leaving home More than 150 recipes from around the world provide adventurous eaters with plenty of options to keep their palates pleased Features melting pot recipes blending the flavors of multiple cuisines appealing to America s love of fusion dishes All the recipes are prepared with easy to find ingredients making each deliciously doable Full color images of each recipe brings each dish to life A complete nutrition analysis shows readers they can make once in awhile favorites into everyday options Ingredients Detailed information about the easy to find ingredients that are the basis of many of these international favorites where to find them mostly at the regular grocery store these days and how to know you re picking the best **Light Cooking** LTD Publications International Staff, 1994 Satisfy your taste buds while eating smart with Light Cooking From appetizers and soups to entrees and desserts each mouth watering serving contains no more than 300 calories and 10 grams of fat This extensive collection has delectable ideas for weekday meals and entertaining With over 1100 quick to fix recipes featuring your favorite brand name foods you ll discover how to cook light and eat right every day of the week **Cooking Light** **Fresh Food Fast 24/7** Editors of Cooking Light Magazine, 2015-12-10 Now anyone can live a healthy lifestyle 24 7 Making fresh great tasting meals in a hurry at any time of day any day of the week has never been easier Fresh Food Fast 24 7 offers recipes for breakfast lunch dinner and for the nibbles in between so readers can eat healthy delicious food round the clock any day of the week even when they re on the go This all new collection of 280 fast recipes includes weekday breakfasts and lunches created just for brown bagging midday snacks fast family friendly weekday dinners weekend brunches lunches and suppers that are perfect for sharing with family and friends desserts that satisfy any sweet tooth and fun nibbles and drinks for cocktail hour Just like the first three books in the Fresh Food Fast series recipes in 24 7 can be made with either 5 ingredients or in 15 minutes or less Simple delicious and good for you food is easy to enjoy all day long Fresh Food Fast 24 7 includes new features The Pack It Up Gear Guide gives advice on keeping desk side lunches fresh and tasty The Market to Meal Planners give easy to use shopping lists for three days worth of meals and helps cooks make the most of fresh produce no more wasted bagged spinach Our Budget Friendly Meals icon points out affordable delicious meals Plus ingredient and technique tips guide cooks so they will get perfect results every time they step into the kitchen Every recipe is test kitchen

approved and rated and comes with nutrition information Fresh Food Fast 24 7 makes it easy to live an active life and still eat healthfully

**Fix-It and Forget-It Cooking Light for Slow Cookers** Phyllis Good,2015-08-04 Millions of home cooks have fallen in love with the Fix It and Forget It cookbooks since the first title was released more than a dozen years ago Now these same beloved cookbooks are available in a larger format making the recipes easier than ever to follow This favorite guide to quick and easy to prepare slow cooker food has sold more than 1 million copies It is possible to have it all food from your slow cooker that is scrumptious and low fat and convenient to make Here are 600 recipes that are mouth watering but guilt free Now you can choose healthy light dishes fix them quickly and then forget about them until mealtime With each recipe in Fix It and Forget It Lightly Revised and Updated comes an analysis of its calories fats and carbs as well as what it contributes to your daily vitamins and nutrients You can feast healthfully with a minimum of time and fuss Your family and friends your waistline and your heart will thank you Skyhorse Publishing along with our Good Books and Arcade imprints is proud to publish a broad range of cookbooks including books on juicing grilling baking frying home brewing and winemaking slow cookers and cast iron cooking We ve been successful with books on gluten free cooking vegetarian and vegan cooking paleo raw foods and more Our list includes French cooking Swedish cooking Austrian and German cooking Cajun cooking as well as books on jerky canning and preserving peanut butter meatballs oil and vinegar bone broth and more While not every title we publish becomes a New York Times bestseller or a national bestseller we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home

*Cooking Light Volume 1 (Complete Boxed Set): With Light Cooking, Freezer Recipes, Smoothies and Juicing* Speedy Publishing,2019-11-22 The Cooking Light Volume 1 Boxed Set contains three 3 titles all geared towards helping the reader live a healthy and productive life Upon reading this Boxed Set the reader will become an expert at preparing quick and easy yet healthy and tasty meals for him herself friends or family This Boxed Set includes information on preparing seafood and poultry freezer recipes vegetarian freezer meal recipes thawing freezer meals safely the green juice diet tips for dieting success tasty green juice recipes smoothie recipes for detox smoothie recipes for vitality and health and many more

*The Complete Slow Cooker* America's Test Kitchen,2017-10-31 The Complete Slow Cooker is America s Test Kitchen s definitive guide to how to cook using a slow cooker It builds on the success the test kitchen has had from years of testing and retesting slow cooker recipes and pushing the limits of what a slow cooker can do Packed with 450 recipes this blockbuster collection is for both new and experienced slow cooker cooks

**Light Cooking** ,1995

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## **Table of Contents Mexican Light Cooking**

1. Understanding the eBook Mexican Light Cooking
  - The Rise of Digital Reading Mexican Light Cooking
  - Advantages of eBooks Over Traditional Books
2. Identifying Mexican Light 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 Mexican Light Cooking
  - User-Friendly Interface
4. Exploring eBook Recommendations from Mexican Light Cooking
  - Personalized Recommendations
  - Mexican Light Cooking User Reviews and Ratings
  - Mexican Light Cooking and Bestseller Lists
5. Accessing Mexican Light Cooking Free and Paid eBooks



- Mexican Light Cooking Public Domain eBooks
- Mexican Light Cooking eBook Subscription Services
- Mexican Light Cooking Budget-Friendly Options
- 6. Navigating Mexican Light Cooking eBook Formats
  - ePub, PDF, MOBI, and More
  - Mexican Light Cooking Compatibility with Devices
  - Mexican Light Cooking Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Mexican Light Cooking
  - Highlighting and Note-Taking Mexican Light Cooking
  - Interactive Elements Mexican Light Cooking
- 8. Staying Engaged with Mexican Light Cooking
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Mexican Light Cooking
- 9. Balancing eBooks and Physical Books Mexican Light Cooking
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Mexican Light Cooking
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Mexican Light Cooking
  - Setting Reading Goals Mexican Light Cooking
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Mexican Light Cooking
  - Fact-Checking eBook Content of Mexican Light 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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