



GOURMET LIGHT

Simple and Sophisticated Recipes for the Health-Conscious Cook



SECOND EDITION

Greer Underwood

New Gourmet Light Simple And Sophisticated Recipes For The Health Conscious Cook

Dorry B. Norris



New Gourmet Light Simple And Sophisticated Recipes For The Health Conscious Cook:

The New Gourmet Light Greer Underwood, 1998-10 Recognized as one of the first books ever written on low calorie cooking and winner of the Duncan Hines IACP Best Cookbook of the Year award in its first edition this classic has been fully revised and updated Join Greer Underwood as she reveals how to get rid of worthless calories and excess fat while preserving the full rich flavors of fine food More than 180 tantalizing recipes 64 brand new for everything from appetizers to desserts illustrate her healthy approach to gourmet cuisine This popular innovative cookbook also contains complete nutrition information for each recipe including cholesterol and total fat content Quick Tips for food preparation Nutrabytes about eating healthy to stay healthy and a new chapter on pizza pasta and grains Whether you are an accomplished cook or new to the kitchen The New Gourmet Light shows you how to cook light and right **Gourmet Light** Greer Underwood, 1993 **Consumer Health & Nutrition Index**, 1986 **Substituting Ingredients** Becky Sue Epstein, Hilary Dole Klein, 1986 **The Thirty-Minute Light Gourmet** Louise P. Grace, 1990 Prepare healthy delicious meals in 30 minutes or less with dishes low in saturated fats sodium and calories Includes nutrition analysis of all recipes and special microwave and grilling chapters **Subject Guide to Books in Print**, 1997 *Paperbound Books in Print*, 1992 **The Gourmet Light Cookbook** Greer Underwood, 1990 At last here is a cookbook that satisfies America's desire to stay fit and trim This healthy approach to elegant cuisine includes recipes for over 230 delicious dishes all designed to free you from unnecessary calories cholesterol and sodium 25 90 value **The Publishers Weekly**, 1993 **Bon Appétit**, 1993 The Sage Cottage Cookbook Dorry B. Norris, 1995 Discover more than 170 delicious reasons to celebrate the great little occasions of the year with this new compilation of Dorry Baird Norris's creative recipes This cookbook keeps the flavorful accent on herbal cooking with added advice on herb gardening Dishes include cornmeal pumpkin seed cakes blueberry basil muffins bittersweet blackbean soup and lemon sesame wafers **Medical and Health Care Books and Serials in Print**, 1997 **Directory of Food and Nutrition Information for Professionals and Consumers** Robyn C. Frank, Holly Berry Irving, 1992 Emphasizes nutrition education food science food service management and related aspects of applied nutrition Part I has chapters on organizations that provide information services and or resources on food and nutrition academic programs software and databases Part II is composed of annotated bibliographic entries and lists of organizations Intended to assist nutritionists dietitians health professionals educators librarians and consumers in identifying sources of food and nutrition information *Food and Nutrition Quarterly Index*, 1987 **Library Journal** Melvil Dewey, Richard Rogers Bowker, L. Pylodet, Charles Ammi Cutter, Bertine Emma Weston, Karl Brown, Helen E. Wessells, 2007 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 *Light Cuisine* Anne Ager, 1987-10 *Sensationally Light Pasta and Grains* Rose Reisman, 1999 Offers harried but health conscious cooks more than 150 brand new fully tested recipes for elegant yet easy

meals that are perfect for any occasion

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Lilith ,1989

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