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# ENOLA PRUDHOMME'S

## LOW-FAT FAVORITES

• From the author of *LOW-FAT FAVORITES COOKBOOK*



## Low Fat Favorites

**Rodale Press**



## Low Fat Favorites:

**Moosewood Restaurant Low-Fat Favorites** Moosewood Collective, 2015-08-18 This is the low fat book cooks who care about wholesome vegetarian inspired food have been waiting for with more than 280 recipes that are as delicious and trustworthy as those in the Moosewood Collective's previous books With fourteen chapters ranging from savory soups and main course salads to creative side dishes and aromatic Mediterranean and Asian inspired dishes fat will not be missed in mouthwatering recipes like Guacamole with Asparagus Chinese Orzo Vegetable Salad Spring Vegetable Paella Indian Potato Pancakes and Creamy Dairyless Rice Pudding Along with those creative dishes there are also low fat variations on familiar favorites such as Macaroni and Cheese Shephard's Pie and Dark Chocolate Pudding An added bonus the Moosewood Collective has made sure that the ingredients used in the recipes throughout the book are easily found in most well stocked supermarkets Along with nutritional and glossary guides that provide explanations of nutritional terms instructions for how to glean the information you need from nutrition labels a brief overview of vitamins and minerals and guides to ingredients and cooking techniques the Collective also offers tips and ideas for sustaining a low fat lifestyle They bake rather than fry replace high fat ingredients with healthy substitutes no artificial ingredients allowed and use butter and oil very moderately so that what is lost in fat is gained in bold intense flavors Moosewood Restaurant Low fat Favorites is sure to set the kitchen standard not only for health conscious cooks but also for those who have come to rely on the Moosewood Collective's easy earthy approach to cooking

**New Low-Fat Favorites: Fabulous Recipes from the World's Healthiest Cuisines** Ruth A. Spear, 1998

**New Low-Fat Favorites** Ruth A. Spear, 1998 Offers over 200 recipes for low fat dishes including appetizers starters main courses and desserts plus nutritional information and ways to build a better diet Luscious Low-fat Favorites Tupperware Home Parties (Firm), 1993

**Low Fat Favorites** Ceacy Thatcher, 1991

**Lowfat American Favorites** Goldie Silverman, Jacqueline B. Williams, 1990 Don't give up your favorite hamburgers shakes fries fried chicken chocolate pie and many other favorites They've all been adapted to be low fat in this terrific collection

**Low-fat Favorites** Tri-Valley Haven for Women (Livermore, Calif.), 1995

**Healthy Eating for the 21st Century** Nettie Henry, Deborah Fairow, Carle Clinic Association, 200?

MB Test Kitchen Favourites: Low-fat Murdoch Books Test Kitchen, 2012-01-01 A great value collection of triple tested healthy low fat recipes A must have for cooks on the go these favourite low fat recipes from the Murdoch Books Test Kitchen are diverse full of flavour and show you that healthy food doesn't have to be boring Good cooks reluctant cooks busy cooks novice cooks every cook can rely on these achievable flavour packed recipes every time

**The Eating Well Recipe Rescue Cookbook** Patricia Jamieson, Cheryl Dorschner, 1994

**Soul Kitchen** Rodale Press, 1997

*The New American Diet System* Sonja L. Conner, William E. Conner, 1992-01-15 From the authors of the bestselling *The New American Diet* comes a breakthrough guide that ends the confusion about saturated fat and cholesterol in foods summing up the heart healthiness of every food choice in one simple

measurement Charts graphs tables      **Fuel Up!** Leslie Levchuck,1999-12-15 Explains the basics of good nutrition shows what foods are good for you and discusses how good eating habits can be developed      Joyce Lamont's Favorite Minnesota Recipes & Radio Memories Joyce Lamont, Linda Larsen, Sue Zelickson,2008-04-15 In more than fifty years of broadcasting from the Twin Cities WCCO Joyce Lamont shared countless recipes household tips travel notes and homey anecdotes with her audience In the process she became one of the best loved cooks household helpers and radio personalities in the Midwest and a virtual member of the family for millions of listeners This book collects 300 recipes from Joyce Lamonts kitchen all of them well tested over time by her vast and devoted audience Characteristically simple well seasoned delicious family friendly and reliable these recipes are the essence of comfort food Each week WCCOs Best Buys guided homemakers to the foods that were in season at peak quality and reasonably priced Just so this book follows the calendar directing readers to the freshest ingredients available throughout the year and making the most of these in recipes that celebrate the seasons plenty Sweetened and spiced throughout with Ms Lamonts reminiscences of radio personalities and on air antics these recipes invite us back into one of the warmest and most welcoming kitchens ever to serve such a close extended family And as a bonus the book includes a collection of Ms Lamonts household hints tips that range from drying gourds for decoration to the best way to open a stubborn jar suggestions that are as trustworthy and timeless as the recipes they accompany      **The Doctors Book of Food Remedies** Selene Yeager,Editors of Prevention,2008-05-27 Hundreds of tips to help you boost immunity fight fatigue ease arthritis and protect your health      **Building Blocks for Fun and Healthy Meals** ,2000 Describes how to meet children s nutritional needs Includes CACFP meal pattern requirements practical advice on how to serve high quality meals and snacks ideas and tips for menu planning and nutrition education sample menus guidance on keeping and using production records and information on food safety and sanitation      *Moosewood Restaurant Daily Special* Moosewood Collective,2015-08-18 A steaming bowl of soup with fresh bread and a green salad a tempting combo plate of crisp complementary salads these Daily Specials have been staples of Moosewood s ever changing menu board since the restaurant opened its doors more than twenty five years ago Over the years the creative chefs of the Moosewood Collective have introduced literally thousands of new soups and as many salads all devised to showcase the fresh seasonal produce vibrant ethnic flavors and meatless food products that form the core of their cuisine Now for the first time they have gathered the very best offerings from their vast soup and salad repertoire as well as the ingenious extras that transform these simple dishes into world class meals Here are classics like Very Creamy Vegetable Chowder and Tuscan Bean Soup as well as intriguing new creations like Caribbean Sweet Potato Coconut Soup Golden Gazpacho and Fennel Vichyssoise Salads range from straightforward choices that are easy to mix and match such as Spinach with Cilantro Cashew Dressing Mexican Chickpea Salad or Tunisian Carrot Salad to satisfying one dish meals like Broiled Tofu Sugar Snap Peas or Persian Rice Pistachio Salad Each recipe is followed by helpful suggestions for selecting dishes so that creating well balanced combo

plates at home is a snap There are easy to use indexes of recipes by categories including children s favorites quickly made low fat low carbohydrate and vegan dishes And each recipe has a complete nutritional breakdown so it s simple to create menus for those with special health or dietary concerns The section on transforming leftovers into sprightly new dishes also makes Moosewood Restaurant Daily Special a practical primer for those who want to make the most of seasonal bounty Few foods are more comforting or satisfying than a good soup and a well made salad and because many can be made ahead and served on demand they are perfectly suited to the way we eat and live today With more than 275 kitchen tested recipes to fit any occasion Moosewood Restaurant Daily Special offers years worth of inspiration for Daily Specials every cook will be delighted to serve Moosewood Inc and the authors of this book have donated 1 percent of their royalties from Moosewood Restaurant Daily Special to the community food and nutrition programs of the Greater Ithaca Activities Center G I A C in Ithaca New York

**The Best-Kept Secrets of Healthy Cooking** Sandra Woodruff,2000-04-10 In her nine previous cookbook bestsellers Sandra Woodruff proved that fat free cooking is as easy and delicious as it is nutritious Now in a book that s destined to become the kitchen bible for health conscious cooks everywhere she s collected all of her best fat free and low fat recipes in a single volume Each of these recipes is a winner a table tested favorite that will please even the pickiest eaters From Creamy Mushroom Soup to Chocolate Cherry Tunnel Cake this is the only cookbook people need for a lifetime of healthy eating

**Divine Dog Treats** Wendy Liou,2010-08 Give the gift of joy Pamper your pet with outstanding homemade treats right from your kitchen Animals do not hide their feelings when it comes to food You know what your dog loves and what he or she won t touch The recipes in this cookbook combine palatability for dogs of discerning noses and healthy ingredients that you the proud pet parent are looking for From Birthday Cake Cookies to Honey Butter Bones Divine Dog Treats can provide confidence for even the novice baker Wendy firmly believes the combination of exercise and a healthy diet is a powerful way to give our pets long happy healthy lives Over the course of developing these recipes much positive feedback has been given by pet parents and pets themselves Wendy invites you to bring another level of health and a twist of fun to your animal s diet without additives preservatives or fillers These treats are simply divine Bone app tit

*Fix-It and Forget-It 5-Ingredient Favorites* Phyllis Good,2016-08-02 Who has time to make food these days And what if you aren t a cook but your budget or your household is strongly suggesting that you should be Everyone needs recipes that are guaranteed to be Quick to fix Easy for anyone to make Delicious and satisfying The solution The newly revised and updated Fix It and Forget It 5 Ingredient Favorites the latest in the multi million copy Fix It and Forget It cookbook series Gather five or fewer readily available ingredients your slow cooker Fix It and Forget It 5 Ingredient Favorites and you can have Apricot chicken Convenient slow cooker lasagna Bacon feta stuffed chicken Alfredo bow ties Upside down chocolate pudding cake Fix It and Forget It 5 Ingredient Favorites with its more than six hundred recipes can be your new faithful companion Skyhorse Publishing along with our Good Books and Arcade imprints is proud to publish a broad range of cookbooks including books

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