

# THE LONG LIFE COOKBOOK

Delectable Recipes For Two



Low Sodium - Low Cholesterol - Low Sugar

**Anne Casale**

Foreword by Richard N. Blumenthal, M.D.

# Long Life Cookbook Delectable Recipes For Two

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## **Long Life Cookbook Delectable Recipes For Two:**

The Long Life Cookbook Anne Cass, 1991-10-01      **The Long Life Cookbook** Anne Casale, 1988 More than a decade ago cooking teacher Anne Casale recognized the need for recipes that would be delicious and make an active contribution to good health and a long life From that vision sprang The Long Life Cookbook This kitchen classic was such a success that now it has at last been completely revised incorporating the latest research in diet and nutrition For your healthy eating pleasure the revised The Long Life Cookbook serves up 166 recipes seductive soups authentic Italian pastas and sauces energy building grains hearty beef poultry veal and lamb dishes delicate fish and seafood entrees healthy salads quick breads and muffins and sensational desserts The author also provides the exact amount of fat sodium cholesterol carbohydrates protein and the number of calories for each recipe so you can easily determine whether it fits into your particular diet regimen Inside are simple dishes like Butternut Apple Soup Shells with Peas and Herbs Barley and Mushroom Casserole and Baked Tomatoes Provencale as well as memorable delicacies like Poached Chicken with Apricot Sauce Candied Yams with Pecans Baked Trout with Shallots Orange and Watercress and others guaranteed to make every meal a healthy eating experience Every recipe has been kitchen and taste tested Anne Casale also includes an illustrated glossary of ingredients complete with herbs and spices In sum here s an easy to use cookbook that provides all the nutritional facts with every recipe so when you sit down to eat a meal you can enjoy every mouthful confident that it enhances your potential for a long and healthy life

*The Long Life Cookbook* Anne Casale, 2002 More than a decade ago cooking teacher Anne Casale recognized the need for recipes that would be delicious and make an active contribution to good health and a long life From that vision sprang The Long Life Cookbook This kitchen classic was such a success that now it has at last been completely revised incorporating the latest research in diet and nutrition For your healthy eating pleasure the revised The Long Life Cookbook serves up 166 recipes seductive soups authentic Italian pastas and sauces energy building grains hearty beef poultry veal and lamb dishes delicate fish and seafood entrees healthy salads quick breads and muffins and sensational desserts The author also provides the exact amount of fat sodium cholesterol carbohydrates protein and the number of calories for each recipe so you can easily determine whether it fits into your particular diet regimen Inside are simple dishes like Butternut Apple Soup Shells with Peas and Herbs Barley and Mushroom Casserole and Baked Tomatoes Provencale as well as memorable delicacies like Poached Chicken with Apricot Sauce Candied Yams with Pecans Baked Trout with Shallots Orange and Watercress and others guaranteed to make every meal a healthy eating experience Every recipe has been kitchen and taste tested Anne Casale also includes an illustrated glossary of ingredients complete with herbs and spices In sum here s an easy to use cookbook that provides all the nutritional facts with every recipe so when you sit down to eat a meal you can enjoy every mouthful confident that it enhances your potential for a long and healthy life      **Health Related Cookbooks** Tian-Chu Shih, 1991 Will assist in researching cookbooks designed for those with specific diseases or disorders as well as for special

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**Descending from Heaven** Dr. Mary M. Tai, 2019-04-11 All recipes are composed of nutritional ingredients The implications of foods on health are also presented In this second cookbook there are two types of desserts food dessert and thirty four written presentations of desserts The presentations are composed of interesting and significant events in several areas humanity medicine science literature arts and music      **Cassette Books** Library of Congress. National Library Service for the Blind and Physically Handicapped, 1978      **The Publishers Weekly** , 1972      **Forthcoming Books** Rose Army, 2002-02  
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## **Table of Contents Long Life Cookbook Delectable Recipes For Two**

1. Understanding the eBook Long Life Cookbook Delectable Recipes For Two
  - The Rise of Digital Reading Long Life Cookbook Delectable Recipes For Two
  - Advantages of eBooks Over Traditional Books
2. Identifying Long Life Cookbook Delectable Recipes For Two
  - 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 Long Life Cookbook Delectable Recipes For Two
  - User-Friendly Interface
4. Exploring eBook Recommendations from Long Life Cookbook Delectable Recipes For Two
  - Personalized Recommendations
  - Long Life Cookbook Delectable Recipes For Two User Reviews and Ratings
  - Long Life Cookbook Delectable Recipes For Two and Bestseller Lists
5. Accessing Long Life Cookbook Delectable Recipes For Two Free and Paid eBooks
  - Long Life Cookbook Delectable Recipes For Two Public Domain eBooks
  - Long Life Cookbook Delectable Recipes For Two eBook Subscription Services
  - Long Life Cookbook Delectable Recipes For Two Budget-Friendly Options
6. Navigating Long Life Cookbook Delectable Recipes For Two eBook Formats

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