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Low Calorie Chinese Gourmet Cookbook

Leong, James

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Low Calorie Chinese Gourmet Cookbook:

The Low Calorie Chinese Gourmet Cookbook James Leong, 1980-05 *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 diets for general health extremely comprehensive CHOICE a good addition to public libraries of any library that supports a dietary or food services program ARBA *Chop Suey, USA* Yong Chen, 2014-11-04 American diners began to flock to Chinese restaurants more than a century ago making Chinese food the first mass consumed cuisine in the United States By 1980 it had become the country's most popular ethnic cuisine Chop Suey USA offers the first comprehensive interpretation of the rise of Chinese food revealing the forces that made it ubiquitous in the American gastronomic landscape and turned the country into an empire of consumption Engineered by a politically disenfranchised numerically small and economically exploited group Chinese food's tour de America is an epic story of global cultural encounter It reflects not only changes in taste but also a growing appetite for a more leisurely lifestyle Americans fell in love with Chinese food not because of its gastronomic excellence but because of its affordability and convenience which is why they preferred the quick and simple dishes of China while shunning its haute cuisine Epitomized by chop suey American Chinese food was a forerunner of McDonald's democratizing the once exclusive dining out experience for such groups as marginalized Anglos African Americans and Jews The rise of Chinese food is also a classic American story of immigrant entrepreneurship and perseverance Barred from many occupations Chinese Americans successfully turned Chinese food from a despised cuisine into a dominant force in the restaurant market creating a critical lifeline for their community Chinese American restaurant workers developed the concept of the open kitchen and popularized the practice of home delivery They streamlined certain Chinese dishes such as chop suey and egg foo young turning them into nationally recognized brand names *The Healthy Chinese Cookbook* Jenni Fleetwood, Maggie Pannell, 2007 Chinese cooking is based on fresh nutritious ingredients combined with punchy flavors and fast cooking methods This makes it the ideal cuisine for a low fat diet plan and this book is packed with ideas that will make your mouth water A comprehensive introduction provides guidelines for healthy eating with advice on planning a low fat diet fat free cooking methods and maintaining a healthy eating lifestyle A directory then provides information about the preparation usage and storage requirements of the main ingredients used in Chinese cooking More than 100 recipes put these principles into practice with each dish rated for its fat content using a three tier star system designed to provide an at a glance reference for meal planning and recipe choice The specially adapted dishes range from traditional favorites such as Cantonese style Egg Foo Yung to dishes with a dash of daring such as Clay Pot of Chili Squid All the recipes are shown in step by step photographic sequences for easy cooking With over 500 pictures information about materials techniques and ingredients and a collection of specially developed and tested recipes this is the ultimate book for all lovers of Chinese food who want to indulge their passion while eating sensibly Dust jacket **Publishers Weekly**, 1978

Subject Catalog Library of Congress,1980 *Chinese Cooking* Tarla Dalal,1991-01-10 Chinese Cuisine Is The Most Popular Cuisine Worldwide For Those Who Love Chinese And Are Vegetarian This Book Provides You With All The Information You Ll Want To Know About Cooking Delicious Chinese Food Using Ingenious Cooking Methods *The Johns Hopkins Complete Guide for Preventing and Reversing Heart Disease* Peter Kwiterovich,1998 There s Good News Today with proper guidance you can avoid control and even reverse cardiovascular disease This award winning book shows you how Here is all the latest news on what doctors know about heart disease and how you can prevent it clearly explained by a top ranking researcher from one of the world s greatest medical institutions In this book the 1990 winner of the prestigious Blakeslee Award for Excellence from the American Heart Association Dr Kwiterovich gives the most comprehensive and medically accurate information for preventing and reversing heart disease The Johns Hopkins Complete Guide to Preventing and Reversing Heart Disease includes How to assess and reduce your risk of heart attack What good cholesterol is and how to get more of it The role of genetic factors have you inherited your parent s heart disease How to prepare delicious lowfat recipes and how to take a scientific approach to exercise When to have your blood triglyceride level checked What drugs can and cannot do What you must ask your doctor to ensure you are getting an accurate cholesterol count and the best treatment Heart disease is far too serious a condition to treat with fad diets and feel good books The Johns Hopkins Complete Guide to Preventing and Reversing Heart Disease is an action plan for healthful living starting right now *The Guilt Free Gourmet Cookbook Volume 5* Daniel Hallak,2021-07-08 Finally a healthy Asian cookbook that utilizes ingredient swaps and substitutions to drastically reduce the calories of your favorite dishes In this my 5th cookbook I wanted to go international and step out of my culinary comfort zone Inside you ll find my own healthy spin on traditional Asian recipes from a wide range of regions I include dishes from Cambodia China Japan Korea Taiwan Thailand and Vietnam Everything from Korean gochujang chicken Thai sweet chili shrimp Chinese shumai dumplings Vietnamese bahn mi sandwiches and Japanese torikatsu with low calorie katsu sauce This book has easy to follow recipes with nearly 600 full color photos showing step by step instructions I also include multiple pages to explain and introduce you to exotic ingredients you may not be familiar with yet If you d like to eat delicious healthy lower calorie Asian food while still being able to stay on plan this is the cookbook for you As a bonus I include nutritional macros for every recipe within this book along with the sodium in 1 serving of each dish As well as my own calculated Points for each recipe for people who are members of weight watchers **Paperbound Books in Print** ,1982 *The International Slim Gourmet Cookbook* Barbara Gibbons,1978 **The Healthful Gourmet Chinese Cookbook** Rose Li-Zhu Lee,1999 Providing more than 200 simple low fat recipes this cookbook also includes nutritional information for each recipe **The Joslin Diabetes Gourmet Cookbook** Bonnie Sanders Polin,Frances Towner Giedt,Joslin Diabetes Center,1993 Working in conjunction with the world famous Joslin Diabetes Center Polin and Giedt both of whom are diabetic have assembled a mouth watering collection of 300 original recipes from appetizers to desserts Each is

carefully designed for the diabetic and comes complete with nutritional specifications **Subject Catalog, 1979** Library of Congress,1979 **American Book Publishing Record** ,1999 **The Publishers Weekly** ,1998 *Health Problems Related to the Chinese in North America* ,2000 Tenth Conference on Health Problems Related to the Chinese in North America ,2000 Library of Congress Catalogs Library of Congress,1980 The Publishers' Trade List Annual ,1985

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