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Cooking Light Regional Fare Cookbook Leisure Arts,2003-08-19 Presents a collection of low fat recipes for a variety of ethnic dishes from around the world **Low Fat Ways to Cook Regional Fare** Susan M. McIntosh,1997 In this multi ethnic cookbook readers will find tried and true recipes that reflect the roots of cuisines such as Tex Mex Low Country Creole and Cajun Deep South Italian and German There are over 155 recipes that are both delicious and low in fat Readers can learn how to modify their own favorite regional foods but will especially enjoy recipes for New England Clam Chowder Fresh Tomato and Cheese Pizza Seafood Gumbo and Italian pastas With the step by step how to photographs that make these recipes so easy to follow cooks everywhere will delight in preparing dishes from all around the country Low Fat Ways to Cook Fish and Shellfish Susan M. McIntosh,1997 Get raves over these 170 fast and flavorful recipes that are not only good they re good for you too You also get five complete menus Forthcoming Books Rose Arny,1997 *The Cumulative Book Index* ,1999 *The Publishers Weekly* ,1997 **American Book Publishing Record** ,1997-09 **Secrets of Fat-Free Chinese Cooking** Ying Chang Compestine,1996-11-30 Gathers recipes using little or no fat without compromising flavor including crabmeat dumplings Kung Po beef spring rolls and fortune cookies **Books In Print 2004-2005** Ed Bowker Staff,Staff Bowker, Ed,2004 Weekends Away Without Leaving Home Conari Press,2002-01-01 A unique guide shows readers how to experience exotic locales around the world including a wild carnival in Brazil and a tour of the Tuscan countryside from the comfort of their own homes by using videos books music and authentic recipes that capture the ambience of these exciting destinations Original *Vegetarian Times* ,1991-05 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both **Prevention's Quick and Healthy Low-Fat Cooking** Jean Rogers,1996 Luscious low fat recipes most ready in 30 minutes or less Over 200 easy great tasting recipes for light and lean dishes with at a glance nutritional information that all your family will eat up There s a complete guide to the best low fat ingredients and hundreds of healthy cooking tips **DK Eyewitness Travel Guide Pacific Northwest** DK Travel,2017-01-16 The DK Eyewitness Pacific Northwest Travel Guide is your indispensable guide to this beautiful part of the world The fully updated guide includes unique cutaways floorplans and reconstructions of the must see sites plus street by street maps of all the fascinating cities and towns The new look guide also includes photographs and illustrations leading you straight to the best attractions on offer The uniquely visual DK Eyewitness Travel guide will help you to discover everything region by region from local festivals and markets to day trips around the countryside Detailed listings will guide you to the best hotels restaurants bars and shops for all budgets whilst detailed practical information will help you to get around whether by train bus or car Plus DK s excellent insider tips and essential

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