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Low Calorie Cooking The Kitchen Library

William Shurtleff; Akiko Aoyagi



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of the recipes you'll find inside Oven Fried Chicken Saucy Shrimp and Grits Lighter Eggplant Parmesan Grilled Marinated Flank Steak Olive Oil Mashed Potatoes Lighter Creamed Spinach Tomato Salad with Olives and Lemon Zest Light Chocolate Chunk Brownies Pear and Berry Crisp Mini Mocha Cheesecakes Tips throughout explain what makes these recipes light whether by using simple substitutions such as whole wheat tortillas instead of pizza crust smart ways to cut back on fat topping fish with bread crumbs rather than coating it in batter or healthy cooking methods baking onion rings instead of frying them You'll also find prep and cook times for each recipe and plenty of one pot meals that make great weeknight dinners for the whole family Staying on track for a healthy lifestyle doesn't have to mean relying on gimmicky diets or eating flavorless meals With Everyday Food Light cooking fulfilling and tasty dinners has never been easier or more inspiring

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