

THE
VEGETARIAN
Gourmet's

Easy
Low-Fat
Favorites



BOBBIE HINMAN

Low Fat Favorites

Sonja L. Conner, William E. Conner



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 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, 1993 Low-fat Favorites Tri-Valley Haven for Women (Livermore, Calif.), 1995 **Low Fat Favorites** Ceacy Thatcher, 1991

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

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

Enola Prudhomme's Low Fat Favorites Enola Prudhomme, 1994-12-20 Offers more than two hundred recipes for low fat meals from all over the South including Tex Mex Creole Cajun Gulf Cuisine and Texas Creole dishes

One Dish Favorites Holly Berkowitz Clegg, 1997 The author of *A Trim Terrific Louisiana Kitchen* and *Trim Terrific American Favorites* creates hundreds of new fast easy and delicious low fat recipes for contemporary one dish meals and desserts Illustrations

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

Soul Kitchen Rodale Press, 1997 **Recipe Magic**, 1994 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 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

Dr. Art Ulene's Low-fat Cookbook Art Ulene, 1996 Following the success of his bestselling weight loss books Dr Ulene has created a cookbook that allows readers to reduce fat in their diets without sacrificing the pleasures of eating In addition to being delicious these 170 recipes provide health benefits that range from easy weight loss to reduced risk of heart disease 100 illustrations of color photos

The Meatless Gourmet Bobbie Hinman, 1996-10-16 Bobbie Hinman has done it again For the growing number of people who know the health benefits of meatless meals Bobbie offers The Meatless Gourmet Easy Lowfat Favorites to her long list of healthful cookbooks Not only for vegetarians this cookbook is for health conscious people who want to enjoy meatless meals whether occasionally or every day Bobbie's newest cookbook offers over 300 healthful recipes using whole grains fresh fruits and vegetables and a variety of legumes There are soups salads main dishes breads desserts and beverages something to please every palate Each recipe provides an at a glance nutritional breakdown that includes calories protein carbohydrates sodium fat content and cholesterol Here are just a few of the hundreds of creative and delicious dishes included Cinnamon Raisin Beer Bread Pinto Burrito Pie Fabulous Berry Party Trifle Iced Maple Coffee Float Bobbie answers such questions as How much fat should I eat How much fiber do I need and how do I add it to my meals and Will I get enough protein All of this and much more makes The Meatless Gourmet Easy Lowfat Favorites a valuable addition to any cook's collection About the Author Bobbie Hinman is the author of The Meatless Gourmet Favorite Recipes from Around the World Oat Cuisine and co author of the bestselling Lean and Luscious series all from Prima She is a cooking instructor and nutritional speaker she lives in Delaware with her husband Harry

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 Lamont's 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 WCCO's 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

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