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Look Amp Cook With Graham Kerrstocks

Graham Kerr



Look Amp Cook With Graham Kerrstocks:

Graham Kerr's Smart Cooking Graham Kerr,1991 From the man known to millions as the Galloping Gourmet an all new collection of creative dishes for today s health conscious cooks 100 delicious recipes designed for everyone who wants to eat well and eat right Full color photographs and B W drawings throughout *Day-By-Day Gourmet Cookbook* Graham Kerr,2007 Pioneering television chef Graham Kerr presents more than three hundred new healthy recipes while stirring in soulful advice about how to eat better live smarter and help others every day *Bowker's Complete Video Directory, 1998* ,1998 **Recipe for Life** Graham Kerr,Treena Kerr,2006-09-01 Galloping Gourmet Graham Kerr and his wife Treena have spent the past twenty years embracing a Christ like lifestyle they call outdulgence Here the Kerrs share the transforming details of such a truly good life that trades constant consumption and self serving for creative simplicity and healthy self denial to benefit others A deep and delightful approach to what Jesus described when He said I have come that they may have life and have it in abundance **Graham Kerr's Kitchen** Graham Kerr,1996 Over the past decade Graham Kerr s name has become synonymous with creative delicious and heathful cooking His innovative techniques seek to minimize fat and calories while maximizing aroma and flavor helping millions cook nutritious low fat meals that never skimp on taste Each of the book s 26 chapters serves to highlight a specific flavorful fat reducing cooking technique and serves as a starting point for more that 100 recipes which have been developed in a collaborative effort with amateur and professional chefs alike People from every walk of life with a wide range of dietary concerns and culinary skills have come together with Graham Kerr to create exciting new dishes re create old favorites and share ideas The result is an eclectic and practical guide that shows all of us how to move out of the danger zones of high fat calories and cholesterol into the realm of healthy eating without having to sacrifice the things we love most about food Along with Kerr s engaging and informative profiles of the contributors and a host of tips and suggestions Graham Kerr s Kitchen provides the means for anyone to reduce the risks and heighten creativity and enjoyment in the cooking experience **The Graham Kerr Step-by-step Cookbook** Graham Kerr,Treena Kerr,1982 *Growing at the Speed of Life* Graham Kerr,2011-03-01 With more than two dozen cookbooks and hundreds of television shows lectures and personal appearances devoted to promoting healthful cooking award winning chef and former Galloping Gourmet Graham Kerr literally starts from the ground up in this engaging inspiring and highly informative introduction to the joys of the kitchen garden and the pleasures of the table that start with growing your own food While Kerr taps into the current trend of sustainability eating locally and organically and eschewing fast food he recognizes that today s home cooks are savvier and more discerning than their predecessors in the back to the land movement And in this day of rampant obesity and related diseases he understands how critical taking these vital steps toward wellness can be *Growing at the Speed of Life* takes you through the first year in his kitchen garden sharing the lessons learned and the wisdom received from his circle of local knowledge providers From digging up his south lawn and

putting together a greenhouse to planting his first seeds and harvesting and sharing his first crop with others in need Kerr provides a whirlwind tour through his gardening adventures Along the way he profiles sixty common and not so common but readily available garden vegetables fruits and herbs with useful advice and recommendations for care and feeding Once the harvest is done Kerr takes you into the kitchen offering guidance on the best cooking methods to create appealing dishes in his inimitable and spirited style He includes more than one hundred recipes that are as simple and elegant as they are healthful and that will certainly entice you to increase the amount of plant foods in your diet **Graham Kerr's Simply**

Splenda Cookbook Graham Kerr,2004-08-26 Cooking with Splenda made easy eating made healthier Splenda is today s artificial sweetener of choice because it tastes more like real sugar yet doesn t have the calories or carbohydrates But cooking with it may not be easy for many people That all changes with this cookbook It contains an array of recipes for breakfast to dinner and dessert in which Splenda can be used to satisfy a sweet tooth and a hearty appetite Graham Kerr s Simply Splendid Cookbook may make it easier for people to lose weight and keep it off and to get better control of their diabetes Recipes include Carrot Cake Roasted Vegetable Lasagna Sweet Sour Red Cabbage Casserole with Pork Tenderloin Almond Macaroons Chocolate Cookies Marbled Cheese Cake Brownies And more **Graham Kerr's Gathering Place**

Graham Kerr,2001-08 This volume of Graham Kerr s Gathering Place features comfort foods recipes that warm the heart And while classic comfort foods often rich in fats and sugar are not usually associated with good health these recipes are most certainly nutritious Supplementing each of these nutrient rich recipes is healthy advice from special guests at The Gathering Place table medical doctors and registered dietiticians university professors and world class chefs **BOOK JACKET Title**

Summary field provided by Blackwell North America Inc All Rights Reserved **Graham Kerr's Best** Graham Kerr,1995 On average Americans now consume 34% of their daily calories from fat But for anyone with even modest health risk factors the 34% should be reduced to about 20% And for people at high risk or those who have already experienced health problems the ideal target is 10% of calories from fat However if you want to eat better you don t have to sacrifice good taste and variety in your cooking to achieve the level of fat that you want or need The 250 recipes in this unique collection have been carefully selected and organized to give you the widest and easiest choice of ingredients and cooking techniques to help meet your individual health requirements and satisfy your taste preferences Divided into three main sections representing 10% 20% or 30% of calories from fat respectively the recipes include hearty soups and sauces inventive main dishes and vegetables and inspired desserts Every recipe features the hallmarks we have come to expect from Graham Kerr innovative flavors imaginative cooking techniques intriguing ingredients helpful hints and tips friendly and encouraging advice geared to help you discover ways to prepare your favorite foods in a perfect balance of good taste and good health **BOOK JACKET Title** Summary field provided by Blackwell North America Inc All Rights Reserved

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