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A YEAR OF SEASONAL HEART-HEALTHY RECIPES
FROM PHILADELPHIA'S FAMOUS HOTEL



The Rittenhouse Cookbook



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Rittenhouse Cookbook A Year Of Hearthealthy Recipes

J Dewey



Rittenhouse Cookbook A Year Of Hearthealthy Recipes:

The Rittenhouse Cookbook Jim Coleman, Marilyn Cerino, 1997-01-01 Not long ago gourmet cuisine and heart healthy eating were rarely mentioned in the same sentence Now all of that is changing thanks in large part to innovative chefs like Jim Coleman who is working luscious low fat wonders at Philadelphia s Rittenhouse Hotel The recipes in this elegant cookbook are cleverly updated classics with all the flavor and very little fat sodium or cholesterol Organized by season these surprisingly easy to prepare dishes allow you to make use of the freshest available ingredients All recipes have complete nutritional analysis and helpful notes on tailoring them to your specific dietary needs A bonus chapter by dietitian chef Marilyn Cerino highlights healthy eating strategies for every day Color photos [American Book Publishing Record](#), 1997-05

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expertise More than 150 recipes accompanied by 40 mouthwatering full color photographs range from down home hearty comfort food like Roast Rack of Pork with Red Cabbage Apples and Cranberries Braised in Red Wine to such epicurean fare as Steak Canapes with Roquefort Cream and Caramelized Pears and Onions on Garlic Toasts Omaha Steaks Meat is the final frontier of meat as we know it Those with culinary wanderlust will find destinations in dishes like Vietnamese Summer Rolls with Beef Shrimp and Peanut Dipping Sauce or Ethiopian Chicken Stew with Berbere Sauce and Injera Bread while those who are game will appreciate the many recipes for meats relatively new to the market ostrich quail duck venison rabbit goat buffalo and wild boar Whether from someplace familiar or far flung each recipe includes instructions for a simple side sauce salsa rub relish chutney compote dressing glaze or marinade in short those extra details that make every dish in the book a meal in itself worthy of company If you love meat then you have found your cookbook **Whitaker's Books in Print** ,1998

Library Journal ,2001 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately **AB Bookman's Weekly** ,1987

The National Culinary Review ,2000 *A Beautiful Heart Cookbook* Elizabeth Epstein,2019-09-23 A Beautiful Heart Cookbook is a collection of heart healthy recipes filled with simple wholesome inexpensive ingredients But the recipes are not just healthy they are beautiful delicious creations to be enjoyed both alone and together with loved ones They are inspired and meant to inspire They are all of those things and somehow they are still achievable in day to day life Each recipe has been simplified simplified simplified just one bowl just one pot just add and stir or just add and blend and as a result each recipe leads its maker through a relaxing cooking experience The directions seem to translate to enjoy the moment and seem to subtly suggest a deep breath in life is good But perhaps not so subtly the recipes demonstrate the truth about healthy eating it is feasible in day to day life inexpensive and nourishing on a physical mental and spiritual level It is a commitment to take pride in and a worthwhile lifelong priority But best of all Healthy food actually tastes amazing **Healthy Heart Cookbook** Joseph C. Piscatella,Bernie Piscatella,2013-01-05 For the millions of Americans living with heart disease The Healthy Heart Cookbook provides hundreds of delicious and healthy recipes for all the family favorites from hamburgers to pancakes In The Healthy Heart Cookbook Joe Piscatella a heart patient himself who has turned his life and health around by following a healthy diet 700 of the BEST recipes from Joseph C Piscatella's five cookbooks which have more than 2 000 000 copies in print and are used by more than 5 500 hospitals The 700 recipes which range from Taco Pizza to Grilled Teriyaki Salmon to marinated flank steak and Chocolate Pudding are quick to fix and delicious Based on guidelines from the American Heart Association each recipe includes nutritional breakdowns and the 1000 plus entry fat gram counter for common foods makes healthy substitutions a breeze Perfect for the whole family *American Heart Association Go Fresh* American Heart Association,2014-07-01 Achieve a heart healthy lifestyle by cooking at home with more than 250 recipes that focus on fresh ingredients Making meals with fresh ingredients is not only healthy and flavorful but also fast and easy with Go Fresh The

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