

LOW-FAT

WAYS TO COOK

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FAIR



Low Fat Ways To Cook Regional Fare

Jessica J Manson



Low Fat Ways To Cook Regional Fare:

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 American Book Publishing Record , 1997-09 **The Publishers Weekly** , 1997 **The Cumulative Book Index** , 1999 **Forthcoming Books** Rose Arny, 1997 **Books In Print 2004-2005** Ed Bowker Staff, Staff Bowker, Ed, 2004 **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 *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 **The Regional Travel Guide for the Australian Capital Territory (Australia)** , *DK Eyewitness Travel Guide: Pacific Northwest* Anita Carmin, Constance Brissenden, Stephen Brewer, 2012-10-01 Now available in PDF format DK Eyewitness Travel Guide Pacific Northwest will lead you straight to the best attractions the northwest coast of the USA has to offer Fully illustrated it covers all the major cities from Portland Oregon to Seattle Washington and Vancouver British Columbia and provides all the insider tips you need whether you re kayaking on Lake Ozette in Olympic National Park or hitting the shops in downtown Seattle s Columbia Centre Plus this guidebook is packed with comprehensive listings of the best hotels restaurants shops and nightlife in each area for all budgets DK Eyewitness Travel Guide Pacific Northwest explores the region s culture history architecture tours beaches and scenic walks You ll find 3 D illustrated cutaways and floor plans of all the must see sights as well as street maps and reliable information for getting around With hundreds of full color photographs hand drawn illustrations and custom maps that brighten every page DK Eyewitness Travel Guide Pacific Northwest truly shows you this region as no one else can Vegetarian Times , 1991-02 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 *DK Eyewitness Travel Guide Pacific Northwest* DK Travel,2017-01-17 DK Eyewitness Travel Guide Pacific Northwest will lead you straight to the best attractions this beautiful region has to offer This newly updated guide covers all the major cities from Portland Oregon to Seattle Washington to Vancouver British Columbia and provides all the insider tips you need whether you want to kayak on Lake Ozette in Olympic National Park or go shopping in downtown Seattle's Columbia Center Explore the culture history architecture beaches and scenic walks area by area Discover DK Eyewitness Travel Guide Pacific Northwest Detailed itineraries and don't miss destination highlights at a glance Illustrated cutaway 3 D drawings of important sights Floor plans and guided visitor information for major museums Guided walking tours local drink and dining specialties to try things to do and places to eat drink and shop by area Area maps marked with sights Detailed city maps include a street finder index for easy navigation Insights into history and culture to help you understand the stories behind the sights Hotel and restaurant listings highlight DK Choice special recommendations With hundreds of full color photographs hand drawn illustrations and custom maps that illuminate every page DK Eyewitness Travel Guide Pacific Northwest truly shows you what others only tell you

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Chowder and Tuscan Bean Soup as well as intriguing new creations like Caribbean Sweet Potato Coconut Soup Golden Gazpacho and Fennel Vichyssoise Salads range from straightforward choices that are easy to mix and match such as Spinach with Cilantro Cashew Dressing Mexican Chickpea Salad or Tunisian Carrot Salad to satisfying one dish meals like Broiled Tofu Sugar Snap Peas or Persian Rice Pistachio Salad Each recipe is followed by helpful suggestions for selecting dishes so that creating well balanced combo plates at home is a snap There are easy to use indexes of recipes by categories including children s favorites quickly made low fat low carbohydrate and vegan dishes And each recipe has a complete nutritional breakdown so it s simple to create menus for those with special health or dietary concerns The section on transforming leftovers into sprightly new dishes also makes Moosewood Restaurant Daily Special a practical primer for those who want to make the most of seasonal bounty Few foods are more comforting or satisfying than a good soup and a well made salad and because many can be made ahead and served on demand they are perfectly suited to the way we eat and live today With more than 275 kitchen tested recipes to fit any occasion Moosewood Restaurant Daily Special offers years worth of inspiration for Daily Specials every cook will be delighted to serve Moosewood Inc and the authors of this book have donated 1 percent of their royalties from Moosewood Restaurant Daily Special to the community food and nutrition programs of the Greater Ithaca Activities Center G I A C in Ithaca New York

The Flavor of Wisconsin Harva Hachten, Terese Allen, 2013-09-03 The Wisconsin Historical Society published Harva Hachten s The Flavor of Wisconsin in 1981 It immediately became an invaluable resource on Wisconsin foods and foodways This updated and expanded edition explores the multitude of changes in the food culture since the 1980s It will find new audiences while continuing to delight the book s many fans And it will stand as a legacy to author Harva Hachten who was at work on the revised edition at the time of her death in April 2006 While in many ways the first edition of The Flavor of Wisconsin has stood the test of time very well food related culture and business have changed immensely in the twenty five years since its publication Well known regional food expert and author Terese Allen examines aspects of food cooking and eating that have changed or emerged since the first edition including the explosion of farmers markets organic farming and sustainability the slow food movement artisanal breads dairy herb growers and the like and how relatively recent immigrants have contributed to Wisconsin s remarkably rich food scene

Low-fat Ways to Cook One-dish Meals Susan M. McIntosh, 1995

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