



COOK'S LIBRARY

# Light & Healthy

Over 60 simple recipes for great home cooking



# Quick Easy Cooks Library

**Ian Pickup**



## Quick Easy Cooks Library:

**Library of Congress Subject Headings** Library of Congress, Library of Congress. Subject Cataloging Division, Library of Congress. Office for Subject Cataloging Policy, 2013      Not Your Mother's® Weeknight Cooking Beth Hensperger, 2010-02 A collection of fast wholesome tasty weeknight meals that updates the classics and offers dozens of new classics in the making back cover      **Library of Congress Subject Headings** Library of Congress. Cataloging Policy and Support Office, 2003

**Cooking Up Library Programs Teens and 'Tweens Will Love** Megan Emery Schadlich, 2015-06-23 Engage teens and tweens with library programs that nurture developmental and social needs and keep young patrons entertained Want to get students tuned in learning and having fun Covering programs ranging from DIY Modern Crafts to CSI Science these simple plans will give you all the knowledge you need to create complete programs for tweens and teens activities that students will find engaging and entertaining For each activity the author identifies aspects that link to STEAM learning objectives The educational ties help students learn about new topics while fostering the development of important life skills While the plans are geared towards public librarians they can easily be adapted to the school or home environment so parents teachers and anyone else who works with teens and tweens can create and implement these fun and unique programs      Library of Congress Subject Headings Library of Congress. Office for Subject Cataloging Policy, 1992      Library of Congress Subject Headings: A-E Library of Congress. Subject Cataloging Division, 1989      **Creating Consumers** Carolyn M.

Goldstein, 2012-05-28 Home economics emerged at the turn of the twentieth century as a movement to train women to be more efficient household managers At the same moment American families began to consume many more goods and services than they produced To guide women in this transition professional home economists had two major goals to teach women to assume their new roles as modern consumers and to communicate homemakers needs to manufacturers and political leaders Carolyn M Goldstein charts the development of the profession from its origins as an educational movement to its identity as a source of consumer expertise in the interwar period to its virtual disappearance by the 1970s Working for both business and government home economists walked a fine line between educating and representing consumers while they shaped cultural expectations about consumer goods as well as the goods themselves Goldstein looks beyond 1970s feminist scholarship that dismissed home economics for its emphasis on domesticity to reveal the movement's complexities including the extent of its public impact and debates about home economists relationship to the commercial marketplace      Basic Microwaving

Barbara Methven, 1988      **Consolidated Library of Modern Cooking and Household Recipes** Christine Terhune Herrick, 1904      *Catalog of Copyright Entries. Third Series* Library of Congress. Copyright Office, 1974      **Public Library Catalog**, 1999      Sunset, 1926      Vegan Slow Cooking Carla Kelly, 2012-04-10 Provides a collection of more than 150 recipes for vegan meals that can be made in a slow cooker with detailed instruction on preparing the ingredients along with easy to prepare recipes for side dishes to accompany the meal      **The Medical Library Association Guide to Finding**

**Out about Diabetes** Dana L. Ladd,Alyssa Altshuler,2013-01-11 For the more than 26 million Americans diagnosed with or affected by diabetes having accurate information on the disease is crucial But the sheer volume of information available can be daunting for patients and caregivers alike This comprehensive guide provides librarians and library users with background on key diabetes concepts encompassing reliable print and electronic resources including hard to find periodicals and audiovisual sources Each chapter in this guide presents an overview and description as well as an annotated list of multi format resources on topics including Types 1 and 2 and gestational diabetes Diet clinical trials and support sources Legal and insurance issues With this guide librarians can deepen their understanding and collections and thus improve service to the growing number of patrons affected by at risk for or curious about this pervasive disease Good Food--Fast! Jason Roberts,Stacey Colino,2014-12-02 If you want to eat healthy without sacrificing flavor but are so busy that you often find yourself resorting to take out or packaged convenience foods this book is for you Chef Jason Roberts shows how eating a rainbow of fruits and vegetables and other nutritious foods can fuel our bodies and minds and still excite our palates **LJ, Library Journal** ,1976 *Betty Crocker Cookbook for Women* Betty Crocker,2007-02-27 EAT WELL LIVE WELL You do a lot for your family But what do you do for yourself Betty Crocker Cookbook for Women is full of recipes and advice to help you stay well fed fit positive and healthy decade after decade And by being good to yourself you re also being good to your family Open the book and discover all the ingredients you need to cook up a healthy well balanced life 130 delicious easy to prepare recipes to help you stay healthy at every decade of your life Delicious dishes you ll love ranging from Whole Grain Strawberry Pancakes and Cucumber Mango Salad to Chicken Linguine Alfredo and Chocolate Souffle Cakes A complete rundown of the healthy nutrients found in each dish from fiber and protein to iron calcium and vitamins Authoritative information on health issues that you ll likely encounter at some point in your life including weight management stress hormones bone density and heart health Girlfriend to girlfriend wisdom from other women who share their real life experiences with weight loss food exercise and everyday coping Notes from Dr R that offer medical information on women s health topics ways to exercise and stay fit and tips on maintaining a healthy weight The Complete Library Of Cooking NISHANT BAXI,2020-05-03 Master the science of cooking with The Complete Library Of Cooking Learn to prepare meals like the pro s in the comfort of your own kitchen with this outstanding 5 volume set Whether you are a novice just learning how to cook an experienced cook or maybe you are thinking about a career in culinary arts this collection is perfect for you for reading **New York State Library Bulletin** New York State Library,1922 **Best Simple Suppers for Two: Fast and Foolproof Recipes for One, Two, or a Few (Best Ever)** Laura Arnold,2017-07-11 Enjoy delicious small portion meals in minutes Whether you re preparing for a romantic night in cooking for you and a friend or just don t feel like packing up leftovers these quick and easy meals for two are sure to make dinner a whole lot easier You ll never sacrifice flavor for convenience when whipping up these simple salads starters and main dishes The fast and flavorful recipes include Taco

Salad with Fresh Corn Honey Buffalo Chicken Wings BBQ Pork Chops Vegetable Fried Rice Once you ve discovered the joys of cooking for two you ll never go back

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