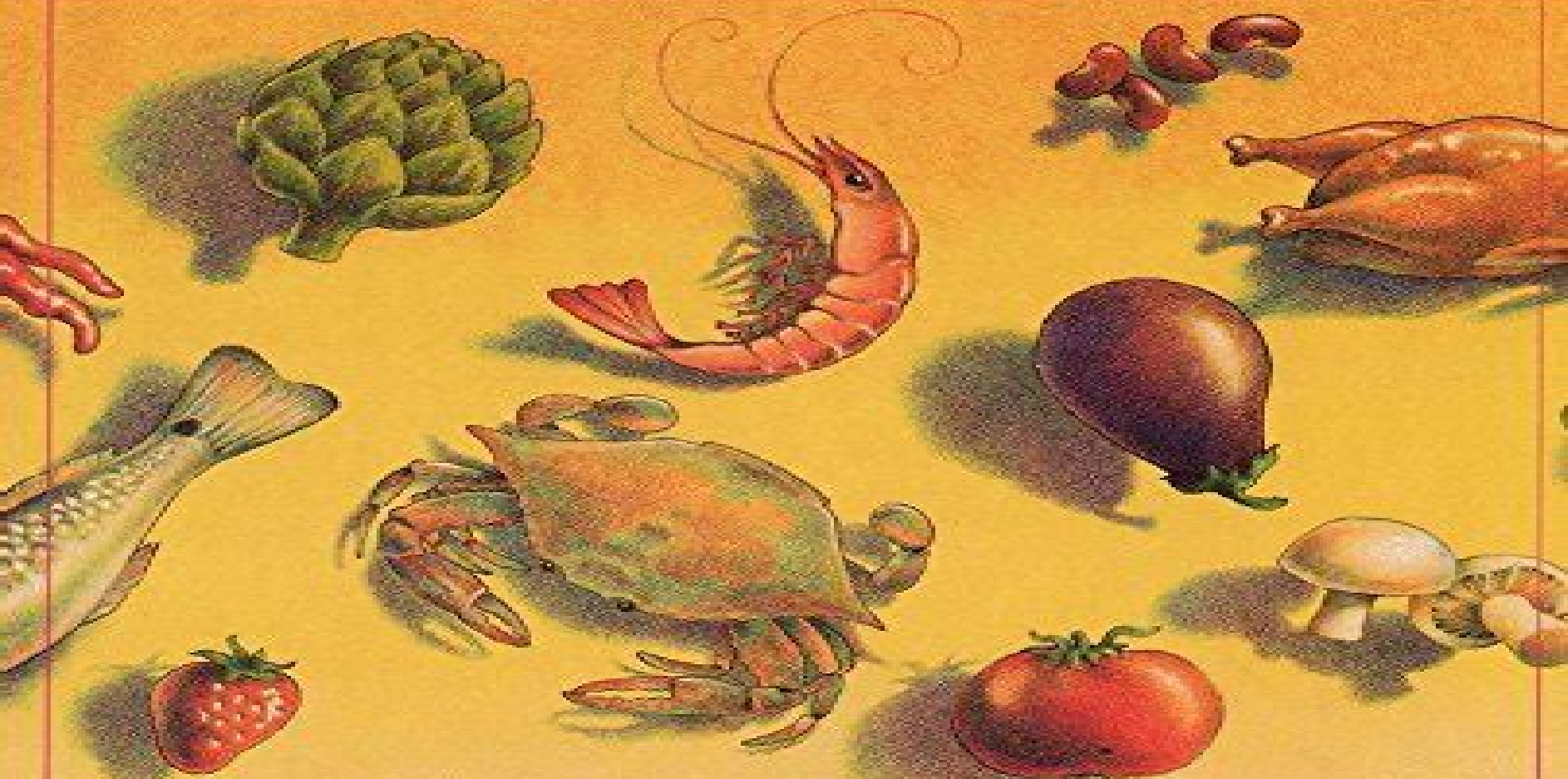


LOUISIANA LIGHT

Low-Fat, Low-Calorie, Low-Cholesterol, and Low-Salt
Cajun and Creole Cookery



ROY F. GUSTE, JR.

With the Ochsner Medical Institutions
With foreword by John L. Ochsner, M.D.

Louisiana Light Low Fat Low Calorie Low Cholesterol Low Salt Cajun And Creole Cookery

Julia Schneider



Louisiana Light Low Fat Low Calorie Low Cholesterol Low Salt Cajun And Creole Cookery:

Louisiana Light Roy F. Guste, 1990 Now for weight and health conscious people who love Louisiana cuisine here is a marvelous cookbook designed to cut fat salt and calories The result is a pleasing array of wholesome dishes that don't sacrifice any of the rich Creole and Cajun tastes Drawings Louisiana History Florence M. Jumonville, 2002-08-30 From the accounts of 18th century travelers to the interpretations of 21st century historians Jumonville lists more than 6 800 books chapters articles theses dissertations and government documents that describe the rich history of America's 18th state Here are references to sources on the Louisiana Purchase the Battle of New Orleans Carnival and Cajuns Less explored topics such as the rebellion of 1768 the changing roles of women and civic development are also covered It is a sweeping guide to the publications that best illuminate the land the people and the multifaceted history of the Pelican State Arranged according to discipline and time period chapters cover such topics as the environment the Civil War and Reconstruction social and cultural history the people of Louisiana local parish and sectional histories and New Orleans It also lists major historical sites and repositories of primary materials As the only comprehensive bibliography of the secondary sources about the state Louisiana History R is an invaluable resource for scholars and researchers

Health Related Cookbooks Tian-Chu Shih, 1991 Will assist in researching cookbooks designed for those with specific diseases or disorders as well as for special diets for general health extremely comprehensive CHOICE a good addition to public libraries of any library that supports a dietary or food services program ARBA **Consumer Health & Nutrition Index**, 1991 *Whitaker's Book List*, 1991

Skinny Louisiana . . . in the Kitchen Shelly Marie Redmond, 2017-02-13 Down in Louisiana there's no shortage of spice and flavor Classic dishes like gumbo and jambalaya deliver all our favorite tastes of the south but these are the very foods we avoid Why Because of the dreaded f words fear and fat Built around the cornerstone of a well stocked pantry the recipes in *Skinny Louisiana in the Kitchen* marry the authentic and delicious flavors of Louisiana cooking with principles of healthy eating Forget the myth that because it tastes great it can't be good for you Culinary dietitian Shelley Marie Redmond has done all the work and research so all you have to do is sit back and enjoy the meals you crave and deserve In this must have kitchen guide a list of pantry essentials offers substitutes for ingredients high in carbohydrates like Greek yogurt instead of butter and a shopping guide helps you to plan a successful and efficient trip to the grocery store Celebrate the best of Louisiana's eats without compromising your health You can have your cake and you can eat it too Having won her first cooking contest at the age of 12 Shelly Marie Redmond lives for the kitchen She is a culinary dietitian speaker spokesperson and founder of the *Skinny Louisiana* brand Redmond is also co owner of Eberhardt Physical Therapy where she works with clients on issues like weight loss diabetes and food allergies A highly sought after media personality Redmond serves as a nutrition expert for several news and morning shows You can find her embracing her Cajun roots in her kitchen along with her husband children and cats **Forthcoming Books** Rose Arny, 1992-10 **The Publishers Weekly**, 1990 *Library*

Journal ,1990 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 *The Writers Directory* ,2013

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