



# Luscious Lowfat Main Dishes

**Moosewood Collective**



## **Luscious Lowfat Main Dishes:**

Moosewood Restaurant Low-Fat Favorites Moosewood Collective, 2015-08-18 This is the low fat book cooks who care about wholesome vegetarian inspired food have been waiting for with more than 280 recipes that are as delicious and trustworthy as those in the Moosewood Collective's previous books With fourteen chapters ranging from savory soups and main course salads to creative side dishes and aromatic Mediterranean and Asian inspired dishes fat will not be missed in mouthwatering recipes like Guacamole with Asparagus Chinese Orzo Vegetable Salad Spring Vegetable Paella Indian Potato Pancakes and Creamy Dairyless Rice Pudding Along with those creative dishes there are also low fat variations on familiar favorites such as Macaroni and Cheese Shephard's Pie and Dark Chocolate Pudding An added bonus the Moosewood Collective has made sure that the ingredients used in the recipes throughout the book are easily found in most well stocked supermarkets Along with nutritional and glossary guides that provide explanations of nutritional terms instructions for how to glean the information you need from nutrition labels a brief overview of vitamins and minerals and guides to ingredients and cooking techniques the Collective also offers tips and ideas for sustaining a low fat lifestyle They bake rather than fry replace high fat ingredients with healthy substitutes no artificial ingredients allowed and use butter and oil very moderately so that what is lost in fat is gained in bold intense flavors Moosewood Restaurant Low fat Favorites is sure to set the kitchen standard not only for health conscious cooks but also for those who have come to rely on the Moosewood Collective's easy earthy approach to cooking

*American Heart Association Low-Fat, Low-Cholesterol Cookbook*, 2005-09-13 A third edition of the popular healthy recipe primer features fifty new dishes including Smoked Salmon Dip with Cucumber and Herbs and Key Lime Tart with Tropical Fruit in a guide that shares the most recent scientific guidelines for promoting heart health through diet Reprint 30 000 first printing

Good Housekeeping 400 Calorie Comfort Food Good Housekeeping, 2013-04-02 Comfort food may sound fattening but Good Housekeeping's soul satisfying dishes all come in at 400 calories or less Thanks to these smart recipes you can feel indulgent and still drop the weight Enjoy such seemingly off limits treats as Bacon Wrapped Scallops Steak and Oven Fries Healthy Makeover Macaroni and Cheese and even desserts They'll satisfy your cravings and make mealtime fun again

Lynda's Low-fat Kitchen Lynda A. Pozel, 1995 This guide to low fat dining includes more than one hundred easy to follow meatless recipes

**400 Calorie Comfort Food** Good Housekeeping, 2013-04-02 From an iconic lifestyle brand all the titles in this series help families plan easy healthful meals even low calorie comfort food includes photos Library Journal Comfort food may sound fattening but Good Housekeeping's soul satisfying dishes all come in at 400 calories or less Thanks to these smart recipes you can feel indulgent and still lose weight Enjoy such usually off limits treats as Bacon Wrapped Scallops Steak and Oven Fries Healthy Makeover Macaroni and Cheese and even desserts These family friendly favorites will satisfy your cravings and make mealtime fun again

**Moosewood Restaurant Daily Special** Moosewood Collective, 2015-08-18 A steaming bowl of soup with fresh bread and a green salad a tempting combo plate of

crisp complementary salads these Daily Specials have been staples of Moosewood's ever changing menu board since the restaurant opened its doors more than twenty five years ago Over the years the creative chefs of the Moosewood Collective have introduced literally thousands of new soups and as many salads all devised to showcase the fresh seasonal produce vibrant ethnic flavors and meatless food products that form the core of their cuisine Now for the first time they have gathered the very best offerings from their vast soup and salad repertoire as well as the ingenious extras that transform these simple dishes into world class meals Here are classics like Very Creamy Vegetable 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 150 Healthiest Comfort Foods on Earth** Jonny Bowden, Jeannette Bessinger, 2011-09-01 This book tantalizes my taste buds and is everything I love real comfort food that is as nutritious as it is delicious Holly Clegg author of the trim Higher Protein Lower Cal Creamy Fettuccini Alfredo Whole Grain Home Grilled Pizza Satisfying Real Food Pumpkin Pancakes Lower Cal Loaded Potato Skins and Grass Fed Italian Feta Meatballs in Tomato Sauce Your taste buds and your health will thank you

Low-fat Living Cookbook Leslie L. Cooper, 1998 Anyone can lose weight safely with these simple eating strategies and delicious recipes guaranteed to burn fat and increase energy

**Vegetarian Times**, 1996-09 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

**1,000 Low-Calorie Recipes** Jackie Newgent, 2012-11-08 This is a gem of a cookbook Not only is it loaded with healthy recipes everything I've made from pizza to salad dressing has been a

showstopper Tara Collingwood The Diet Diva Healthline This incredible cookbook is packed with tasty low calorie recipes that give home cooks an unparalleled variety of meals and ideas for eating healthfully that their whole family will love Every recipe clocks in at less than 500 calories but most are no more than 300 calories per serving They re easy to make and take the guesswork out of portion control and calorie counting Recipes include complete nutrition information and full menus help home cooks maintain a balanced eating approach naturally 1 000 Low Calorie Recipes covers finger foods and snacks salads and soups meat poultry fish and vegetarian entrees breads and muffins and yes even desserts and cocktails You ll find rustic comfort foods like Five Spice Turkey Chili favorites like Pizza Margherita main courses like Tart Apple Stuffed Pork Loin plus innovative recipes that will intrigue and satisfy you like Caprese Salad Lasagna Five Spice Yam Frites Brooklyn Lager Baked Beans Homemade Pretzel Puffs Fudgy Superfood Brownies and Chocolate Mint Almond tins Written by Jackie Newgent a well respected Registered Dietitian who writes for and is interviewed by national media such as The Dr Oz Show Cooking Light Health and Redbook among others Includes clever advice on stocking a low calorie pantry maintaining a healthy weight diet friendly cooking nutritious ingredient substitutions full menus and more Features ingredients that are fresh and flavorful keeping with Jackie Newgent s real foods philosophy nothing is artificial Whether you re following a particular diet or just want a single go to guide for nutritious family meals 1 000 Low Calorie Recipes is the ultimate resource

**The 50 Best Low-Fat Recipes** Adams Media,2011-12-01 They re healthy They re tasty And they re right at your fingertips The 50 Best Low Fat Recipes is an appetizing selection of delicious dishes that pack in the flavor without packing on the pounds From Crispy Tortilla Chips to Sweet Citrus Cheesecake there s plenty included so you can whip up satisfying and easy snacks and meals Enjoy

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[Vegetarian Times](#) ,1994-10

**Vegetarian Times** ,1994-09 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

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**Vegetarian Times**, 2000-02 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.

**Low-fat, Low-cholesterol Cookbook** American Heart Association, 2008 Heart-healthy food doesn't have to be dull and tasteless. A fact proven by the 200 easy-to-prepare recipes in this updated edition that explains everything from the difference between good and bad cholesterol to strategies for heart-healthy cooking, shopping, and dining out.

*Vegetarian Times*, 1999-07 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.

**\$3 Low-Calorie Meals** Ellen Brown, 2009-08-04 It doesn't take much of anything: time, money, or stress. And it doesn't leave your taste buds in the lurch. No wonder it's catching on. A whole new take on 3 Meals: 250 cost-busting waist-trimming simple healthy recipes for great meals and more. Food prices have done some impressive skyrocketing of late, and predictions are they will continue to do so for some time to come. While the fortunate few can breeze through the checkout lane without fretting over their bank balances, for the rest of us sticker shock sets in when least expected and frequently at that. But how to feed ourselves and our hungry families economically and healthfully at that? Following up on her 3 Meals Feed Your Family Delicious Healthy Meals for Less than the Cost of a Gallon of Milk, Lyons, April 2009, Ellen Brown here dishes up the answer in delicious terms with simple easy-to-follow family-pleasing recipes. 3 Low-Calorie Meals presents 250 plus recipes with main courses priced so that the cost of a WHOLE meal including side dishes and a dessert costs less than \$3 per person. Not only are all the recipes waistline-friendly, all can be prepared in less time than it takes to have a pizza delivered. The book also includes a treasure trove of valuable tips on how to save money while shopping.

Discover tales of courage and bravery in is empowering ebook, **Luscious Lowfat Main Dishes** . In a downloadable PDF format ( PDF Size: \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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