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# Low Calorie Cooking The Kitchen Library

**Rhona Newman**





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a snap it also has to be good for the whole family Everyday Food Light features delicious healthful recipes all under 500 calories Organized seasonally so you can take advantage of the freshest ingredients this book shows you how to quickly make your favorite dishes in a way that s light but nonetheless tempting Making simple adjustments to your weeknight arsenal is easy with the step by step instructions on cooking techniques like stir frying and roasting kitchen tools to help cut down on calories such as a steamer basket and a citrus zester and great low or no fat flavor boosters marinades herbs and spices And each recipe is accompanied by a beautiful color photograph and nutritional information to keep you motivated all week long Here are some of the recipes you ll find inside Oven Fried Chicken Saucy Shrimp and Grits Lighter Eggplant Parmesan Grilled Marinated Flank Steak Olive Oil Mashed Potatoes Lighter Creamed Spinach Tomato Salad with Olives and Lemon Zest Light Chocolate Chunk Brownies Pear and Berry Crisp Mini Mocha Cheesecakes Tips throughout explain what makes these recipes light whether by using simple substitutions such as whole wheat tortillas instead of pizza crust smart ways to cut back on fat topping fish with bread crumbs rather than coating it in batter or healthy cooking methods baking onion rings instead of frying them You ll also find prep and cook times for each recipe and plenty of one pot meals that make great weeknight dinners for the whole family Staying on track for a healthy lifestyle doesn t have to mean relying on gimmicky diets or eating flavorless meals With Everyday Food Light cooking fulfilling and tasty dinners has never been easier or more inspiring

**Everyday Food: Light** Martha Stewart Living Magazine, 2011-12-27 Cook what you want to eat without all the fat The editors of Everyday Food magazine know that it s not enough to get dinner on the table in a snap it also has to be good for the whole family Everyday Food Light features delicious healthful recipes all under 500 calories Organized seasonally so you can take advantage of the freshest ingredients this book shows you how to quickly make your favorite dishes in a way that s light but nonetheless tempting Making simple adjustments to your weeknight arsenal is easy with the step by step instructions on cooking techniques like stir frying and roasting kitchen tools to help cut down on calories such as a steamer basket and a citrus zester and great low or no fat flavor boosters marinades herbs and spices And each recipe is accompanied by a beautiful color photograph and nutritional information to keep you motivated all week long Here are some of the recipes you ll find inside Oven Fried Chicken Saucy Shrimp and Grits Lighter Eggplant Parmesan Grilled Marinated Flank Steak Olive Oil Mashed Potatoes Lighter Creamed Spinach Tomato Salad with Olives and Lemon Zest Light Chocolate Chunk Brownies Pear and Berry Crisp Mini Mocha Cheesecakes Tips throughout explain what makes these recipes light whether by using simple substitutions such as whole wheat tortillas instead of pizza crust smart ways to cut back on fat topping fish with bread crumbs rather than coating it in batter or healthy cooking methods baking onion rings instead of frying them You ll also find prep and cook times for each recipe and plenty of one pot meals that make great weeknight dinners for the whole family Staying on track for a healthy lifestyle doesn t have to mean relying on gimmicky diets or eating flavorless meals With Everyday Food Light cooking fulfilling and tasty dinners has never been easier or more inspiring



*The Relaxed Kitchen* Brigit Binns, 2013-11-26 Did you ever have a dinner party disaster Yes I m afraid so Have you ever bitten off more than you could chew by cooking a complex main course Well yes Did you ever find yourself barbecuing a large pig in your swimsuit and sarong when uninvited porn stars show up for dinner Uh now wait just a minute If any or all of these things happened to you fear not They ve all happened to Brigit Binns the globe trotting expert on relaxed and elegant entertaining and she s here to help turn disasters into delight Brigit s not afraid to admit that she s had plenty of dinner party nightmares because she s learned from her mistakes In *The Relaxed Kitchen* she s here to share some hilarious stories of her failures her embarrassments and happily her triumphs but most importantly she s here to share her hard won entertaining secrets From a precariously balanced Napoleon dripping with deep red berry sauce served in a pristine just decorated all white London flat to frying an almost hallucinatory overabundance of duck breasts and potato cakes on a blisteringly hot terrace in Spain Brigit s learned what works beautifully and what doesn t From her years as a cookbook author she s developed a surefire plan that insures casually elegant entertaining The recipes Well they re just what you d expect from someone in love with bold Mediterranean flavors smoky shrimp escabeche fried almonds with turmeric Tuscan style artichokes roasted pepper and sausage torta rustica butterflied leg of lamb with rosemary roast chicken strewn with thyme branches chimichurri skirt steak grilled lobster with smoked paprika mayo As Brigit says at the opening of the book I fell in love with food before I got my first bra Only someone like Brigit who is passionate about cooking whose insatiable quest to entertain often and well has led to some questionable decisions and amusing results could persevere and arrive at a fail safe plan for entertaining with elegance and ease So invite Brigit Binns home and make your own kitchen a Relaxed Kitchen

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