

# Low Fat American Favorites

Goldie Silverman  
Jacqueline B. Williams

From the Authors  
of the Best-Selling  
**NO SALT NO SUGAR  
NO FAT**



# Low Fat American Favorites Cookbook Nitty Gritty Cookbooks

**Sally Murphy Morris**



## **Low Fat American Favorites Cookbook Nitty Gritty Cookbooks:**

**Lowfat American Favorites** Goldie Silverman, Jacqueline B. Williams, 1990 Don't give up your favorite hamburgers shakes fries fried chicken chocolate pie and many other favorites They've all been adapted to be low fat in this terrific collection  
**No Salt, No Sugar, No Fat Cookbook** Jacqueline B. Williams, Goldie Silverman, 1993 Over 130 recipes with a nutritional analysis for protein carbohydrate fat cholesterol and sodium comprise this long time best seller Information about reading labels cooking techniques and adapting recipes makes this a necessity for the health conscious cook  
**Favorite Cookie Recipes** Lou Seibert Pappas, 1994 Provides a bit of history and a discussion of ingredients in this international treasury of 120 old and new favourites This book presents a special section to the Italian twice bake cookie biscotti

**Lowfat International Cuisine** Jane Rubey, 1989 Abstract This international collection of recipes combines the pleasures of taste texture and aroma with the quest for healthful nutritious food In these recipes fats are restricted and modified fibers are encouraged and the result is light lean cuisine with decreased calories The publication recommends emphasizing complex carbohydrates with fiber and minimizing fats The text provides helpful advice for achieving a lowfat diet A nutritional analysis is provided for each recipe  
**Favorite Seafood Recipes** Sally Murphy Morris, 1989 All of the How To's of selecting and preparing fish are found in this handy volume How to judge freshness which cuts to buy fish families fish storage and cooking methods are detailed and illustrated The fishing enthusiast will especially appreciate easy to follow illustrated instructions for cleaning a fish More than 100 tasty recipes for fish and shellfish are accompanied by photography

**Healthy Cooking on the Run** Elaine Groen, Irene Rapp, 1992 Not overly restrictive not another diet book this is a ready reference of tasty everyday recipes for sensible healthy eating on a busy schedule Features more than 100 recipes dishes for every course nutritional analysis of every recipe five secrets to healthy eating time saving tips preparation time for every recipe useful charts for salt sugar fat vitamin and mineral content menu ideas  
**The Dehydrator Cookbook** Joanna White, 1992 Here is everything you need to know about dehydrating fruits vegetables meats poultry and fish plus delicious recipes for using your bounty The book features only natural pretreatment methods It covers times and temperatures for dehydrating over 50 types of produce to retain the highest possible nutritional value techniques for all types of foods meats and fish and much more  
**The New International Fondue Cookbook** Ed Callahan, Bob Simmons, 1990 Everything you can make in a fondue pot is found in this book including cheese fondues hot dips meat fondues and confections Ethnic variations and unique ideas augment the classics  
**The Bread Machine Cookbook** Donna Rathmell German, 1992 Includes sprout breads multi grain breads and nut breads  
**Gourmet Gifts** Dona Z. Meilach, 1997 Reproduce fancy foods from specialty food stores and catalogs for thoughtful as well as less expensive gifts or for personal use Find more than 120 recipes for cookies and bars candies and confections nut mixes jams and preserves infused vinegars homemade liqueurs flavored syrups butters and sauces herb and spice blends dry drink mixes yeast breads and quick breads Use innovative packaging wrapping

decorating and labeling ideas to make every gift a treasure      *Creative Mexican Cooking* Susan E. Mitchell,1995-09 This collection explodes the myth that Mexican food must be unhealthy or overly spicy Tex Mex American Southwestern Yucatan and Mexican American influences all figure prominently in 120 recipes Mitchell includes an explanation of common Mexican ingredients and seasonings including hot and mild chiles      Extra-Special Crockery Pot Recipes Lou Seibert Pappas,1995-02 A 30 year best seller Extra Special Crockery Pot Recipes now includes current products and new thinking about nutrition The 120 recipes in this collection have international flair and include unusual items you can make in a slow cooker such as cakes and jams      **The American Cookbook** Carol Fisher,2006-02-27 This book serves up the American cookbook as a tasty sampler of history geography and culture revealing the influence of political events e g wartime rationing social movements temperance and technological change new packaging and cooking methods Provided by publisher      **The Juicer Book** Joanna White,1992 A cookbook not just a healthy beverage book The Juicer Book offers a multitude of recipes for juice and the pulp left after juicing vegetables and fruits White s recipes using fresh seasonal fruits and vegetables enhance a healthy lifestyle      **The 9 X 13 Pan Cookbook** Barbara Karoff,1991 The 9 x 13 pan star of the buffet table the potluck the picnic the tailgate party the plan ahead dinner now has a whole book full of possibilities dedicated to it with an emphasis on simple recipes about which family and friends will rave      **The Bread Machine Cookbook VI** Donna Rathmell German,1995-11 This sixth book in the series taps the creativity of the cook as well as the reliability of the bread machine and makes possible an almost endless variety of breads Directions with illustrations are given for shaping breads Information is given about ingredients including sources for special grains herbs and spices Special instructions for using the bread machine help the reader to get perfect results every time      The Creative Lunch Box Coleen Simmons,Bob Simmons,1989      **The Best Pizza is Made at Home** Donna Rathmell German,1994 This collection of 40 thin crust doughs 16 deep dish doughs 35 sauces and toppings and 12 stuffed pizzas calzones and focaccias is a bookshelf staple Use a bread machine or make doughs in a heavy duty mixer or food processor Step by step instructions make it easy      *Entrees from Your Bread Machine* Donna Rathmell German,2001-03 With the help of this book you can create dishes for every meal with your bread machine      *Healthy Snacks for Kids* Penny Warner,1989-05 This snack cookbook is designed to provide creative ways to get children to eat healthful foods

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