

LOW-FAT COOKING
TO BEAT THE CLOCK

Delicious, Inspired Meals in 15 Minutes

Sam Gugino

Photographs by Frankie Frankey

Low Fat Cooking To Beat The Clock Delicious Inspired Meals In 15 Minutes

Good Housekeeping



Low Fat Cooking To Beat The Clock Delicious Inspired Meals In 15 Minutes:

Low-Fat Cooking to Beat the Clock Sam Gugino,2000-11 Using clever timesaving and fat busting techniques Gugino shows busy cooks how to get a healthy dinner fit for a gourmand and on the table in 15 minutes including the time it takes to chop and prep This cookbook drastically cuts the preparation time for meal sized entrees while offering creative new ways of thinking about any recipe that can change the way readers cook **Working Mother** ,2001-02 The magazine that helps career moms balance their personal and professional lives **Dinner with Dad** Cameron Stracher,2008-08-19 In a heartwarming insightful memoir a harried working father describes how driven by a lack of communication with his wife a lack of connection with his children and his emphasis on work over family he made the decision to make sure that he would be home at six p m to enjoy a healthy meal with his family five nights a week for the next year Reprint *Subject Guide to Books in Print* ,1991 *The Publishers Weekly* ,2001 *American Book Publishing Record* ,2001 *Good Housekeeping Light & Healthy Cookbook* Good Housekeeping,2005 New Edition Good Housekeeping s unrivaled guide to eating light and healthy sold over 45 000 copies in hardcover alone Light pasta dishes stews vegetarian meals creamy soups that won t weigh you down and guilt free snacks these 375 triple tested luscious low fat recipes from Good Housekeeping will have you feeling and looking great In each one less than 30 percent of the calories come from fat Few cookbooks about healthy foods offer such a variety of dishes Gazpacho with Cilantro Yogurt is packed with chunky garden fresh vegetables and makes a welcome summertime meal Some entrees are ones you may never have tried before such as Chili Lasagna and Baked Fried Chicken Or you could choose tasty Asian style alternatives such as Pad Thai and Chinese Dumplings There are delicious desserts including a Chocolate Mint Cake plus side dishes and delectable drinks The cookbook also offers plenty of choices for a Mediterranean diet featuring legumes and olive oil while limiting red meat All the recipes are easy to prepare photographed beautifully and accompanied by complete nutritional information *Eat to Beat Diabetes* Robyn Webb,2003 Includes more than 300 recipes that are as delectable as they are healthy Based on the newest findings about diabetes health and diet this book will show you that you can eat the most flavorful and satisfying dishes and beat diabetes at the same time From baked breakfast delights to rich succulent stews from fresh and summary salads to robust holiday dinners this book is filled with well tasted recipes you and your family are sure to love Cover *Gourmet News* ,1999 **Mob 6: Tasty 6-Ingredient Meals** Mob,2023-09-14 THE INSTANT SUNDAY TIMES BESTSELLER Six everyday ingredients incredible quick and easy meals Mob are back with their much anticipated simplest cookbook yet ultra tasty recipes made with six affordable ingredients without ever compromising on flavour or originality Find food for every craving with 115 new recipes including Chorizo Mac n Manchego Crispy Chilli Cauliflower All the Onions Smashburger Harissa Sausage Orzotto Finishing off with Sweet Things such as Negroni Jelly Tangerine Tiramisu and White Chocolate Tahini Cheesecake There s a finished photo for every single recipe plus ingredient pictures so you can instantly see what you need These are unfussy recipes using minimal

ingredients delivering all the excitement that defines Mob's modern food

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