

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

Barbara Karoff



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

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

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 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

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

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

The New International Fondue Cookbook Coleen Simmons, Bob Simmons, 1990-12-01 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

9 X 13 Pan Cookbook Barbara Karoff, 1991-12-01 Author Barbara Karoff uses everyone's favorite pan to prepare an endless variety of dishes Find entrées desserts salads side dishes and breads A bonus how to adapt your favorite recipes to fit the 9x13 pan

Extra-Special Crockery Pot Recipes Lou Siebert Pappas, 1995-02-01 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

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