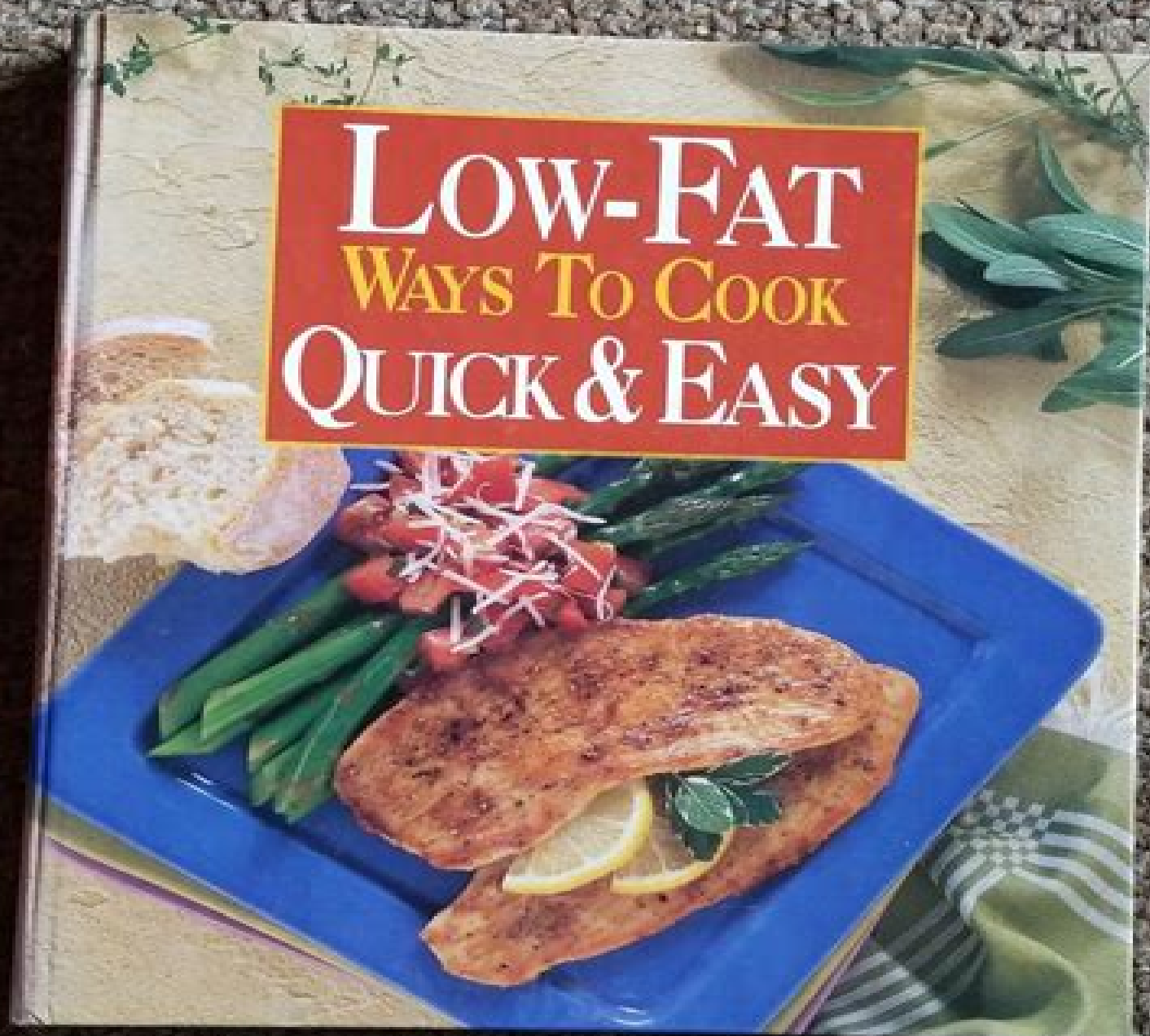


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instructive cookbook with more than eight hundred recipes in which Julia Child blends classic techniques with American cooking and emphasizes freshness and simpler preparation *Jane Butel's Quick and Easy Southwestern Cookbook* Jane

Butel,2018-03-20 When it comes to Southwestern cuisine no one can hold a candle to the innovative and simply delicious style of best selling author Jane Butel the queen of Southwestern cuisine Jane Butel's Quick and Easy Southwestern

Cookbook the sixth entry in the updated Jane Butel Library from Turner Publishing is both a classic and contemporary collection of recipes that makes creating a variety of fabulous dishes easier than ever Give in to the lure of Shrimp with Mint Mango Salsa Quick Corn and Green Chile Chowder and Grilled Lobster Tail with Lemon Cucumber Salsa Jane Butel lends her signature style to these mouthwatering dishes and more Black Bean and Goat Cheese Chalupitas Grilled Squash Medley with Herbs Chipotle and Roasted Garlic Mashed Potatoes Green Chile Cheese Rice Grilled Lamb with Soft Tacos and a Spicy Hot Chocolate Mousse that will have your guests in a state of ecstasy Sound elaborate These delectable recipes are easy to prepare often requiring no more than five or six easy to find ingredients per dish and taking only twenty minutes to cook Each recipe contains extensive nutritional information as well as timesaving ideas meal planning and fat reduction tips A

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Cooking the Chinese Way Ling Yu, 2002-08-01 The oldest continuing civilization in the world, China is not much larger in area than the United States. However, its population is over four times as large. With only 13 percent of its land available for growing food, it is highly valued. Discover the importance that culture, landscape, and tradition play in Chinese cooking.

Quick Easy Recipes Brad Hoskinson, If you don't have time to cook but still want to eat healthy, *Quick and Easy Recipes* is the answer. With simple step-by-step instructions, you can make delicious meals in no time. Whether you're cooking for yourself or for a family, *Quick and Easy Recipes* has something for everyone. And with new recipes added all the time, you'll never get bored.

Fat Free, Flavor Full Diana Rich, Gabe Mirkin, 2009-06-27 Healthful recipes with a tasty twist from the doctor who cares a great deal about all of us winning the low-fat game. Booklist Dr. Gabe Mirkin has helped thousands of Americans lose weight and lower their cholesterol through his medical practice as well as his nationally syndicated radio talk shows and fitness newsletter. In this book, he reminds us that no special food or supplement can turn a bad diet into a good diet. Instead, he shows us how to keep our fat intake under 20 grams a day and boost our fiber to help prevent heart disease and other serious conditions. He and coauthor Diana Rich present 275 deliciously simple, mostly vegan recipes that draw on a variety of ethnic cuisines, plus a medically tested health and fitness plan for anyone who wants to lose weight and feel better.

Vegetarian Times, 1985-09 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-Fat Recipes, **30 Low-Fat Meals in 30 Minutes** Faye Levy, 2009-12-19 This book will prove that you can prepare quick meals that are low in fat and still taste great. The recipes will make use of bold seasonings that instantly add flavor without the need for long simmering. The book is organized around main courses with chapters broken down into menus with poultry or meat, menus with fish or seafood, vegetarian menus, and pasta menus. In addition, an introductory chapter will offer strategies for quick low-fat cooking, including tips on picking fresh ingredients, stocking a pantry, and cooking techniques. The menus will follow today's flexible dining habits. Some menus serve two, and others serve four. Most menus will include three recipes, but they will not all follow the traditional pattern of appetizer, main course, and dessert. Sometimes, for example, there will be a main course with two accompaniments. Those menus that do not include desserts will have suggestions for simple desserts, usually seasonal fruit, frozen yogurt, or other desserts already in the book that would complement the menu well.

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