

A row of four small decorative images: a bunch of green herbs, a pile of yellow vegetables, a sprig of green herbs, and a pile of orange vegetables.

# LOW-FAT PASTA

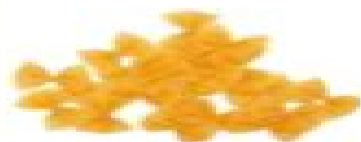
Enjoy Italy's most famous food in recipes that won't affect your waistline



- Inspiring ideas to suit all tastes including delicious pasta soups, main courses and salads



- Learn how to make your own fresh pasta with step-by-step instructions



# Low Fat Pasta Collection

**J Rink**



## Low Fat Pasta Collection:

**The Low-Fat Pasta Collection** Oxmoor House Staff,1993      **500 (Practically) Fat-Free Pasta Recipes** Sarah Schlesinger,1997 In this wonderfully varied collection Schlesinger offers 500 delicious easy to prepare recipes for any occasion using the full spectrum of healthful pasta rice and grains but not fat laden butter oils margarine or shortening 448 pp National publicity Targeted print ads 35 000 print      **30-Minute Weekday Meals** Jean Paré,2005 For quick healthy dinners to serve on busy weeknights Company s Coming is pleased to offer 30 Minute Weekday Meals This time saving cookbook features a variety of easy recipes and handy suggestions for preparing cooking and serving a meal to your family in less than 30 minutes Main course fare full meal salads side dishes and soups are some of the many recipe ideas featured in this book You ll find helpful chapters offering clever shortcuts tips and even a list of handy ingredients to keep in your kitchen Also partnered with each recipe are convenient Make It a Meal side dish suggestions to round out your menu On those days when you d rather spend time sharing a meal instead of making it enjoy a family dinner in short order with 30 Minute Weekday Meals      **101 Great Lowfat Pasta Dishes** Margaret Martinez,1996 Think rich creamy sumptuous pasta has to be high in calories Think again 101 Great Lowfat Pasta Dishes shows you how to whip up wonderful pasta dishes that are all amazingly low in calories cholesterol fat and sodium Featuring fresh herbs and spices succulent vegetables lean meats seafood and poultry these are naturally healthful hearty and satisfying dishes everyone will love Discover delicious lowfat pasta soups salads sauces and entrees such as Ratatouille Provenal Beef Stroganoff Marengo Style Chicken Mediterranean Garden Salad Eggplant Primavera Spicy Seafood Creole Turkey and Mostaccioli Casserole Salmon Steaks in Dijon Sauce Indonesian Beef and Angel Hair Pasta Each quick and easy recipe includes estimated preparation time and a nutritional analysis listing calories protein carbohydrates fat cholesterol and sodium About the Author Margaret Martinez is a professional caterer and author of 101 Great Lowfat Mexican Dishes Prima      *Rush-Hour Recipes* Jean Paré,2002 Starved for time Now you can prepare a meal eat and run out the door in under an hour Turn to Rush Hour Recipes ready in no time Book jacket      **Casseroles** Jean Paré,1981 One Dish meals for experienced beginner cooks      **School Days Lunches** Jean Paré,2005      *Subject Guide to Books in Print* ,1997      *Low-Fat Pasta* Valerie Ferguson,2000 A stunning collection of more than 30 authentic dishes using healthy seasonal produce Features low fat versions of classic dishes including Lentil Pasta Soup Spaghetti with Clam Sauce Lasagne and Pasta with Pesto Sauce Recipes for all occasions from quick midweek lunches and suppers to more elaborate creations to serve at dinner parties Includes a guide to Types of Pasta and a Fat Calorie Counter to help you monitor your fat intake      **Garden Greens** Jean Paré,2003 Greens are great any time of the year whether picked fresh from your garden gathered at the local farmers market or purchased at your neighbourhood grocery store Introduce the vibrant colour and great taste of Garden Greens to your table today      [Cookies](#) Jean Paré,2011-01-08 Every cookie pictured in full color No bake drop icebox rolled pressed cookies      **Recipes for Leftovers** Jean Paré,2004

Save time effort and money by making the most of your leftovers Recipes For Leftovers includes practical recipes for turning leftover ingredients into tasty dishes your family will enjoy Book jacket **Pasta Light** ,1998 **Forthcoming Books** Rose Army,1999 **Low Fat Pasta** Valerie Ferguson,2010-06-19 Low Fat Pasta is a collection of over 140 recipes that make the most of this universally popular food in soups main courses and salads that are full of flavour but low in fat *Comfort Food Makeovers* America's Test Kitchen,2013-03-01 Putting the foods you love back on the table We ve revamped over 175 feel good favorites like creamy Macaroni and Cheese Meat and Cheese Lasagna and Fudgy Brownies including 50 comfort food restaurant favorites from the likes of The Cheesecake Factory New York Style Cheesecake Olive Garden Fettuccini Alfredo Chili s Nachos and Au Bon Pain Cinnamon Rolls slashing thousands of calories and hundreds of grams of fat along the way How did we do it We put flavor first and used our test kitchen experience smart ingredient substitutions no fake fats or artificial sweeteners allowed and innovative cooking techniques to make comfort food that you ll actually be comfortable eating Comfort Food Makeovers isn t simply a collection of these tested and perfected recipes it s an arsenal of fat and calorie cutting strategies you can put to use Use them to transform your own recipes into better tasting food that s better for you We include a list of our key go to ingredients that helped lighten or add flavor to the recipes in the book as well as the essential equipment we found ourselves using again and again as we developed the recipes over time Dramatic before and after counts for calories grams of fat and grams of saturated fat appear with each recipe and full nutritional information for the recipes is provided at the back of the book **The Harvest Collection** Gardner Merchant,1994 *The Publishers Weekly* ,1997 **Low-fat Italian Cookbook** Sunset Books,1996 Capture the flavors of sunny Italy without all the worries about fat This collection of more than 100 healthy and delicious recipes allows you to fully enjoy authentic Italian cuisine Preparation and cooking times accompany each recipe along with a detailed nutritional analysis **Step-By-Step Low Fat Pasta** Sue Maggs,1996 From the STEP BY STEP series an illustrated collection of fifty recipes for low fat pasta dishes which features examples of classic pasta sauces as well as modern creations with recipes for both meat and vegetarian dishes and ideas for a range of pasta salads

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