



"This is a wonderful, easily digested book to help anyone when it comes to cutting the fat from their diets — and maybe their waistlines!" — Michael Jacobson, Ph.D., Executive Director, Center for Science in the Public Interest and Publisher, American Action Fund



# LOWFAT COOKING FOR

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## A Reference for the Rest of Us!

*by Lynn Fischer*

Host of "Lynn Fischer's Healthy Substitutions" on Public Broadcasting  
and Coauthor of the book, *The Low Cholesterol Diet*

Foreword by Dr. W. Virgil Brown  
Former President, American Heart Association

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*Lowfat Cooking Tips  
and Techniques —  
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# Lowfat Cooking For Dummies

**IDG Books Staff**



## **Lowfat Cooking For Dummies:**

Lowfat Cooking For Dummies Lynn Fischer, 1997-05-05 Plan lowfat meals for any occasion

**Cooking with Spices For Dummies** Jenna Holst, 2011-05-18 Spice up your cooking skills If your idea of kicking up a dish is using salt and pepper there s a rich and fabulously varied world of spices waiting to be discovered Mace coriander mustard seed fennel saffron and paprika don t have to be those scary untouchables on the supermarket shelf Cooking with spices can actually be fun interesting enjoyable and most of all delicious Using spices will vastly improve your cooking and make you feel finally in command of your kitchen Cooking with Spices For Dummies is for anyone who s ever wondered how the great chefs whip up their fabulous tasting dishes but wasn t sure how And if you re something of a veteran in the kitchen you ll get new crowd pleasing tips on how to add sparkle and zip to tried and true dishes like hamburgers and spareribs or sweet potatoes and green beans Most likely you ll find the answer to any question you ve ever had about spices plus a lot more in this handy one volume guide like What makes up a basic spice collection Advice on essential tools including mills graters and mortar and pestle Preparing spices for cooking including knowing which spices to toast saut or grate A tour of the world of spices by region and country Menu planning and menu samplers arranged by country Once you ve become familiar with the basics it s on to the fun stuff cooking with spices After you ve followed the simple tips on making the most of your ingredients you ll be able to comfortably test your skills on the delicious assortment of over 200 recipes which feature Basic rubs and spice mixes including Cajun Caribbean Indian Curry powder Jamaican and Southern Barbecue Marinades and sauces including South of the Border Marinade and Teriyaki sauce Salsas and salads including Tomato Salsa Plum Salsa and Spiced Fruit Salad Vegetables and legumes including Mashed Spiced Butternut and Vegetarian Bean Chili Pasta potatoes and grains including Pasta Puttanesca Roasted Potatoes with Garlic and Cumin and Curried Barley Pilaf Chicken meat and seafood including Down Home Barbecued Chicken Indonesian Beef Sate and Shrimp Curry Complete with such indispensables as a spice quantity guide showing exactly how much you should use a glossary of cooking terms eight pages of tempting full color photos and humorous cartoons Cooking with Spices For Dummies gives you just what you need to know to cook with confidence and create delicious exciting dishes for your family and friends

**Healthy Heart for Dummies/Lowfat**

**Cooking for Dummies** IDG Books Staff, 2000-01-01

**Cooking For Dummies?** Alison Yates, Bryan Miller, 1996-09-18

Cooking For Dummies could be the first and only book in your kitchen William Rice Food and Wine Columnist Chicago Tribune Cooking like anything must be fun and should not be taken too seriously Cooking For Dummies helps us do just that Ferdinand Metz President The Culinary Institute of America Contains Over 150 Recipes From Soups to Souffl s Is your idea of a home cooked meal a frozen dinner macaroni cheese from a box or a pizza Well don t let your phobia of cooking keep you out of the kitchen With Cooking For Dummies as your guide you ll find quick answers to all your cooking dilemmas This book is filled with time saving tips and techniques money saving strategies and more than 150 easy to prepare recipes Inside you ll

discover how to Grill roast braise and saute like a pro Create vegetarian dishes with flavor and zest Impress your friends and family by creating elegant but easy to prepare dishes Find fool proof ways to fix your cooking mistakes Organize your kitchen so that everything is accessible Use your appliances utensils and gadgets Mix measure and substitute ingredients in your recipes Make a dazzling dinner out of what you ve got in your pantry Keep your budget intact while shopping at the market

**The Healthy Heart Cookbook For Dummies** James M. Rippe, 2011-05-04 A heart healthy regimen needn't be torture Two hours on a stationary bike followed by a dish of low fat cottage cheese topped with a lonely sprig of parsley may be your idea of what it takes to maintain heart health but it's actually a lot more enjoyable and fun Cardiac fitness like any new lifestyle plan can be achieved with only a few basic modifications to your diet and activity level With *The Healthy Heart Cookbook For Dummies* you'll follow an exciting and delicious food regimen destined to give you and your heart a boost Written by James Rippe a leading cardiologist and chef and with over 100 recipes from a cadre of expert dietitians and fifty top chefs you'll discover some of the secrets to heart health some common fallacies and get the lowdown on a few life saving basics The risk factors for heart disease and how to control them The eight key eating habits affecting heart health including the number of calories cholesterol and fat and antioxidant rich foods you consume Bad versus good cholesterol the world of saturated monounsaturated and polyunsaturated fats Nature's gift to health phytochemicals and what foods contain them Smart shopping tips including common supermarket traps and how to select produce meats seafood dairy grains and from the deli counter You'll discover what a snap it is to prepare your own menu assemble meals that are nutritious and balanced and also meet every sort of dietary need including high blood pressure diabetes and food allergies The book's rich cornucopia of recipes will help you explore the delicious possibilities of every meal and dish including Breakfast and brunch including Pumpkin Cheesecake Muffins Peach Scones and Eggs Benedict with Asparagus and Low Fat Hollandaise Sauce Appetizers and snacks including Homemade Dill and Celery Seed Hummus and Chilled Hapa Shrimp Rolls and Thai Citrus Dipping Sauce Seafood including Red Snapper with Braised Fennel and Spinach and Seared Scallops in Grilled Eggplant with Mango Salad Poultry and Meat including Lemon Grilled Cornish Hens Healthy Heart Beef Stroganoff and Herb Crusted Lamb Loin with Braised Fennel and Fresh Mint Vegetarian Entrees including Curried Tofu and Vegetable Stuffed Pitas with Cashews and Raisins With sixteen pages of full color photos black and white how to illustrations a summary cheat sheet of need to know info and humorous cartoons *The Healthy Heart For Dummies Cookbook* helps you build a sensible foundation for overall fitness beginning with your heart

**The Bottom Line Book of Total Health and Wellness**, 2001 *The Healthy Heart Cookbook for Dummies*® James M. Rippe, 2009-10-29 Julia Child in her classic book *The Way to Cook* published by Knopf writes of her concern that low fat cooking may rob us of the pleasures of the table I couldn't agree more There is no reason for low fat low cholesterol heart healthy cooking to rob us of the pleasures of food Eating is one of the great joys of life And food doesn't have to be grim and punishing in order for it to be healthy for your heart In this book with the

assistance of over 50 top chefs I show you how to make heart healthy cooking one of the great pleasures of the table You ll be surprised at how simple measures can help you cut the fat without cutting the taste The recipes in this book are not your run of the mill low fat recipes Here you ll find gourmet recipes that are easy to make and taste great Although I care passionately about the links between nutrition and the healthy heart I am not a food cop My background as both a cardiologist and a chef make me uniquely suited not only to care for your heart but also to provide you with meals that won t leave you feeling deprived I recognize that in order for people to change their habits they must be given food options that are tasty and exciting The nutrition aspects of food must meld with pleasure and taste So The Healthy Heart Cookbook For Dummies is about great tasting heart healthy nutrition I want to make you the heart healthiest most satisfied eater and reader ever to walk this planet **The Publishers Weekly** ,1998 The Bowker Annual Library and Book Trade Almanac 1998 Dave

Bogart,1998 **Seafood Cooking for Dummies** Leslie B. Bloom,Marcie Ver Ploeg,1999 Featuring a complete guide to different types of fish and seafood this indispensable guide also includes safety tips and a multitude of cooking techniques Illustrations Low Fat Cooking Pamela Clark,1995 **Low Fat Cooking** Brigit Legere Binns,1999 The easiest way to create delicious and healthy low fat dishes in the least amount of time with more than 100 recipes that are simple to prepare

**Subject Guide to Books in Print** ,1991 **American Book Publishing Record** ,2001 **The QVC Secrets of Fat-Free Cooking Collection** Sandra L. Woodruff,2002-06-05 *Newsweek* ,2006-09 *Bodystat* Eric Witt,Carol Wirth,1996 You ve tried eating lots of protein grape fruit rice cakes or cottage cheese You ve tried not eating much of anything at all You ve tried diets recommended by doctors models actresses or tabloids But the pounds don t melt away like they re supposed to and even worse they come back fast Bodystat can change all that How Not by changing the size of your dinner plate or how many times you chew your food or by sending you off to buy food you never heard of but by changing your understanding of food and how your body uses it In Bodystat authors Eric Witt and Carol Wirth explain in clear easy to understand language the scientific principles underlying the set point at which the body begins to resist fat loss and how it can be reset It s not time consuming expensive complicated or painful In fact it s as simple as low fat eating and moderate exercise Yes you ve heard that before but here the authors walk you through how to understand labels menus and all that confusing exercise advice so you can develop your own plan for lowering your fat set point Best of all they offer lots of choices that you can tailor to your own preferences and habits Eric and Carol know their advice can help you because it has helped so many of their friends and workshop participants Carol s colleagues kept asking her how she could eat so much and look so good They didn t know that Carol had yo yoed for years while trying fad diets before she and Eric researched developing a healthier lifestyle that would work for them Soon they were advising friends then giving popular workshops and now are sharing their ideas in Bodystat They ve included dozens of practical tips twenty seven of their favorite recipes and most important the principles about diet and exercise that will empower you to be healthier and happier with your body

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*HBS Alumni Bulletin*, 2007

*Low-fat Ways to Cook Chicken* Susan M. McIntosh, 1995 Each of these 150 low fat chicken recipes has been kitchen tested and meets the American Heart Association requirement getting 30% or less of its calories from fat Includes make ahead ideas tips for meals in 30 minutes or less and more than 40 beautiful color photos Spiral bound

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