

# Practical Lowfat Dishes



# Luscious Lowfat Main Dishes

**Lynda A. Pozel**



## **Luscious Lowfat Main Dishes:**

**Moosewood Restaurant Low-Fat Favorites** Moosewood Collective, 2015-08-18 This is the low fat book cooks who care about wholesome vegetarian inspired food have been waiting for with more than 280 recipes that are as delicious and trustworthy as those in the Moosewood Collective's previous books With fourteen chapters ranging from savory soups and main course salads to creative side dishes and aromatic Mediterranean and Asian inspired dishes fat will not be missed in mouthwatering recipes like Guacamole with Asparagus Chinese Orzo Vegetable Salad Spring Vegetable Paella Indian Potato Pancakes and Creamy Dairyless Rice Pudding Along with those creative dishes there are also low fat variations on familiar favorites such as Macaroni and Cheese Shephard's Pie and Dark Chocolate Pudding An added bonus the Moosewood Collective has made sure that the ingredients used in the recipes throughout the book are easily found in most well stocked supermarkets Along with nutritional and glossary guides that provide explanations of nutritional terms instructions for how to glean the information you need from nutrition labels a brief overview of vitamins and minerals and guides to ingredients and cooking techniques the Collective also offers tips and ideas for sustaining a low fat lifestyle They bake rather than fry replace high fat ingredients with healthy substitutes no artificial ingredients allowed and use butter and oil very moderately so that what is lost in fat is gained in bold intense flavors Moosewood Restaurant Low fat Favorites is sure to set the kitchen standard not only for health conscious cooks but also for those who have come to rely on the Moosewood Collective's easy earthy approach to cooking

**The 150 Healthiest Comfort Foods on Earth** Jonny Bowden, Jeannette Bessinger, 2011-09-01 This book tantalizes my taste buds and is everything I love real comfort food that is as nutritious as it is delicious Holly Clegg author of the trim Higher Protein Lower Cal Creamy Fettuccini Alfredo Whole Grain Home Grilled Pizza Satisfying Real Food Pumpkin Pancakes Lower Cal Loaded Potato Skins and Grass Fed Italian Feta Meatballs in Tomato Sauce Your taste buds and your health will thank you

**Low-fat & Luscious** Kristi M. Thomas, 1996 This cookbook provides the reliable recipes that Better Homes and Gardens is known for but with a healthful twist Many low fat recipes promise a nutritional advantage but don't deliver on taste These low fat recipes help health conscious cooks prepare appealing yet healthful meals that are sure to please every member of the family 46 photos Lay flat binding

**Luscious Low-Fat Main Dishes** Jill Bradley, 1994

**Yoga Journal**, 1992-05 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

**Let's Dish Up A Dinner Party!** Nelson Aspen, 2004 Serving up some juicy Hollywood gossip a sassy guide to achieving entertaining excellence is filled with practical tips and techniques for making any soiree a raging success Original 10 000 first printing

**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 *Vegetarian Times* ,1992-03 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 **Lynda's Low-fat Kitchen** Lynda A. Pozel,1995 This guide to low fat dining includes more than one hundred easy to follow meatless recipes **Vegetarian Times** ,1992-05 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 **100 Great Healthy Main Dishes** ,1995 These 100 recipes highlight the very best main dishes that will satisfy the appetite of the hungriest diner while being kind to the waistline Every recipe contains 500 or fewer calories and no more than three grams of fat per 100 calories *Bon Appétit* ,1998 **Better Homes and Gardens: Low Fat Meals** ,1990 **The Cumulative Book Index** ,1998 A world list of books in the English language **Subject Guide to Books in Print** ,1993 **365 Easy Low-calorie Recipes** Sylvia Schur,Vivian Schulte,1990 From soup to dessert breakfast to a late night snack this book features luscious low calorie versions of old favorites as well as treats from the world s most delicious cuisines All recipes are low in fat sugar and calories moderate in salt and have a healthy fiber content Soy of Cooking Marie Oser,1996 This collection of over 170 recipes using a variety of easy to find soyfoods maximizes the health benefits while offering creative and delicious gourmet dishes even the toughest soybean skeptics will enjoy *The Publishers Weekly* ,1997 **Betty Crocker's Low Fat Cooking K-Mart** Betty Crocker,1996-10 **Prevention's The Healthy Cook** David Joachim,Matthew Hoffman,2000-10-06 Recipes for low fat fare include tips from top chefs

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### **Luscious Lowfat Main Dishes Introduction**

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