



Low Fat Mexican Recipes

Marge Poore

Low Fat Mexican Recipes:

Low-Fat Mexican Cooking Patrick Earvolino,1996 Over 100 healthy recipes that cut the fat and calories of the most popular Mexican foods *Mexican Low-Fat Cooking* Cole Group,Cole Group Editors Staff,Cole,1995 A repertoire of healthful nonfattening Mexican recipes based on traditional favorites **Low Fat Mexican Recipes** Shayne Fischer,2003-06 Wonderful Mexican foods without the guilt From appetisers to savory soups salads main dishes salsas and sauces this tempting cookbook proves that low fat can taste great **Mexican So Fat, Low Fat, No Fat** Betty Rohde,1998 Presents 160 low fat recipes for Mexican dishes including appetizers soups fish poultry meats vegetables sauces breads breakfast dishes desserts and beverages **Low-Fat Mexican Cook Book** Sunset Books,1994 Savor the bright fresh flavors of Mexico with this collection of more than 150 light and delicious recipes Enjoy traditional Mexican dishes authentic regional specialties and contemporary favorites many shown in full color photographs A nutritional analysis accompanies every recipe Page 4 of cover *One Hundred and One Great Lowfat Mexican Dishes* Margaret Martinez,1995 Offers low fat alternatives for Mexican dishes with a nutritional analysis for each *Healthy Easy Mexican* Velda de la Garza,2021-10-26 Unlock all the health benefits and all the flavor of Mexican cuisine with this lighter take on traditional favorites Traditional Mexican ingredients aren t just delicious they re good for you too Avocados are a superfood and so are beans and lentils Corn is a fiber powerhouse and what is salsa if not a fresh vegetable sauce In Healthy Easy Mexican Velda de la Garza reintroduces this craveable cuisine with 140 new lighter recipes her abuelita would approve of From chalupas to enchiladas and nachos to tacos she elevates whole produce and lean meats to fiesta worthy fare with generous helpings of herbs and spices also good for you Here are can t miss classics like tamales which date back to the Aztecs Latin Caribbean Mexican fusions Slow Cooker Pork Pernil Tacos and Tex Mex traditions like the Cowboy Bread recipe passed down by Velda s grandfather Quick preparations with short ingredient lists will have you eating in no time while nutrient information for every recipe steers you right This is Healthy Easy Mexican Buen provecho Flavorful fresh salsas and dips Guacamole with Toasted Cumin Protein packed meat and fish dishes Steak Tacos with Tomatillo Sauce Filling vegetarian favorites Mushroom and Cheese Enchiladas Plus hearty salads rice and beans soups breads desserts and more **Naturally Healthy Mexican Cooking** Jim Peyton,2014-10-01 Presents some 200 recipes from the various schools of Mexican and Mexican American cooking in Texas New Mexico Arizona and California that have exceptional nutrition profiles are easy to prepare and most important of all taste delicious **Ultimate Low-Fat Mexican Cookbook** Anne Lindsay Greer,1998-08 Present easy ways to prepare lighter healthier Mexican dishes without having to skimp on the portions By substituting reduced fat products using techniques that minimize unnecessary fat you can prepare traditional contemporary Mexican dishes that are imaginative appetizing low in fat tasty Each recipe gives the fat grams number of calories per serving so you know exactly what you re eating Some great recipes include crab quesadillas tortilla soup grilled red snapper with warm shrimp salsa

chicken margarita caramel crepes Greer is one of the best known authorities on Southwestern cooking Nominee The James Beard Awards **Mexican Light** Martha R. Shulman,2000-01-05 Cilantro and chiles mole and salsa succulent sweet shrimp and red snapper zesty tacos nachos and quesadillas no cuisine in the world is more fun than that of Mexico In Mexican Light first published in hardcover in 1996 Martha Rose Shulman takes the fat out of America s favorite good time food creating mouthwatering and healthy adaptations of Mexican classics Mexican Light lets you eat all the irresistible foods from south of the border without any of the guilt Savor creamy Chipotle Dip luscious Refried Black Beans with Plantain Pancakes delicious Soft Tacos with Chicken Corn and Avocado smoky Pan Cooked Salmon Fillets with Tomatillo Salsa and homey Green Hominy Stew with Chicken Desserts include delectable fruits and ices and traditional Mexican rice pudding and flan adapted for lower fat content Even snacks are healthier versions of our favorite indulgences crisp nachos and toppings soft tacos green enchiladas and fabulous quesadillas with wild mushrooms and smoked jalapenos Each recipe is accompanied by a complete nutritional breakdown including calories sodium and fat Mexican Light captures the essence of one of the world s greatest cuisines in healthful versions so good you ll never miss the fat Cilantro and chiles mole and salsa succulent sweet shrimp and red snapper zesty tacos nachos and quesadillas no cuisine in the world is more fun than that of Mexico *Vegetarian Times Low-Fat & Fast Mexican* Editors of Vegetarian Times,1998-04-01 The next book in the series of Low Fat Fast cookbooks from the editors of Vegetarian Times magazine is Vegetarian Times Low Fat Fast Mexican Mexican cuisine is more popular than ever but as several studies have shown Mexican food is high in fat With Vegetarian Times Low Fat Fast Mexican Mexican food lovers can have their favorite dishes without the fat Low Fat Fast Mexican will be the first cookbook of its kind a collection of all meatless Mexican dishes As with other books in this series every dish will be easy enough to prepare in 20 to 30 minutes and will include a complete nutritional breakdown Our on going series with Vegetarian Times magazine also includes Vegetarian Times Complete Cookbook Vegetarian Times Beginner s Guide and Vegetarian Times Vegetarian Entertaining *Low Fat Mexican* ,1994 **Deleites de la Cocina Mexicana** María Luisa Urdaneta,Daryl F.

Kanter,2010-07-05 Mexican food Tex Mex Southwestern cuisine call it what you will the foods that originated in Mexico have become everyone s favorites Yet as we dig into nachos and enchiladas many people worry about the fats and calories that traditional Mexican food contains Deleites de la Cocina Mexicana proves that Mexican cooking can be both delicious and healthy In this bilingual cookbook Maria Luisa Urdaneta and Daryl F Kanter provide over 200 recipes for some of the most popular Mexican dishes guacamole frijoles Spanish rice chiles rellenos chile con carne chalupas tacos enchiladas fajitas menudo tamales and flan to name only a few Without sacrificing a bit of flavor the authors have modified the recipes to increase complex carbohydrates and total dietary fiber while decreasing saturated and total fats These modifications make the recipes suitable for people with diabetes and all those who want to reduce the fats and calories in their diet Each recipe also includes a nutritional analysis of calories fats sodium etc and American Diabetic Association exchange rates Because

diabetes is a growing problem in the Mexican American community Deleites de la Cocina Mexicana is vital for all those who need to manage their diet without giving up the foods they love Let it be your one stop guide to cooking and eating guilt free Mexican food [The 50 Best Mexican Recipes](#) Adams Media,2011-10-03 They re fast They re flavorful And they re right at your fingertips The 50 Best Mexican Recipes is an appetizing selection of delicious dishes that bring your restaurant favorites right to your kitchen From Cactus Salad to Beef Tamales there s plenty included so you can whip up satisfying and spicy snacks and meals Enjoy They re fast They re flavorful And they re right at your fingertips The 50 Best Mexican Recipes is an appetizing selection of delicious dishes that bring your restaurant favorites right to your kitchen From Cactus Salad to Beef Tamales there s plenty included so you can whip up satisfying and spicy snacks and meals Enjoy

Healthy Mexican Cooking

Velda de La Garza,1995 Healthy Mexican Cooking enables readers to prepare authentic traditional Mexican food with few ingredients practical preparation times and moderate to low calories This book contains over 160 low fat heart healthy recipes each with nutritional analysis and diabetic exchange Includes special sections on the nutrition label in Spanish and English tools and ingredients for the Mexican kitchen glossary of Hispanic food and ingredient terms and specialty supplier list

Cooking the Mexican Way Rosa Coronado,2001-01-01 Introduces the fundamentals of Mexican cooking including special ingredients for such dishes as enchiladas nachos tacos and guacamole *Low-Fat Mexican Cooking* Patrick J. Earvolino,1999-06 Great news for anyone who wants to continue eating Mexican food still maintain a healthy diet This book contains more than 100 recipes that cut as much as 3 4 the fat off the typical meal Includes recipes for salsas moles tortillas appetizers soups main dishes breakfasts Recipes include a listing of calories grams of fat percentage of calories from fat Earvolino traveled throughout central southern Mexico to study traditional cooking techniques gather the recipes found in this cookbook He then developed alternative cooking techniques that dramatically lower the caloric fat content without compromising the great taste

1,000 Mexican Recipes Marge Poore,2011-04-12 A comprehensive guide to Mexican home cooking with enough recipes to keep the table full for years Offering 1 000 recipes for traditional fare from all the regions of Mexico as well as dishes inspired by the nueva cocina of today s top Mexican chefs this cookbook covers what home cooks need and want to know about Mexican cooking Throughout the author shares the cultural and culinary heritage of the people and food of Mexico from her perspective as a traveler and impassioned enthusiast of the country Home cooks will delight in such mouthwatering recipes as Corn with Chipotle Butter Chicken Quesadillas Pork Chops with Poblano Chile Sauce and Mexican Coffee Flan There are two dozen kinds of salsa and more than 45 delicious chicken dishes plus much more enough exciting choices to fill weeknight dinner and special occasion menus for years to come

Light & Easy Mexican Cooking

Jaimee Raquel Partida,2025-01-21 Make Exciting Flavorful Recipes Without Cheating on Your Diet If you love classic Mexican dishes like tacos and quesadillas but your waistline doesn t these protein packed low calorie recipes are perfect for you With all the flavor but fewer carbs and saturated fats each recipe is perfectly balanced with nutritious

ingredients so you can enjoy your favorite dishes guilt free Health and wellness coach Jaimee Raquel Partida has taken her childhood favorites to the next level proving that nutrient dense meals don t have to be bland or boring Tacos de Huevo Breakfast Tacos will make the most important meal of the day both delicious and full of protein Pollo y Nopales en Salsa Roja Chicken and Nopales in Red Sauce is perfect for meal prep so you don t have to worry about missing your macros and Protein Fresas con Crema Strawberries and Cream ensure that you serve your sweet tooth without overloading on sugar With more than 60 standout recipes you ll be able to enjoy healthy Mexican dishes for every meal **The Low Fat Mexican Cookbook** Robert H. Leos,Nancy A. Leos,1992-03

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Low Fat Mexican Recipes Introduction

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