



# LOW-FAT Soul

MORE THAN 100  
DELICIOUS RECIPES THAT STILL  
HAVE THE FLAVA  
WITHOUT ALL THE FAT!

JONELL NASH

FOOD EDITOR OF ESSENCE MAGAZINE

# Low Fat Soul

**Cynthia Lynn Glass**



## **Low Fat Soul:**

**Down Home Healthy** Gordon Press Publishers,1997-06      **Low-fat Soul** Jonell Nash,1996 Is your mouth watering for great African American food but your conscience keeps reminding you to worry about fat sodium and calories Now you can feed your soul the best Southern Creole Cajun or Island cooking without worrying whether it s good for you it is In Low Fat Soul Essence magazine food editor Jonell Nash has created wonderful recipes that reflect the way we want to cook and eat today Indulge yourself with a rich hot and spicy Creole Seafood and Sausage Gumbo ladled over steaming bowls of rice Reawaken summer memories of naturally sweet Creamy Corn Pudding lying golden on your plate next to Crispy Baked Chicken Enjoy getting your fingers sticky as you devour Hot Buffalo Chicken Rolls as tangy as the classic winged version Or enjoy that slice of Heavenly Sweet Potato Pie without the guilt Low Fat Soul brings you dozens of easy to make meals for every day holiday fare and elegant dinner parties Its wide range of dishes cuts across regional cuisines from the Carolinas to the Texas Gulf from the Caribbean to New Orleans but at a glance seasoning suggestions let you individualize dishes to accommodate your family s preferences Plus Jonell Nash s easy tips help you modify your own family recipes to strip away fat while keeping the flavor and the soul intact Nothing says home more powerfully than the dishes we all grew up enjoying Now you can continue this important cultural legacy in Jonell Nash s brilliant low fat adaptations the traditions and flavors you don t want to live without in authentic tasting versions you can live with in good health      **Ruby's Low-fat Soul Food**

**Cookbook** Ruby Banks-Payne,1996 Generations of Americans have celebrated their heritage with such traditional dishes as fried chicken black eyed peas greens candied yams and cornbread yet these mainstays typically have been high in fat calories and sugar This one of a kind cookbook brings the down home taste of soul food into the low fat kitchens of the 90s with 141 tempting recipes including Southern Okra and Crab Gumbo Oven Fried Catfish and Smothered Chicken      **Low-fat Soul** Jonell Nash,1998 Over 100 recipes for cooking great soul food the low fat way by the food editor of Essence magazine

**The Low-Fat Lifestyle** Amy Nappa,2002 While there are numerous books dieting and healthful eating on the market few address the tremendous importance of balancing physical mental and spiritual health and none more effectively and comprehensively than The Low Fat Lifestyle Includes 13 chapters packed with information encouragement tips and insights

**African American Foodways** Anne Bower,2009 Moving beyond catfish and collard greens to the soul of African American cooking      *Improving Your Health* ,1999 This booklet offers tips to help African American men and women

improve their health by eating better and being more active      **The Jemima Code** Toni Tipton-Martin,2022-07-01 Winner James Beard Foundation Book Award 2016 Art of Eating Prize 2015 BCALA Outstanding Contribution to Publishing Citation Black Caucus of the American Library Association 2016 Women of African descent have contributed to America s food culture for centuries but their rich and varied involvement is still overshadowed by the demeaning stereotype of an illiterate Aunt Jemima who cooked mostly by natural instinct To discover the true role of black women in the creation of American and

especially southern cuisine Toni Tipton Martin has spent years amassing one of the world's largest private collections of cookbooks published by African American authors looking for evidence of their impact on American food families and communities and for ways we might use that knowledge to inspire community wellness of every kind The *Jemima Code* presents more than 150 black cookbooks that range from a rare 1827 house servant's manual the first book published by an African American in the trade to modern classics by authors such as Edna Lewis and Vertamae Grosvenor The books are arranged chronologically and illustrated with photos of their covers many also display selected interior pages including recipes Tipton Martin provides notes on the authors and their contributions and the significance of each book while her chapter introductions summarize the cultural history reflected in the books that follow These cookbooks offer firsthand evidence that African Americans cooked creative masterpieces from meager provisions educated young chefs operated food businesses and nourished the African American community through the long struggle for human rights The *Jemima Code* transforms America's most maligned kitchen servant into an inspirational and powerful model of culinary wisdom and cultural authority

**Comfort Food** Michael Owen Jones, Lucy M. Long, 2017-04-14 With contributions by Barbara Banks Sheila Bock Susan Eleuterio Jillian Gould Phillis Humphries Michael Owen Jones Alicia Kristen William G Lockwood Yvonne R Lockwood Lucy M Long LuAnne Roth Rachelle H Saltzman Charlene Smith Annie Tucker and Diane Tye *Comfort Food* explores this concept with examples taken from Atlantic Canadians Indonesians the English in Britain and various ethnic regional and religious populations as well as rural and urban residents in the United States This volume includes studies of particular edibles and the ways in which they comfort or in some instances cause discomfort The contributors focus on items ranging from bologna to chocolate including sweet and savory puddings fried bread with an egg in the center dairy products fried rice cafeteria fare sugary fried dough soul food and others Several essays consider comfort food in the context of cookbooks films blogs literature marketing and tourism Of course what heartens one person might put off another so the collection also includes takes on victuals that prove problematic All this fare is then related to identity family community nationality ethnicity class sense of place tradition stress health discomfort guilt betrayal and loss contributing to and deepening our understanding of comfort food This book offers a foundation for further appreciation of comfort food As a subject of study the comfort food is relevant to a number of disciplines most obviously food studies folkloristics and anthropology but also American studies cultural studies global and international studies tourism marketing and public health

**Black Hunger** Doris Witt, 2004-10-01 Assesses the complex interrelationships between food race and gender in America with special attention paid to the famous figure of Aunt Jemima and the role played by soul food in the post Civil War period up through the civil rights movement and the present day Original **Black Diaspora**, 1997 *Heart and Soul Low Fat Cookbook* Cynthia Lynn Glass, 2001 **Heart & Soul**, 2003-02 **Body & Soul**, 2010 **The Heart of the Matter** Hilton M. Hudson, II, Herbert J. Stern, 2001-05 This book offers a better understanding of heart disease including its symptoms

treatment options benefits and risks what to expect from surgery and how to recognize prevent and manage stress This book will help African Americans reduce their risk of heart disease and live longer healthier lives **Body & Soul (Watertown, Mass.)** ,2008 The Healthy Balance for Body & Soul Cynthia Culp Allen,Charity Allen Winters,2003-12 Every woman wants to be fit and healthy But too many women are only concerned with how good they look on the outside The mother daughter team that authored The Beautiful Balance for Body and Soul shifts gears to share a plan for fit healthy living one that uses the resources God has provided to get both body and soul into shape **Body and Soul** ,2008-07 The Theosophist ,1925 *Body & Soul* Linda Villarosa,1994 Written by black women for black women and sponsored by the National Black Women s Health Project here is an honest straight from the heart guide reminiscent of Our Bodies Ourselves that addresses the physical emotional and spiritual health issues and concerns of black women today Linda Villarosa is a senior editor at Essence magazine 175 photos and illustrations

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