



SKINNY PIZZAS

Over 100 healthy
low-fat recipes
for America's
favorite fun food

*30% OR FEWER
CALORIES FROM FAT*

by BARBARA GRUNES

Skinny Pizzas Over One Hundred Healthy Lowfat Recipes For Americas Favorite Fun Food

**Marlys Bielunski, Susan Lamb
Parenti, Irene Yeh**



Skinny Pizzas Over One Hundred Healthy Lowfat Recipes For Americas Favorite Fun Food:

Skinny Vegetarian Entrees Phyllis Magida, Sue Spitler, 1995 Contains over 100 meat free recipes each of which is naturally low in fat and high in fiber and complex carbohydrates The recipes are easy to make do not call for exotic ingredients and cover the entire range from family meals to party dishes Includes recipes for soups stews casseroles salads pasta dishes one pot bean rice and grain meals ethnic specialties and sandwich and barbecue ideas The recipes fall within the American Heart Association guidelines and none of the entrees exceeds the 30 percent of calories from fat guideline Contains specific nutritional information for each recipe

Skinny Chicken Erica L. Klein, 1994 The latest addition in the 125 000 copy bestselling *Skinny* cookbook series here is the perfect guide for the 75 percent of Americans who cook chicken at least once a week More than 100 delectable chicken recipes are presented all specially designed to meet today's health goals

Skinny Comfort Foods Sue Spitler, 1996 Contains recipes for favorite traditional dishes recreated to meet today's demand for leaner healthier eating

Skinny Pizzas Barbara Grunes, 1993 Pizza is our national fun food And now thanks to Barbara Grunes innovative recipes pizza qualifies as our national good health food too These 100 plus recipes trim away the excess fat cholesterol and calories that usually come with pizza so you and your family can enjoy all the great tastes without sacrificing good nutrition Controlling fat and calories in pizza is easier than you may think Grunes points out that pizza crust in itself a healthful carbohydrate just waiting to be topped with delicious wholesome ingredients These recipes show you how to do exactly that using exciting food combinations and simple cooking techniques Starting with easy to make and store recipes for basic crusts and sauces *Skinny Pizzas* shows you how easy it is to top pizzas with fresh low fat high fiber vegetables dairy products fruits poultry meat and fish everything from zucchini and pears to smoked salmon The most complete pizza book ever written recipes run the gamut from hearty one dish meals to pizza snacks appetizers party dishes even desserts Pizza is easy to make economical quick to cook about 20 minutes and a never ending treat for kids and adults Now with these recipes slimmed down for today's healthful lifestyle you can feel good about serving pizza anytime and for any occasion

Skinny Sauces & Marinades Erica Levy Klein, 1994

Skinny Chocolate Phyllis Magida, Barbara Grunes, 1994 Here are dozens of sumptuous delights sweet pleasures simple treats and elegant creations to lead you not into temptation Now you can have your chocolate cake or pie brownie pudding or cookies and eat it too without worrying about the calories and fat *Skinny Chocolate*'s 100 new recipes let you indulge your chocolate fantasies without ignoring the principles of health eating Incredibly none of these satisfying delights from Chocolate Cheesecake to Chocolate Charlotte Russe sacrifices creamy richness or mouth watering flavor in order to meet American Heart Association guidelines Only recipes attaining the authors high standards for both chocolatey goodness and good health made the final cut All recipes were also held to rigorous standards for ease of preparation and economy of ingredients Even exotic creations such as Chocolate Baked Alaska and Chocolate Crostata di Ricotta are wonderfully simple to make in minimum time Nutritionally

Skinny Chocolate recipes are impeccable Enjoy a new world of low fat chocolate delights 25 chocolate cakes 8 chocolate pies 16 chocolate puddings 6 chocolate cheese inventions 7 chocolate cookies 10 chocolate gelatin fruit desserts plus crepes noodles muffins drinks and frozen delights all deliciously chocolatey [Skinny Sandwiches](#) Desiree Witkowski,1995

Skinny Pasta Sue Spitler,1994 **Skinny Beef** Marlys Bielunski,Susan Lamb Parenti,Irene Yeh,1993 Beef It s a classic on target for the 90 s way of cooking and eating Skinny Beef shows you how versatile beef can make great tasting healthful meals for every occasion from family fare to easy entertaining Over 75 of the recipes can be prepared and served in 30 minutes or less all are guaranteed delicious Step by step recipes helpful cooking tips and more **Skinny Seafood** Barbara Grunes,1993 *The Love Your Heart (low Cholesterol) Cookbook* Carole Kruppa,1993 **Skinny One-pot Meals** Ruth Glick,1994 Corn and Potato Chowder Tropical Chicken and Sweet Pineapple Shepherd s Pie from the author of Skinny Soups comes a cookbook for health and diet conscious cooks and for harried working people who want great made from scratch dishes without the fuss Line drawings **American Book Publishing Record** ,1996 **The Publishers Weekly** ,1995

Subject Guide to Books in Print ,1997 **Forthcoming Books** Rose Arny,2002-04 **Atlanta** ,2003-05 Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region **Men's Health** ,2008-10 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle **New York Magazine** ,1997-04-14 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **New York Magazine** ,1997-10-06 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea

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