

# SPICY FAT-FREE COOKING SECRETS

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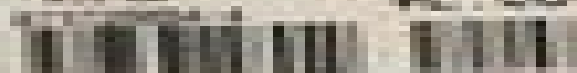
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<sup>1</sup> *Journal of Management Studies*, 1997, 34, 103-117.

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# Spicy Fat Free Cooking Secrets

**Sandra L. Woodruff**



## **Spicy Fat Free Cooking Secrets:**

**Spicy Fat Free Cooking Secrets** Gita Chandra, Sangita Chandra, 1997 In *Spicy Fat Free Cooking Secrets* cooking instructor Gita Chandra brings us a collection of mouth watering dishes that are full of flavor and amazingly low in fat With Gita's help readers can make delicious dishes that are virtually fat free The overall focus of the book is on dry roasted fresh herbs and spices which replace the fat during cooking This gourmet cooking skill enables readers to make delicious satisfying meals that are also extremely healthful Perfect for those trying to fit nutritious eating into a hectic life Gita's approach to cooking is based on five key priorities the food must be delicious fat free healthy global and fuss free Included are over 125 recipes such as Crab Cakes with Scallion and herbs Chicken Cacciatore Spinach Stuffed Mushrooms Mock Guacamole Spinach and Cheese Enchiladas with Homemade Salsa All of the recipes include a nutritional analysis as well as serving suggestions In addition there is a chapter on the origin description and healing powers of commonly used spices Also included are numerous time saving tips for faster meal preparation About the Author Gita Chandra is a specialized cooking instructor at the Gannett School of Science and Man in Rochester New York A native of India who is equally at home in Eastern and Western traditions she possesses rare insights and a rich appreciation of the savory pleasure and healing powers of natural foods

**Secrets of Fat-Free Cooking** Sandra Woodruff, 1995-01-01 Many no and low fat cookbooks on the market that reduce fat and calories by using artificial fat substitutes sweeteners and highly refined processed foods *Secrets of Fat Free Cooking* is a very different kind of cookbook The over 150 kitchen tested recipes were designed to help you create low and no fat dishes that are easy to prepare taste delicious and are high in nutritional value Delight your family and friends at breakfast lunch dinner and special occasions with this wide range of soups salads breads hors d'oeuvres and desserts Find the secrets to making Golden French Toast Fresh Corn Chowder Pot Roast with Sour Cream Gravy Hearty Oven Fries Cranapple Acorn Squash Refreshing Fruit Pie and more most with less than 1 gram of fat per serving and all totally delicious Best of all *Secrets of Fat Free Cooking* shows you how to eliminate the fat in your own recipes so that you and your family can enjoy new healthier versions of family favorites

**Secrets of Fat-free Kosher Cooking** Deborah Bernstein, 1998 More information to be announced soon on this forthcoming title from Penguin USA

**Secrets of Fat-Free Chinese Cooking** Ying Chang Compestine, 1996-11-30 Gathers recipes using little or no fat without compromising flavor including crabmeat dumplings Kung Po beef spring rolls and fortune cookies

**Fat Free, Flavor Full** Diana Rich, Gabe Mirkin, 2009-06-27 Healthful recipes with a tasty twist from the doctor who cares a great deal about all of us winning the low fat game Booklist Dr Gabe Mirkin has helped thousands of Americans lose weight and lower their cholesterol through his medical practice as well as his nationally syndicated radio talk shows and fitness newsletter In this book he reminds us that no special food or supplement can turn a bad diet into a good diet Instead he shows us how to keep our fat intake under 20 grams a day and boost our fiber to help prevent heart disease and other serious conditions He and coauthor Diana Rich present 275

deliciously simple mostly vegan recipes that draw on a variety of ethnic cuisines plus a medically tested health and fitness plan for anyone who wants to lose weight and feel better

**The QVC Secrets of Fat-Free Cooking Collection** Sandra L. Woodruff, 2002-06-05 Top Secret Recipes Lite! Todd Wilbur, 1998-11-01 1 bestselling Top Secret Recipes series with more than 4 million books sold With health consciousness sweeping America many of us feel we can no longer indulge in the tasty but guilt inducing foods we grew up with Todd Wilbur who made a name for himself by allowing us to clone treats such as Oreos and Outback Steakhouse Blooming Onions in our own kitchens now gives us back our cherished foods with reduced fat and calories Not only does Wilbur enable us to produce lite versions of Cinnabon Cinnamon Rolls and Twinkies he shows us how to duplicate our favorite Snackwell and Healthy Choice products Top Secret Recipes Lite includes recipes for 75 new dishes complete with Wilbur s helpful diagrams which call for ingredients easily found at the local supermarket The newest addition to the Top Secret Recipe franchise is sure to make us not only happier but healthier

**Low-Fat Top Secret Recipes** Todd Wilbur, 2000-06-01 1 bestselling Top Secret Recipes series with more than 4 million books sold Todd Wilbur the irrepressible restaurant recipe knockoff artist is back Thanks to Wilbur s latest Top Secret mission to re create some of America s most popular food products without the fat readers can now feast guilt free on their favorite snacks The easy to follow recipes along with Wilbur s patented blueprint illustrations are guaranteed to produce healthier homemade treats that taste identical to the real thing like Nabisco Reduced Fat Oreo Cookies or Entenmann s Light Low Fat Cinnamon Rolls Wilbur also tackles some familiar restaurant delights including Bennigan s Buffalo Chicken Sandwich McDonald s Arch Deluxe and Egg McMuffin and Wendy s Chicken Caesar Fresh Stuffed Pita concocting them all at a fraction of the calories and at a fraction of the cost Once again the intrepid Todd Wilbur goes where no food writer has gone before and proves that when it comes to providing recipes for food that diners really want to eat he is the peoples choice

*The Best-Kept Secrets of Healthy Cooking* Sandra Woodruff, 2000-04-10 In her nine previous cookbook bestsellers Sandra Woodruff proved that fat free cooking is as easy and delicious as it is nutritious Now in a book that s destined to become the kitchen bible for health conscious cooks everywhere she s collected all of her best fat free and low fat recipes in a single volume Each of these recipes is a winner a table tested favorite that will please even the pickiest eaters From Creamy Mushroom Soup to Chocolate Cherry Tunnel Cake this is the only cookbook people need for a lifetime of healthy eating

**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

**Secrets of a Skinny Chef** Jennifer

Iserloh,2010-05-16 With recipes that deliver great taste without adding inches to the hips Secrets of a Skinny Chef shows you how to indulge your comfort food cravings without the guilt In this collection of 100 recipes America s favorites get the Skinny treatment with scrumptious offerings such as Maple Apple Waffles for breakfast and 7 Minute Salmon and Scalloped Sweet Potatoes for dinner Even for those who are dieting desserts such as Tiramisu Parfait and Crustless Apple Pie stay on the menu Iserloh understands that life s demands mean one can t always cook dinner so to help readers fend for themselves in the real world she provides simple swap outs and cheat sheets

**The Vegetarian Gourmet** Florence Bienenfeld Ph. D.

MFT,Mickey Bienenfeld,2013-11-08 The Vegetarian Gourmet Heavenly Healthy Guilt Free Desserts Cakes Pies Cookies Munchies Cheesecakes Cake Rolls Dessert Souffles and Frozen Desserts Hot Hearty Soups Marvelous Moist Breads Muffins Satisfying Nourishing Entrees Casseroles lentil Loaves Souffles Crepes quiches Omelettes Pastas Tofu Steaks and Vegi Burgers Mexican and Other Ethnic Specialties Party and Holiday Extravanzas refreshing Salads Tangy Dressings Breakfast Brunch Bonanzas Appealing appetizers Snacks Blissful Beverages All Low Fat Low cholestrol Low Salt Low Sugar with Many Gluten Free Dishes Just imagine how proud you will feel and how much you and your loved ones will enjoy our strictly vegetarian healthy nutritious and delicious low fat low cholestrol low salt no processed sugar wholegrain pure foods recipes You and your loved ones will never feel deprived again So eat hearty and enjoy the good life Warmest Regards Florence and Mickey Bienenfeld

**Desi Diet and Health Tips** Ali Noor;,Fazil Zafar,2011-05-31 As in many cultures food plays an

important role in the lives of the Desi people Food is a great source of comfort and it brings back many memories from the homeland But this same food may be at the root of health problems from which many South Asian people suffer In Desi Diet and Health Tips authors Ali Noor and Fazil Zafar offer a simple and easy to use guide to help the Desi population lose weight for the long term increase their overall health and fitness and look and feel better without obsessing over calories It includes menus recipes and shopping lists as well as recommendations for on the go snacks vitamins and supplements and better sleeping habits With Desi Diet and Health Tips you'll still be able to enjoy your roti and paratha just without all that ghee You'll even get to eat your kaati rolls and vada sambar hyderabadi chicken biriyani or tandoori shrimp Noor and Zafar place the focus on cooking the foods you love with healthier methods reducing portion sizes and eating more often and even getting out there and doing some exercise to increase your overall health and well being

*The Secret Life of Chocolate* Marcos Patchett, 2024-11-05 A fascinating guide to the history and medical uses of cacao *The Secret Life of Chocolate* is a book about chocolate Not the sweet mass produced fatty confection most of us are familiar with though This book is about old school chocolate pre Colombian Central American bitter spicy foamy intense blow your socks off chocolate chocolate beverages made with toasted cocoa beans water and indigenous plants Today there are many different forms of drinking chocolate in Latin America most of which reflect European Spanish influence incorporating sugar cinnamon and milk The aim of this work is to peel back the years of cultural cross pollination and anatomize the original Cacao based beverages which were richer more complex more potent and darker in every sense than modern forms of chocolate This book delves into the ancient history of the human relationship with the cocoa tree *Theobroma cacao* it dissects the pharmacological properties of chocolate to the fullest possible extent and it divulges the mythical and magical associations of human interactions with this incredible plant

**The Wizard of Food's Encyclopedia of Kitchen & Cooking Secrets** Myles H. Bader, 2010-02 THIS IS NOT A COOKBOOK This food encyclopedia is the number one kitchen and cooking reference book in the United States and Canada and has sold over 3 million copies The book contains thousands of food secrets from chefs and grandmothers worldwide you don't want to cook or bake any food before looking inside to see what fact or tip may make the dish perfect It took over 19 years to compile all the secrets in the Wizard of Food's encyclopedia most of which will not be found in any other book Why you need to know the age of an egg when baking Why you need to put wine corks in your beef stew The reason cottage cheese is stored upside down How to choose a steak by looking at the color of the fat How to degas beans Why you cook a turkey upside down Why you never put cold butter in a microwave How to fry foods without the foods absorbing a lot of fat How to preserve fresh herbs with your breath

**The Secret of Spice** Tonia Buxton, 2019-01-10 This is a must have book packed with tips and hints from a talented chef Paul Hollywood This book is right up my street It's about time that a chef got involved seriously on what spices really do to us and the food we eat so well done Tonia you have spiced my life back up with this book Chef Aldo Zilli Celebrity chef and TV personality Tonia Buxton reveals the secret to a happier

healthier spicier you through her spice based recipes and home remedies Tonia shows you how to turn seemingly simple spices into delicious meals beauty products and powerful potions that will help you live longer and feel better naturally At 50 years old Tonia is living proof that using spices can make you look and feel incredible Spices have been used for thousands of years to heal people and keep illness at bay and Tonia is reminding us through her delicious easy to follow recipes and holistic home remedies that putting a little spice in your life can still do wonders for your wellbeing today **The Complete**

**Guide to Lowering Your Cholesterol** Mary Mihaly,2011-02 Presents a Therapeutic Lifestyle Change plan for lowering cholesterol heart healthy strategies nutrition information about popular items served at chain restaurants and an A to Z list of heart healthy supplements **Better Homes and Gardens New Cook Book** Better Homes and Gardens,2006

Completely revised and updated with a fresh new design More than 1 400 recipes tested and perfected in the Better Homes and Gardens Test Kitchen including 400 quick and easy ones All new 20 Minute chapter which includes more than 45 fast meal solutions More recipes on your favorite topics Cookies Desserts Grilling and Slow Cooker Plus the Grilling chapter now features recipes for the turkey fryer and more recipes for the smoke cooker At a glance icons identify Easy Fast Low Fat Fat Free Whole Grain Vegetarian and Favorite recipes Simple menu ideas featured in every main dish chapter Updated Cooking Basics chapter includes need to know kitchen survival advice including food safety make ahead cooking must have timesaving kitchen gadgets and emergency substitution charts Essential need to know information now conveniently located at the front of each chapter for easy reference helps ensure cooking success More than 800 full color photos of finished dishes how to demonstrations and food IDs Hundreds of hints and tips plus easy to read cooking charts Bonus Material Exclusive to cookbook buyers an online menu component offers hundreds of menu ideas and more than 75 bonus recipes

Nutrition Made Incredibly Easy Lippincott Williams & Wilkins,2007 Using the award winning Incredibly Easy style Nutrition Made Incredibly Easy Second Edition presents essential information on nutrition in a light hearted and appetizing way Coverage includes the physiologic processes that transform food into energy nutrient metabolism and recommended allowances assessment of nutritional status and the needs of special patient populations This edition incorporates the Dietary Guidelines for Americans 2005 presents up to date information on diabetes and includes new appendices on fad diets and commonly used herbs and supplements Logos include Lifespan Lunchbox age related considerations Bridging the Gap cultural considerations Menu Maven sample menus and NutriTips nutritional pointers *15-150 Secret to Simple Dieting* Bobbie Freiberg,Steven Rosenberg,2010-10-16 Gaining weight is easy losing and maintaining weigh loss is the difficult part But what if there was a simple diet that was guaranteed and very easy to follow You found it Not only are you insured success you will be guided to lose your weight and live a healthier lifestyle Dr Rosenberg and Bobbie Freiberg one of the many 15 150 success stores will help you learn that you can accomplish anything your mind or heart desires with positive thought and a practical diet guide A scientifically proven approach to eating combined with a focus on thinking positively will help you

discover how to make your goal of weight loss achievable real and permanent

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