

ISSN 0013-788X/2013/0000-0000\$10.00/0 © 2013 Taylor & Francis

# THE JEWISH LOW-CHOLESTEROL COOKBOOK

BY ROBERTA LEVITON  
INTRODUCTION BY RABBI MEYER J. STRASSFELD

OVER 200 TEMPTING,  
TRADITIONAL  
KOSHER RECIPES  
FOR HEALTHY,  
HEARTY EATING

# The Jewish Low Cholesterol Cookbook

**Marion C. Chafetz**



## **The Jewish Low Cholesterol Cookbook:**

**The Jewish Low-Cholesterol Cookbook** Roberta Leviton, 1983-09-01 Jewish Curriculum and Resource Guide for the Armed Forces, 1985 Health Related Cookbooks Tian-Chu Shih, 1991 Will assist in researching cookbooks designed for those with specific diseases or disorders as well as for special diets for general health extremely comprehensive CHOICE a good addition to public libraries of any library that supports a dietary or food services program ARBA **Harriet Roth's Deliciously Healthy Jewish Cooking** Harriet Roth, 1996 Provides a collection of traditional Jewish favorites that have been reworked to eliminate fat and maximize nutrition and flavor Harriet Roth's Cholesterol Control Cookbook Harriet Roth, 2008-06-04 The classic low cholesterol cookbook with more than 350 easy to prepare healthy gourmet recipes If you're feeling deprived bored or turned off by diet food think about such delectable treats as Orange glazed Cornish Hens Cajun Blackened Redfish Chocoholic's Chocolate Cake and many other inspired specialties Harriet Roth nutritionist author and former director of the Pritikin Longevity Center Cooking School provides more than 350 low cholesterol low fat recipes for breakfasts lunches brunches dinners appetizers desserts and more This updated edition of her classic cookbook includes Thirty new delicious recipes More than 100 menu plans Nutritional information on statins and other cholesterol lowering treatments trans fats and other dietary research Invaluable tips on converting your favorite recipes into low cholesterol low fat versions Nutritional contents for cholesterol total fat trans fat saturated fat fiber sodium and calories for each recipe This gourmet quality nutrition oriented cookbook lets cholesterol watchers know exactly what they should and should not eat providing savory recipes that are dedicated to your health Bon app tit Roth does an exemplary job The Washington Post

**Joan Nathan's Jewish Holiday Cookbook** Joan Nathan, 2004-08-17 Jewish holidays are defined by food Yet Jewish cooking is always changing encompassing the flavors of the world embracing local culinary traditions of every place in which Jews have lived and adapting them to Jewish observance This collection the culmination of Joan Nathan's decades of gathering Jewish recipes from around the world is a tour through the Jewish holidays as told in food For each holiday Nathan presents menus from different cuisines Moroccan Russian German and contemporary American are just a few that show how the traditions of Jewish food have taken on new forms around the world There are dishes that you will remember from your mother's table and dishes that go back to the Second Temple family recipes that you thought were lost and other families recipes that you have yet to discover Explaining their origins and the holidays that have shaped them Nathan spices these delicious recipes with delightful stories about the people who have kept these traditions alive Try something exotic Algerian Chicken Tagine with Quinces or Seven Fruit Haroset from Surinam or rediscover an American favorite like Pineapple Noodle Kugel or Charlestonian Broth with Soup Bunch and Matzah Balls No matter what you select this essential book which combines and updates Nathan's classic cookbooks The Jewish Holiday Baker and The Jewish Holiday Kitchen with a new generation of recipes will bring the rich variety and heritage of Jewish cooking to your table on the holidays and throughout

the year Mama Nazima's Jewish-Iraqi Cuisine Rivka Goldman, 2006 When the Jews fled Iraq for Israel they could not take their material possessions with them but did take their rich cuisine Delicious dishes like Smack ab Thum oo Rihan Garlic and Basil Fish and Burekas im Gevina veh Tered Feta and Spinach Pie are included in this unique book Jewish Iraqi aphorisms and beautiful photographs complete this presentation of the foods of the Iraqi Jews As the saying goes Man yakle al ein au el thum Who desires the food the eyes or the mouth The Jewish Food Odyssey: A Cookbook Exploring Recipes and Stories from Samarkand to New York Janice Li, 2025-04-14 Imagine the scent of saffron and cumin wafting from a bustling market stall in Samarkand or the comforting aroma of slow cooked brisket in a New York City deli This cookbook is more than just a collection of recipes it s a passport to a world of flavor a journey through generations of Jewish culinary traditions Within these pages you ll uncover a vibrant tapestry of dishes each one a delicious testament to the Jewish diaspora From the sun drenched shores of the Mediterranean to the bustling streets of Eastern Europe and beyond every recipe tells a story Learn the secrets of flaky rugelach passed down through families savor the rich history behind a perfectly spiced tagine and discover the art of crafting melt in your mouth matzah balls that will have everyone asking for seconds Whether you re a seasoned chef or just beginning your culinary adventure this cookbook will inspire you to embrace the richness of Jewish cuisine Detailed instructions and stunning photography make each recipe approachable while historical anecdotes and cultural insights add depth and understanding to every bite *The Lowfat Jewish Vegetarian Cookbook* Debra Wasserman, 1994 Jewish people throughout the world have a strong tradition of preparing healthy vegetarian meals Now they can enjoy over 150 delicious recipes that are both vegan and parve with this original and informative cookbook Readers can now feast on Romanian apricot dumplings North African barley pudding pumpernickel and Russian flat bread sweet fruit kugel Czechoslovakian noodles with poppy seeds Russian blini and more with the help of Debra Wasserman s innovative and inspiring collection of recipes *Horsefeathers* ,1980 **Typically Jewish** Nancy Kalikow Maxwell, 2019 Is laughter essential to Jewish identity Do Jews possess special radar for recognizing members of the tribe Since Jews live longer and make love more often why don t more people join the tribe More deli than deity writer Nancy Kalikow Maxwell poses many such questions in eight chapters Worrying Kvelling Dying Noshing Laughing Detecting Dwelling and Joining exploring what it means to be typically Jewish While unearthing answers from rabbis researchers and her assembled Jury on Jewishness Jewish friends she roped into conversation she and we make a variety of discoveries For example Jews worry about continuity even though Rabbi Mordechai of Lechovitz prohibited even that All worrying is forbidden except to worry that one is worried Kvell worthy fact About 75 percent of American Jews give to charity versus 63 percent of Americans as a whole Since reciting Kaddish brought secular Jews to synagogue the rabbis aware of their captive audience moved the prayer to the end of the service Who s Jewish About a quarter of Nobel Prize winners an estimated 80 percent of comedians at one point and the winner of Nazi Germany s Most Perfect Aryan Child Contest Readers will enjoy learning about how Jews feel think act love

and live They'll also schmooze as they use the book's Typically Jewish Atypically Fun discussion guide      **Australian national bibliography** ,1961      **The National Jewish Monthly** ,1977      *The No-Salt, Lowest-Sodium International Cookbook* Donald A. Gazzaniga, Maureen A. Gazzaniga, 2007-11-13 When a serious heart problem caused Don Gazzaniga to give up his career he was warned to keep to a diet with very little salt or other sodium So he discovered a way to continue enjoying the meals he loved and still keep his sodium level low The idea led to three cookbooks Now he and his wife have worked out low sodium and diabetic compatible versions of the traditional dishes they used to enjoy on their many travels From Mexican to Japanese to French to Italian to Greek to Indian here is a broad range of exotic recipes you can eat without fear From publisher description      Lilith ,1989      *Health Education* Marion C. Chafetz, 1981-06-30 Summary 1197 entries to books dealing with current topics of disease prevention and health promotion Intended for layman and health personnel Covers specific areas of aging alcoholism and drug abuse fitness and exercise nutrition women's health health education environment industry and mental health Each entry gives bibliographic information and annotation Author index      **Kosher Nation** Sue Fishkoff, 2010-10-12 Kosher That means the rabbi blessed it right Not exactly In this captivating account of a Bible based practice that has grown into a multibillions dollar industry journalist Sue Fishkoff travels throughout America and to Shanghai China to find out who eats kosher food who produces it who is responsible for its certification and how this fascinating world continues to evolve She explains why 86 percent of the 11.2 million Americans who regularly buy kosher food are not observant Jews they are Muslims Seventh day Adventists vegetarians people with food allergies and consumers who pay top dollar for food they believe answers to a higher authority Fishkoff interviews food manufacturers rabbinic supervisors and ritual slaughterers meets with eco kosher adherents who go beyond traditional requirements to produce organic chicken and pasture raised beef sips boutique kosher wine in Napa Valley talks to shoppers at an upscale kosher supermarket in Brooklyn and marches with unemployed workers at the nation's largest kosher meatpacking plant She talks to Reform Jews who are rediscovering the spiritual benefits of kashrut and to Conservative and Orthodox Jews who are demanding that kosher food production adhere to ethical and environmental values And she chronicles the corruption price fixing and strong arm tactics of early twentieth century kosher meat production against which contemporary kashrut standards pale by comparison A revelatory look at the current state of kosher in America this book will appeal to anyone interested in food religion Jewish identity or big business      **The Low-fat Good Food Cookbook** Martin Katahn, Terri Katahn, 1994 In each of the recipes the total fat saturated fat cholesterol calorie sodium and fiber content are cited so that no matter what your dietary concerns you can tailor a meal to fit them Also included are chapters on meatless meals and tofu      **National Union Catalog** ,1979 Includes entries for maps and atlases      **Library of Congress Catalogs** Library of Congress, 1980

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