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Slim Gourmet

RD Boyd



Slim Gourmet:

The Slim Gourmet Cookbook Barbara Gibbons,1993-12 How would you like to feast on such meals as Cheese Omelet Florentine Flank Steak Bordelaise or Sole Stuffed with Crabmeat And what about dessert Can you see yourself digging into Spiced Chocolate Rice Pudding or Apple Cheddar Cheesecake 2 With Barbara Gibbons help you can welcome back those comfort foods and taste bud treats that you thought you had bid farewell to forever Well known for her syndicated Slim Gourmet column Gibbons shows you how to take those favorite recipes the ones filled with dangerous things like chocolate cheese and steak to name a few and edit out the unnecessary fats starches and sugars while leaving the taste intact *The International Slim Gourmet Cookbook* Barbara Gibbons,1995 The International Slim Gourmet takes you around the world giving you the taste of Italian French German Indian Mexican Chinese and other great cooking traditions It s a gourmet tour with a special twist the perfect way to broaden your culinary horizons without widening your waistline And it s packed with lots of extras including Tips for de calorizing appetizers and party treatsSecrets for sweetening with little or no sugarIdeas for stretching high calorie supermarket mixes into diet dishesGreat ways to use food processors and microwave ovens to create low calorie meals and treatsSuggestions for making and freezing dishes so that you can be a frequent flyer to any corner of the gourmet worldIf your fond of flan partial to pilaf or hooked on hasenpfeffer if your idea of adventure includes exotic treats and surprising tidbits take a trip into your own kitchen with the guidebook that leaves the calories behind but never sacrifices taste and the pleasure of eating *Slim Gourmet Sweets and Treats* Barbara Gibbons,1982 **Kiplinger's Personal Finance** ,1989-07 The most trustworthy source of information available today on savings and investments taxes money management home ownership and many other personal finance topics **Good Housekeeping** ,1987 Gourmet Cooking--the Slim Way Lou Seibert Pappas,1977 Two hundred low calorie gourmet recipes from around the world all calling for fresh natural ingredients are augmented by thirty five ethnic menus **New York Magazine** ,1994-06-13 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 MotorBoating ,1973-08

Cases John W. Oller,Stephen D. Oller,Linda C. Badon,2009-07-01 Number 9 Rodeo Drive Jo Montgomery,2001-09-12 NUMBER 9 RODEO DRIVE is a steamy book that takes a look at Hollywood without makeup the behind the scenes making of deals and stars an array of fascinating characters from the entertainment industry It is a saga of emotion ambition greed glamour drugs sex and murder It is an intimate inside look at the fast paced world of PR the public relations industry in Hollywood from the 60s through the 80s The story revolves around two unique young women from a small town in southwestern Oklahoma and J D Wilkinson the aging millionaire who spots their talents early on Stephanie Karras is the

beautiful strong willed woman who starting from scratch builds NUMBER 9 RODEO DRIVE into Hollywood s hottest PR firm
Sultry charismatic Misty a singer born out of another era in time is catapulted into a career that leads her to stardom and
later disaster

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