

SKINNY SEAFOOD



BARBARA GRUNES

Skinny Seafood Over One Hundred Delectable Lowfat Recipes For Preparing Natures Underwater Bounty

Christian Drosten



Skinny Seafood Over One Hundred Delectable Lowfat Recipes For Preparing Natures Underwater Bounty:

Skinny Seafood Barbara Grunes,1993 Grunes shows how to make the most of seafood with low fat low calorie recipes that allow the food s natural flavor to be the focus of each dish Recipes are included for all types of seafood and the author offers tips on selecting storing and preparing it correctly Illustrations *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 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 **The Publishers Weekly** ,1993 *Skinny Seafood* Barbara Grunes,1993 *Forthcoming Books* Rose Army,1998

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