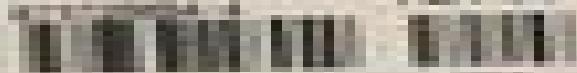


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# Spicy Fat Free Cooking Secrets

**RS Peters**



## **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

**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 people's choice 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 **15-150 Secret to Simple Dieting** Bobbie Freiberg, Steven Rosenberg, 2010-10-16 Gaining weight is easy losing and maintaining weight 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 *The Simple Secrets to Cooking Everything Better* Matt Preston, 2015-10-27 Every great home cook needs a go to list of delicious fail safe recipes from the perfect crispy hasselback potatoes to the ultimate roast pork with crackling and the foolproof cheesecake that will have people requesting the recipe every time Nobody is better qualified than Matt Preston to bring you this kind of knowledge to share with you the secrets to cooking everything better Matt reveals here for the first time the secrets and tips he has picked up over his many years food writing TV presenting and working alongside some of the greatest cooks of our time be they CWA matriarchs or Marco Pierre White These are the

building blocks for better cooking and they've never been easier to master This is a specially formatted fixed layout ebook that retains the look and feel of the print book      **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 Cumulative Book**

**Index**,1999      **Secrets of Fat-Free Italian Cooking** Sandra Woodruff,1996-07-01 With Secrets of Fat Free Italian Cooking you'll learn how to make your favorite Italian dishes without all of the unwanted fat The recipes utilize the latest healthiest and tastiest products as well as the most natural ingredients in order to insure great taste and nutrition

**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 QVC**

**Secrets of Fat-Free Cooking Collection** Sandra L. Woodruff,2002-06-05      *Secrets of Fat-Free Baking* Sandra Woodruff,1998-10-01 Secrets of Fat Free Baking features over 130 scrumptious recipes that use fat substitutes such as fruit purées and juices applesauce honey nonfat yogurt and buttermilk and even mashed sweet potatoes and pumpkin You will learn how to replace refined flours with healthy whole grain flours how to whip up fat free frostings and icings and much more      **A Potful of Recipes** JoAnna M. Lund,Barbara Alpert,2001-01-01 Featuring an easy to use lay flat binding this Healthy Exchanges cookbook offers a wide range of delicious and nutritious recipes that can be prepared in a slow cooker Original

**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, sauté 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 Saté 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. *More Healthy Homestyle Cooking* Evelyn Tribole, 2000-10-06. A collection of two hundred healthy recipes for all occasions includes ways to make dishes faster and better as well as a Recipe Makeover Substitution chart as well as cooking secrets and tips. 35,000 first printing.

Secret Ingredient: Love Teresa Southwick, 2010-06-11. THE WAY TO A BACHELOR'S HEART 1. Alex Marchetti: die-hard bachelor. 1. Fran Carlino: marriage-shy beauty. 1. simmering attraction. 2. matchmaking families. 1. secret ingredient: love. Combine passionate, hotheaded chef Fran Carlino and supercool, straitlaced bachelor Alex Marchetti. Slowly increase their mutual attraction. Add a dash of tension; neither claims to be the marrying kind. A generous spoonful of romantic spice and round off with a lot of familial stirring. Finally, mix business with pleasure, turn up the heat and wait for the delectable developments. *Secret Ingredients* S. Inness, 2005-12-22. A series of fascinating chapters analyze cookery books through the ages. From the convenience food cookbooks of the 1950s to the 1980s rise in white trash cookbooks and the surprise success of the Two Fat Ladies books from the 1990s, leading author Sherrie Inness discusses how women have used such books over the years to protest social norms.

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