

# SPICY FAT-FREE COOKING SECRETS

Over 125 Delicious Recipes Without All the Fat

*"This recipe cookbook is definitely recommended ..."*

*—Liz D. Oudin, M.D., President,  
American Heart Association, New York, New York*

G I T A C H A N D R A

# Spicy Fat Free Cooking Secrets

**Lei Huang**



## **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 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

[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 Secrets of Living Fat-Free Sandra Woodruff,1997 Registered dietitian Sandra Woodruff shows readers how to be low fat as well as eat low fat with simple straightforward guidance in making the necessary lifestyle changes In addition to fat free cooking tips and wonderful recipes Woodruff supplies shopping hints techniques for controlling portions guidelines for exercise and much more Illustrations and color photos *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 The Garlic for Life Cookbook Linda Ferrari,1998 Garlic has long been known for its healing qualities mainly its effect on the treatment and prevention of numerous diseases However the health benefits of this cholesterol lowering food have typically been lost in the fat and butter laden garlic recipes that are usually prepared In this healthful guide lowfat cooking instructor Linda Ferrari liberates garlic from this shackle offering over 125 lowfat delicious recipes that make use of garlic s tantalizing taste and many healing properties Enjoy such dishes as Chicken Smothered in Garlic Grilled Corn on the Cob Potato Garlic Soup Focaccia Chicken Pasta with Plum Wine Jill s Spicy Chili Chicken and Beans in Endive Lemon Grilled Cornish Hens Poached Salmon Steaks Red and Yellow Pepper Soup Grilled Orange Roughy in Orange Sauce Pork Leg Roast Sweet and Spicy Potatoes Garlic Sticks And since the healing properties of garlic work best in its raw form Ferrari presents many recipes that incorporate tasty uses of raw garlic Each recipe in this healthful guide also includes a complete nutritional breakdown with information on fat content cholesterol carbohydrates calories protein and fiber *Subject Guide to Books in Print* ,1997

**Secrets of Low Fat Cooking** ,1997 The revolutionary full color cookbook that health conscious cooks have dreamed about is finally available Full of hands on tricks secrets and techniques developed by America s finest test kitchen this book will make the reader s meals both healthier and more flavorful Includes 200 recipes 100 techniques and 70 color photos

**The Cumulative Book Index** ,1999 **American Book Publishing Record** ,1997 *Hot Off The Grill* JoAnna M. Lund,Barbara Alpert,2004-04-06 The newest book in the popular Healthy Exchanges series features 150 easy recipes for the electric grill JoAnna Lund offers dozens of healthy and delicious ways to get out of the grilling rut Sizzling selections include German Grilled Potatoes Egg and Mushroom Sandwiches Chicken Almondine Salad New England Crab Cakes Fried Apple Rings Blueberry Thrill Snacks and many more And with the Healthy Exchanges seal readers can be sure that these low salt low fat low sugar foods have been taste tested to perfection Covering all three meals of the day this book includes Recipe

variations Time saving tips Nutritional information Diabetic exchanges Weight loss choices With delicious choices for the entire family readers won't be able to get enough of their grills *Eating Well Secrets of Low-fat Cooking*, 1997

*McCall's*, 1924 **Fat-Free Cooking** Anne Sheasby, 2004-01-30 Over 50 recipes containing no more than five grams of fat per serving and many less than one gram prove that you can cook healthily but still retain flavor and variety [Armed and Dangerous : Fit, Firm and Ready to Fight](#) Wendy Buckland, Barb Nicoll, 1996 **Sunset**, 1924 [Cooking Healthy with the Kids in Mind](#) JoAnna M. Lund, Barbara Alpert, 1998 Collection of tasty recipes designed to satisfy even the pickiest child in the family without sacrificing what's good for them includes practical advice about nutrition for kids handling fussy eaters and family fitness as well as suggestions for kids parties and more **100 Weight-loss Tips that Really Work** Fred A Stutman, 2006-11-03 **Runner's World**, 1993

Immerse yourself in heartwarming tales of love and emotion with its touching creation, Tender Moments: **Spicy Fat Free Cooking Secrets** . This emotionally charged ebook, available for download in a PDF format ( PDF Size: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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