



Light Basics Cookbook: The Only Cookbook You'll Ever Need If You Want To Cook Healthy

Martha R. Shulman

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Light Basics is an all-in-one cookbook for today's healthy cooking. Filled with step-by-step cooking instructions and more than 250 delicious recipes (each with a complete nutritional analysis), it provides the fundamentals of eating well and eating healthy. Martha Rose Shulman explains how to incorporate fresh foods and more healthful ingredients into your everyday cooking, while cutting down on fat and calories. If you're trying to eat healthy, *Light Basics* provides a one-stop kitchen companion for beginner and experienced cook alike!

The Cooking Light Basics

Convert your favorite recipes into healthier dishes by cutting the fat

Learn healthy poaching, pan-grilling, and roasting techniques

Make a delicious low-fat vinaigrette or sauce

Enhance the flavor of your food using fresh herbs and spices

The Kitchen Basics

Learn the correct way to hold a knife

Master the art of chopping, slicing, and dicing

Understand how to store fresh fruits and vegetables properly

Learn to follow the guidelines for food and kitchen safety

The Fruit and Vegetable Basics

The secret to keeping tomatoes tasting their sweetest

How to reduce the zing of chile peppers

The easiest way to dice a fresh mango

The Entertaining Basics

Sample seasonal menus

Advance preparation tips to make party-throwing a cinch

Detailed shopping lists and countdown schedules for preparation

Flavorful Meals with Only 1 Tablespoon of Oil

Asparagus and Smoked Trout Frittata

Sweet Potato and Butternut Squash Soup with Ginger

Herb and Scallion Quiche

Spinach Quesadillas

Grilled Fish Steaks with Asian Flavors

Hot-and-Sour Shrimp and Rice Soup

Desserts to Devour with Only 1 Gram of Fat

Rhubarb and Strawberry Compote

Almond Biscotti

Chocolate Meringue Cookies

Pears Poached in Ginger-Honey Syrup



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Jose Wilson:

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Michael Canton:

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Reading a guide can be one of a lot of pastime that everyone in the world likes. Do you like reading book consequently. There are a lot of reasons why people love it. First reading a publication will give you a lot of new facts. When you read a guide you will get new information due to the fact book is one of numerous ways to share the information or even their idea. Second, reading a book will make you actually more imaginative. When you reading through a book especially tale fantasy book the author will bring that you imagine the story how the character types do it anything. Third, you can share your knowledge to some others. When you read this Light Basics Cookbook: The Only Cookbook You'll Ever Need If You Want To Cook Healthy, you are able to tells your family, friends in addition to soon about yours e-book. Your knowledge can inspire others, make them reading a book.

Christine Brooks:

This Light Basics Cookbook: The Only Cookbook You'll Ever Need If You Want To Cook Healthy is great guide for you because the content that is full of information for you who also always deal with world and still have to make decision every minute. That book reveal it data accurately using great arrange word or we can point out no rambling sentences included. So if you are read it hurriedly you can have whole information in it. Doesn't mean it only offers you straight forward sentences but tricky core information with lovely delivering sentences. Having Light Basics Cookbook: The Only Cookbook You'll Ever Need If You Want

To Cook Healthy in your hand like finding the world in your arm, information in it is not ridiculous a single. We can say that no publication that offer you world in ten or fifteen tiny right but this publication already do that. So , this really is good reading book. Heya Mr. and Mrs. hectic do you still doubt which?

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