


[DOWNLOAD](#)


Lighter, Quicker, Better: Cooking for the Way We Eat Today

By Sax, Richard. Simmons, Marie.

Morrow. 1 Cloth(s), 1995. hard. Book Condition: New. Passionate eaters as well as chefs and food writers, Marie Simmons and Richard Sax here present more than 200 recipes that are modern variations on the simple, full-flavored recipes they each grew up with, but re-interpreted to be lighter in fat, quicker to prepare, and better tasting than you may have thought possible. Here they show how to add fat-free flavorful accents with herbs, vinegars, and mustards in slimmed-down favorites like Macaroni and Cheese with Ricotta, Vegetable Paella, and Southwestern-Style Meatloaf. Here too are quick choices like 10-minute marinades for fish, pasta and vegetables cooked in the same water, and mix-and-match stirfries."Short of time, longing for flavor and striving for culinary virtue, today's harried cooks will welcome this collection of over 200 recipes with its multitude of ingenious suggestions and substitutions. Tendering recipes for dishes that have been trimmed of fat but not robbed of flavor, veteran cookbook writers Sax and Simmons, who also co-author Bon Appetit's 'Cooking for Health' column, make use of such flavor-intensive ingredients as citrus zest, roasted vegetables and fresh herbs (Fish Steaks Glazed with Ginger, Soy and Lime; Roasted Tomato Gazpacho with Basil Puree). Sax and Simmons...



[READ ONLINE](#)

[1.98 MB]

Reviews

This ebook will not be effortless to get going on studying but very enjoyable to learn. Of course, it can be play, still an amazing and interesting literature. Your daily life period will probably be enhance once you complete looking at this book.

-- **Mr. Osborne Homenick**

This pdf is very gripping and fascinating. We have read and that i am certain that i am going to going to read once more again in the future. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Burnice Cronin**

See Also



Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel s System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original...



Children s Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The Children s Handwriting Book of Alphabets and Numbers provides extensive focus on alphabet tracing and number tracing for the...



Preventing Childhood Eating Problems : A Practical, Positive Approach to Raising Kids Free of Food and Weight Conflicts

Book Condition: Brand New. Book Condition: Brand New.



The Case for the Resurrection: A First-Century Investigative Reporter Probes History s Pivotal Event

ZONDERVAN, United States, 2010. Paperback. Book Condition: New. 180 x 127 mm. Language: English . Brand New Book. The Case for the Resurrection, a ninety-six-page booklet from bestselling author Lee Strobel, provides new evidence that shines a fresh light on the Bible...



Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback

Book Condition: Brand New. Book Condition: Brand New.



Everything Ser The Everything Green Baby Book From Pregnancy to Babys First Year An Easy and Affordable Guide to Help Moms Care for Their Baby And for the Earth by Jenn Savedge 2009 Paperback

Book Condition: Brand New. Book Condition: Brand New.