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WITHOUT ALL THE FAT AND CALORIES

ENOLA PRUDHOMME'S

LOW-FAT FAVORITES

• From the author of LOW-CALORIE CAJUN COOKING •



Enola Prudhommes Low Fat Favorites Enjoy Low Fat Versions Of Your Favorite Southern Dishes

Wenbin Ji



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healthy lifestyle Miss Daisy offers helpful hints on how to shop for groceries plan menus dine at restaurants order fast food and understand the nutrition labels mandated by the federal government She discusses health concerns and the effects of diet on health thus making it a revelation for everyone who wants to eat Southern and eat healthy *Lighten Up, Y'all* Virginia Willis, 2015-03-03 2016 James Beard Award winner and 2016 International Association of Culinary Professionals IACP nominee for Best American Cookbook A collection of classic Southern comfort food recipes including seven layer dip chicken and gravy and strawberry shortcake made lighter healthier and completely guilt free Virginia Willis is not only an authority on Southern cooking She s also a French trained chef a veteran cookbook author and a proud Southerner who adores eating and cooking for family and friends So when she needed to drop a few pounds and generally lighten up her diet the most important criterion for her new lifestyle was that all the food had to taste delicious The result is *Lighten Up Y'all* a soul satisfying and deeply personal collection of Virginia s new favorite recipes All the classics are covered from a comforting Southern Style Shepherd s Pie with Grits to warm melting Broccoli Mac and Cheese to Old Fashioned Buttermilk Pie Each dish is packed with real Southern flavor but made with healthier more wholesome ingredients and techniques Wherever you are on your health and wellness journey *Lighten Up Y'all* has the recipes tools and inspiration you need to make the nourishing down home Southern food you love **Southern Living - Our Best Low-Fat, Low-Calorie Recipes**, 1997

Cooking Low-Fat, Southern and Fabulous Elizabeth Mason, 1998-06-01 Southern fried chicken low fat Sound like a contradiction in terms but this new cookbook by Elizabeth Mason tells you how to do it Every recipe has that southern touch and is low fat too Desserts meats vegetables and much more here you ll find the healthy alternatives and still be able to cook southern style Of the hundreds of cookbooks on the market some southern some low fat only this one combines them both If you love southern cooking or you want to try something new you owe it to your taste buds and your heart to give this one a try Every overweight person and health nut will want this one 4 color dustjacket The New Southern Cookbook Dr Samanta, 2021-05-27 The New Southern Cookbook redefines the taste of tradition with southern comfort recipes for modern times Southern food has brought comfort to families and friends for generations To pass on the tradition The New Southern Cookbook serves updated classics along with original recipes for today s table These homestyle recipes feature memorable meals along with fresh favorites that are destined to become classics With a healthy twist on every dish save the deep fried food for special occasions The New Southern Cookbook offers lighter more healthful versions of down south recipes that you can eat any day of the week From heirloom recipes like Easy Shrimp Creole to new comfort foods like Breaded Pork Chops with Avocado Peach Salsa The New Southern Cookbook guarantees that friends and family will never leave the table hungry with An introduction to the southern kitchen that helps you prepare your kitchen and pantry with staple ingredients and equipment Classic family recipes like Fried Chicken and Buttermilk Pie that have stood the test of time Updated and new family recipes that offer healthier variations on suppertime staples like Squash Puppies and Bacon Pimento Cheese plus new

dishes like Honey Grilled Peaches and Garlic Rosemary Pork Tenderloin Whether you were born with a taste for southern cuisine or developed it The New Southern Cookbook serves up recipes for the next generation of home cooks and their families

Southern But Lite Avis and Ward Nutrition Associates, Jen Bays Avis, Kathy F. Ward, 1989

The All New Ultimate Southern Living Cookbook The Editors of Southern Living, 2017-01-09 The All New Ultimate Southern Living Cookbook has something for everyone from the beginner cook to the expert chef Make this one of the indispensable tools in your kitchen

The Healthy Soul Food Cookbook Wilbert Jones, 1997-01-01 The Healthy Soul Food Cookbook offers a new approach to traditional African American cuisine and provides contemporary versions of ninety nine recipes all with an emphasis on fresh ingredients and prepared with leaner meats egg whites instead of whole eggs less or no oil nonfat dairy products less sodium and fewer calories Here are lighter appetizers breads soups salads entrees side dishes and desserts Jalapeno Corn Bread Black Eyed Pea Salad Mixed Greens Red Beans and Rice Smothered Cabbage With Smoked Turkey Hot and Spicy String Beans Lemon Pound Cake and more You ll find irresistible comfort foods like Unfried Chicken and Mississippi Mud Cake hearty pleasures made less guilty with health conscious taste saving adjustments to the recipes for old favorites You can make specific eating choices based on each recipe s nutritional analysis and you can get ideas for festive occasions and family gatherings from the suggested menus

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Southern Living Our Best Recipes Made Lighter Oxmoor House, 1998

A Taste of the Good Life from the Heart of Tennessee , 1996 Anyone who is interested in eating well and at the same time controlling dietary fat cholesterol and sodium will find this cookbook helpful Every recipe has the nutritional analysis of its contents The cookbook features many photographs of Nashville of yesteryear along with revised heart healthy recipes for many southern favorites

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