



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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Whitney Mallard:

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Angela Strange:

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Mathew Casillas:

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possess to make decision every minute. This particular book reveal it details accurately using great organize word or we can say no rambling sentences within it. So if you are read that hurriedly you can have whole data in it. Doesn't mean it only will give you straight forward sentences but challenging core information with splendid delivering sentences. Having Light Basics Cookbook: The Only Cookbook You'll Ever Need If You Want To Cook Healthy in your hand like keeping the world in your arm, facts in it is not ridiculous just one. We can say that no publication that offer you world inside ten or fifteen small right but this guide already do that. So , it is good reading book. Hello Mr. and Mrs. active do you still doubt which?

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