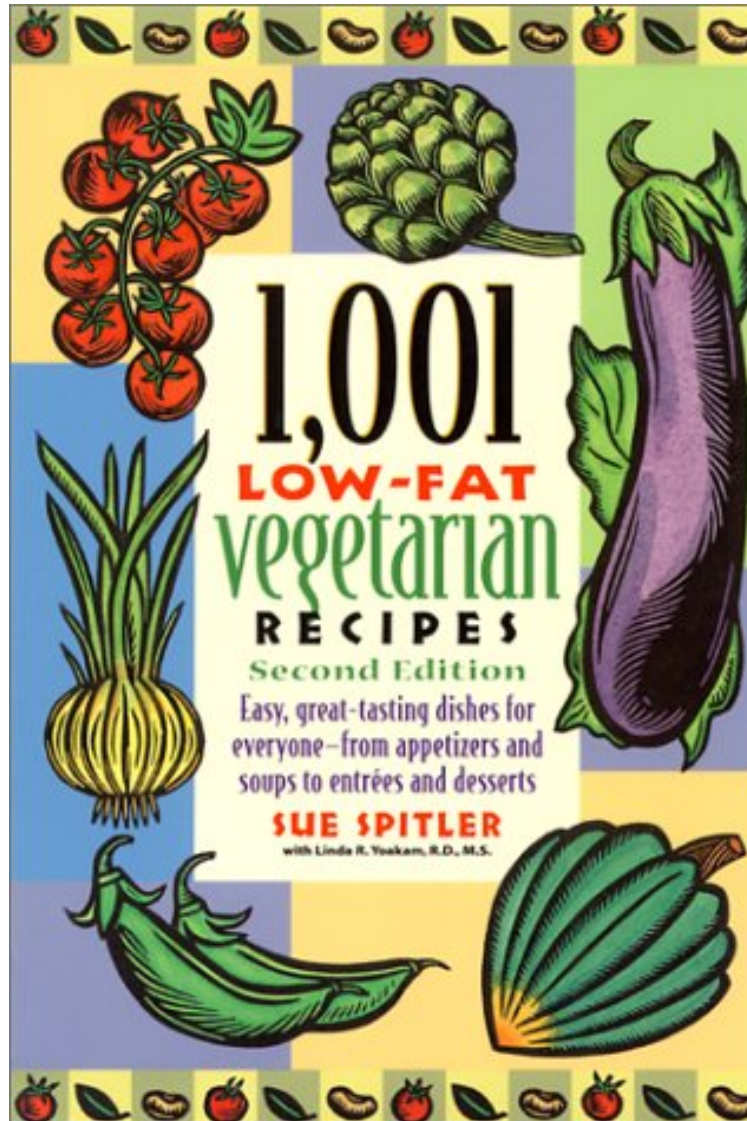


(Mobile ebook) 1,001 Low-Fat Vegetarian Recipes, 2nd ed.

1,001 Low-Fat Vegetarian Recipes, 2nd ed.

Sue Spitler, Linda R. Yoakam
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Sue Spitler, Linda R. Yoakam : 1,001 Low-Fat Vegetarian Recipes, 2nd ed. before purchasing it in order to gage whether or not it would be worth my time, and all praised 1,001 Low-Fat Vegetarian Recipes, 2nd ed.:

7 of 7 people found the following review helpful. Interesting recipes, Excellent Nutritional InformationBy Kindle CustomerPROS: This book is wonderful for those who are planning low-fat meals for dieting purposes. Even before I prepare the meals, I am able to see the total nutritional information for the serving for that meal. It also gives me greater flexibility to omit or half some of the ingredients that are higher in fat grams (for example if a meal says 5g fat per serving I choose to: a)omit the oil or oil based (or high fat) ingredient OR b)half the serving). Knowing the

nutritional values in the meal gives me freedom to manipulate it until I'm satisfied that I'm getting the lowest fat intake possible. The book is beautifully laid out based on meal categories (eg. Soups Stews, Sauces, Veggie Express, etc.) So I decide what I want for a meal and then I turn to that page. One note to buyers: I recommend that you browse through the meal ingredients the day before to get an idea of what you need to buy at the store. Each recipe is labelled so that each vegetarian type would know at a glance whether that meal is right for them. WONDERFUL! CON: Some of the ingredients asked for are too exotic for me to find where I live. (e.g. cactus leaves, achiote oil, adzuki bean). This isn't too much of a CON, since I can skip those meals and choose something else. This is a wonderfully laid-out book with a wealth of dishes that allow you to be creative with vegetarian meals. I highly recommend it! 0 of 0 people found the following review helpful. Fairly easy, healthy meals By Rebecca Bergey After looking through tons of vegetarian cookbooks at the library and bookstore, I chose this one. There is a hearty mix of familiar and new recipes, most being fairly simple to make. Unlike many vegetarian cookbooks, this one contains very healthy recipes, achieving good flavor through good ingredients, rather than oil, butter, or salt. My family and I are not vegetarians, but, after news of my husband's high blood pressure, we eat vegetarian meals at least half the time now. Surprisingly, the switch was not hard, even in a household including three big, hungry guys! 1 of 1 people found the following review helpful. Friends love what I make from this cookbook By CookingComfort I received this as a gift about 4 years ago and I've used it so much, the binding is falling apart and I hold it together with a large rubber-band. I'm not a vegetarian but I simply enjoy cooking and eating veggies. The recipes are easy to follow, use readily available ingredients, are healthy and tasty, and many can be put together with a minimum of effort. Friends love what I make from this cookbook and for Xmas, I bought a copy for a friend who became a vegetarian this year. She was thrilled to have a copy.

This revised edition of tasty, healthy recipes accommodates vegetarians of all persuasions. A new chapter, "Veg Express", features dishes that can be prepared and cooked in less than 20 minutes.

"1,001 Low-Fat Vegetarian Recipes will wow any cook." -- Orlando Sentinel, November 2, 2000 "The dishes from other cultures and low-fat American favorites will have you reaching for this book often." -- Chicago Tribune, December 6, 2000 Chicago Tribune, December 6, 2000 "These recipes are easy to prepare and sure to satisfy...." -- Vitality, April, 2000 "This huge cookbook may be the only one you'll ever need. Sue Spitler has assembled recipes to please everyone." -- Virginia Pilot, December 6, 2000 From the Author I really enjoy eating vegetarian meals, especially in the summer on the Indiana/Michigan border where I live. I love the fresh, crisp veggies and fabulous fruits I buy at local farm stands in June, July and August. Like most of you, I don't have enough time in my day for the things I have to do, let alone the things I want to do, like inventing delicious new recipes and serving them to my friends at a dinner party. That's why I tried to make the dishes in "1,001 Low-Fat Vegetarian Recipes," and indeed in all my cookbooks, easy to prepare and quick to make. And keeping everything low in fat is a challenge, as we all know that fat tastes good! The secret is to replace most of the fat in a dish with aromatic herbs and spices, and I've had to do a lot of experimenting to get the amounts just right. A low-fat recipe may look intimidating as it typically has a long list of ingredients, but as they are often mostly herbs and spices, the job is really easy. A dash here, a shake there, a teaspoon of this and that, and you've got something quick, delicious, and healthy on the table in no time. I hope you'll enjoy my recipes, as I enjoyed creating them for you. If you have a question or comment, be sure to let me hear from you at Surrey Books, 230 E. Ohio St., Chicago, IL 60611. Sincerely, Sue About the Author Sue Spitler has published 12 cookbooks, including 1,001 Low-Fat Recipes, 1,001 Low-Fat Soups and Stews, and 1,001 Delicious Recipes for People with Diabetes. She enjoys cooking wonderful vegetarian meals for her veggie and carnivore friends in her Long Beach, Indiana kitchen. Linda Yoakam, R.D., M.S., has been working closely with Sue for many years to bring the healthiest recipes to you. She has worked for over 20 years as a nutrition professional with an extensive practice in the Chicago area.