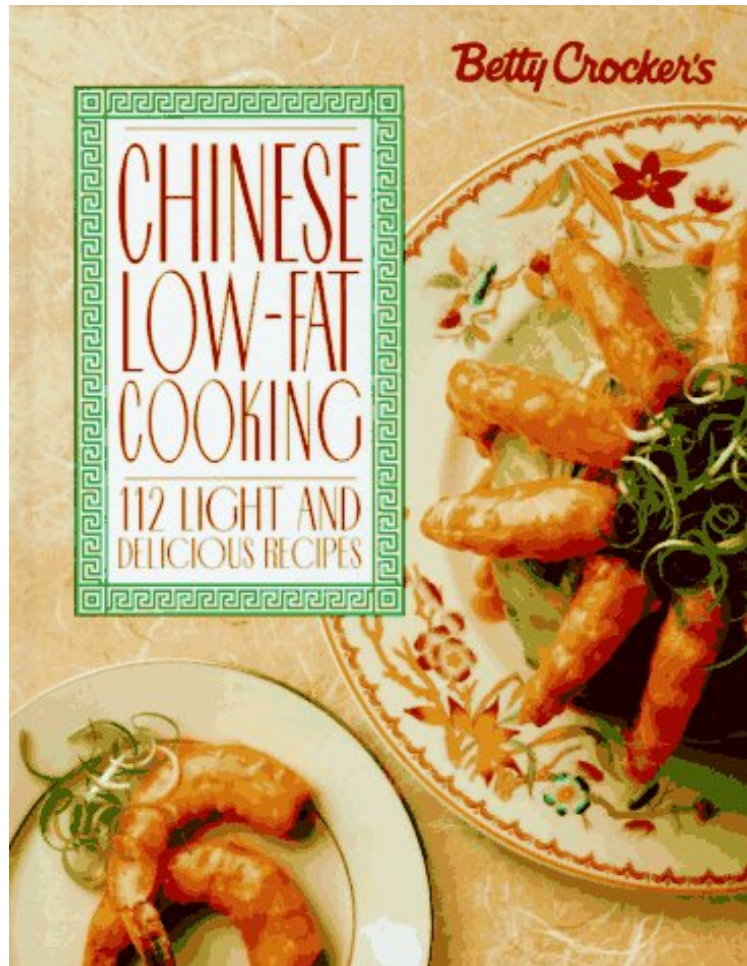


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Betty Crocker's Chinese Low-Fat Cooking (Betty Crocker Home Library)

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Betty Crocker : Betty Crocker's Chinese Low-Fat Cooking (Betty Crocker Home Library) before purchasing it in order to gage whether or not it would be worth my time, and all praised Betty Crocker's Chinese Low-Fat Cooking (Betty Crocker Home Library):

6 of 6 people found the following review helpful. Good cookbook for dieters who still crave Chinese.By Jennifer M. BrownThis book is worth it for the Spicy Shredded Chicken alone. I've made it so often that my copy just naturally opens up to that page. Great photographs and a glossary of common ingredients. The book also gives the nutrition information for each recipe.

Chinese food is the most popular ethnic food in the country, so when studies came out recently exposing Chinese food

as a fat trap, people were torn. Should they eat Chinese food and feel guilty, or pass it up and feel deprived? Betty Crocker solves the problem with more than 130 recipes for truly delicious Chinese food that's low in fat and high in flavor. All the recipes have 30% or less of their calories from fat, and use readily available ingredients, so it's easy for everyone to make them. The whole family will enjoy Drunken Flower Shrimp, Sweet-Hot Fun See Chicken, Beef and Broccoli with Garlic Sauce, Mongolian Fire Pot, Chinese Noodles in Spicy Peanut Butter Sauce and Vegetables Kung Pao. With a glossary, low-fat cooking tips, and information on reduced-fat cooking methods, Chinese food will be on everyone's plate again, thanks to Betty Crocker.

Trimmed-down classics eliminate much of the fat and retain authentic Chinese flavor. Newly developed techniques such as baking the chicken in dishes where it's usually fried can produce the satisfying results of a crispy crust without the fat, for example. An excellent collection, alerting many to the potentials for fats in Chinese foods. -- Midwest Book