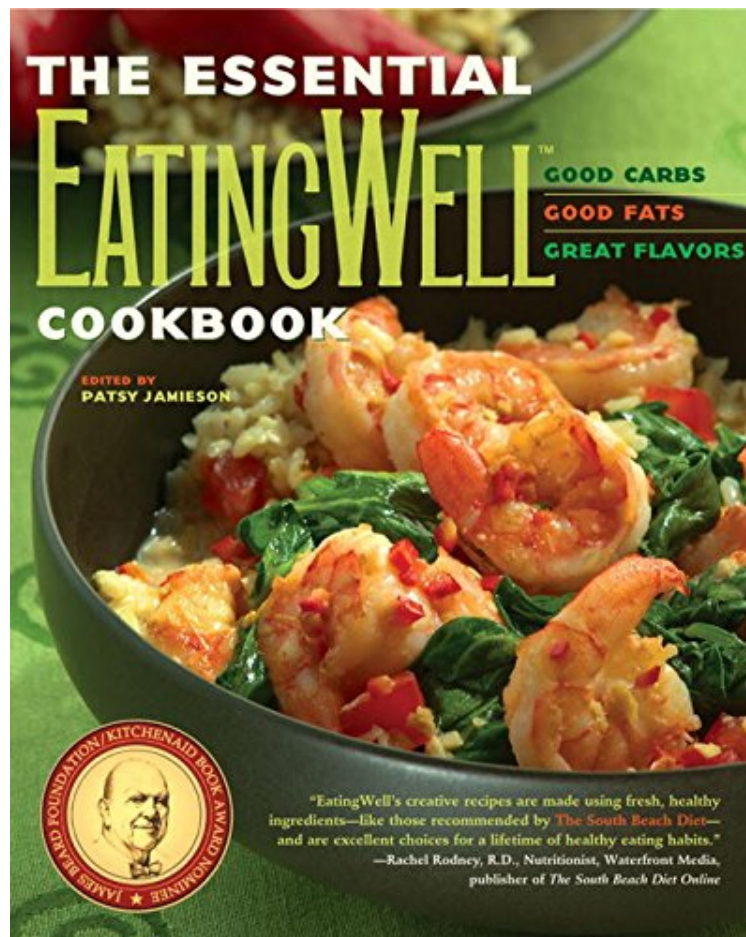


[FREE] The Essential Eatingwell Cookbook: Good Carbs, Good Fats, Great Flavors

The Essential Eatingwell Cookbook: Good Carbs, Good Fats, Great Flavors

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From Countryman Press : The Essential Eatingwell Cookbook: Good Carbs, Good Fats, Great Flavors before purchasing it in order to gage whether or not it would be worth my time, and all praised The Essential Eatingwell Cookbook: Good Carbs, Good Fats, Great Flavors:

3 of 3 people found the following review helpful. The Essential EatingWell Cookbook: Good Carbs, Good Fats, Great Flavors - Easy to read and results are delicious!By RatherLiveInKeyWestPurchased this book for myself as a gift when finally deciding to devote time to a healthier lifestyle.Have tried many of the recipes and found quite a few that we like to make over and over again like the roasted fish and potatoes, Vietnamese grilled chicken, spicy yogurt chicken, peach raspberry cobbler and more. It was actually this cookbook that first suggested to us that we cook corn on the cob on our grill, inside the husk -- and we no longer cook it any other way! We often use the vegetarian dishes to create excellent side dish offerings for our table.Have given the cookbook as a gift to family and friends, with great

success. If you are looking for a cookbook of this nature, we really recommend that you give this one a try. It is the compilation of the best-of-the-best from EatingWell magazine, and you will not regret giving this cookbook a go. 10 of 10 people found the following review helpful. Easy to prepare, fantastic flavor, healthy but not over the top. By Lisa Holbrook I bought this book about a year ago and I use it all the time. I am not the kind of person who cooks or eats "low-fat" meaning that I use butter sometimes, I use cheese and I like my food to be flavorful. I do, however, also like my food to be healthy in the sense that it provides me with plenty of vitamins, nutrients, fiber and heart-healthy fats. This book is exactly that. Firstly, I like the fact that they talk about "good and bad" carbs and "good" fats. They not only explain to you what this means and how to live by it but they include nutritional information for each and every recipe so that you can see how ingredients affect nutrition. It has taught me a lot and since buying this book I have been able to stem out further with my own ideas and recipes. I also lived out of the country for awhile, and another thing I love about this book is that the ingredients are easy to find. I notice that many vegetarian or healthy food books include a number of hard (yet not impossible) ingredients that when living in the states is fine, but in foreign lands are often not feasible. The book also features a few info pages that help you to understand general cooking methods. These include; 6 smart snacks, stock essentials, essential grain-cooking guide, essential vegetable-roasting guide, essential greens-cooking guide, essential chicken saute, and a few on desserts. Overall I truly feel that this is an essential cookbook for anyone who simply wants to eat healthy. There are plenty of vegetarian options and meat options throughout the book to keep both parties happy. If I had to say one negative on the book its that there are very few pictures, and I just love looking at delicious meals to inspire my cooking. 5 of 5 people found the following review helpful. This Cookbook is ESSENTIAL to healthy eating! By Jocelyn If you are looking for a myriad of tasty meals: appetizers, soups, salads, sides, main entrees and holiday menus that guests will rave about and ALL of the recipies are healthy, this is the cookbook for you. I have purchased several copies and given them away as gifts as my friends have complimented me on my dishes. My secret was this cookbook. Many of the meals are easy although there are some that are moderate or more complicated. Regardless of your cooking level, take the chance and learn to eat and cook well -- Bon appetite!

A James Beard Award finalist: "User-friendly recipes for people to take nutrition seriously." Florence Fabricant, The New York Times. This long-awaited collection of more than 350 recipes represents favorites from EatingWell: The Magazine of Food Health that have migrated to the top of an elite line of new and classic dishes now numbering well into the thousands. These are exciting new recipes that EatingWell's own staff members take home at night alongside the time-tested winners that dedicated readers call and write to request over and over again. All are freshly updated, with improved nutritional analyses and an eye to today's fast-evolving nutritional guidelines. Within these pages you'll find clear, simple and often very quick recipes. You'll also find a unique Healthy Weight Loss Index that identifies which recipes fit into particular diet guidelines, rating them on overall health (calories, carbohydrates, and fats), fiber content, and which recipes best address the needs of those on low-carbohydrate weight-loss plans. Losing weight no longer has to mean sacrificing great tastes and fine dining. Good carbs: don't abandon the things your body needs and craves: whole grains, great-tasting vegetables and fruits Good fats: enhance your recipes and your family's health with the right fats and oils, while lowering saturated-fat content Great flavors: savor rich taste using trustworthy recipes and the secrets of award-winning cooks and the best tricks and techniques from EatingWell Recipes include: Chicken Saute with Mango Sauce Updated Mac Cheese Asian Stir-Fried Shrimp with Snow Peas Grilled Pork Chops with Rhubarb Chutney Pizza with White Beans, Prosciutto, and Rosemary Spring Vegetable Stew Fragrant Bulgur Pilaf with Toasted Almonds Grilled Vegetable Salad Sunday Sausage Strata Vegetarian Hot Pot Salmon with North African Flavors Blueberry Danish Fruit-Filled Crepes Double-Raspberry Souffles Lemon Almond Polenta Torta Chocolate-Hazelnut Cake Pineapple Upside-Down Muffins Mango Brulee Learn the flavors, strategies, and insights to help you keep fit and stay healthy while never boring your palate. 16 pages of color photographs

From Publishers Weekly Food and diet fads come and go, but throughout its history, Eating Well magazine has maintained a singular focus: to promote the value of eating food that's both nutritionally sound and delicious. This collection of 350 recipes culled from thousands of well-tested Eating Well favorites is an excellent source of inspiration for health-minded cooks. Addressing the current conflicting weight-loss trends, Jamieson, who directs Eating Well's test kitchens, makes the case for understanding (rather than eliminating) carbohydrates or fats, and provides guidelines for how to make healthy choices. Though not intended specifically as a "diet" cookbook, the volume includes per-serving analysis of each recipe for those seeking to monitor their intake. In addition, favorite comfort foods are subjected to the "Rx for Recipes" treatment, resulting in Updated Mac and Cheese, which substitutes whole-wheat pasta and low-fat cottage cheese and adds spinach, or Fettuccine Alfredo, which incorporates 1% milk and reduced fat cream cheese instead of cream. And vegetarian selections offer interesting, flavorful choices enhanced with fresh herbs and spices. Refreshingly, the "good carbs, good fats" subtitle is really just a hook that's explored only in the book's introduction. All the recipes are relatively low in fat and carbs, but that's nothing new for Eating Well cookbooks. 16 pages of color photos not seen by PW. Copyright Reed Business Information, a division of Reed

Elsevier Inc. All rights reserved. This collection of 350 recipes culled from thousands of well-tested Eating Well favorites is an excellent source of inspiration for health-minded cooks. - Publishers Weekly EatingWell provides the perfect combination of great-tasting recipes that keep me healthy and energized for intense training and competition. - Jed Hinkley, U.S. Olympic Ski Team Excellent choices for a lifetime of healthy eating habits. - Rachel Rodney, R.D., Nutritionist, Waterfront Media, publisher of South Beach Diet Online When it comes to health and well-being, EatingWell goes the distance. - Deborah Madison, author of Local Flavors About the Author Patsy Jamieson has a large and devoted following among cooks who value recipes that call for healthful ingredients and that can be counted on to work every time. A graduate of La Varenne, she has directed EatingWell's test kitchens for more than a decade and is the creator of hundreds of highly acclaimed nutrition-conscious recipes. The EatingWell Media Group is a fast-growing communications company producing an award-winning national consumer magazine, high-quality food- and nutrition-related books, a content-rich website, e-mail newsletters, and serving content to strategic partners with other electronic media.