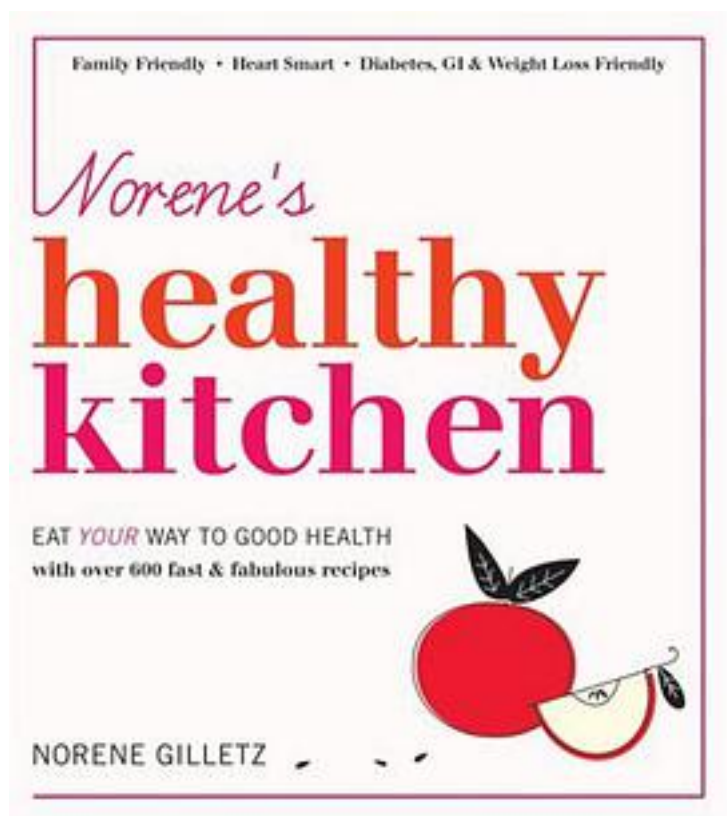


Norene's Healthy Kitchen



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著者:Gilletz, Norene

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"Quick, delicious and healthy kosher cooking." Norene Gilletz has a passion for recipes that are simple, healthy and delicious for the kosher (or not) cook. High in flavor and low in calories, they focus on good carbs, good proteins and good fats, and are made with readily available ingredients. Norene's Healthy Kitchen is packed with chef's secrets, including easy preparation ideas, freezing tips and nutrition notes. The recipes are heart-healthy, weight-loss-friendly, smartcarb-friendly and glycemicindex-friendly.

The selections are good choices for anyone on almost any diet. Recipes are suitable for the kosher kitchen, with lots of dairy-free and vegetarian options that the whole family will enjoy. Here are samples of the more than 600 delicious recipes: Tabbouleh (Middle East) Chimichurri chicken (Argentina) Oriental chicken and pasta salad (Japanese influence) Spanakopita (Greek) Winter vegetable latkes Lemon berry mousse. With its easy-to-follow instructions and readily available ingredients, this new cookbook brings great taste and good health to every table.

作者介绍:

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