

Jeanne Jones' Homestyle Cooking Made Healthy



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出版者:Rodale Press

出版时间:

装帧:Hardcover

isbn:9780875964669

Dietary denial is not part of the American dream! And now, thanks to internationally renowned food writer Jeanne Jones, Americans can have their cake and eat it too-- Devil s Food Cake with Fudge Frosting, that is. It s just one of more than 200 beloved comfort foods-- from Deviled Eggs and Barbecued Beef Sandwiches to Creamy Potato Salad, Stuffed Pork Chops, and Cinnamon Sour Cream Coffee Cake-- all "made over" to be significantly lower in calories, fat, and sodium without sacrificing any of the taste! Each recipe is carefully explained with numbered steps, so there s never the possibility of losing your place mid-dish, and each one includes an at-a-glance calorie and fat savings chart as well as a complete listing of the specific nutrients-- plus lots of serving ideas, recipe variations, storage tips, and cooking hints. Sprinkled throughout you ll also find charming American recipe lore, fascinating behind-the-scenes stories of how the most popular recipes were created. And in addition to her expertly-planned party menus, there s an extensive chapter of 33 amazing dessert recipes that includes Apple Crisp, Boston Cream Pie, and Strawberry Shortcake.

作者介绍:

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