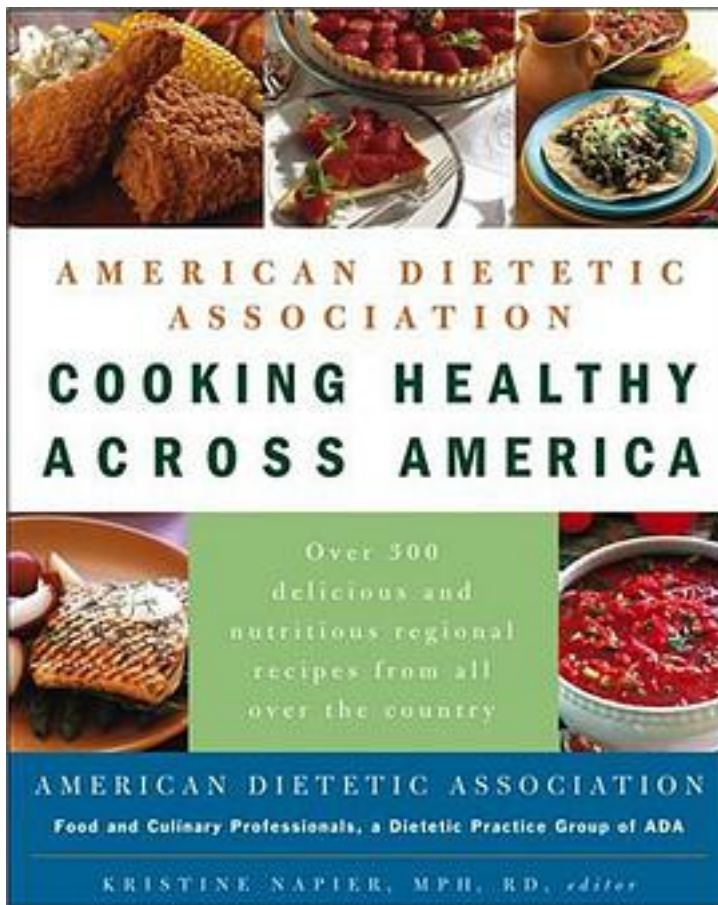


Cooking Healthy Across America



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'A taste of culinary history that celebrates the delicious melting pot of American cooking while leaving the guilt behind' -Jill Cordes host of "The Best Of on the Food Network". 'This book shows how easy it is to prepare and enjoy the wonderful variety of ingredients and recipes that make American cuisine unique, flavorful, and healthful'

- Roberta L. Duyff, MS, RD, FADA, CFCS author of "American Dietetic Association Complete Food and Nutrition Guide". 'A wonderful edible survey of American regional classics that blends authenticity with good nutrition. This is an important book' - Graham Kerr author of "Charting a Course to Wellness" and "My Personal Path to Wellness". Set the table for good nutrition-and savor the regional flavors of delicious American food. "American Dietetic Association Cooking Healthy Across America" presents over 300 healthful, mouthwatering recipes that draw on the flavors and traditions of various cuisines around the country. You'll find stories from the kitchens of ADA's culinary professionals - their special family recipes, cooking secrets, and innovative food prep tips and insights - showing you just how easy it is to prepare healthy versions of these American favorites: Philly Cheesesteak; Bread Pudding with Bourbon Sauce; Maryland Crab Cakes; Tropical Breeze Smoothie; Gazpacho; West Texas Chipotle Chicken Salad; Smoky Holler Fried Chicken; Southwest Black Bean Dip; Baked Halibut Bristol Bay; Lemon Ice Box Pie; Cajun Jambalaya; Stovetop Glazed Ham; Vineyard Stuffed Quahogs; Mom's Baked Beans; Triple Chocolate Cake; and, much more.

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