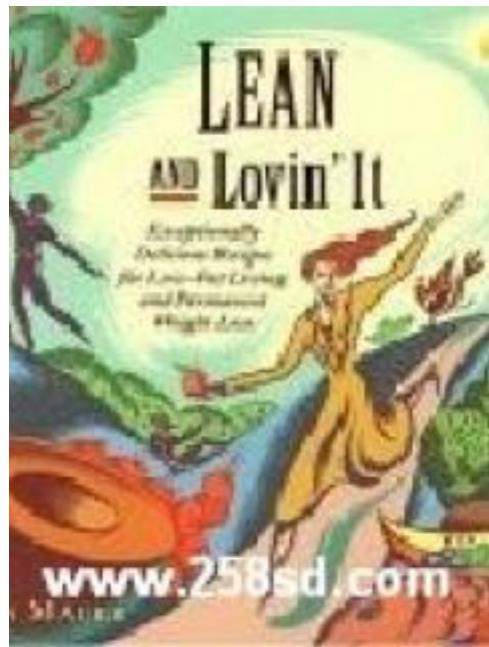


Lean and Lovin' It



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著者: Mauer, Don

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Amazon.com Don Mauer lost 113 pounds and still enjoys good food. His dedication to being lean and loving it comes through loud and clear in this passionate book. He's spent lots of time creating ways to deliver flavor and variety in a repertoire ranging from Tangy Spaghetti a la Matriciana and Herb-Infused Family Salad Dressing to Sensational Cream Cheese Brownies. For all the pleasure they deliver, Mauer's recipes are also remarkably efficient. His enthusiasm for Butter Buds, a frankly fake food, is the only off-note in this wonderful collection of recipes from a cook who can help you lose weight and keep it off. --This text refers to an out of print or unavailable edition of this title. From Publishers Weekly After losing more than 100 pounds and resolving not to gain them back, the author, already a dedicated home cook, embarked on a plan to fashion tasty low-fat versions of his favorite recipes. The fruits of

his experiments, most containing no more than 20% fat, have led to a syndicated column and local TV shows and are gathered in this useful, comprehensive collection. General recommendations include using low- or nonfat versions of dairy and dairy-based products, a stingy hand with oils (one tablespoon of olive oil in Spicy Shrimp Creole for four; one and one-half teaspoons of canola oil for preparing Blueberry French Toast) and a reliance on fresh, flavorful ingredients. Some readers may balk at using nonfat butter flavoring, e.g., Butter Buds, but even with the addition of a little real butter, many of the dishes would remain low in fat. Recipes are aimed to satisfy entire families (Macaroni and Cheddar Cheese, made with skim milk and reduced-fat cheese; meaty pasta sauces, calling for 95% lean beef; and plenty of dessert dishes, including carrot cake, brownies and oatmeal cookies). There are easy methods for making breakfast or Italian sausage (with ground pork tenderloin), a generous and versatile array of reduced-fat salad dressings, meat marinades, gravies and sauces and plausible new ways with old favorites (e.g., Green Bean Casserole made with nonfat milk, Swiss cheese and sour cream and corn flakes). Mauer reduces the fat and remains faithful to full satisfaction. Copyright 1996 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title. See all Editorial Reviews

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