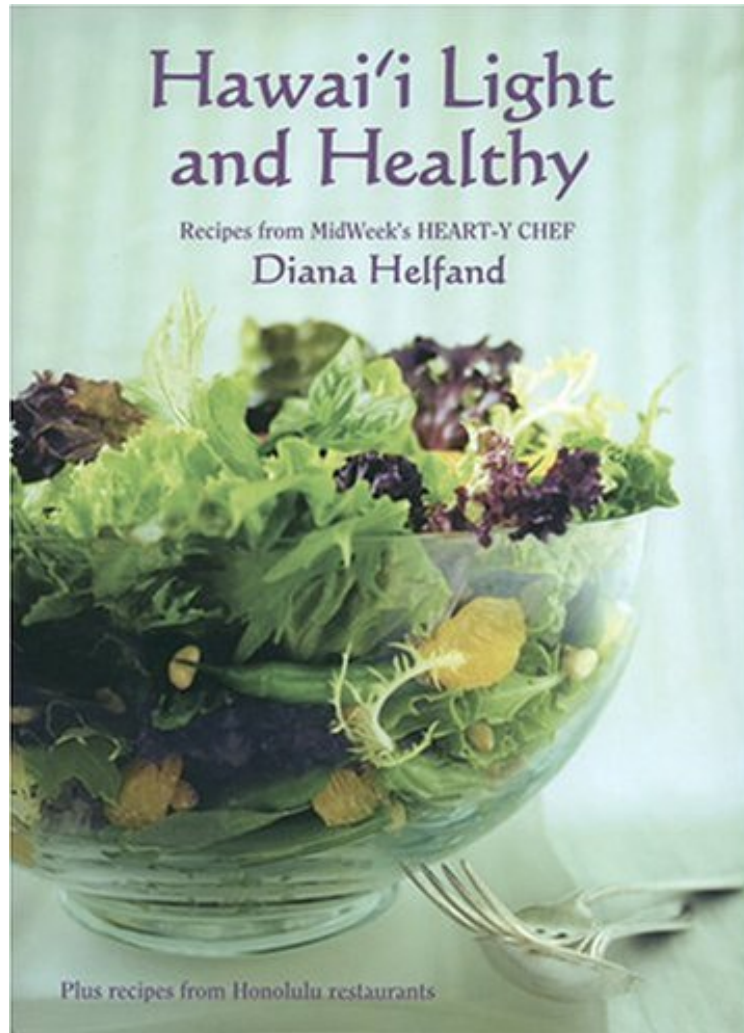


(Ebook pdf) Hawai'i Light and Healthy: Recipes from Midweek's Heart-Y Chef

Hawai'i Light and Healthy: Recipes from Midweek's Heart-Y Chef

Diana Helfand

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Diana Helfand : Hawai'i Light and Healthy: Recipes from Midweek's Heart-Y Chef before purchasing it in order to gage whether or not it would be worth my time, and all praised Hawai'i Light and Healthy: Recipes from Midweek's Heart-Y Chef:

2 of 2 people found the following review helpful. THE BEST LOW FAT COOKBOOK I HAVE EVER READ!!!!!!!By HEALTHY BOOKWORMHow many low fat cookbooks have you read? I've read at least 100 and I'll tell you this: You Must Buy This Book! The author is so down to earth-- there's no nonsense, no gimmicks, no fuss-- just straightforward valuable information, including nutrition information, that's needed for you and for your entire family. This book could literally save your life-- How many people do you know who are trying to lose weight? How many people do you know who have been on those awful fad diets? This book has an entirely different approach

because its underlying message is to change your lifestyle; it's practical because the recipes are eeeeeasssy and they're TASTY! I've tried out about 15 of them so far and everyone loves them. The recipes are easy and quick and so simple that your kids could make them. My friend, who's a single mother, bought this book and she has three kids. Her youngest is nine and she's been teaching them all to cook. Her nine year old has already made two recipes and he's thrilled because he was able to make dinner for the entire family. Let me share with you my favorite recipe so far: Wait! I can't, because I have too many favorites. Well, here are some delicious hits with family and company: Ono Caramel Pecan Apples, Turkey Shepherd's Pie (mmm mmm mmm), Candied Acorn Squash, Garlic Smashed Potatoes, Shrimp and Rotini in Wine Sauce, Chocolate Surprise Cupcakes, Fall Pumpkin Date Muffins, Poppy Seed Biscuits, Hawaiian Party Fruit Salad, Soda Pop Chicken, Sesame Walnut String Beans, Seafood Linguini Alfredo, Tangy Lemon Sorbet-- there are too many good ones to choose from. Also, there are deeeelicious recipes from ten of Honolulu's favorite restaurants; I've made two so far-- An exotic Lilikoi Cheesecake, and the most scrumptious Blue Crab Cakes I have ever tasted. I have to say folks that I'm a tough audience and I rate this book a 10/10 because the recipes are easy to prepare, the nutrition information is soooo helpful and informative, the color pictures are beautiful, the binding lays flat so you can keep your place while following the recipe, and just look at the price! How can you beat that? Buy one for yourself and I promise you that you'll come back to .com and buy another for your best friend!

0 of 0 people found the following review helpful. An ideal addition to any personal cookbook collection

By Midwest Book Review
Diana Helfand has taught nutrition in the Food Service and Hospitality Education Program at Kapi-olani Community College and hosted the "Heart-y Chef" cooking show on KHON for five years. Her column "Heart-y Cooking" was a regular feature in the Honolulu Star-Bulletin for nine years, and she currently writes the weekly "Heart-y Chef" column of "MidWeek". In Hawai'i Light And Healthy, Helfand draws upon her many years of culinary experience and expertise to compile recipes (each of which includes approximate nutrition information per serving) that showcase what an Hawaii perspective has to offer the health conscious and adventurous family kitchen cook. From Chinese Chicken Salad a la Heart-y Chef; Easy Fish Stew; Candied Acorn Squash; and Banana-Chocolate Chip-Macademia Bread; to Maple Fruit Crumble; Grilled Spice Salmon; Veggie Penne with Pine Nuts; and Stuffed Zucchini Boats, Hawai'i Light And Healthy is an ideal addition to any personal cookbook collection and features a spiral binding allowing the book to lay flat upon the kitchen counter while in use.

1 of 1 people found the following review helpful. Fabulous Cookbook With Delicious Recipes!

By Randi Lynn
This book has enlightened me. I never knew how easy it could be to eat AND prepare delicious, healthy foods. The recipes are easy to follow, the book has great information on the foods as well as the nutrition information. This is all very useful to me, especially being a college student. The cooking is very easy for me, even with the limited space in my small apartment. I wish my parents had sent this to me my freshman year. Then maybe I would not have gained the "freshman 15." Now I will lose that weight using this great book!

MidWeek's popular "Heart-y Chef" columnist presents recipes for delicious, satisfying, easy-to-prepare "comfort foods" that are low in fat and calories. This collection of readers' favorites includes information about ingredients, preparation methods, and nutrition per serving, as well as tips for incorporating sensible eating into busy lives. As a bonus, it includes tempting recipes and photographs from ten of Honolulu's favorite restaurants.

About the Author
Diana Helfand is a lecturer at the University of Hawai'i-West O'ahu and Windward Community College. She has taught nutrition in the Food Service and Hospitality Education Program at Kapi'olani Community College and to many of Hawai'i's leading chefs. She hosted the "Heart-y Chef" cooking show on KHON for five years, and her column "Heart-y Cooking" appeared in the Honolulu Star-Bulletin for nine years. She currently writes the weekly "Heart-y Chef" column for MidWeek.