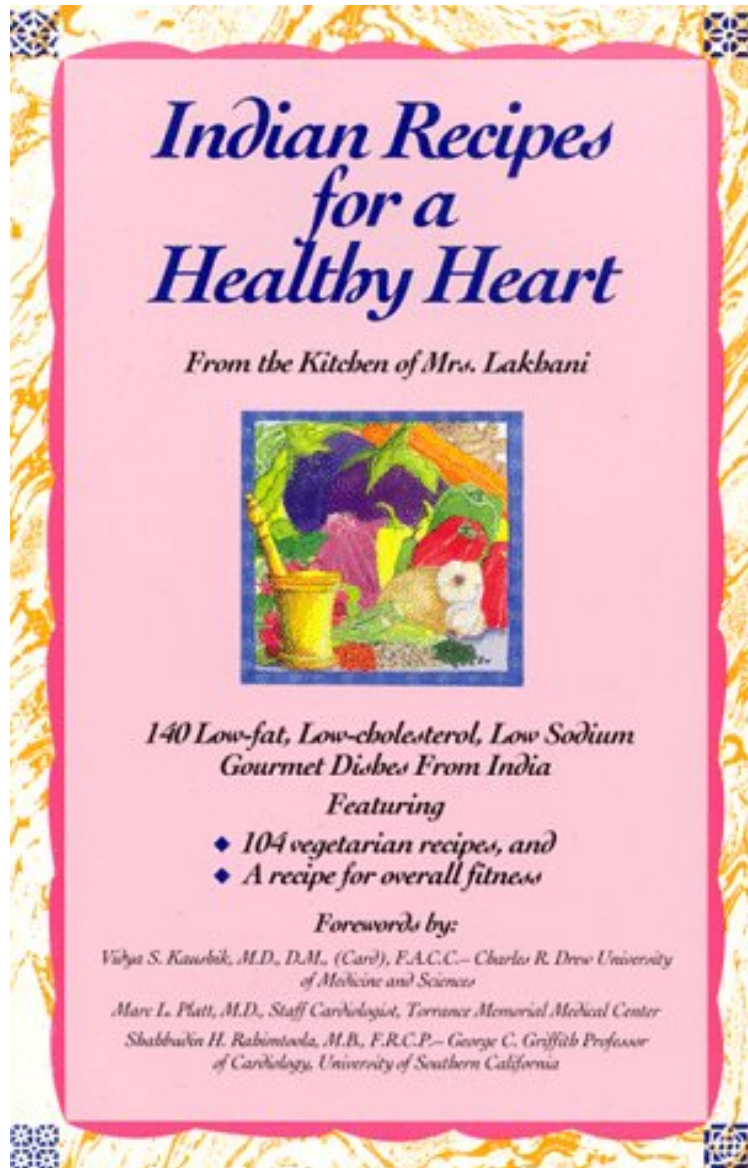


## Indian Recipes for a Healthy Heart: Low-Fat, Low-Cholesterol, Low-Sodium Gourmet Dishes

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From Fahil Pub. Co. : Indian Recipes for a Healthy Heart: Low-Fat, Low-Cholesterol, Low-Sodium Gourmet Dishes before purchasing it in order to gage whether or not it would be worth my time, and all praised Indian Recipes for a Healthy Heart: Low-Fat, Low-Cholesterol, Low-Sodium Gourmet Dishes:

0 of 0 people found the following review helpful. Healthy but not so tastyBy Cynthia Heise SwartzMy son bought this for me so I could make an authentic but healthy Indian flavored dinner. He was so disappointed he didn't want the left overs. I made the turkey kebabs and then followed the second recipe to give them a curry sauce. I liked the mildly flavored dinner but my son was disappointed it didn't taste more flavorful. He likes a lot of spice so perhaps if I had doubled all the spices it would have pleased him more. I'll probably reach for a different cookbook next time he asks me to cook dinner.0 of 0 people found the following review helpful. HEALTHY INDIAN FOODBy rick daleI had this cookbook many years ago, and had lost it. Love Indian food, but it's usually not as healthy as I like, and many recipes require a whole separate pantry of ingredients, often hard to find. These recipes are simpler and much healthier than traditional ones, and come out tasting really good, though not as rich and unctuous as traditional. Happy to find this and put it to use again.0 of 0 people found the following review helpful. OK but not enough variety of recipes.By Life is good!Many of the recipes seemed to be variations of one recipe. I would have preferred a more varied number of recipes.

Indian Recipes for a Healthy Heart destroys the myth that a healthful diet is synonymous with deprivation. This unique book, in the context of Indian cuisine, contains modified recipes for well-known Indian (and some non-Indian) dishes with their authentic gourmet tastes and flavors intact, yet worthy of inclusion in a healthful diet. Endorsed by health professionals, it offers lovers of good food a whole new repertoire of healthful dishes, and to Indians, a way of meeting dietary guidelines without giving up their favorite cuisine. The book is packed with a wealth of useful and easy-to-understand information in addition to the 140 easy-to-cook recipes with step-by-step instructions which even a beginner to cooking can follow. Illustrated with line drawings, nutrition analysis tables, and indexed for quick reference, it is essential reading for anyone who cares about healthy eating or just good food

"BEST COOKBOOK OF THE YEAR" -- N.A.B.E. Award"Indian Cookbook Shows Ways To Add Years, Spice To Your Life." -- Headline, LAS CRUCES BULLETIN....a feast, an opportunity to indulge in wonderful-tasting food without pangs of guilt. -- Barbara Hansen, LOS ANGELES TIMES...a treasure trove... -- Sally Estes, BOOKLISTAh, Indian food. Delicious vegetarian dishes, exotic spices...thick pools of oil. Fatima Lakhani comes to the rescue with more than 140 low-fat recipes that don't sacrifice any of the taste of traditional Indian cooking. -- NUTRITION ACTION HEALTH LETTER Published by Center for Science in the Public InterestINDIAN FOOD - an ancient system of cooking that is absolutely PERFECT - beautiful, fragrant spices enhancing wonderful vegetables, legumes, fruit, yoghurt - etc. etc. Suddenly, figuring out how to make nutritious meals is not perplexing anymore....Congratulations on your wonderful accomplishments. I hope you'll write even more books! I'll be the first in line to buy them. - A non-Indian reader Spice up your menu....Indian cuisine is based on the ancient medical science, Ayurveda, which teaches that a healthy diet is essential for disease prevention. Lakhani takes the best of healthful Indian cuisine and makes it even better... -- DELICIOUS! MagazineThe book is a masterpiece... -- L.A. INDIAThose who think heart-healthy diets must be bland, meager, and dull should make their way to this book post-haste....Only the French can compete when it comes to making vegetables delicious, only here India has the health advantage. -- Susan Waggoner, SMALL PRESS MAGAZINEWhat makes this book so unique and practical is that each recipe is followed by a nutrient analysis table....Such information is practically nonexistent for Indian recipes. -- Francis Assisi, INDIA WESTAbout the AuthorFatima Lakhani is a well-known culinary artist who teaches the art of healthy Indian cooking in the United States, Canada and England. Her recipes have been reprinted in newspapers and magazines throughout the world. Mrs. Lakhani's culinary expertise and her extensive knowledge of nutrition have made her a sought after speaker and lecturer. Mrs. Lakhani's interest in healthy cooking began as a child growing up in Kenya. Her mother, a firm believer in the healing powers of good nutrition, consistently stressed the importance of a balanced diet. In 1991, Mrs Lakhani chaired the Culinary Arts Committee of the Los Angeles "Eye of India" Festival, sponsored by the Palos Verdes Arts Center, of which she was a prominent culinary arts instructor. Mrs. Lakhani is a graduate of the prestigious St. Gordricks School in Hampstead, England. Her education at St. Gordricks included session in France and Switzerland. Mrs. Lakhani's extensive travels and long stay in Europe turned her into a truly international cook.