

[Mobile book] Light And Hearty: From Pad Thai to Cassoulet, Healthy Home-Style Recipes from Around the World

Light And Hearty: From Pad Thai to Cassoulet, Healthy Home-Style Recipes from Around the World

Jeanne Jones

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Jeanne Jones : Light And Hearty: From Pad Thai to Cassoulet, Healthy Home-Style Recipes from Around the World before purchasing it in order to gauge whether or not it would be worth my time, and all praised Light And Hearty: From Pad Thai to Cassoulet, Healthy Home-Style Recipes from Around the World:

Beautiful full-color photographs and quick and easy recipes bring to life the tasty international specialties--all of them low in fat and cholesterol and high in fiber. This is the ideal source book for cooks who want to eat smart but also want to eat well. Full-color photographs.

From Publishers Weekly Jones (Cook It Light), doyenne of diet advice and syndicated columnist, now offers a slim cookbook capitalizing on several food trends, fusing culinary techniques and ethnic ingredients from around the world into "light and hearty" dishes. Given her expertise in writing recipes for newspaper readers, directions are succinct and clear for the recipes, many gathered from foreign cooks and professional chefs. The author also knows that many Americans crave old standards--e.g., macaroni and cheese. Such staple dishes are given less fattening reincarnations:

macaroni and cheese, for example, made with 2% milk and reduced fat cheese, weighs in at 12 grams of fat per cup, versus 22 grams for the typical recipe made with whole milk and aged cheddar. True to form, Jones chooses basic recipes from ethnic cuisines, such as hummus from the Middle East, oven-roasted potatoes from Tuscany and hot German potato salad. Hence, adventurous dishes, such as Thai baked squid complete with directions on how to eviscerate the creature ("Remove the ink sac and the eyes from the head and discard"), seem a bit out of place among the simpler preparations. Apart from the occasional exotic repast, home cooks seeking low-fat recipes enlivened with a bit of exoticism will find safe bets for dependable dinners among the 120 recipes featured. Copyright 1994 Reed Business Information, Inc. From Booklist

The word light in all its variant spellings needs to be banished from food writers'--and manufacturers'--dictionaries. Yet, how else do cookbook authors communicate the fact that their recipes are reduced in fat, calories, and cholesterol? In her latest "light" book, newspaper columnist Jones offers her most creative recipes ever. Not only does she revise traditional dishes to reflect better-for-you eating, but she also invents new fusion tastes, a word that has replaced nouvelle cuisine in chef vocabularies, indicating a blend of different cuisines. Nutritional data and color photos guide reader-cooks to a wealth of choices. Barbara Jacobs

From the Inside Flap Beautiful full-color photographs and quick and easy recipes bring to life the tasty international specialties--all of them low in fat and cholesterol and high in fiber. This is the ideal source book for cooks who want to eat smart but also want to eat well. Full-color photographs.