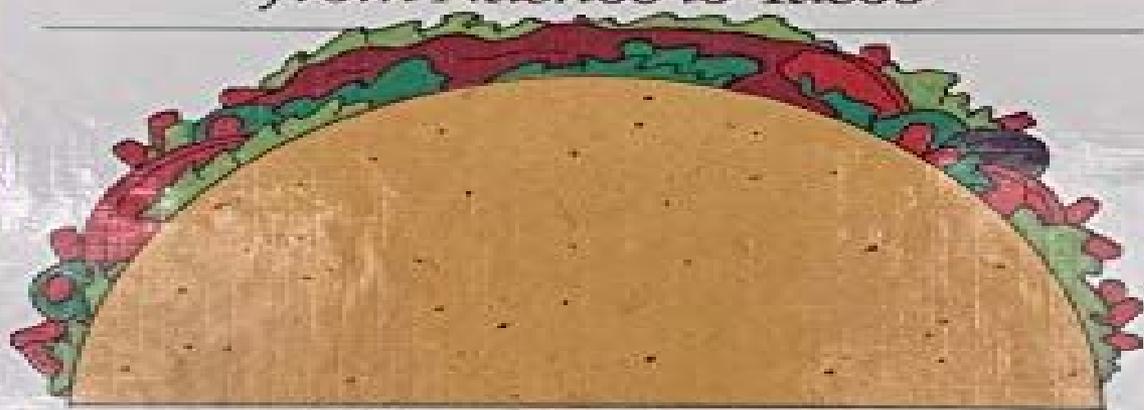


MEXICAN LIGHT COOKING.

*Easy, Healthy, Low-Calorie Recipes
from Nachos to Tacos*



KATHI LONG

Mexican Light Cooking

Susan Curtis



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Mexican Light Cooking Kathi Long, 1992 One of a new series of cookbooks targeted to people who enjoy new forms of culinary expression but who shun esoteric ingredients and complicated cooking instructions Mexican Light combines the appeal of healthy eating with stimulating taste sensations in 150 recipes for everything from mushroom quesadillas to Mexican chicken soup with tortilla strips and lime

Light Cooking, 1994 A collection of Mexican recipes without the high fat calorie and cholesterol counts associated with traditional Mexican cooking

Mexican Light Martha R. Shulman, 2000-01-05 Cilantro and chiles mole and salsa succulent sweet shrimp and red snapper zesty tacos nachos and quesadillas no cuisine in the world is more fun than that of Mexico In Mexican Light first published in hardcover in 1996 Martha Rose Shulman takes the fat out of America's favorite good time food creating mouthwatering and healthy adaptations of Mexican classics Mexican Light lets you eat all the irresistible foods from south of the border without any of the guilt Savor creamy Chipotle Dip luscious Refried Black Beans with Plantain Pancakes delicious Soft Tacos with Chicken Corn and Avocado smoky Pan Cooked Salmon Fillets with Tomatillo Salsa and homey Green Hominy Stew with Chicken Desserts include delectable fruits and ices and traditional Mexican rice pudding and flan adapted for lower fat content Even snacks are healthier versions of our favorite indulgences crisp nachos and toppings soft tacos green enchiladas and fabulous quesadillas with wild mushrooms and smoked jalapenos Each recipe is accompanied by a complete nutritional breakdown including calories sodium and fat Mexican Light captures the essence of one of the world's greatest cuisines in healthful versions so good you'll never miss the fat Cilantro and chiles mole and salsa succulent sweet shrimp and red snapper zesty tacos nachos and quesadillas no cuisine in the world is more fun than that of Mexico

Mexican Light/Cocina mexicana ligera Kris Rudolph, 2006 Did you know that Pre-Columbian Mexican cuisine was low in fat and high in fiber and vitamins The book opens with a short introduction outlining the history of Mexican cooking followed by an overview of healthy eating habits a description of the most common ingredients and a useful guide to planning for parties

Cooking Light Way to Cook Vegetarian The Editors of Cooking Light, 2016-07-15 Cooking Light Way to Cook Vegetarian is a celebration of all the plant world has to offer from colorful fruits and vegetables bursting with nutrients to hearty grains and protein-packed beans and tofu Even if you only occasionally go meat free this book has plenty to offer It's filled with more than 700 images showing you exactly how to prepare over 150 delicious dishes as well as hundreds of cooking tips and nutrition information about the joys and flavors of vegetarian cuisine Vegetarian cuisine offers a healthy way of eating that can certainly meet all of your nutritional needs the key is to eat a variety of foods so your nutrient bases are covered Inside Cooking Light shares healthy eating principles for a well-rounded vegetarian diet It also offers a world of flavor Cultures around the globe have long been preparing delicious vegetarian meals and you'll find a sampling of those international flavors in this book from Egyptian koshari and Turkish carrots and lentils to Japanese tempura tofu and vegetables and Malaysian style noodles This book is

filled with recipes and techniques to help you prepare and savor meat free meals **Mexican Light** Martha Rose Shulman,1996 America s favorite low fat gourmet cook and author of the bestselling Mediterranean Light now turns her magical hand to lighten America s favorite ethnic cuisine Shulman s restorative soups make a meal in themselves and her zesty salads are full of the fresh sparkling tastes of Mexican fruits and vegetables *Cooking Light Volume 1 (Complete Boxed Set): With Light Cooking, Freezer Recipes, Smoothies and Juicing* Speedy Publishing,2019-11-22 The Cooking Light Volume 1 Boxed Set contains three 3 titles all geared towards helping the reader live a healthy and productive life Upon reading this Boxed Set the reader will become an expert at preparing quick and easy yet healthy and tasty meals for him herself friends or family This Boxed Set includes information on preparing seafood and poultry freezer recipes vegetarian freezer meal recipes thawing freezer meals safely the green juice diet tips for dieting success tasty green juice recipes smoothie recipes for detox smoothie recipes for vitality and health and many more **Light Cooking** LTD Publications International Staff,1994 Satisfy your taste buds while eating smart with Light Cooking From appetizers and soups to entrees and desserts each mouth watering serving contains no more than 300 calories and 10 grams of fat This extensive collection has delectable ideas for weekday meals and entertaining With over 1100 quick to fix recipes featuring your favorite brand name foods you ll discover how to cook light and eat right every day of the week **Light & Easy Mexican Cooking** Jaimee Raquel Partida,2025-01-21 Make Exciting Flavorful Recipes Without Cheating on Your Diet If you love classic Mexican dishes like tacos and quesadillas but your waistline doesn t these protein packed low calorie recipes are perfect for you With all the flavor but fewer carbs and saturated fats each recipe is perfectly balanced with nutritious ingredients so you can enjoy your favorite dishes guilt free Health and wellness coach Jaimee Raquel Partida has taken her childhood favorites to the next level proving that nutrient dense meals don t have to be bland or boring Tacos de Huevo Breakfast Tacos will make the most important meal of the day both delicious and full of protein Pollo y Nopales en Salsa Roja Chicken and Nopales in Red Sauce is perfect for meal prep so you don t have to worry about missing your macros and Protein Fresas con Crema Strawberries and Cream ensure that you serve your sweet tooth without overloading on sugar With more than 60 standout recipes you ll be able to enjoy healthy Mexican dishes for every meal **Low-Fat Mexican Cook Book** Sunset Books,1994 Savor the bright fresh flavors of Mexico with this collection of more than 150 light and delicious recipes Enjoy traditional Mexican dishes authentic regional specialties and contemporary favorites many shown in full color photographs A nutritional analysis accompanies every recipe Page 4 of cover **Cooking Light** Oxmoor House,Arts Leisure,1999 [Light Cooking](#) ,1995

Electrical Times ... ,1914 **The Art of Mexican Cooking** Diana Kennedy,2008-04-08 This indispensable cookbook an instant classic when first published in 1989 is now back in print with a brand new introduction from the most celebrated authority on Mexican cooking Diana Kennedy The culmination of more than fifty years of living traveling and cooking in Mexico The Art of Mexican Cooking is the ultimate guide to creating authentic Mexican food in your own kitchen with more

than 200 beloved recipes as well as evocative illustrations The dishes included favorites from all the regions of Mexico range from sophisticated to pure and simple but they all share an intrinsic depth of taste Aficionados will go to great lengths to duplicate the authentic dishes and Kennedy tells them exactly how but here too is a wealth of less complicated recipes for the casual cook in search of the unmistakable flavors of a bold cuisine Kennedy shares the secrets of true Mexican flavor balancing the piquant taste of chiles with a little salt and acid for instance or charring them to round out their flavor broiling tomatoes to bring out their character or adding cumin for a light accent By using Kennedy s kitchen wisdom and advice and carefully selecting produce that is now readily available in most American markets cooks with an appetite for Mexican cuisine and Kennedy devotees old and new can at last serve and enjoy real Mexican food This is the ultimate in Mexican cooking from the world s leading authority Paula Wolfert author of *The Cooking of South West France* [The Santa Fe School of Cooking Cookbook](#) Susan Curtis,2009-09 Includes beautiful recipes for southwestern cuisine *The Guide to Cooking Schools* ,2000 **2666** Roberto Bolaño,2008-11-11 An American sportswriter an elusive German novelist and a teenage student interact in an urban community on the U S Mexico border where hundreds of young factory workers have disappeared [Cooking Light Cookbook 1992](#) Cooking Light,1991 The latest scientific evidence for living well tips for lowering calories Over 400 recipes analyzed for calories and essential nutrients Menus for the light revolution in American cuisine **The Guide to Cooking Schools** Dorlene V. Kaplan,1999-10 The only comprehensive resource to culinary education worldwide Contains detailed descriptions of more than 1000 career and recreational programs in the U S and other countries **Treasury of Light Cooking** ,1994

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