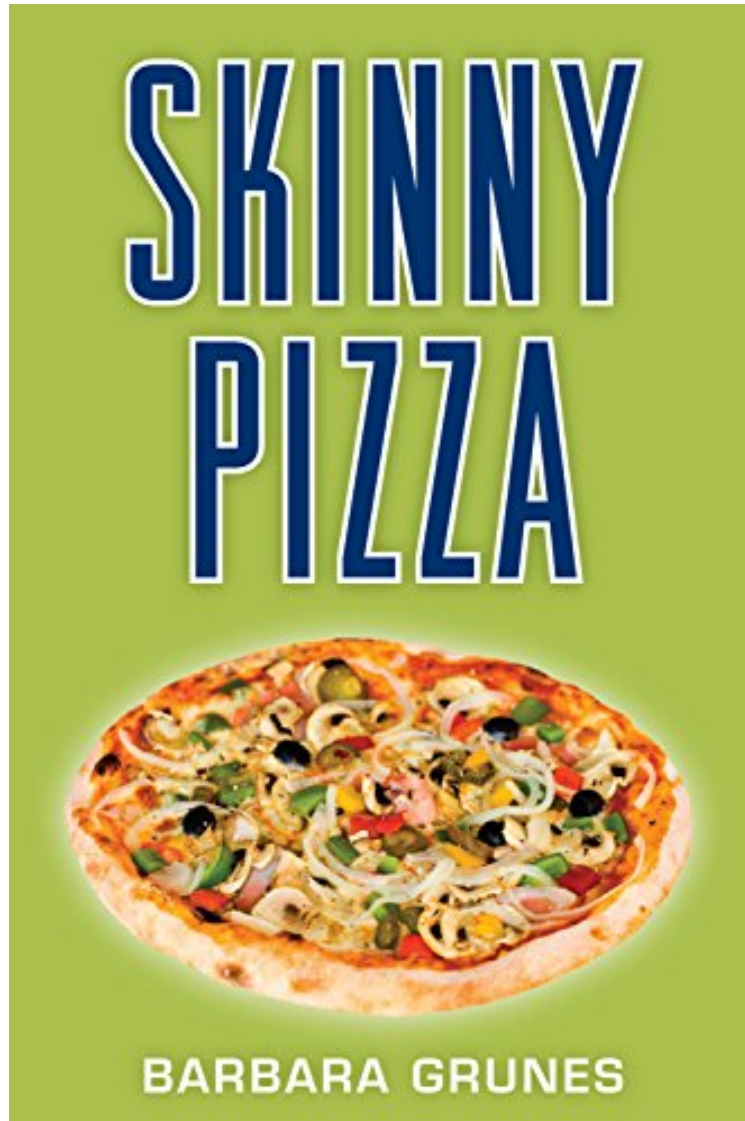


(Read and download) Skinny Pizza: Over 100 healthy recipes for America's favorite food

Skinny Pizza: Over 100 healthy recipes for America's favorite food

Barbara Grunes

*audiobook / *ebooks / Download PDF / ePub / DOC*



 Download

 Read Online

#1504577 in eBooks 2012-07-10 2012-07-10 File Name: B008ET6Z3U | File size: 26.Mb

Barbara Grunes : Skinny Pizza: Over 100 healthy recipes for America's favorite food before purchasing it in order to gage whether or not it would be worth my time, and all praised Skinny Pizza: Over 100 healthy recipes for America's favorite food:

12 of 12 people found the following review helpful. Looks like good pizzaBy Veronica Sagan, MDThis is a nice little cookbook. I thought the book would be kind of, well, *skinny,* but there are a *lot* of pizza recipes in here. Many traditional Italian ones, including a nice recipe for a red sauce, as well as many recipes for white pizzas (no red sauce) and lots of non-traditional recipes like Thai Pizza and Mango Salsa Pizza. (That one looks *really* good. Yum!)There are several hyper-linked indexes (Main, Red Pizza, White Pizza, Grilled Pizza,) which makes navigating around the

ebook much easier. Good cookbook. V.4 of 4 people found the following review helpful. Who knew Pizza could be this good! (and good for you!)By Kindle Customer This pizza cookbook is jammed with loads of new recipes to make your favorite dish not only tasty, but healthy as well! Packed with hints, and some great recipes for different varieties of crusts and sauces. It also includes sections on grilled pizzas, dessert pizzas, specialty pizzas and party pizzas. The comprehensive guide to making every kind of pizza in a more healthy and delicious way. Great! 0 of 0 people found the following review helpful. Not the usual pizza recipes!By MarieM This book is well worth purchasing if you enjoy pizza and/or if you are health conscious. The book provides many unusual recipes and more importantly, full nutritional value for each. The recipes are clean eating and innovative. I highly recommend this book for all who are interested in diversifying their meal choices while eating in a healthy manner.

Pizza is America's national fun food. And now--thanks to Barbara Grunes' innovative recipes--pizza qualifies as America's national good-health food, too. These 100-plus recipes trim away the excess fat, cholesterol, and calories that usually come with pizza, so families can enjoy all the great tastes without sacrificing good nutrition. Starting with easy-to-make (and store) recipes for basic crusts and sauces, *Skinny Pizzas* shows you how easy it is to top pizzas with fresh, low-fat, high-fiber vegetables, dairy products, fruits, poultry, meat, and fish--everything from zucchini and pears to smoked salmon. From hearty one-dish meals to pizza snacks, appetizers, party dishes, and even desserts--all slimmed down for today's healthful lifestyle--home cooks can feel good about serving pizza any time and for any occasion.

- Tomato-based pizzas: Shrimp, mushroom, chicken, spinach, tuna, peppers, artichoke, eggplant, and more.
- Non-tomato-based pizzas: Teriyaki, salmon, bok choy, goat's cheese, clam, turkey, stir-fry, zucchini, and more.
- Pizza on the grill: Fajita, vegetarian, Thai-flavored, salsa, olive, ratatouille, mango, barbecue, and more.
- Specialty pizzas: Creole, Szechwan, smoked turkey, scallop, focaccia, crab cake, nacho, English muffin, and more.
- Dessert pizzas: Apple, mint brownie, cheesecake, strawberry yogurt, rum-raisin, and more.

All recipes include diabetic exchanges and nutritional specifics on fat, cholesterol, sodium, calories, and percent of calories from fat. Recipes conform to the American Heart Association guidelines regarding the percent daily intake of calories from fat.