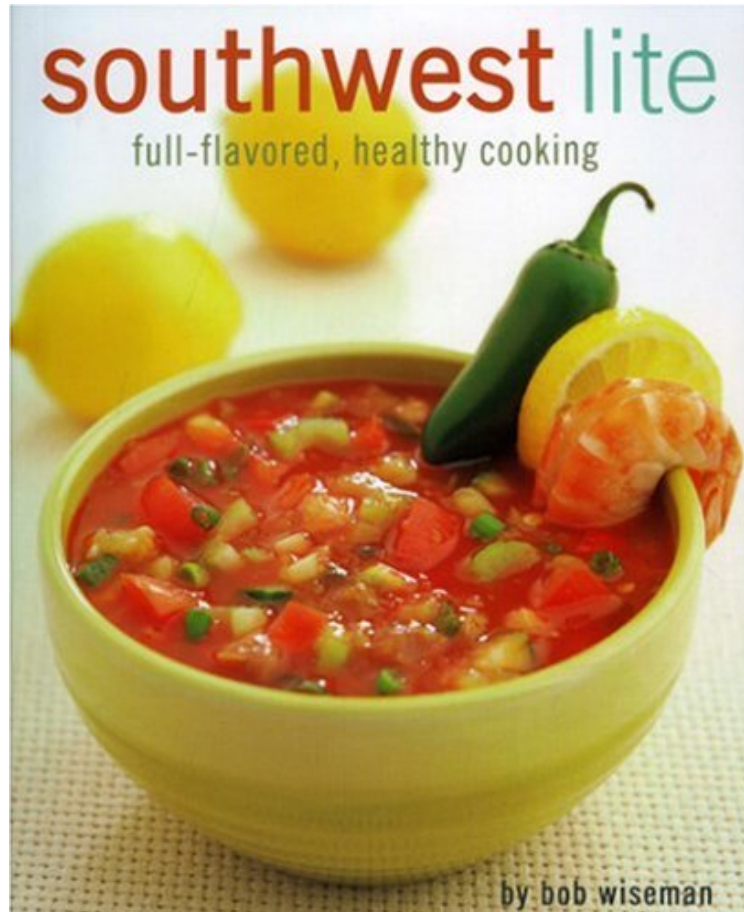


Southwest Lite: Full-Flavored, Healthy Cooking

Bob Wiseman

ebooks | Download PDF | *ePub | DOC | audiobook



DOWNLOAD



READ ONLINE

#4076754 in Books Cooper Square Publishing Llc 2005-03-20Original language:EnglishPDF # 1 9.51 x .43 x 7.531, 1.09 #File Name: 0873588789128 pages | File size: 77.Mb

Bob Wiseman : Southwest Lite: Full-Flavored, Healthy Cooking before purchasing it in order to gage whether or not it would be worth my time, and all praised Southwest Lite: Full-Flavored, Healthy Cooking:

3 of 4 people found the following review helpful. Showcases fabulous dishes that are heart healthy, weight issues friendly, and absolutely palate pleasingBy Midwest Book ReviewSouthwest Lite; Full-flavored, Healthy Cooking by American Southwest culinary expert Bob Wiseman showcases fabulous dishes that are heart healthy, weight issues friendly, and absolutely palate pleasing. Superbly illustrated with full-color photography, the dishes range from Cisco's Bagel Bites; Curried Tuna Salad; Buttermilk Meatloaf; and Sweet Southwest-Style Pork Chops; to Cajun Shrimp Scampi; Fried Green Tomatoes; Fiesta Jalapeno Cornbread Muffinettes; and Baja-Style Baked Rice Pudding. With each individual recipe laid out in a completely "kitchen cook friendly" and easy to follow format, Southwest Lite is a welcome and enthusiastically recommended addition to any household cookbook collection.3 of 3 people found the following review helpful. Finally a Southwest cookbook that's on the healthy side!By PenniganWhat a surprise to see such a creative Southwest cookbook. The recipes are not only healthy but sparkle with the zesty flavors of "red rock country." I made the soft-cheesy crackers Wiseman calls "Devil's Kisses" and was dazzled with the great flavor and

the zesty touch of chipotle heat, caught me off guard. Indeed a pleasant surprise. As for the photography, what more appealing photos could you ask for. Whomever this fellow Chris Marchetti is he sure knows how to take food shots. This book should be on the shelves and in the kitchens for a long time. I hope Wiseman does another. Pennigan

The lite side of Southwest cooking, including nutritional information