

MEDITERRANEAN LIGHT : DELICIOUS RECIPES FROM THE WORLDS HEALTHIEST CUISINE PDF, EPUB, EBOOK



Martha R Shulman | 432 pages | 01 Jul 2000 | William Morrow & Company | 9780688174675 | English | New York, NY, United States

**Mediterranean Light: Delicious Recipes from the World's Healthiest Cuisine by
Martha Rose Shulman**

Martha Rose Shulman. In updating the art of traditional Mediterranean cooking for today's tastes and life-styles, she has created an appealing alternative to the frustrating, often self-defeating process of dieting. Best of all, the staples of this cuisine - fish, fresh vegetables and fruit, grains,

legumes, pasta, garlic, and olive oil - are the very foods recommended by state-of-the-art research for weight loss, a healthy heart, and protection against cancer.

Was andere dazu sagen - Rezension schreiben. Mediterranean light: delicious recipes from the world's healthiest cuisine Nutzerbericht - Not Available - Book Verdict Shulman's latest is sort of a low-calorie version of Paula Wolfert's books on Mediterranean cuisine. Also can replace meat when making a vegetarian moussaka, lasagna or shepherd's pie! Just season the pilaf the way you'd season the meat in those dishes!

Watch the amount of cayenne you use - I didn't think it was that much, but between the seasoning in the sauce and using some on the fish, the final dish really packed a punch. Still, husband really liked it even though he can be sensitive to hotly-spiced dishes. I thought it was pretty good, but next time I would cook fish even less time since it marinates for enough time to start to "cook" the fish in some citrus.

Pleasant, easy, similar to Mexican style cilantro baked fish fillets I've made before. The recipe directions say to serve cold but I enjoyed it more at just a little above room temperature, soon after cooking. Disappointingly bland as written. While the fish and potatoes were tender after an hour baking, it was devoid of much flavor without adding some finishing olive oil, more salt, and I ended up serving with some pesto on the side. I think the "light" aspects of this recipe were to its detriment and if I were to make it again I would saute the onion first, perhaps with some garlic, and add some more spice.

Or something. As written I would not repeat. This was very good - tastier than I even expected! The yogurt made for a much lighter dressing than the usual heavy tuna salad with mayo, while the beans helped make it satisfying or lunch. I could see making this for a summer picnic or buffet. I liked the use of fresh sage as well. Nice, very very light and fluffy. Tastes good the next day. Putting this on my list of potential good party snacks and appetizers.

Be sure to add enough seasoning. I broiled the garlic along with the eggplant because I have an intolerance for raw garlic and I think that added nicely to the smoky flavor. Using Swiss Chard gave the soup a gently pink color. This soup will be on recipe rotation. Age-old favorites, such as ratatouille and salad nicoise and mouthwatering temptations from Greek Tatziki and Italian antipasti to Tunisian Beet and Potato Salad and Turkish Combread, pepper every page. Each recipe is introduced with an anecdote about its origin and is followed by a complete nutritional breakdown. Dig into the most enjoyable, low-calorie, healthy eating in the world with Mediterranean Light. Automatically add future editions to my Bookshelf. Browse our Cookbooks or Become a Member. There may be minor differences between versions.

Categories: Cooking ahead; Italian; Low fat Ingredients: active dry yeast; whole wheat flour; store-cupboard ingredients 0 show. Categories: Cakes, small; Afternoon tea; Basque; Low fat; Low calorie Ingredients: active dry yeast; clover honey; whole wheat flour; commel; store-cupboard ingredients 0 show. Notes about this book This book does not currently have any notes. Laura on December 17, Pg. Avocet on December 27, My go to recipe for hummus. The cumin makes it great. Can substitute mozzarella. A nice light meal. Reviews about this book This book does not currently have any reviews. Mediterranean cuisine, with its pizza, pasta, bread and toothsome desserts, is endlessly sensuous and soul-satisfying - and it's also the healthiest diet in the world.

In this book, Martha Rose Shulman creates an appealing alternative to the often frustrating process of dieting, with dishes brimming with authentic, traditional flavors but not loaded with fat.

Mediterranean Light: Delicious Recipes From the World's Healthiest Cuisine | Eat Your Books

In updating the art of traditional Mediterranean cooking for today's tastes and life-styles, she has created an appealing alternative to the frustrating, often self-defeating process of dieting. Best of all, the staples of this cuisine - fish, fresh vegetables and fruit, grains, legumes, pasta, garlic, and olive oil - are the very foods recommended by state-of-the-art research for weight loss, a healthy heart, and protection against cancer. Was andere dazu sagen - Rezension schreiben. Mediterranean light: delicious recipes from the world's healthiest cuisine Nutzerbericht - Not Available - Book Verdict Shulman's latest is sort of a low-calorie version of Paula Wolfert's books on Mediterranean cuisine.

Bibliografische Informationen. Best of all, the staples of this cuisine - fish, fresh vegetables and fruit, grains, legumes, pasta, garlic, and olive oil - are the very foods recommended by state-of-the-art research for weight loss, a healthy heart, and protection against cancer. Get A Copy. Hardcover , pages. More Details Original Title. Friend Reviews. To see what your friends thought of this book, please sign up. To ask other readers questions about Mediterranean Light , please sign up. Lists with This Book. This book is not yet featured on Listopia. Add this book to your favorite list ». Community Reviews. Showing Rating details. Sort order. Aug 31, Aprilleigh rated it it was ok. I had high hopes for this book. Mediterranean Light seemed like more of a good thing, to me, but the book itself is rather lackluster. There are no photographs to whet the appetite, which is always helpful with a cookbook.

The recipes themselves are excellent, although some of the obvious basics, like minestrone, are missing. One of the features I liked was the separation of recipes from different parts of the Mediterranean, but she only did this for the chapter on Salads and Starters. This I had high hopes for this book. This is hugely useful if you want to prepare a meal from a specific culture, but only if you do this for the entire book. Another thing that will be useful is the meal plans in Chapter Nine. There are better books out there for Mediterranean Cooking. The attempt to make this one different by focusing on light cooking doesn't actually make it much different than any other book that stays true to the Mediterranean diet. The diet itself is largely healthy and light, and what isn't is typically served in very small portions. This focus is unnecessary. Jul 24, Laurie rated it it was amazing. There are almost no dairy products included, and red meat is super scarce.

There are some fish recipes, and a couple of egg ones. May 14, Mary rated it really liked it. I'll need to pick this up again this summer when more fresh produce is available. Recipes are simple but sound too good to substitute lesser quality ingredients. Will want to try bread recipes next fall.

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Recipes are simple but sound too good to substitute lesser quality ingredients. Will want to try bread recipes next fall. Aug 19, Lauren rated it it was ok Shelves: books-forcooks. The only thing I ever make from this is the chicken couscous. View 1 comment. Oct 24, Heidi rated it liked it Shelves: cookbook , healthy-eating. My initial sense is that many of these recipes are simplified for America, which is good and bad. I like the health angle.

Jan 12, Malia rated it really liked it. Some of the meals are a bit complex to make but amazingly delicious! Add to cart. Sold by juel About this product Product Information The cuisines of the Mediterranean are famous for taking humble ingredients and transforming them into savory masterpieces. Finding inspiration in every region of the Mediterranean basin, from the ever-popular dishes of France, Italy, and Spain to the more exotic fare of North Africa and the Middle East, Martha Rose Shulman offers innovative recipes that use less olive oil and other high-fat ingredients while retaining every drop of sun-drenched flavor.

The results: meatless yet hearty pasta sauces; refreshing salads of beans, grains, and vegetables; sizzling grilled fish dishes; aromatic chicken stews; refreshing fresh fruit desserts; virtually fat-free renditions of ratatouille and hummus; and updated, slimmed-down versions of traditional classics like paella, salade Nicoise, and lasagne. These satisfying recipes will become the cornerstone of a long-lasting commitment to healthful eating. Additional Product Features Edition Description. Show More Show Less. Any Condition Any Condition. See all 11 - All listings for this product.

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Best of all, the staples of this cuisine - fish, fresh vegetables and fruit, grains, legumes, pasta, garlic, and olive oil - are the very foods recommended by state-of-the-art research for weight loss, a healthy heart, and protection against cancer. Get A Copy. Hardcover , pages. More Details Original Title. Friend Reviews. To see what your friends thought of this book, please sign up. To ask other readers questions about Mediterranean Light , please sign up. Lists with This Book. This book is not yet featured on Listopia. Add this book to your favorite list ». Community Reviews. Showing Rating details. Sort order. Aug 31, Aprilleigh rated it it was ok. I had high hopes for this book. Mediterranean Light seemed like more of a good thing, to me, but the book itself is rather lackluster.

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