

Grandmas Food Processor Cookbook Health Learning Series 18

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Grandmas Food Processor Cookbook [EPUB]

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Table of Contents Introduction Types of Multipurpose Food Processors How to Work with a Multipurpose Food Processor Appetizers Pâté de foie à la Crème Quiche au Roquefort Pastry Shell Cheese Wafers Ham and Cheese Snacks Crunchy Garden Vegetable Dip Salmon Savory Soups Gazpacho Soup Vichyssoise Cresson Minestrone Chowder Oriental Spinach Soup Quick Soup Ideas Soup Base for Cream Soups Salads Waldorf Salad Marinated Fresh Vegetables Salad Dressings Basil French Dressing Green Goddess Dressing Main Dishes Old Chintown burger Sweet and Sour Sauce Ham Loaf Quich Main Dish Ideas Pizza Welsh Rarebit Desserts 2 Tone Brownies Sauces Hollandaise Sauce Tomato Sauce Appendix Baking the Pastry Shell Baking Your Pastry – Blind Baking Conclusion Author Bio Publisher Introduction Ever since mankind has been inventing new food making processes like boiling, baking, brewing, stewing, the science of food preparation down the ages has not changed much, even though the world has gone through astonishing technological development. However, many of these food making, and preparing processes have been made easier, with the use of technical machinery. So in grandmother's time, when food was prepared by chopping, slicing, dicing, and mixing and mincing was done by beating up the spices and the herbs in a pestle and mortar, nowadays we have food processors ready at hand.

From soups to desserts, more than 200 simple, versatile recipes are featured in this cookbook which highlights Splenda, the only sweetener approved by the FDA and the Atkins diet. Lay-flat comb binding.

Now diabetics can eat exciting, tantalizing foods, control their weight and their condition, and stay heart-healthy with this collection of 150 quick and delicious recipes for every day and special occasions. Original.

A mother-daughter duo reclaims and redefines soul food by mining the traditions of four generations of black women and creating 80 healthy recipes to help everyone live longer and stronger. NAACP IMAGE AWARD WINNER * "Soul Food Love has preserved our traditions but reinvented how they're prepared. Its focus on health is a godsend."—Viola Davis "This beautifully written compendium is literary history, cookbook, family album, motherwit, daughter-grace, and the gospel truth. I'll be cooking from this book for years to come."—Elizabeth Alexander, poet and professor After bestselling author Alice Randall penned an op-ed in the New York Times titled "Black Women and Fat," chronicling her quest to be "the last fat black woman" in her family, she turned to her daughter, Caroline Randall Williams, for help. Together they overhauled the way they cook and eat, translating recipes and traditions handed down by generations of black women into easy, affordable, and healthful—yet still indulgent—dishes, such as Peanut Chicken Stew, Red Bean and Brown Rice Creole Salad, Fiery Green Beans, and Sinless Sweet Potato Pie. Soul Food Love relates the authors' fascinating family history, which mirrors that of much of black America in the twentieth century, explores the often-fraught relationship African American women have had with food, and forges a powerful new way forward that honors their cultural and culinary heritage.

The creator of the Healthy Exchanges series of cookbooks introduces more than two hundred recipes for delicious, healthful, and easy-to-prepare recipes that are made with a food processor, including Aloha Carrot Cake, Pork-Tenders-and Potato-Bake, Easy French Onion Soup, Dilled Potato Vegetable Bake, and other soups, vegetables, main courses, and desserts. Original.

Offers more than two hundred recipes and includes advice on nutrition, family fitness, handling fussy eaters, and healthy snacking and eating out.

Using more than two hundred taste-tested recipes, the author of the Healthy Exchanges cookbook series explains how to incorporate soy into an everyday high-protein, low-carbohydrate dietary program, introducing a variety of soups, salads, vegetable and side dishes, main courses, desserts, breads, and breakfast items. Original.

Featuring an easy-to-use lay-flat binding, a sequel to A Potful of Recipes offers a wide range of delicious, easy-to-prepare, and nutritious recipes that can be prepared in a slow cooker. Original.

70 delicious recipes that prove that too much cauliflower is never enough. Cauliflower, the world's most versatile and best-loved super vegetable, is all at once a healthy wholefood staple, a culinary fashion statement, and the key ingredient for a cozy, comforting winter dinner at Grandma's house. (Or solo on the sofa, straight out of the pan. No judgement.) The chameleon of the vegetable world, here are seventy recipes to prove Cauli's supreme status. Roasted to golden perfection, barbecued, stir-fried, baked whole or in a pizza crust, and of course, the carb/dodge'r's delight, cauliflower rice. Learn to make amazingly delicious and delectable recipes incorporating cauliflower, such as: Popcorn Hummus Parmesan Dip Crostini Pickles Salad Curry Paella Tacos Scones Muffins Brownies Cheesecake And much more! The real Mr. Worldwide, Cauliflower features in Mediterranean, Middle Eastern, French, Spanish, Italian, Indian and Anglo dishes, all thoroughly represented here via snacks, starters and soups, salads, mains, baked treats, and accompaniments. Bow down. The reign of cauliflower glory is upon us.

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