

## Chapter 1 : Cookbook: 1, Healthy Low-Fat Vegetarian Recipes

*low fat easy to follow vegetarian recipes every recipe already know nutrition information recipe book book is great great recipes great book many of the recipes recipes are easy love to cook great cookbook vegetarian cookbook easy to make wonderful recipes low-fat vegetarian recipe we have made recipes are still.*

Bibliographic record and links to related information available from the Library of Congress catalog. Contents data are machine generated based on pre-publication provided by the publisher. Contents may have variations from the printed book or be incomplete or contain other coding. Table of Contents Chapter 1: Appetizers and Snacks Chapter 2: Stews and Casseroles Chapter 4: Vegetarian Entrees Chapter 5: Roasted and Grilled Dishes Chapter 6: Loaves, Patties, and Sandwiches Chapter 8: Pizza, Calzones and Dinner Pies Chapter 9: Egg and Cheese Dishes Chapter Bean Dishes Chapter Grain Dishes Chapter Low-Carb Recipes Chapter Vegetable Side Dishes Chapter Salads and Dressings Chapter Sauces and Condiments Chapter Many thanks to associate Pat Molden for her willingness to help whenever and wherever needed. A thank you goes to Linda Yoakam for providing the nutritional information that is so necessary for recipe development, as well as its final documentation. To my family and many friends who contribute so much to the world - this cookbook is a gift to nourish you and bring you joy. That translates to somewhere between 5. Many restaurants offer vegetarian fare to meet the demand for meatless meals, and vegetarian restaurants are popping up in every city with the growth rate of alfalfa sprouts! If you are already a vegetarian, this book will provide you with more than 1, delicious low-fat healthy recipes in 17 recipe categories from appetizers to desserts. If you are interested in becoming vegetarian but not quite sure how to approach the transition, this book will serve as a recipe encyclopedia to get you started! There are recipes for every meal occasion, with most being appropriate for casual entertaining as well as family dining. Sweet Potato Hash and Poached Eggs is a delicious brunch or lunch offering. Busy lifestyles afford precious little cooking time, so recipes are designed to get you in and out of the kitchen as quickly as possible. Many recipes are designated as Veg Express, which means that their preparation times do not exceed 45 minutes. For easy identification, Veg Express recipes have this symbol: Please note that the times estimated for any recipes that include a separate prepared food or recipe, such as a dip that includes Pita Chips, do not include the preparation time of the separate food. Eating vegetarian is extremely healthy. Medical research increasingly supports the health benefits of increasing the amounts of fruits, vegetables, grains, beans, breads, cereals, and pasta in our diets and limiting, if not totally eliminating, meat, poultry, fish, dairy foods, and fats. The new My Pyramid nutrition plan from the U. Department of Agriculture suggests eating at least 6 servings of grains, 4 servings of fruits and vegetables, 3 servings of dairy products and 5 ounces of protein sources or their equivalents each day, along with exercise. To achieve optimal nutrition and low-fat percentages, we emphasize the use of fresh versus processed ingredients and use the many excellent fat-free, reduced-fat, and reduced-sodium products currently available. Flavors are fresh, with an integrity further enhanced by herbs and seasonings. New in this edition is the Smart Carbs chapter, for those vegetarians who also are interested in limiting their carbohydrates. But what is a low-carb diet? There is no standard definition. Registered dietitians recommend a minimum of grams of total carbohydrate daily, which is the minimum that is required for normal functioning of the brain and nervous system. Because the long-term effects of following a very low-carbohydrate diet are still unknown, we do not advocate eating fewer than grams of carbohydrate daily. For each of the recipes in this new chapter, you will find a net carbs value in the nutritional analysis. The net carbs value is based on the belief that fiber sources of carbohydrate are not absorbed by the body and therefore are calorie-free, do not affect blood sugars, and do not contribute to weight gain. Since this is the case, carbohydrates from fiber can be subtracted from the total carbohydrate count of a recipe or food. The total carbohydrates minus the fiber carbohydrates leaves the net carbs available for absorption into the body. In accordance with American Heart Association guidelines, very few recipes in this book exceed 30 percent calories from fat, and almost all adhere to the following nutritional criteria: The nutritional analyses are derived with computer software that is highly regarded by nutritionists and dietitians, but they intended as guidelines only. The figures are based on actual laboratory values of ingredients, so

results may vary slightly depending upon the brand or manufacturer of an ingredient that are used. Ingredients noted as "optional," "to taste," or "as garnish" are not included in the nutritional analyses. When alternate choices or amounts of ingredients are given, the ingredient and amount listed first are used for analysis. Similarly, data is based on the first number of servings shown, where a range is given. Nutritional analyses are also based on the reduced-fat cooking methods used; the addition of margarine, oil, or other ingredients to the recipes will invalidate the data. Other factors that can affect the accuracy of nutritional data include variability in sizes, weights, and measures of fruits, vegetables, and other foods. There is also a possible 20 percent error factor in the nutritional labeling of prepared foods. If you have any health problems that require strict dietary requirements, it is important to consult a physician, dietitian, or nutritionist before using recipes in this or any other cookbook. Also, if you are a diabetic or require a diet that restricts calories, fat, or sodium, remember that the nutritional data may be accurate for the recipe as written, but not for the food you cooked due to the variables explained above. Recipes are coded as follows so you can quickly tell if they are vegan, lacto-ovo vegetarian, lacto-vegetarian, or ovo-vegetarian. V vegan -Recipes contain only plant-based food, with no dairy products or eggs. LO lacto-ovo vegetarian -Recipes contain dairy products and eggs. L lacto-vegetarian -Recipes contain dairy products, but no eggs. O ovo-vegetarian -Recipes contain eggs, but no dairy products. Variety abounds in this collection of more than 1, recipes. We hope you enjoy preparing and eating these dishes as much as we enjoyed creating them for you!

**Bead Molasses** - Used mostly in Asian recipes, bead molasses is very dark and thick with an intense flavor. Like other molasses products, it is refined from the concentrated juice of sun-ripened sugar cane. It is readily available in Asian sections of supermarkets; other molasses products can be substituted.

**Butter** - In non-vegan recipes, butter is suggested as an alternate for margarine for its lower trans-fat content and improved flavor.

**Chili Oil** - As the name implies, this oil is hot! The oil is found in the Asian section of supermarkets; store it at room temperature.

**Cream Cheese** - The block-type of reduced-fat and fat-free cream cheese is usually specified in the recipes in this book; the tub-type is much softer in texture and does not always work the same in recipes. If substituting fat-free cream cheese in your favorite recipes for dips, use the block type and add any liquid ingredients gradually, as the cream cheese thins much more quickly than full-fat or reduced-fat cream cheese. Fat-free cream cheese can be used to make cake glaze but not frosting, as it thins with the addition of powdered sugar and cannot be thickened.

**Cooking sprays** - Vegetable and olive oil cooking sprays are used to greatly reduce the amounts of oil or fat needed in recipes.

**Fillo Pastry** - These paper-thin pastry sheets are found in the freezer section of supermarkets or in Mediterranean groceries; store them in the freezer. Before using, thaw the entire package of fillo overnight in the refrigerator, or for several hours at room temperature. After removing fillo from the package, always cover the unused sheets with a damp cloth to keep them soft, as they become dry and brittle very quickly. Unused fillo can be rolled or folded, sealed in plastic wrap, and refrozen.

**Herbs and Spices** - In most recipes, dried or ground forms are called for, but where no such designation is made, fresh or whole items are intended. Fresh herbs may be substituted by using two to three times as much as indicated for the dried or ground version.

**Margarine** - Use an all-vegetable product. Use regular rather than diet margarine, and be sure to shop for one of the new trans-fat free varieties.

**Olive Oil** - As we have kept the use of oil to a minimum, we prefer using virgin olive oil to take advantage of its more intense flavor. Canola oil can be substituted, if desired.

**Pasta, Grains, and Beans** - When a dried and uncooked ingredient is called for, the ingredient will read: Fresh pasta or refrigerated pasta such as ravioli, tortellini, wontons, and some flat noodles do contain eggs and are used in lacto-ovo- and ovo-vegetarian recipes. We suggest roasting several heads at a time to keep extra on hand for your favorite recipes. Roasted garlic can be refrigerated, wrapped in plastic wrap, up to 2 weeks. Purchased chopped roasted garlic can be used for convenience, but the flavor is less robust.

**Sesame Oil** - We have specified Asian sesame oil in recipes, as this dark oil has an intense sesame flavor; it can be purchased in ethnic sections of supermarkets. There is also a light-colored sesame oil that can be found in the vegetable oil section of the supermarket; it can be substituted, but the sesame flavor is extremely subtle. Store at room temperature.

**Shortening** - The manufacturing process of shortening usually creates trans-fats; shop carefully for one of the new trans-fat free brands.

**Tahini Paste** - This flavorful paste is made with ground toasted sesame seeds and is used in Greek hummus and other Mediterranean dishes. Store

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tahini in the refrigerator. Tamari Soy Sauce - This highly flavored soy sauce is naturally brewed and is made without sugar. It is available in regular or low-sodium brands in Asian sections of supermarkets. Other soy sauce products can be substituted. Store in the refrigerator. Tempeh - A nutritious cultured product made from cooked soybeans, tempeh has its origins in Indonesia.

### Chapter 2 : Table of contents for 1, low-fat vegetarian recipes

*This new edition of 1, Low-Fat Vegetarian Recipes is completely revised to reflect current food trends and cooking preferences. The introduction will adhere to American Heart Association guidelines and will include the new FDA nutritional guidelines, with comments on the importance of exercise as.*

### Chapter 3 : 1, Low-Fat Vegetarian Recipes - Sinopsis y Precio | FNAC

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### Chapter 4 : 1, Low-Fat Vegetarian Recipes : Linda R. Yoakam :

*As author of 1, Low-Fat Vegetarian Recipes and 1, Delicious Recipes for People with Diabetes and editor of 1, Low-Fat Recipes and 1, More Low-Fat Recipes, Sue Spitler has gained a national reputation for creating delicious dishes that meet the demands of today's health-conscious lifestyle.*

### Chapter 5 : 1, Low-Fat Vegetarian Recipes, Revised Edition | Eat Your Books

*Sue Spitler's new cookbook, 1, Low-Fat Vegetarian Recipes (Surrey Books, \$) is a virtual vegetarian bible with every kind of recipe imaginable. From the apricot and ginger-flavored Sweet-Spiced Cabbage with Quinoa and the elegant Vegetable Strudel with Wild Mushroom Sauce to the tangy Green Tomato Salsa and humble Lemon Pound Cake.*

### Chapter 6 : Easy Healthy Recipes

*Save money on 1, low-fat vegetarian recipes: great choices for delicious, healthy plant-based meals! We've found the best online deals.*