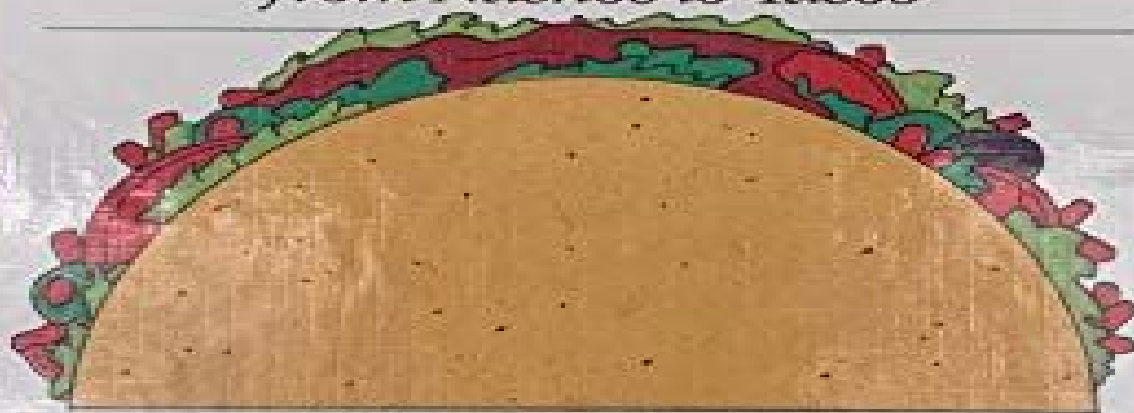


The book cover has a bright yellow background. A decorative border of various Mexican food items surrounds the central text. The items include: a taco, a slice of cheese, a red onion, green beans, a black bean, a corn cob, a tomato, a fish, a garlic bulb, an avocado, a purple onion, a blue pepper, a corn cob, a slice of cheese, a tomato, a bunch of olives, a red pepper, a slice of onion, an avocado, and a taco. The central text is in a large, green, serif font, with the subtitle in a smaller, italicized, black font.

MEXICAN LIGHT COOKING

*Easy, Healthy, Low-Calorie Recipes
from Nachos to Tacos*



KATHI LONG

Mexican Light Cooking

Phyllis Good



Mexican Light Cooking:

Mexican Light Cooking Kathi Long, 1992 One of a new series of cookbooks targeted to people who enjoy new forms of culinary expression but who shun esoteric ingredients and complicated cooking instructions Mexican Light combines the appeal of healthy eating with stimulating taste sensations in 150 recipes for everything from mushroom quesadillas to Mexican chicken soup with tortilla strips and lime

Light Cooking, 1994 A collection of Mexican recipes without the high fat calorie and cholesterol counts associated with traditional Mexican cooking

Light & Easy Mexican Cooking Jaimee Raquel Partida, 2025-01-21 Make Exciting Flavorful Recipes Without Cheating on Your Diet If you love classic Mexican dishes like tacos and quesadillas but your waistline doesn't these protein packed low calorie recipes are perfect for you With all the flavor but fewer carbs and saturated fats each recipe is perfectly balanced with nutritious ingredients so you can enjoy your favorite dishes guilt free Health and wellness coach Jaimee Raquel Partida has taken her childhood favorites to the next level proving that nutrient dense meals don't have to be bland or boring Tacos de Huevo Breakfast Tacos will make the most important meal of the day both delicious and full of protein Pollo y Nopales en Salsa Roja Chicken and Nopales in Red Sauce is perfect for meal prep so you don't have to worry about missing your macros and Protein Fresas con Crema Strawberries and Cream ensure that you serve your sweet tooth without overloading on sugar With more than 60 standout recipes you'll be able to enjoy healthy Mexican dishes for every meal

Mexican Light Martha R. Shulman, 2000-01-05 Cilantro and chiles mole and salsa succulent sweet shrimp and red snapper zesty tacos nachos and quesadillas no cuisine in the world is more fun than that of Mexico In Mexican Light first published in hardcover in 1996 Martha Rose Shulman takes the fat out of America's favorite good time food creating mouthwatering and healthy adaptations of Mexican classics Mexican Light lets you eat all the irresistible foods from south of the border without any of the guilt Savor creamy Chipotle Dip luscious Refried Black Beans with Plantain Pancakes delicious Soft Tacos with Chicken Corn and Avocado smoky Pan Cooked Salmon Fillets with Tomatillo Salsa and homey Green Hominy Stew with Chicken Desserts include delectable fruits and ices and traditional Mexican rice pudding and flan adapted for lower fat content Even snacks are healthier versions of our favorite indulgences crisp nachos and toppings soft tacos green enchiladas and fabulous quesadillas with wild mushrooms and smoked jalapeños Each recipe is accompanied by a complete nutritional breakdown including calories sodium and fat Mexican Light captures the essence of one of the world's greatest cuisines in healthful versions so good you'll never miss the fat Cilantro and chiles mole and salsa succulent sweet shrimp and red snapper zesty tacos nachos and quesadillas no cuisine in the world is more fun than that of Mexico

Mexican Light/Cocina mexicana ligera Kris Rudolph, 2006 Did you know that Pre Columbian Mexican cuisine was low in fat and high in fiber and vitamins The book opens with a short introduction outlining the history of Mexican cooking followed by an overview of healthy eating habits a description of the most common ingredients and a useful guide to planning for parties

Mexican Light Martha Rose Shulman, 1996 America's favorite low fat gourmet cook

and author of the bestselling Mediterranean Light now turns her magical hand to lighten America's favorite ethnic cuisine. Shulman's restorative soups make a meal in themselves and her zesty salads are full of the fresh sparkling tastes of Mexican fruits and vegetables. [Cooking the Mexican Way](#) Rosa Coronado, 2001-08-01 Mexico is a large rich and culturally diverse country. Over the years a combination of ancient native foods combined with European customs to produce the authentic delicious dishes that are associated with Mexico. Discover the beauty and flavor of this country through its traditional meals and ingredients such as corn, peppers, chocolate, and beans. [Light Cooking](#) LTD Publications International Staff, 1994 Satisfy your taste buds while eating smart with Light Cooking. From appetizers and soups to entrees and desserts, each mouthwatering serving contains no more than 300 calories and 10 grams of fat. This extensive collection has delectable ideas for weekday meals and entertaining. With over 1100 quick-to-fix recipes featuring your favorite brand-name foods, you'll discover how to cook light and eat right every day of the week. **Cooking Light Annual Recipes 2018** The Editors of Cooking Light, 2017-11-14 Find every mouthwatering recipe from a year of Cooking Light Magazine. Cooking Light presents the highly anticipated annual collector's edition Cooking Light Annual Recipes 2018. Featuring more than 750 delicious dishes that highlight ingredients and flavors from cuisines around the world, translates the latest research in nutrition science into meals you can prepare for your family every day and provides you with tasty recipes for a variety of occasions. Featuring the latest trends in healthy cooking, this book contains tips, techniques, ingredient and nutrition information, and how-to photographs to ensure your success. [Cooking Light Plant-Based Recipes](#) Cooking Light, 2021-12-17 Eating a diet with more focus on fruits, veggies, and grains instead of meats has clear health benefits and can provide a wealth of nutrients in pleasurable ways. Some of the dishes in Cooking Light Plant-Based Recipes do contain lean meats, poultry, and seafood, but only in small amounts and as more of a flavor accent rather than the main part of the dish. This compilation of over 65 Cooking Light recipes is for those who are moving toward eating less meat, flexitarians, as well as those following a vegetarian lifestyle. Featured recipes include grain bowls, stir-fries, pastas, pizzas, and pressure cooker recipes. Complete nutrition information is provided with every recipe.

Cooking Light Way to Cook Vegetarian The Editors of Cooking Light, 2016-07-15 Cooking Light Way to Cook Vegetarian is a celebration of all the plant world has to offer from colorful fruits and vegetables bursting with nutrients to hearty grains and protein-packed beans and tofu. Even if you only occasionally go meat-free, this book has plenty to offer. It's filled with more than 700 images showing you exactly how to prepare over 150 delicious dishes, as well as hundreds of cooking tips and nutrition information about the joys and flavors of vegetarian cuisine. Vegetarian cuisine offers a healthy way of eating that can certainly meet all of your nutritional needs; the key is to eat a variety of foods so your nutrient bases are covered. Inside Cooking Light shares healthy eating principles for a well-rounded vegetarian diet. It also offers a world of flavor. Cultures around the globe have long been preparing delicious vegetarian meals, and you'll find a sampling of those international flavors in this book, from Egyptian koshari and Turkish carrots and lentils to Japanese tempura, tofu, and

vegetables and Malaysian style noodles This book is filled with recipes and techniques to help you prepare and savor meat free meals *Cooking Mexican* J. Mahoney, 2013-02 In *Cooking Mexican* I show you easy authentic recipes to create great tasting Mexican meals you can enjoy at home These basic recipes cover everything from tacos and enchiladas to salads salsas appetizers and even desserts like Flan and Apple Enchiladas *Cooking Mexican* food doesn't have to be difficult in fact it is easy since it is the flavors not the cooking that can be complex *Cooking Mexican* shows how it can be quite effortless accessible and very delicious *Cooking Mexican* provides cooks with the basics involved in cooking Mexican food The Mexican recipes in this book are intended to provide cooks with the secrets to great Mexican food *Cooking Mexican* Features Recipes Like Fish Tacos with Mango Avocado Salsa Mexican Rice Shrimp Enchiladas Verde Mexican Villa Enchilada Sauce Chipotle Cream Sauce Pico de Gallo Mexican Salad With Roasted Peppers Bunuelos Americans are quickly coming to love authentic Mexican food from travels to Mexico whether sampling the street food or enjoying Mexican food in a cafe or even in restaurants here at home As a result they have discovered the rich colorful tasty flavors of Mexican cooking However they may be intimidated when considering trying to create Mexican food at home You will even find in my book *Cooking Mexican* that I have included information on key spices and ingredients that give Mexican food its unique one of a kind taste I have tried to present in my book a little taste of everything in the recipes I have selected I wanted to cover the kind of information that a home cook would find helpful in understanding how to cook Mexican *Mexican Culinary History* I have included some culinary history of Mexican food that is every bit as varied as the diverse culture of Mexico Mexican cuisine has benefited from so many influences from the ancient Aztecs to that of the Spanish Conquistadors Mexican food is considered to be one of the truly great cuisines in the world J Mahoney *COOKING LIGHT Complete Meals in Minutes* The Editors of *Cooking Light*, 2016-07-15 *Cooking Light Complete Meals in Minutes* is a must have collection of over 700 fast and delicious recipes that go from kitchen to table in 30 minutes or less Enjoy appetizers and beverages pasta and pizza meats and poultry soups and sandwiches sides and desserts and so much more In this kitchen friendly wipe clean binder you'll find *Cooking Class* how to tip boxes and photos 15 20 and 30 minute icons so you can find the right recipe at a glance Ingredient Spotlights purchasing tips storage guidelines and nutritional information 500 mouthwatering photos Make It a Meal hundreds of simple ideas to round out your dinner menu Plus Editor's picks for time saving gadgets Make It Faster shortcuts for when your schedule is especially busy A nutritional analysis for every recipe Easy to use recipe index **Light Cooking** , 1995

Fix-It and Forget-It Cooking Light for Slow Cookers Phyllis Good, 2015-08-04 Millions of home cooks have fallen in love with the *Fix It and Forget It* cookbooks since the first title was released more than a dozen years ago Now these same beloved cookbooks are available in a larger format making the recipes easier than ever to follow This favorite guide to quick and easy to prepare slow cooker food has sold more than 1 million copies It is possible to have it all food from your slow cooker that is scrumptious and low fat and convenient to make Here are 600 recipes that are mouth watering but guilt free

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(Complete Boxed Set): With Light Cooking, Freezer Recipes, Smoothies and Juicing Speedy Publishing, 2019-11-22 The Cooking Light Volume 1 Boxed Set contains three 3 titles all geared towards helping the reader live a healthy and productive life Upon reading this Boxed Set the reader will become an expert at preparing quick and easy yet healthy and tasty meals for him herself friends or family This Boxed Set includes information on preparing seafood and poultry freezer recipes vegetarian freezer meal recipes thawing freezer meals safely the green juice diet tips for dieting success tasty green juice recipes smoothie recipes for detox smoothie recipes for vitality and health and many more *Electrical Times ...*, 1914

Cooking Light Fresh Food Fast 24/7 Editors of Cooking Light Magazine, 2015-12-10 Now anyone can live a healthy lifestyle 24/7 Making fresh great tasting meals in a hurry at any time of day any day of the week has never been easier Fresh Food Fast 24/7 offers recipes for breakfast lunch dinner and for the nibbles in between so readers can eat healthy delicious food round the clock any day of the week even when they're on the go This all new collection of 280 fast recipes includes weekday breakfasts and lunches created just for brown bagging midday snacks fast family friendly weekday dinners weekend brunches lunches and suppers that are perfect for sharing with family and friends desserts that satisfy any sweet tooth and fun nibbles and drinks for cocktail hour Just like the first three books in the Fresh Food Fast series recipes in 24/7 can be made with either 5 ingredients or in 15 minutes or less Simple delicious and good for you food is easy to enjoy all day long Fresh Food Fast 24/7 includes new features The Pack It Up Gear Guide gives advice on keeping desk side lunches fresh and tasty The Market to Meal Planners give easy to use shopping lists for three days worth of meals and helps cooks make the most of fresh produce no more wasted bagged spinach Our Budget Friendly Meals icon points out affordable delicious meals Plus ingredient and technique tips guide cooks so they will get perfect results every time they step into the kitchen Every recipe is test kitchen approved and rated and comes with nutrition information Fresh Food Fast 24/7 makes it easy to live an active life and still eat healthfully *The Santa Fe School of Cooking Cookbook* Susan Curtis, 2009-09 Includes beautiful

recipes for southwestern cuisine **The Complete Slow Cooker** America's Test Kitchen, 2017-10-31 The Complete Slow Cooker is America's Test Kitchen's definitive guide to how to cook using a slow cooker. It builds on the success the test kitchen has had from years of testing and retesting slow cooker recipes and pushing the limits of what a slow cooker can do. Packed with 450 recipes, this blockbuster collection is for both new and experienced slow cooker cooks.

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