



MARTHA ROSE  
SHULMAN

Bestselling author of *Mediterranean Light*

MEXICAN  
LIGHT

Exciting, Healthy Dishes  
from  
the Border and Beyond

# Mexican Light Exciting Healthy Recipes From The Border And Beyond

**Martha Rose Shulman**



## **Mexican Light Exciting Healthy Recipes From The Border And Beyond:**

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 jalapenos 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 *Naturally Healthy Mexican Cooking* Jim Peyton, 2014-10-01 Valuable to anyone who loves cooking and eating south of the border food and doesn't want to sacrifice taste for healthy choices or vice versa Foreword Just about everyone loves Mexican food but should you eat it if you want to manage your weight or diabetes Absolutely There are countless authentic Mexican dishes that are naturally healthy moderate in calories fat and sugar and completely delectable Naturally Healthy Mexican Cooking presents some two hundred easy recipes with exceptional nutrition profiles Substitutions that alter the taste and pleasure of food have no place here Instead you'll find flavorful low calorie dishes from the various schools of Mexican and Mexican American cooking in Texas New Mexico Arizona and California From traditional meat seafood and vegetarian entrees and antojitos mexicanos including tacos enchiladas and tamales to upscale alta cocina Mexicana such as shrimp ceviche and mango salsa these recipes are authentic simple to prepare with supermarket ingredients and fully satisfying in moderate portions Every recipe includes nutritional analysis calories protein carbs fat cholesterol fiber sugar and sodium You'll also find information on Mexican cooking and nutrition ingredients techniques and equipment Try the recipes in Naturally Healthy Mexican Cooking and you'll discover that comfort food can be both delicious and good for you Buen provecho *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 **Some Like It Hot** Clifford Wright, 2005-09-13 300 spicy recipes from some of the most flavorful and piquant cuisines **The Publishers Weekly**, 1996 **Library Journal**, 1996 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section

School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately *American Book Publishing Record* ,2000 *Subject Guide to Books in Print* ,1997 **Books in Print** ,1991 **Books In Print** **2004-2005** Ed Bowker Staff,Staff Bowker, Ed,2004 **Los Angeles Magazine** ,2003-11 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian **Forthcoming Books** Rose Arny,2000-06 **Atlanta** ,2004-12 Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region Indianapolis Monthly ,2003-05 Indianapolis Monthly is the Circle City s essential chronicle and guide an indispensable authority on what s new and what s news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy s cultural landscape **Canadian Periodical Index** ,2000 *Mesa Mexicana* Mary S. Milliken,1994-09-23 An unerring feel for the tastes we love has made Mary Sue Milliken and Susan Feniger s cookbooks and restaurants havens for all who crave exciting flavorful food InMesa Mexicana they offer their unique interpretations of the tastes of coastal Mexico with a bold colorful cuisine that excites the palate and satisfies our yen for earthy rustic flavors minus the heaviness of most standard fare Best of all the very healthy and inexpensive recipes in Mesa Mexicana can be made at home with minimal fuss There are salads salsas grilled meats and fish the greatest collection of taco recipes in print as well as the delicious vegetable dishes the authors are famed for Braised Cauliflower with Parsley and Lime Roasted Parsnips and Carrots with Cumin and Red White or Green Rice Desserts include a sensational Lime Coconut Pie and fabulous frozen treats including Kahl a chip ice Cream and Tamarind ice There are also cooling beverages such as Limeade with Chia Seeds the Border Sunset and of course a stellar margarita 50 Mexican Recipes Beyond Tacos Kelly Johnson,2025-04-25 50 Mexican Recipes Beyond Tacos delves into the vast and flavorful world of Mexican cuisine offering an exciting variety of dishes that extend far beyond the classic taco With vibrant flavors and diverse ingredients this collection

introduces comforting stews like pozole and sopa de lima alongside mouthwatering seafood dishes such as ceviche and fish tacos Rich in tradition these recipes highlight regional specialties from the smoky goodness of mole poblano to the savory delights of chiles rellenos Each dish is a reflection of Mexico's cultural heritage blending indigenous ingredients with Spanish influences creating a feast for both the palate and the senses In 50 Mexican Recipes Beyond Tacos you'll also find a range of dishes for every occasion whether you're in the mood for a hearty tamale filled with savory meats or a light and fresh ensalada de nopales Breakfast options like chilaquiles and molletes offer a comforting start to the day while dishes like tostadas and quesadillas serve as perfect snacks or appetizers The collection also celebrates Mexico's rich use of corn beans and fresh herbs offering recipes that highlight these staple ingredients in new and exciting ways Whether you're hosting a dinner party or preparing a cozy meal at home these recipes showcase the versatility and depth of Mexican cuisine making it easy to explore beyond the taco

**A Colorful Slow Cooker Mexican Recipe Book** Sophia Freeman, 2021-02-09 Nothing spells homecooked any better than a vibrant and savory Mexican dish Our collection of beginner friendly recipes will help even the busiest person to make authentic colorful and flavorful Mexican food with just your slow cooker Any busy bee should know how a slow cooker can be quite a handy device in cooking easy but healthy meals while on the go Leave it cooking for the day and come home to your dinner as easy as pie With the goal in mind Mexican recipes are just the perfect food choice to make in your slow cooker Incorporating fresh vegetables herbs and citrus flavors into your meals will become twice as easy as it is fun With a slow cooker your Mexican food journey will bring you to a depth of flavors and lightness Let us help you discover Mexican recipes beyond the spicy and heavy kinds that Mexican food is commonly associated with and come home to a delicious and healthy meal all the time

**Aprovecho** Teresa Cordero-Cordell, Robert Cordell, 2007-09 This is a celebration of the food and culture of the US Mexico border region This comprehensive book contains over 250 recipes from enchiladas quesadillas and margaritas to more exotic delights like Cactus Salad Ensalada de Nopalitos Lobster and Tequila Langosta y Tequila and Watermelon Sorbet Also included are special sections that relate popular legends a glossary of chillies and cooking terms and a Mexican pantry list

*The Border Cookbook* Cheryl Jamison, Bill Jamison, 1995-09-28 Now more than ever Southwestern food is a hugely popular trend As ingredients are becoming more readily available to at home cooks there is a great demand for simple delicious and authentic recipes that bring Mexican and Southwestern food to our own tables In their James Beard Book Award winning cookbook authors Cheryl Alters Jamison and Bill Jamison combine the best of Mexican and Southwest cooking bringing together this large region's Native American Spanish Mexican and Anglo culinary roots into one big exuberant book The Border Cookbook In over 300 recipes they explore the common elements and regional differences of border cooking They offer classic and new recipes that typify cuisines known as Tex Mex New Mexican Sonoran Cal Mex traditional Mexican Gulf cuisine and Native American and their easy to follow recipes are suitable for every meal every day of the week

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