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# mexican light

cocina mexicana ligera

healthy cuisine  
for today's cook  
para el cocinero actual

Kris Rudolph

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# Mexican Light Cooking

**RS Peters**



## **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

*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

*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

*Destination Mexico* Carolyn Mehaffy, Bob Mehaffy, 2010 *Destination Mexico* tells everything you need to know about getting yourself and your boat ready for a cruise of weeks or months in Mexican waters For the practical hands on pleasure boat skipper whether power or sail you'll find advice on clothing and provisions recreational and galley equipment toiletries and medical aids The authors veterans of Mexican cruising guide you through the intricacies of government paperwork insurance even crew selection and buddy boats The second half comprises an alphabetical listing of equipment you are likely to need including electrical mechanical and navigational gear

**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 mouth watering 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

*The Santa Fe School of Cooking*

*Cookbook* Susan Curtis, 2009-09 Includes beautiful recipes for southwestern cuisine      **Domers** David Couzins, 2010-11-30  
**Mexican Cook Book**, 1971      **The Guide to Cooking Schools**, 1988      **Mexico One Plate At A Time** Rick  
 Bayless, JeanMarie Brownson, Deann Groen Bayless, 2000-10-25 120 recipes that includes classics as well as some original  
 creations      **Cooking with the Chiles & Spices of Mexico** Julia Scannell, 1996      **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      **Light Cooking**  
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**with Favorite Brand Name Light Cooking Recipes**, 1993      **Mexican Cooking at the Academy** Vicki Barrios  
 Schley, Vicki B. Schley, Angelo Villa, 1993      **Mexican Menus**, 1984 Nine cooks provide step by step instructions and recipes  
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**Reformer** John Harvey Kellogg, James Thomas Case, 1894

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