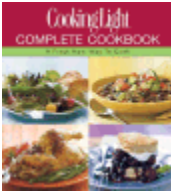




Cooking Light and Healthy

Updated: by Sharon Peters 7/09

A selection of cookbooks with recipes that should help make the transition to more healthy eating easy, practical, and appealing to people of all ages.



Place hold

Cooking Light Complete Cookbook

By editors Heather Averett, Anne C. Cain, et al.

Call #: 641.5 Coo

Menus for all occasions are included in this colorful guide to taking a classic recipe and changing it to make it healthier. DVD includes 40 how-to videos.



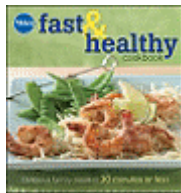
Place hold

\$3 Dollar Meals: Feed Your Family Delicious, Healthy Meals for Less Than the Cost of a Gallon of Milk

By Ellen Brown

Call #: 641.552 Bro

A complete guide to all aspects of feeding a family starting with shopping hints and continuing through preparation of a wide variety of healthy foods.



Place hold

Pillsbury Fast & Healthy Cookbook

By Pillsbury Company

Call #: 641.555 Phi

Recipes higher in fiber and more nutritious than most, all of which can be prepared in less than 30 minutes.



Place hold

The Family Dinner Fix

By Sandi Richard

Call #: 641.555 Ric

This great introduction to cooking healthy meals covers the basics of how to prepare dinners quickly for all family members, including those with special dietary needs such as diabetes.



Place hold

Sneaky Chef to the Rescue: 101 All-New Recipes and "Sneaky" Tricks for Creating Healthy Meals Kids Will Love

By Missy Chase Lapine

Call #: 641.562 Lap

The author uses techniques such as adding vegetable purees to sauces, adding whole grains to refined flour when baking, low fat cooking methods, etc. to make healthier versions of popular dishes





Place hold

Cook Yourself Thin: Skinny Meals You Can Make in Minutes

By Lifetime Television

Call #: 641.563 Coo

Cut calories, change diets, and improve health without feeling deprived. These easy, fast, lower-fat recipes can satisfy cravings for more fattening dishes.



Place hold

Cooking Light Annual Recipes 2009

By editor Rachel Quinlivan

Call #: 641.563 Coo

The annual edition of recipes from the editors of *Cooking Light* magazine takes the reader month-by-month through a delicious, nutritious year.



Place hold

Everyday Light Meals

By editor Jennifer Olski

Call #: 641.563 Eve

How to trim fat and reduce sodium, carbohydrates, and calories from favorite family meals.



Place hold

Lickety-Split Meals for Health Conscious People on the Go!

By Zonya Foco

Call #: 641.563 Foc

Three books in one, this volume include healthy recipes, a grocery guide, and motivating health and fitness information.



Place hold

The Complete Idiot's Guide to Total Nutrition Cooking

By Larrian Gillespie

Call #: 641.563 GIL

Over 300 recipes for healthy eating—low salt, low fat, high fiber, etc. Also includes tips for getting vitamins and minerals from daily food intake.



Place hold

Semi-Homemade Cooking Made Light

By Sandra Lee

Call #: 641.563 Lee

Delicious recipes designed to be easily assembled with prepared ingredients such as salad dressings, seasonings, salsas, mixes, etc. All healthy too!



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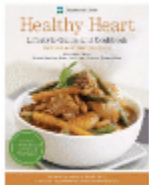
Hungry Girl: 200 Recipes Under 200 Calories

By Lisa Lillian

Call #: 641.563 Lil

This entertaining, low calorie book of recipes is almost as much fun to read as they are to make.





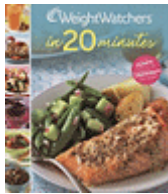
Place hold

Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook

By Bonnie Sanders Polin

Call #: 641.563 Pol

Part heart-healthy lifestyle advice and part eating guide, this volume contains more than 150 recipes from America's number one heart hospital.



Place hold

Weight Watchers in 20 Minutes: 250 Fresh, Fast Recipes

By Weight Watchers International

Call #: 641.563 Wei

Each of the quick and easy recipes in this book include Weight Watcher Momentum plan points, and traditional nutritional information



Place hold

Cooking Light Holiday Cookbook

By Cooking Light

Call #: 641.568 Co

Besides great recipes from the light cooking experts, this book includes entertaining know how and holiday food gift ideas.



Place hold

1,001 Best Slow Cooker Recipes: The Only Slow Cooker Cookbook You'll Ever Need

By Sue Spitler

Call #: 641.588 Spi

Over 1,000 recipes for appetizers to desserts. Each one includes nutritional data and exchanges. Two chapters are exclusively for vegetarian dishes.



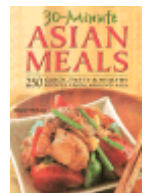
Place hold

The New Mediterranean Diet Cookbook: A Delicious Alternative for Lifelong Health

By Nancy Harmon Jenkins

Call #: 641.591 Jen

The Mediterranean diet is so delicious that one need not feel deprived. Shifting the focus of the meal from animal products to fresh seasonal produce is just one step in eating in this healthy, light style.



Place hold

30-Minute Asian Meals

By Marie Wilson

Call #: 641.505 Wil

Each chapter begins with an introduction to a region and its food. This is an accessible compendium of easy, fast, and healthy recipes from the East.



Place hold

Olive Oil Desserts: Healthy Baking for Family and Friends

By Micki Sannar

Call #: 641.646 San

More than sixty heart healthy versions of traditional favorite cakes, cookies, pies, etc. substituting olive oil for butter and other shortenings. The book also discusses how to alter recipes to use egg substitutes and lactose-free options for those needing further accommodation.





Place hold

Perfect Light Desserts: Fabulous Cakes, Cookies, Pies, and More

By Nick Malgieri

Call #: 641.86 Mal

Cakes, cookies, pies, and more made with real butter, sugar, flour, and eggs; all under 300 calories per generous serving.



Place hold

Batter Up Kids: Sensational Snacks: Healthy Eats from the Premier Children's Cooking School

By Barbara Beery

Call #: J641.539 Bee

The Batter Up Cooking School presents healthy snacks kids will enjoy preparing and eating.



Place hold

Quick Wholesome Foods

By Rita Bingham and LeArta Moulton

Call #: DVD 641.555 Qui

Demonstrations of how to cook fast, delicious low-fat, low-cholesterol meals.



Place hold

30 Minute Meals: Fast and Light

By Rachael Ray

Call #: DVD 641.555 Thi

Watch Rachael Ray whip up healthy meals in 30 minutes or less using fresh ingredients and uncomplicated techniques.