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Naturally Healthy Mexican Cooking: Authentic Recipes for Dieters, Diabetics & All Food Lovers

By Jim Peyton

UNIV OF TEXAS PR Okt 2014, 2014. Taschenbuch. Condition: Neu. Neuware - Just about everyone loves Mexican food, but should you eat it if you want to manage your weight or diabetes Yes, absolutely! There are literally hundreds of authentic Mexican dishes that are naturally healthy - moderate in calories, fat, and sugar - and completely delectable. In Naturally Healthy Mexican Cooking, Jim Peyton presents some two hundred recipes that have exceptional nutrition profiles, are easy to prepare, and, most important of all, taste delicious. Peyton starts from the premise that for any diet to work, you have to enjoy the food you're eating. Substitutions that alter the taste and pleasure of food, such as nonfat yogurt for mayonnaise, have no place here. Instead, you'll find tasty, highly nutritious, 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 for home cooks to prepare with supermarket ingredients, flavorful, and fully satisfying in moderate portions. Every recipe includes nutritional analysis...



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