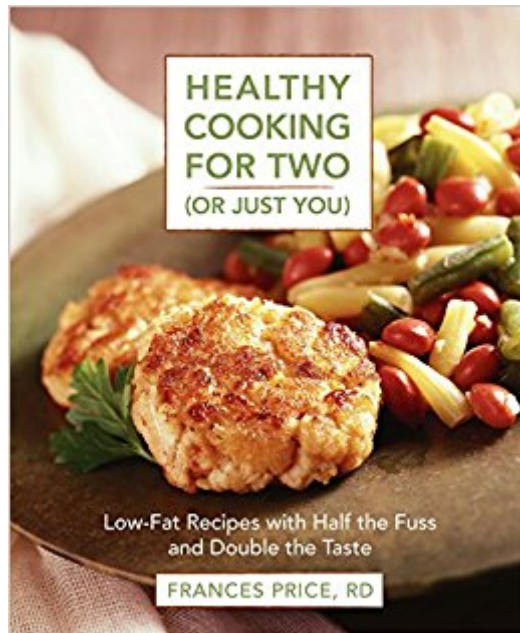


The book was found

Healthy Cooking For Two (or Just You): Low-Fat Recipes With Half The Fuss And Double The Taste



Synopsis

Healthy Cooking for Two (or Just You) by Frances Price offers:*

- * More than 200 creative, low-fat recipes for today's smaller households
- * Unique two-column recipe format for hassle-free preparation
- * Tips on shopping for one or two, and streamlining your kitchen
- * Full nutrient analysis with every recipe
- * Special chapter of delicious, no-fuss menus
- * Plenty of 30-minute recipes-- plus meatless meals, divine desserts, tip-packed boxes and more

Book Information

Paperback: 320 pages

Publisher: Rodale Books; Reprint edition (May 15, 1997)

Language: English

ISBN-10: 0875964486

ISBN-13: 978-0875964485

Product Dimensions: 7.6 x 0.8 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars Â Â See all reviews Â (220 customer reviews)

Best Sellers Rank: #31,062 in Books (See Top 100 in Books) #32 in Â Books > Cookbooks, Food & Wine > Cooking Methods > Cooking for One or Two #65 in Â Books > Cookbooks, Food & Wine > Special Diet > Low Fat

Customer Reviews

I have lots of "quick and easy" cookbooks and "cooking for one" books but this is the one I used the most. These dishes are truly easy to make with fewer ingredients and simple procedures. I never thought that orange juice and a touch of butter (and nothing else) can create a wonderful sauce for fish. Better yet, it relies on fresh foods whenever possible, so you get true home-made cooking. I live alone but occasionally dine with my boyfriend so this book is perfect for me. I was never disappointed by the recipes even though I sometimes don't measure time or quantities carefully (of course, I am not a complete novice cook either). The book provides 2 sets of ingredients - one for the single diner and another for two. For a few recipes such as Honest Meatloaf (honestly a great basic meatloaf) you have ingredients for two and four servings respectively, as cooking for one would be rather impractical. However, you can easily save or freeze the leftover for another meal. Overall I highly recommend it to singles and couples who don't want much fuss in the kitchen. There are no photos other than the one on the cover, but then again, you will not get disappointed when the food you make doesn't look quite as good as those meticulously arranged by professional food

stylist and retouched by creative photographers as in most cookbooks and magazines.

For years I have been tired of using recipes sized for 4 or 8-11 people, then get so tired of the food I've cooked that I never want to make the recipe again. This book is one of the best cookbooks I have ever invested in. It's a relief not to have to eat leftovers for the rest of the week and not to be afraid to go to the grocery store afraid I'll overspend. Great tasting recipes you'll never tire of, as there is hardly any leftovers. They're all easy to make. I use this book every week and for entertaining. My blood sugar has returned to normal (along with my budget)- and it's so concise and meals so tasty, that you want to include them over and over again. Now I eat much more fish and vegetables and have tried new and varied ways of cooking. The pan-fried catfish and Maryland crabcakes are the bomb. I've learned to poach chicken. Can't wait to get to the ground turkey section. You can't miss with this cookbook.

This is the most-used cookbook in my collection, and I collect cookbooks for single cooks. Unlike many healthy cookbooks, this includes recipes for a variety of main dishes (vegetarian, chicken drumsticks, veal, beef, pork and lamb) rather than an endless series of "boneless skinless chicken breasts." It offers sensible suggestions for managing fresh produce without spoilage (such as a stir fry made from the grocery store take-out salad bar vegetables, rather than using a few pieces from a dozen different whole vegetables, and wasting the rest) and it pays attention to details such as the sizes of cans available in stores. The instructions for each recipe are clear and complete. As a bonus, each recipe has two sets of quantities - for one or two servings if the recipe doesn't make good leftovers, or for two or four servings if the recipe is good the next day! Despite being "healthy" the servings are generous, even satisfying my twenty-something brother. This also includes a comprehensive (but not too long) list of kitchen equipment, and happily, the recipes specify what equipment is needed, and never call for anything not on the basic list. This is a must-have book for any single cook.

I would say over 35 % of these recipes call for a blender. This cookbook is also very much geared to a vegetarian style of cooking, though it also has interesting recipes for beef, chicken and pork, but there are more soups, salads, vegetarian main dishes and vegetable sides. Then of course, plenty of desserts. Each recipe also has quite a few ingredients. However, the author is very health conscious and the recipes are easy to understand.

I found this book in a bookstore one evening, when I was feeling a need for inspiration on cooking for one, after months of grabbing stuff on the run. I found this, and I started reading.... and cooking. I love the ingredients lists for one person, or two. The best things about this book: 1. FAST easy recipes! 2. Quantities for one person, which eliminate waste 3. No leftovers! (or only 1 meal's worth of leftovers, instead of five or six days' worth) 4. The warm spinach salad Chinoise- thanks to prewashed veggies in a bag, literally, a 5 minute dinner! (I tripled this once for a dinner party, and it got rave reviews) 5. A good list of basic kitchen tools for a single or two person household 6. A list of things to have on hand Thank you, Ms. Price, for your straightforward, easy recipes for real food that tastes terrific. The nutritional analysis is great, too. When's the next one coming out?

I bought this cookbook when I was living with a friend during the summer after my sophomore year of college (back in 1997). We didn't really have many cookbooks, so we must have used it three or four times a week. Since then, I've gone on to buy other cookbooks, but this one has remained the favorite. The recipes have clear instructions and give complete information about simple substitutions and changes. I think that the book makes a great gift for new cooks because of this feature. The recipes also rely mostly on regular ingredients that you're likely to have on hand or willing to buy. She also understands that when you're cooking for two people, you may also be trying to save money and she points out recipes that work well with cheap ingredients. Some of my favorites include the vegetarian New Boston Baked Beans, the Curried Chicken Salad, and the downsized meatloaf. I strongly recommend this book!

[Download to continue reading...](#)

Healthy Cooking for Two (or Just You): Low-Fat Recipes with Half the Fuss and Double the Taste
Secrets of Fat-free Greek Cooking: Over 100 Low-fat and Fat-free Traditional and Contemporary Recipes (Secrets of Fat-free Cooking)
Low Carb Dump Meals: 25 Easy, Delicious and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb!: (low carbohydrate, high protein, low ... Ketogenic Diet to Overcome Belly Fat)
Vegan Thanksgiving Dinner: 25 Full Of Taste Thanksgiving Vegan Recipes.: (Thanksgiving, USA Holidays, Vegan, Vegetarian, Salads, Low-fat Vegan ... low fat high carb recipes) (Volume 2)
Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Low salt. Low salt cooking. Low salt recipes.: Saltless: Fresh, Fast, Easy. (Saltless: NEW fresh, fast, easy low salt, low sodium cookbook) (Volume 2)
American Heart Association Healthy Slow Cooker Cookbook: 200 Low-Fuss, Good-for-You Recipes Taste of Home: Casseroles: A Collection of Over 440 One-Pot Recipes -

Straight from the Kitchens of Taste of Home Readers (Taste of Home Annual Recipes) Forever Fat Loss: Escape the Low Calorie and Low Carb Diet Traps and Achieve Effortless and Permanent Fat Loss by Working with Your Biology Instead of Against It Rice Cooker Recipes - Asian Cooking - Quick & Easy Stir Fry - Low Sugar - Low Sodium: Bonus: Trader Joe's Ingredients Asian Style Recipes (Rice Rice ... - Healthy Eating On a Budget) Weight Loss Stir-Frying: 48 Low Carb, Low Fat Recipes for Quick and Easy Wok and Cast Iron Cooking (Wok & Stir-Frying) Stir Fry Cooking: Over 40 Wheat Free, Heart Healthy, Quick & Easy, Low Cholesterol, Whole Foods Stir Fry Recipes, Antioxidants & Phytochemicals: ... & Easy-Low Cholesterol) (Volume 45) Easy Low Carb Slow Cooking: A Prep-and-Go Low Carb Cookbook for Ketogenic, Paleo, & High-Fat Diets Eating for IBS: 175 Delicious, Nutritious, Low-Fat, Low-Residue Recipes to Stabilize the Touchiest Tummy Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) The American Heart Association Low-Fat, Low-Cholesterol Cookbook: Delicious Recipes to Help Lower Your Cholesterol Chicken (Great Taste, Low Fat) Smoothies for Diabetics: 85+ Recipes of Blender Recipes: Diabetic & Sugar-Free Cooking, Heart Healthy Cooking, Detox Cleanse Diet, Smoothies for ... loss-detox smoothie recipes) (Volume 54) Low Carb High Fat Barbecue: 80 Healthy LCHF Recipes for Summer Grilling, Sauces, Salads, and Desserts Ketogenic Diet: 250+ Low-Carb, High-Fat Healthy Keto Recipes & Desserts + 100 Keto Tips, Tools, Resources & Mistakes to Avoid

[Dmca](#)