



# Low Fat Mexican Cook Recipes For Healthy Eating

**Food and Nutrition Information Center  
(U.S.)**



## **Low Fat Mexican Cook Recipes For Healthy Eating:**

**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 mantojitos 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

**Healthy Mexican Cooking** Velda de La Garza, 1995 Healthy Mexican Cooking enables readers to prepare authentic traditional Mexican food with few ingredients practical preparation times and moderate to low calories This book contains over 160 low fat heart healthy recipes each with nutritional analysis and diabetic exchange Includes special sections on the nutrition label in Spanish and English tools and ingredients for the Mexican kitchen glossary of Hispanic food and ingredient terms and specialty supplier list

**Healthy Easy Mexican** Velda de la Garza, 2021-10-26 Unlock all the health benefits and all the flavor of Mexican cuisine with this lighter take on traditional favorites Traditional Mexican ingredients aren't just delicious they're good for you too Avocados are a superfood and so are beans and lentils Corn is a fiber powerhouse and what is salsa if not a fresh vegetable sauce In Healthy Easy Mexican Velda de la Garza reintroduces this craveable cuisine with 140 new lighter recipes her abuelita would approve of From chalupas to enchiladas and nachos to tacos she elevates whole produce and lean meats to fiesta worthy fare with generous helpings of herbs and spices also good for you Here are can't miss classics like tamales which date back to the Aztecs Latin Caribbean Mexican fusions Slow Cooker Pork Pencil Tacos and Tex Mex traditions like the Cowboy Bread recipe passed down by Velda's grandfather Quick preparations with short ingredient lists will have you eating in no time while nutrient information for every recipe steers you right This is Healthy Easy Mexican Buen provecho Flavorful fresh salsas and dips Guacamole with Toasted Cumin Protein packed meat and fish dishes Steak Tacos with Tomatillo Sauce Filling vegetarian favorites Mushroom and Cheese Enchiladas Plus hearty salads rice and beans soups breads desserts and more

**Skinny Mexican Cooking** Sue Spitler, 1996 Mexican food is America's number one ethnic culinary choice Now you'll be delighted to find that all of your old favorites tamales

nachos enchiladas burritos and chili to name a few taste just as wonderful stripped of excessive fat calories and sodium Good taste and good health are synonymous in these 100 plus quick easy to make economical recipes that run the gamut from family meals to party snacks *Mexican Low-Fat Cooking* Cole Group, Cole Group Editors Staff, Cole, 1995 A repertoire of healthful nonfattening Mexican recipes based on traditional favorites *Cooking for Healthy Healing* Linda Page, 2002 Linda Page has been saying it for years Good food is good medicine Now in her new revolutionary cookbook set she presents the latest information about the problems with today s food supply and shows how to use food as medicine for healing and for wellness **Cooking the Mexican Way** Rosa Coronado, 2001-08-01 Mexico is a large rich and culturally diverse country Over the years a combination of ancient native foods combined with European customs to produce the authentic delicious dishes that are associated with Mexico Discover the beauty and flavor of this country through its traditional meals and ingredients such as corn peppers chocolate and beans *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 *Secrets of a Skinny Chef* Jennifer Iserloh, 2010-05-16 With recipes that deliver great taste without adding inches to the hips *Secrets of a Skinny Chef* shows you how to indulge your comfort food cravings without the guilt In this collection of 100 recipes America s favorites get the Skinny treatment with scrumptious offerings such as Maple Apple Waffles for breakfast and 7 Minute Salmon and Scalloped Sweet Potatoes for dinner Even for those who are dieting desserts such as Tiramisu Parfait and Crustless Apple Pie stay on the menu Iserloh understands that life s demands mean one can t always cook dinner so to help readers fend for themselves in the real world she provides simple swap outs and cheat sheets *Vegetarian Times* , 2000-10 *Mocktails And Snacks* Tarla Dalal, 1991-03-18 A Great Way To Begin Your Parties Surprise Your Guests With These Refreshing Mocktails And Tongue Tickling Starters And Make Your Party The Toast Of The Season **Vegetarian Times** , 1999-08 *Vegetarian Times* , 2000-12 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both **Vegetarian Times** , 1999-01 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both *Vegetarian Times* , 1999-04 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s

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