

The book was found

Holly Clegg's Trim & Terrific Gulf Coast Favorites: Over 250 Easy Recipes From My Louisiana Kitchen



Synopsis

LOOKING FOR THE BEST EASY, HEALTHY,Â SOUTHERN RECIPES? Holly's Louisiana cookbook with her mouth-watering 30-minute simple recipes includes classic Cajun recipes and southern cooking. Â Clegg, author of the best-selling trim&TERRIFIC cookbook series, expertise is creating easy and healthy family meals, Nutritional information included with each recipe. Â Â Â 30-Minute Family RecipesOver 250 Healthy Recipes with Nutritional and Diabetic Information Â Simple Seafood RecipesLouisiana Menus with Chicken & Sausage Gumbo, Crawfish Etouffee, Bread PuddingPantry Stocking Guide for Easy CookingSymbols with Vegetarian recipes and Freezer-Friendly RecipesEasy Favorite Southern RecipesHolly's 30-minute family recipes are time saving, pantry friendly and best of all, absolutely delicious! Â In keeping with her tradition, all of the recipes are easy, everyday, and healthier - perfect for our busy lifestyles.Holly personally tests all of her recipes and hopes while enjoying a repertoire of mouth-watering recipes from Blackened Chicken Fingers toÂ Red Velvet Cake, everyone will Â eat healthier food while enjoying Cajun, Creole and southern cooking.

Book Information

Series: Trim & Terrific

Paperback: 272 pages

Publisher: Holly Clegg (September 1, 2008)

Language: English

ISBN-10: 0981564003

ISBN-13: 978-0981564005

Product Dimensions: 8 x 0.9 x 9.9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (22 customer reviews)

Best Sellers Rank: #904,036 in Books (See Top 100 in Books) #321 inÂ Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #814 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Fat #1051 inÂ Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > South

Customer Reviews

From: [...]Author & Book Views On A Healthy Life!Book Review: Holly Clegg's trim&TERRIFIC(tm) Gulf Coast Favorites (Favorite Recipes Press, 2008) by Holly CleggHolly Clegg is the author of the trim&TERRIFIC cookbook series and Eating Well Through Cancer. Her focus is on healthy cooking,

and in this case emphasizes a unique region of our country--the Gulf Coast. Her recent book takes the deliciousness of Southern home cooking, and lightens it all up, offering today's cooks healthier traditional favorites able to be prepared in a time-friendly manner. Her philosophy, "Never Sacrifice Taste." Holly Clegg's trim&TERRIFIC Gulf Coast Favorites offers over 250 recipes from the heart of Louisiana. They cover the beginning--appetizers, to the end--sweet treats and even highlight special Cajun and Creole choices as well. Holly Clegg assumes that no food is forbidden, so foods that used to be loaded with fat, sugar, and calories have been trimmed down. She's included vegetarian recipes -indicated with a carrot symbol, prepare-ahead meals (snowflake symbol which means they're freezable), and diabetic exchanges. Throughout the book are beautiful photographs, taken by David Humphreys, an award-winning professional photographer who has worked with Holly Clegg on six of her books. The back of the book hosts sections for menu and pantry suggestions, and a Cajun/Creole glossary (example: corn maque-choux, etouffee). Each recipe includes a favorable comment from Holly Clegg, an ingredient listing using common items, simple directions, and complete nutritional information per serving. Many pages have a "Terrific Tidbit" to make the cooking process easier. Example, "If using frozen blueberries, don't defrost before adding to the mixture.

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

Holly Clegg's Trim & Terrific Gulf Coast Favorites: Over 250 easy recipes from my Louisiana Kitchen Holly Clegg's Trim and Terrific Diabetic Cooking Kayaking the Texas Coast (Gulf Coast Books, sponsored by Texas A&M University-Corpus Christi) Louisiana Code of Evidence 2016 (Codes of Louisiana) Diabetes Recipes: Over 250 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100) 18 EASY RECIPES FOR SUPER BOWL, TAILGATE AND POT LUCK PARTIES: Guaranteed fast and easy tried and true crowd pleasing favorites that are sure to impress! (Recipes for Everyday Living) Scrumptious & Sustainable Fishcakes: A Collection of the Best Sustainable Fishcake Recipes from Canadian Chefs, Coast to Coast (Flavours Cookbook) The Mega Crockpot Recipes Box Set: Crockpot Recipes, Slow Cooker Recipes, Crock pot Recipes, Dump Dinner Recipes, Quick Meal Recipes: Over 300 All Time ... Recipes For You & Your family (99+1 Book 4) Easy Chicken Recipes Cookbook: Top 50 Mouth-Watering, Easy to Make Recipes Including Grilled Chicken Recipes, Baked Chicken Recipes, Chicken Soup Recipes, Chicken Thigh Recipes, and Many More! Texas Home Cooking: 400 Terrific and Comforting Recipes Full of Big, Bright Flavors and Loads of Down-Home Goodness (America Cooks) The Japanese Kitchen: 250 Recipes in a Traditional Spirit Sproutman's Kitchen Garden Cookbook: 250 flourless, Dairyless, Low

Temperature, Low Fat, Low Salt, Living Food Vegetarian Recipes BACKPACKER The National Parks Coast to Coast: 100 Best Hikes Outer Coast Solo: A journey by sea kayak through the history, culture and wilderness of the west coast of Vancouver Island As I Sat Under a Holly Tree: For Three Equal Voices, Choral Octavo (Faber Edition) Transplanting Holly Oakwood (LA Lights Romantic Comedy Series Book 4) Plants for Houston and the Gulf Coast A Garden Book for Houston and the Texas Gulf Coast Gulf Coast Gardening with Randy Lemmon The Forts of New France: The Great Lakes, the Plains and the Gulf Coast 1600-1763 (Fortress)

[Dmca](#)