

The background of the book cover is a vibrant illustration of several pizzas. At the top left, a pizza is topped with asparagus, mushrooms, and sliced cucumbers. To its right, another pizza features a tomato sauce base with fresh basil leaves and a slice of lemon. Below these, a pizza is decorated with a starburst pattern of sliced peaches and blueberries. In the center-right, a rectangular pizza is topped with pepperoni, blueberries, and a garnish of green herbs. At the bottom left, a pizza is shown with a green sauce, sliced green peppers, and almonds. A single whole red tomato and a few olives are scattered on the surface next to the rectangular pizza.

SKINNY PIZZAS

Over 100 healthy
low-fat recipes
for America's
favorite fun food

*30% OR FEWER
CALORIES FROM FAT*

by BARBARA GRUNES

Skinny Pizzas

Lou Seibert Pappas



Skinny Pizzas:

Skinny Pizza Barbara Grunes,2012-07-10 Can pizza be good for you These easy as pie recipes let you enjoy a slice of heaven without sacrificing your health With over a hundred recipes this cookbook shows you how to enjoy a wide variety of pizzas without all the extra fat cholesterol and calories Starting with simple recipes for crusts and sauces **Skinny Pizzas** highlights toppings including fresh low fat high fiber vegetables dairy products fruits poultry meat and fish In addition recipes are accompanied by diabetic exchanges and information on fat cholesterol sodium calories and percent of calories from fat Learn to make Tomato based pizzas Shrimp mushroom chicken spinach peppers artichoke eggplant and more Non tomato based pizzas Teriyaki salmon bok choy clam turkey stir fry zucchini and more Pizza on the grill Fajita vegetarian Thai flavored salsa olive ratatouille mango barbecue and more Specialty pizzas Creole Szechwan smoked turkey scallop focaccia crab cake nacho English muffin and more Dessert pizzas Apple cheesecake rum raisin and more **Restaurant Calorie Counter For Dummies** Rosanne Rust,2011-05-10 Achieve your dietary and lifestyle goals even when eating out Whether you re trying to lose weight eat healthier or control or prevent diseases such as diabetes and heart disease this handy guide arms you with a portable quick and easy way to get nutritional information whenever and wherever you want **Restaurant Calorie Counter For Dummies** gives you fast access to the calorie fat saturated fat carb fiber protein and sodium counts found in food products of thousands of fast food and chain restaurants Nutritional information for big name franchises like Burger King Applebee s Pizza Hut and Cracker Barrel Expert advice on the healthiest options at the most popular drive thru destinations as well as your favorite sit down chains Tips and tricks for eating meals on the go for those with diabetes high cholesterol or high blood pressure Special tips for athletes as well as the best bets for kids Tuck this compact guide into your glove box briefcase or purse and have key calorie information at your fingertips at all times **The Calorie Counter For Dummies** Rosanne Rust,Meri Raffetto,2009-12-17 The fun and easy way to keep track of your caloric intake **The Calorie Counter For Dummies** provides you with vital information on the nutritional and caloric value of the foods that you eat everyday at home the supermarket and restaurants Whether you re trying to lose weight eat healthier or control and prevent diseases such as diabetes and heart disease this take along guide provides you with a portable quick and easy way to get nutritional information whenever and wherever you need it **The Calorie Counter For Dummies** provides you with access to the calorie fat saturated fat carbohydrate fiber protein and sodium counts found in thousands of fast food and chain restaurant menu items and the foods like the fruits vegetables and meats you eat everyday Tuck this compact guide into your glove box briefcase or purse and have key calorie information at your fingertips at all times **Skinny Pizzas** Barbara Grunes,1993 Grunes recipes for pizzas emphasizing fresh low fat ingredients are all easy to prepare and make eating healthfully a delicious experience Recipes are accompanied by nutritional analyses and diabetic exchanges Line drawings *Pizza* Ed Levine,2005 Pizza is the single most popular food in the world and wherever you go in America you can always find it In fact we consume

33 billion dollars worth of pizza annually from the 63 873 pizzerias in America That s a lot of slices This year s pizza centennial is a milestone laid claim to by Lombardi s Pizza which opened its doors in New York in 1905 Celebrating this anniversary is Ed Levine s *Pizza A Slice of Heaven The Ultimate Pizza Guide and Companion* in which Levine and some of America s best writers and cartoonists set out to answer every cosmic question involving this beloved food Is Chicago pizza really more of a casserole What makes New York pizza so good Is the pizza in New Haven better than anything found in Naples Is the best pizzeria in the world found in Phoenix Arizona What and where is the Pizza Belt How good can homemade pizza be Is there an American pizza aesthetic How does one go about judging pizza Is there such a thing as a good frozen pizza All these questions and more will be answered by Levine and Calvin Trillin Ruth Reichl Roy Blount Jr Arthur Schwartz Mario Batali Jeffrey Steingarten and Eric Asimov among others who tackle the profound questions and never ending debates that invariably arise whenever the subject of pizza is brought up in polite company

Skinny Seafood Barbara Grunes,1993 **Pizza Today** ,2010 *Skinny One-pot Meals* Ruth Glick,1994 Corn and Potato Chowder Tropical Chicken and Sweet Pineapple Shepherd s Pie from the author of *Skinny Soups* comes a cookbook for health and diet conscious cooks and for harried working people who want great made from scratch dishes without the fuss Line drawings

California Pizza Kitchen Family Cookbook Larry Flax,Rick Rosenfield,2020-12-29 From the founders of the popular pizza restaurant chain recipes for meals to make at home for the whole family to enjoy Bring the California Pizza Kitchen experience to your home with nearly fifty recipes and inspiring color photographs found in the *California Pizza Kitchen Family Cookbook* which shows you how to make popular dishes from the restaurant known for its eclectic pizzas Crowd pleasing recipes that are easy to make and appeal to both adults and children include pizza like Jamaican Jerk Chicken and other favorites like Thai Crunch Salad This book will show you how to make three kinds of pizza dough with step by step instructions and it even presents ideas for create your own pizza parties

Australian Hotelier ,2008-02 *Cook 1.0* Heidi Swanson,2004-10-05 Photographer designer and passionate home cook Heidi Swanson presents 40 basic vegetarian recipes for breakfast lunch and dinner dishes sides desserts and drinks each accompanied by easy to read tables that show delicious inventive ways to build on them

Restaurant Hospitality ,1979 *How to Stay Slim and Healthy on the Fast Food Diet* Judith S. Stern,R. V. Denenberg,1980 Abstract The guilt afflicted fast food fancier now has access to information on the nutrient content and composition of the offerings of the major fast food chains and can plan a nutritious daily menu of around 1200 calories which includes a cheeseburger and french fries The standards for nutritional adequacy in the diet and the specific contributions of fast foods are discussed as well as additives commonly used to retard spoilage or enhance flavor and appearance The drawbacks of fad diets are enumerated encouragement of sensible habits and changed attitudes is offered instead based on self analysis better nutrition knowledge and exercise The drinks salad ingredients condiments and specialties of 24 chains from Arby s to White Castle are analyzed for protein fat and carbohydrate and the percentage of contribution to caloric

content A 1 week diet plan offers a reasonably balanced daily intake including a fast food meal that should result in up to 3 pounds weight loss per week **Entertaining the Slim Way** Lou Seibert Pappas,1979 **Skinny Pizzas** Barbara Grunes,1996-01 Over 100 low fat easy to make delicious recipes for America s favorite fun food from an original Roman Pizza to trendy California style dishes Cover *Print* Martha T. Mooney,1995 Excerpts from and citations to reviews of more than 8 000 books each year from 109 publications Electronic version with expanded coverage and retrospective version available see p 5 and p 31 Pricing Service Basis Books *The American Mathematical Monthly* ,2009 Dining Lean Joanne V. Lichten,2001-04 Sunset ,1977 Slim Gourmet Sweets and Treats Barbara Gibbons,1982

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Skinny Pizzas Introduction

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