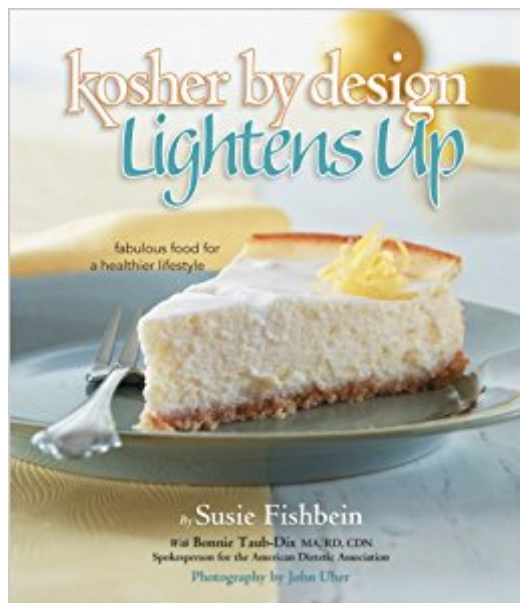




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# Kosher By Design Lightens Up: Fabulous Food For A Healthier Lifestyle



## Synopsis

This sixth volume in Susie Fishbein's celebrated Kosher by Design cookbook series was crafted with your good health in mind! Kosher by Design Lightens Up is a gorgeous culinary guide, bursting with easy-to-do ideas for eating and feeling better. This cookbook teaches healthy cooking and food combining techniques, with special commentary by certified nutritional expert Bonnie Taub-Dix, spokesperson for the American Dietetic Assn. Susie says, These nutritious recipes are easy to integrate into your everyday menus. Anyone looking to migrate into a better way of eating and living will find delicious options here. Featuring:

- Over 145 brand new recipes
- Over 160 full color photos
- Over 320 pages
- Creative entertaining ideas, including oil olive tasting, a party spritzer station and more!
- Simple, healthy approaches to: cooking oils, sweeteners, whole grains, superfoods, smarter shopping, and more efficient kitchen gadgets.
- Comprehensive cross-reference index

## Book Information

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## Customer Reviews

This is my sixth Susie Fishbein cookbook. If that doesn't attest to the quality of her recipes, layouts, ideas, advice, and book quality, I don't know what else would. Kosher chefs spend more time in the kitchen preparing elaborate family meals than your average American. Combine that with the constraints of finding quality kosher ingredients, the time limitations in that most of us lead busy lives today, the fact that you still want to provide eye-catching, yet delicious meals when entertaining guests, AND the fact that you want to provide a more healthy lifestyle for your family....well, that's a

pretty big expectation to live up and Susie Fishbein delivers. I was afraid that I was going to receive a cookbook full of salads and pictures of measly portions of sad-looking tofu. But Fishbein has taken managed to keep sight of her heimishe audience by providing savory recipes with fish, chicken, and beef dressed up with gourmet flavors in a healthy preparation. As it true with most of Fishbein's books, you'll find recipes for foods not often found at your neighborhood shabbos tables (polenta pie, miso or udon soup, or vietnamese summer rolls) but she provides plenty of helpful tips on where to find these more exotic ingredients with kosher supervision. Meanwhile, you'll still find pot roast, london broil, roast turkey, stir fry, lasagna, and dessert -- for those of your eaters who are wary of foreign or healthy foods. I will warn you that many of her recipes are more elaborate, often with a dozen or so ingredients. But between this book and my Kosher by Design Short of Time cookbook, I've been able to find a nice balance and make a menu where the dishes are healthy, delicious, and not going to kill me right before shabbos. Moreover, the book begins with a very helpful section on health food buzzwords (organic, GMOS, free-range), unhealthy ingredients to watch out for when reading the labels in the grocery store, and a brief understanding on some of the chemicals used in processing food. There is a brief page on kashrus for those unfamiliar with the practice (which makes me believe that this cookbook is being marketed beyond the frum world), review on the different types of flour, grains, sugars, and oils available, and best of all, there are cute little ingenious tips on how to reduce your caloric intake and small steps on how to change your lifestyle slowly to a more healthy one. I love this cookbook and know that I'll integrate it among my favorites. I will point out that my favorite recipe in here is a garlic dressing salad which I make for shabbos almost every week. I've had a dozen people ask for the recipe. It's a smash hit. If you found this review helpful, please let me know!

What a book! First of all, it is gorgeous! TONS of pictures, which in my book, pun intended, is a must! You need to see if you want to make that recipe and its great seeing ideas for serving. You can tell she really made sure things were well tested. There are SO many recipes I want to make! That being said, this is "lightens up" NOT healthy or diet. I was shocked to see (light) mayonnaise and ketchup as ingredients. There is still sugar, and flour, and all that jazz, its just less.

I highly recommend this cookbook. Susie Fishbein is a master at creating cookbooks, and I love this cookbook even though I don't keep kosher. The recipes in it are healthy and easy for amateur cooks to prepare. Furthermore, they look and taste great. I also appreciate the variety of fish, poultry, beef, and salad recipes. Reviewers have complained that the cookbooks in Fishbein's Kosher by Design

series often have duplicative recipes, and this common complaint made me hesitant to buy this book because I also own Fishbein's "Passover by Design" and "Short on Time" cookbooks. However, I have only found a few duplicative recipes in the three Kosher by Design cookbooks that I own. There are enough new and wonderful recipes in this book that one should not hesitate to buy it.

I just got this book and I absolutely love it! I was expecting a book with trimmed down versions of recipes typical Jewish cook books like kugel and brisket but this book is much more than that. The recipes are contemporary and things you can eat every day. I've made a lot of the recipes from this book now and most of them are pretty easy and come out excellent. The soup section is especially good as is the chicken/fish section. The carrot cake, chicken tikka masala, and the three sisters soup are some of my favorites!

I'm a HUGE fan of Susie Fishbein's - I've had this ordered since beginning of September. This book is amazing first of all because of the beautiful pictures (I'm into those kind of things, some of you might not.) And because of the originality of the recipes. Susie will take something classic like deli rolls and make it into a whole gourmet new food by adding sweet potato to it. This cookbook and her short on time one are definitely my favorites!

My wife and I love the cookbook and all the great recipes. I'm a very picky eater, and there's something in it even for me.

Not really interesting recipes.

Great cookbook for people who choose a healthy lifestyle. Whatever I made my family and I enjoyed.

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