



Kosher Lite: Your Traditional Jewish Favorites Cooked Healthy

Zillah Bahar

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Kosher cooking is on the rise, as more and more people are attracted to this time-honored tradition and its promise of purity and quality. Yet the well-loved richness of many kosher favorites competes against current nutritional needs. The solution lies in this collection of more than thirty of the best traditional Jewish recipes--authentically kosher and amazingly light. Kosher Light's adaptations are divided into separate dairy and meat sections for easy menu planning, and include recipes for starters, main dishes, and desserts--from vegetable tzimmes, potato latkes, and noodle kugel to challah, beet borscht, and a lean beef cholent bubbling with spicy Sephardic flavors. All are strictly kosher, all are easy for novices to prepare, and all list fat, calorie, sodium, and cholesterol content. And all, with sidebars on food and holiday origins, taste gloriously authentic for Passover and any other family occasion. With a foreword by a respected Orthodox rabbi, this is the ultimate, inexpensive Jewish holiday gift book and a must-have for today's Jewish kitchen.

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May Chapa:

Spent a free time to be fun activity to complete! A lot of people spent their free time with their family, or their friends. Usually they doing activity like watching television, planning to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Could possibly be reading a book may be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to attempt look for book, may be the book untitled Kosher Lite: Your Traditional Jewish Favorites Cooked Healthy can be excellent book to read. May be it may be best activity to you.

Thomas Hawkins:

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