



Heart Smart Chinese Cooking

Stephen Wong

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Make a significant difference to your health...while treating your tastebuds to fine Chinese cuisine! These Heartsmart recipes, endorsed by the Heart and Stroke Foundation of Canada, come from the kitchen of a Hong Kong-born chef, restaurant consultant, and writer--and they are scrumptious. You'll discover a whole new world of flavors, textures, and ingredients, one with a rainbow's variety of vegetables, whole grains, and limited amounts of well-seasoned meats. Several rich-tasting (but butter- and oil-free) stocks will help you get the most out of every recipe; they enhance the flavor of any ingredient, take little time, and freeze beautifully for future use. 100 easy-to-follow, lower-fat, lower-sodium dishes include such delicacies as Prawns with Cashews, Singapore Stir-Fried Noodles, Spicy Tangerine Beef, and Stir-Fried Chicken with Mango. Each one has a complete nutritional analysis, and there's a photo guide, fat-cutting secrets, simple new techniques and practical tips for everyday cooking, and information on substitutes for Chinese ingredients.

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From reader reviews:

Arlene Oliver:

Playing with family in the park, coming to see the ocean world or hanging out with friends is thing that usually you might have done when you have spare time, subsequently why you don't try point that really opposite from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Heart Smart Chinese Cooking, you may enjoy both. It is very good combination right, you still want to miss it? What kind of hangout type is it? Oh can happen its mind hangout fellas. What? Still don't obtain it, oh come on its known as reading friends.

Christopher Hunnicutt:

Are you kind of hectic person, only have 10 or 15 minute in your morning to upgrading your mind expertise or thinking skill possibly analytical thinking? Then you are receiving problem with the book in comparison with can satisfy your limited time to read it because all this time you only find reserve that need more time to be learn. Heart Smart Chinese Cooking can be your answer given it can be read by you who have those short free time problems.

Kimberly Hopkins:

In this era which is the greater man or woman or who has ability to do something more are more precious than other. Do you want to become one among it? It is just simple method to have that. What you must do is just spending your time very little but quite enough to have a look at some books. On the list of books in the top checklist in your reading list is usually Heart Smart Chinese Cooking. This book which can be qualified as The Hungry Hills can get you closer in turning out to be precious person. By looking upwards and review this book you can get many advantages.

Barry Bennett:

Book is one of source of understanding. We can add our understanding from it. Not only for students but in addition native or citizen want book to know the update information of year in order to year. As we know those ebooks have many advantages. Beside most of us add our knowledge, could also bring us to around the world. By book Heart Smart Chinese Cooking we can have more advantage. Don't you to definitely be creative people? To become creative person must like to read a book. Simply choose the best book that appropriate with your aim. Don't end up being doubt to change your life with this book Heart Smart Chinese Cooking. You can more inviting than now.

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