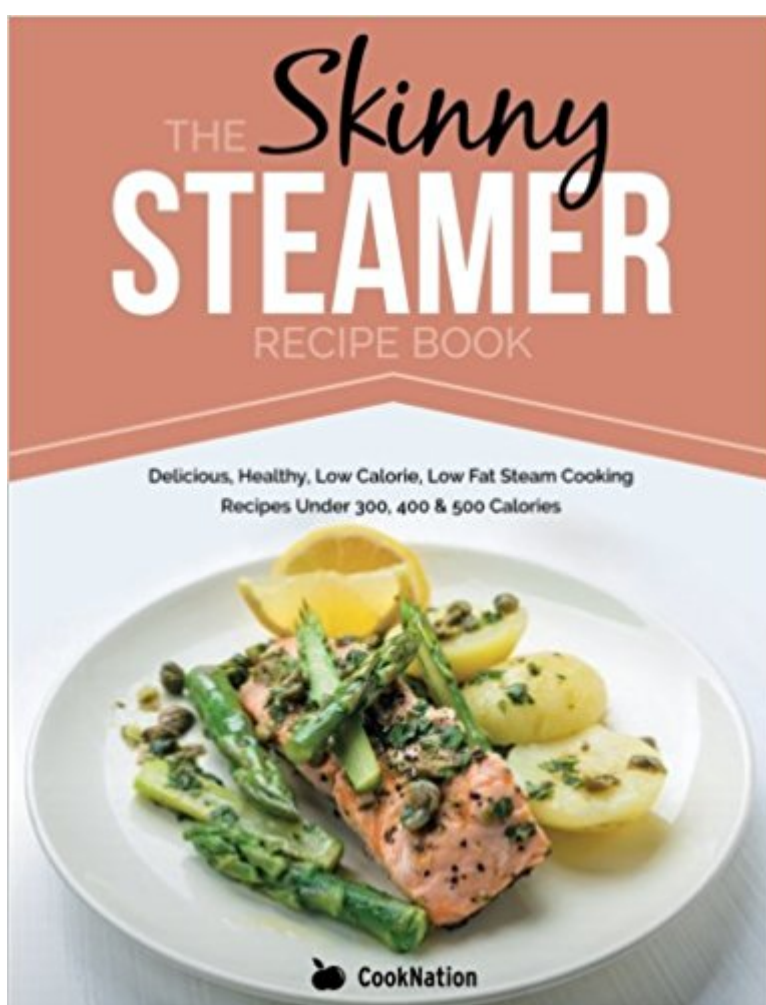


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# The Skinny Steamer Recipe Book: Delicious Healthy, Low Calorie, Low Fat Steam Cooking Recipes Under 300, 400 & 500 Calories



## Synopsis

#1 Best Selling Author The Skinny Steamer Recipe Book Delicious, Healthy, Low Calorie, Low Fat Steam Cooking Recipes Under 300, 400 & 500 Calories If you think your steamer is just for cooking vegetables think again! This brand new collection of delicious poultry, vegetarian, seafood & meat dishes are fast, fresh, fuss free, low fat and low calorie. Designed to help you make the most of your steamer, all our skinny steaming recipes fall below 300, 400 and 500 calories - which is perfect if you are following a calorie controlled diet or are keen to maintain and manage your weight! Every recipe serves two people and can be prepared in minutes. Versatile, simple & healthy |. there has never been a better time to start steaming. Includes over 60 recipes, cooking charts and tips. You may also enjoy other titles from the Skinny calorie counted series. Just search "cooknation"™ on .www.cooknationbooks.com www.bellmackenzie.com

## Book Information

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Best Sellers Rank: #23,733 in Books (See Top 100 in Books) #39 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #116 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #188 in Books > Cookbooks, Food & Wine > Kitchen Appliances

## Customer Reviews

This book about STEAMING FOODS is just what I needed! Before I decided to purchase this book, I looked into other STEAMER Kindle books (reading the samples) and none I could find were as helpful as this book. Below I state why I am so happy now that I found this book: 1) There is a section called Vegetable Sides - This is my favorite section in this cookbook because it covers the most popular veggies. The recipes are just superb and I love that it gives the time it takes for each veggie for steaming. 2) Since I am in the process of learning how to use a steamer, this book describes the different types of steamers: Electric, Stove Top Steamers (I have an insert adjustable basket that I use in saucepans), and Bamboo steamers. In this section, each type is covered. 3)

Another section that I found so very helpful is the steaming tips section. In this section, she covers how much water to place into the steamer, be sure to defrost meat before steaming; all food should be cut to same size and more.4) The section that has The Cooking Guide is another favorite of mine because all types of foods are covered and how long to steam them. It even includes how long to steam noodles and rice!5) RECIPES - The recipes for meats, fish and veggies were some of the best that I have found. My favorite recipes in this book include: Lime and Baby Carrots, Lemon Oil Asparagus, Basil Zucchini, Lime and Coconut Lentils, Cumin and Turmeric Cauliflower, and Crushed Butternut Squash.6) Another superb recipe is Savory Spiced Steamed Rice. This has vegetable stock, mushrooms, red pepper, onion and tomatoes!7) The Poultry section is excellent! There is a recipe in there for Lemongrass and Ginger Chicken that I tried and it is very, very good!

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