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# Holly Clegg's Trim & Terrific Gulf Coast Favorites: Over 250 Easy Recipes From My Louisiana Kitchen



## Synopsis

LOOKING FOR THE BEST EASY, HEALTHY, & SOUTHERN RECIPES? Holly's Louisiana cookbook with her mouth-watering 30-minute simple recipes includes classic Cajun recipes and southern cooking. Clegg, author of the best-selling trim&TERRIFIC cookbook series, expertise is creating easy and healthy family meals, Nutritional information included with each recipe. 30-Minute Family Recipes Over 250 Healthy Recipes with Nutritional and Diabetic Information Simple Seafood Recipes Louisiana Menus with Chicken & Sausage Gumbo, Crawfish Etouffee, Bread Pudding Pantry Stocking Guide for Easy Cooking Symbols with Vegetarian recipes and Freezer-Friendly Recipes Easy Favorite Southern Recipes Holly's 30-minute family recipes are time saving, pantry friendly and best of all, absolutely delicious! In keeping with her tradition, all of the recipes are easy, everyday, and healthier - perfect for our busy lifestyles. Holly personally tests all of her recipes and hopes while enjoying a repertoire of mouth-watering recipes from Blackened Chicken Fingers to Red Velvet Cake, everyone will eat healthier food while enjoying Cajun, Creole and southern cooking.

## Book Information

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## Customer Reviews

From: [...] Author & Book Views On A Healthy Life! Book Review: Holly Clegg's trim&TERRIFIC(tm) Gulf Coast Favorites (Favorite Recipes Press, 2008) by Holly Clegg Holly Clegg is the author of the trim&TERRIFIC cookbook series and Eating Well Through Cancer. Her focus is on healthy cooking,

and in this case emphasizes a unique region of our country--the Gulf Coast. Her recent book takes the deliciousness of Southern home cooking, and lightens it all up, offering today's cooks healthier traditional favorites able to be prepared in a time-friendly manner. Her philosophy, "Never Sacrifice Taste." Holly Clegg's trim & TERRIFIC Gulf Coast Favorites offers over 250 recipes from the heart of Louisiana. They cover the beginning--appetizers, to the end--sweet treats and even highlight special Cajun and Creole choices as well. Holly Clegg assumes that no food is forbidden, so foods that used to be loaded with fat, sugar, and calories have been trimmed down. She's included vegetarian recipes -indicated with a carrot symbol, prepare-ahead meals (snowflake symbol which means they're freezable), and diabetic exchanges. Throughout the book are beautiful photographs, taken by David Humphreys, an award-winning professional photographer who has worked with Holly Clegg on six of her books. The back of the book hosts sections for menu and pantry suggestions, and a Cajun/Creole glossary (example: corn maque-choux, etouffee). Each recipe includes a favorable comment from Holly Clegg, an ingredient listing using common items, simple directions, and complete nutritional information per serving. Many pages have a "Terrific Tidbit" to make the cooking process easier. Example, "If using frozen blueberries, don't defrost before adding to the mixture.

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