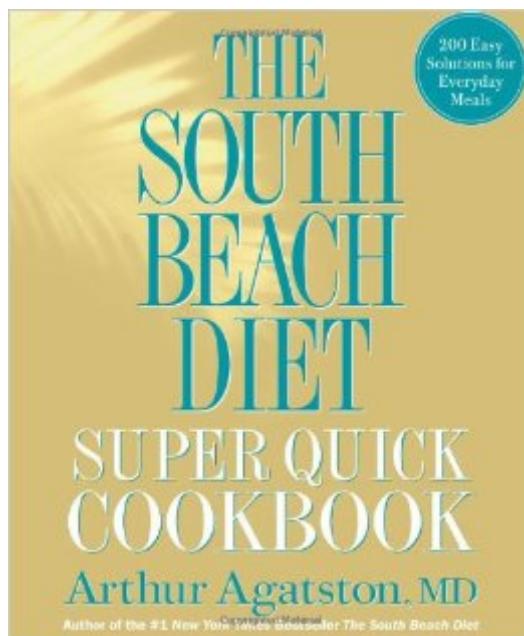


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The South Beach Diet Super Quick Cookbook: 200 Easy Solutions For Everyday Meals



Synopsis

A volume of 175 quick-prepare recipes for individuals following the South Beach Diet lifestyle provides for every stage the program and includes options for make-ahead meals and extra-busy days. Title: The South Beach Diet Super Quick Cookbook Author: Agatston, Arthur, M.D./ Fink, Ben (PHT) Publisher: St Martins Pr Publication Date: 2010/05/11 Number of Pages: 309 Binding Type: HARDCOVER Library of Congress: 2010007299

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Customer Reviews

Ok, I admit it I am on a diet. And yes, it is even The South Beach Diet. I have lost 75 Lbs in the first year and I've been on it over 2 years! But even if I was not on South Beach I'd recommend this new cookbook because I am a busy gal. I always have been. Presently, I have 2 jobs working over 12 hrs a day. So, while I love to cook, I don't want to spend the balance of my free time in the kitchen. Quick, Easy and Yummy have great appeal to me. While I have over 300 cookbooks in my collection, the ones that help me maintain my health are the ones I now treasure. This new addition will rank with the best because it also respects the limited time I have to cook a healthy menu. The new South Beach Super Quick Cookbook is a wealth of information and tips. There is Grab and Go, Budget Shopping Tips; Reworking of Old favorites and Cook Once, Eat Twice. Each topic enhances the concept of saving time. In addition, all the recipes can be made within 30 minutes. When I saw the recipe for Black Bean Brownies (page 245) I reflected on how I had learned about this technique from another member years ago. I thought at the time: "How gross". But later I learned that once

you puree any bean, it is very similar to an egg flour mixture. In this cookbook I was also was thrilled to find an acceptable Hash Brown substitution with Jicama Hash Browns (page 223) I have used Jicama in salads but never thought of using it this way. Brilliant !Dieting for me is not about "doing without". It is about "doing with" flavors and healthful choices. A big bonus from this cookbook is the time it gives me to enjoy the benefits. The Super Quick Cookbook allows me to do it all!

Perfect for dieters who have limited time in the kitchen, this cookbook will appeal to those who want healthy, yummy food -- fast. Each of the 200 recipes can be prepared in 30 minutes or less. Each dish adheres to the South Beach Diet, which focuses on "nutrient-dense, fiber-rich vegetables, fruits and whole grains, good unsaturated and omega-3-rich fats, lean protein and low-fat dairy." Before the recipes begin, the opening chapter reviews what the South Beach Diet phases are, gives budget-conscious shopping tips, lists staples and equipment to have on hand and describes some grab-and-go dishes contained in the cookbook. Each recipe includes: How many servings it makes, hands-on time and total time; nutrition information lists calories and amounts of fat, saturated fat, protein, carbohydrate, fiber and sodium in each serving. Many recipes have variations so cooks can change the ingredients to make the dish compatible with Phase 2 or 3 eating. Easy-to-spot cooking tips are sprinkled throughout, as well as instructions on how to "Cook Once, Eat Twice" so cooks can take leftovers from a dish and transform it into another dish. After recipe chapters come two full weeks worth of meal plans for South Beach dieters on both Phase 1 and Phase 2 of the diet. Included are instructions on how to eat to satisfy each phase. I've only tried a few of the recipes, but they have been delicious: Strawberry Fool, which uses plain Greek yogurt; Lemon Quinoa Salad, with my favorite healthy grain; and Black Bean Brownies, which uses just what you think. Unfortunately, only every third (or so) recipe has a photo. Cookbooks are so much more helpful with images of finished dishes. The photos that are included are in color and beautiful.

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