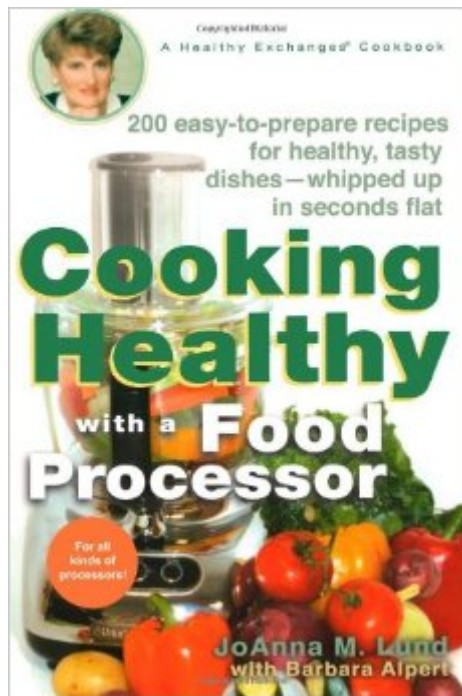


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# Cooking Healthy With A Food Processor: A Healthy Exchanges Cookbook (Healthy Exchanges Cookbooks)



## Synopsis

Today's food processing machines are more versatile, affordable, and easier to use than ever before. And now is the time for readers to discover - or rediscover - the healthy goodness and time-saving convenience of their food processors. Even the cook who's all thumbs can easily whip up soups (such as Easy French Onion Soup), vegetables (such as Dilled Potato Vegetable Bake), main dishes (Pork-Tenders-and-Potato-Bake) - even desserts (Aloha Carrot Cake or Cheyanne's Peach Crumb Pie). The book also features step-by-step instructions for any kind of food processor; easy-to-find ingredients; complete nutritional analysis and diabetic exchanges for every recipe; JoAnna's Top Ten Tips for getting the most out of your food processor, and lots of advice for stocking the pantry.

## Book Information

Series: Healthy Exchanges Cookbooks

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Average Customer Review: 3.8 out of 5 stars [See all reviews](#) (16 customer reviews)

Best Sellers Rank: #532,596 in Books (See Top 100 in Books) #18 in [Books > Cookbooks, Food & Wine > Kitchen Appliances > Food Processors](#) #6098 in [Books > Cookbooks, Food & Wine > Special Diet](#)

## Customer Reviews

I usually check out a cookbook from the library before actually buying it. I bought this one for several reasons. First of all, these are recipes I would actually make. Some cookbooks have a list of ingredients so long that my eyes just glaze over and I turn the page. This book uses ingredients that you probably already have in your house. If you are watching your health, the recipes are all created with that in mind. I hate all the chopping & slicing, so I bought a food processor and this cookbook is a perfect companion.

I'm giving the *Cooking Healthy with a Food Processor* by JoAnna Lund and Barbara Alpert a 4 star

rating as Healthy Exchanges cookbooks tend to lean towards the healthy side of home-style cooking. This is not a bad thing, but their version of healthy home-style cooking tends to be Midwestern bland. Not bad but not all that gourmet either. I consider Healthy Exchange cookbooks to be the "workhorse" of the kitchen meaning the recipes are dependable but nothing that will knock your socks off flavor wise. Some of the recipes you will find their cookbook include: Creamed Potatoes and Carrots Slow Cooker Shipwreck Maple Sweet Potato -Apple Bake Octoberfest Ham Skillet Pork Tenders with Corn Dressing Hawaiian Chicken Salad Salmon Shoestring Salad Open-Faced Pear Piel will update this review, if needed. Recommend with caveats given.

I have purchased several of Joanna Lund's cookbooks and I have to say that they are the most used cookbooks from my collection. The recipes are simple, straightforward, and are pleasing even to the pickiest of eaters, including my husband! They also contain nutrition information making them easy to adapt to almost any of the popular diets. I highly recommend Ms. Lund's cookbooks.

I do the cooking for my type-1 diabetic son. We both have simple tastes and my culinary talents are primitive. My son is also allergic to onions and we both hate pepper. Sugar is also a no-no, and we both try to limit our calorie intake by avoiding fatty food. That removes just about 95% of published recipes from consideration. I recently bought an inexpensive food processor that came without instructions or a cookbook. This book does exactly what I wanted: it summarizes how to use a food processor and it is full of simple recipes that are easy to prepare, tasty, and healthy. Each recipe even includes listings of dietary information about Healthy Exchanges, calories and food groups, diabetic exchanges, and carb choices. Our favorite recipe so far is King Coleslaw, prepared as described, with the omission of onions and pepper!

can be boring until you feel better and notice your physique has improved and your friends comment on how you look. And then it's not so boring! Obesity is expensive and this book will help you fight it in a sensible manner by presenting nutritious lower carb recipes that are easy to prepare, especially using a good food processor. (I personally like the FP14-DC Cuisinart; yes, it's a few dollars more, but you get what you pay for.) Eating healthy requires a new mindset and a new attitude towards food so this book will help you achieve that. Give it time; we didn't get fat overnight. It took sloppy eating habits to get most of us where we are now and it will take discipline to get us back to where we should be. Buy the book and learn to cook and eat healthy. You'll be glad you did. And Oh, by the way, add a little exercise to your new regimen - that too will help.

Being new to the food processor, I wanted a recipe book to help me get started. This book explains the ins and outs of the processor, lots of little hints and most of all the nutritional values that are incorporated with each recipe. I even purchased one for my sister-in-law to help her get started with her food processor and she immediately sat down, read and was amazed with all the recipes that one can do with this machine. I would definitely recommend this book.

While JoAnna Lund was alive, she quickly became one of my favorite recipe book authors. She developed healthy, low fat, low sugar, low calorie recipes that tasted good too. This book did not disappoint. Great for people looking for healthy recipes to make with their kitchen gadgets, especially Food Processors.

Healthy eating requires using great tools and knowledge. This book covers both plus gives you inspiration on recipes that you can make with your food processor. This made a good gift for my daughter.

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