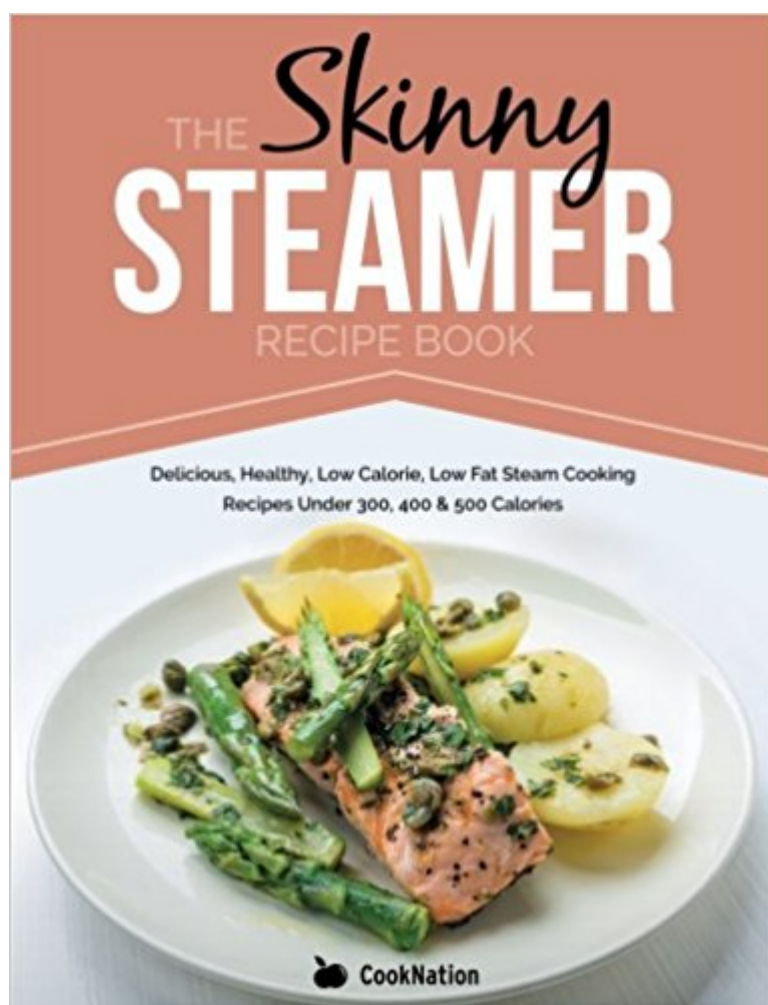


The book was found

# 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](http://www.cooknationbooks.com) [www.bellmackenzie.com](http://www.bellmackenzie.com)

## Book Information

Paperback: 96 pages

Publisher: Bell & Mackenzie Publishing Limited (October 8, 2014)

Language: English

ISBN-10: 1909855677

ISBN-13: 978-1909855670

Product Dimensions: 7.4 x 0.2 x 9.7 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 stars See all reviews (90 customer reviews)

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!

[Download to continue reading...](#)

The Skinny Steamer Recipe Book: Delicious Healthy, Low Calorie, Low Fat Steam Cooking Recipes Under 300, 400 & 500 Calories Negative Calorie Diet: Calorie Zero to Size Zero!: (Negative Calorie, Negative Calorie Diet, The Negative Calorie Diet, Negative Calorie Foods, Negative Calorie ... in a week, the negative calorie diet book) Hungry Girl 300 Under 300: 300 Breakfast, Lunch & Dinner Dishes Under 300 Calories 30 Under 300: healthy, unique recipes under 300 calories (gluten free, sugar free, dairy free, vegan) Delicious Dessert Recipes Under 160 Calories. Naturally, Healthy Desserts That No One Will Believe They Are Low Fat & Healthy (Diet Cookbooks, Cookbook healthy Collection) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Recipe Book: The Best Food Recipes That Are Delicious, Healthy, Great For Energy And Easy To Make (Healthy Cooking, Easy and Healthy Recipes, Recipe Cookbooks) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, deserts) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Recipes: Box Set: The Complete Healthy And Delicious

Recipes Cookbook Box Set(30+ Free Books Included!) (Recipes, Healthy Cooking, Recipe Books, Diets, Cooking, Cookbooks, Diet Cookbooks,) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) 500 Low-carb Recipes - 500 Recipes, From Snacks To Dessert, That The Whole Family Will Love (500 Recipes, from Snacks to Dessert) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Counting Calories: How to Count Calories and Lose Weight Fast (Low Carb Food List: What to Eat While on a Low Carb Diet) Low Carb High Fat Cookbook: Bacon, Butter & Coconut Oil-101 Healthy & Delicious Low Carb, High Fat Recipes Perfect For the Paleo Diet, Atkins Diet, Low ... Paleo Cookbook, Gluten Free Cookbook) Eat What You Love: More than 300 Incredible Recipes Low in Sugar, Fat, and Calories Slow Cooker: Low Carb: 142 Low Carb, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss - 3rd Edition (Low Carbohydrate, Easy Meals, ... Meals, Low Carb Cookbook, Weightloss)

[Dmca](#)