

# Crispynote

LA Snyder

**Super Shortcut Instant Pot** Jeffrey Eisner,2023-04-11 NATIONAL BESTSELLER • Super shortcuts mean saving time and money. Now, Jeffrey Eisner, the multiple-time #1 bestselling author of the Step-by-Step Instant Pot Cookbooks, shares easy, incredibly delicious Instant Pot recipes with quick cook times and short ingredient lists. Eisner's flavor-bomb recipes are simpler than ever, with quick cooking and each Instant Pot recipe using no more than ten ingredients (including salt, pepper, and oil)—and often many fewer. But make no mistake: these shortcut dishes never skimp on flavor. They deliver the same delectable satisfaction that keeps cooks coming back time and time again. Plus, each recipe also works for smaller households, with instructions to serve from 1 to 6 people. 100 mouthwatering recipes include: Creamy Tortellini Soup French Onion Mac & Cheese Dan Dan-Style Noodles Lasagna Risotto Chicken Stroganoff Chinese-style Spareribs Beef Birria Tacos Shrimp Scampi Spinach & Artichoke Dip Deep-Dish Chocolate Chip Cookie Authorized by the makers of the Instant Pot and featuring hundreds of step-by-step photos to make each meal foolproof, this cookbook will turn your dinners into winners.

**Slimming and Speedy** Latoyah Egerton,2023-12-28 Spend just 15 MINUTES in the kitchen for TASTY & SATISFYING MEALS under 600 calories Slimming has never been so easy. Discover 100+ new simple recipes which can be either prepped or cooked in just 15 minutes, so you don't have to spend your life in the kitchen. Packed with creative ways to save time cooking, you'll find recipes which are ready in a flash for breakfast on-the-go, or speedy midweek dinners for busy evenings. There are also life-changing ideas for 'speedy-prep, slow cook' meals which you can whack in a slow-cooker (or oven on low) in the morning, so you can come home to a delicious feast after a long day. And when you're in meal-prep mode there are plans for batch cooking at the weekend so you can cook once for speedy meals all week; and recipes which are perfect for popping in a freezer bag for quick reheating on another day. And for days when you're in need of a treat, you'll find brand new recipes for Latoyah's signature fakeaway fast-food recipes, and ideas for quick desserts, cakes and bakes to satisfy your sweet tooth in minutes.

*Diabetes Cookbook For Dummies* Simon Poole,Amy Riolo,2024-03-19 Easy-to-follow recipes for nourishing, satisfying, diabetes-friendly meals Diabetes Cookbook For Dummies helps you maintain control of your health without giving up tasty, fulfilling meals. With 125 new recipes and an eight-page color insert, this cookbook combines fabulous flavors with proven health benefits. Award winning chef Amy Riolo and internationally renowned doctor Simon Poole provide a holistic understanding of diabetes and show you how to maximize nutrition at meals whether you're living with diabetes, prediabetes, or simply want to gain better control of your health. Each recipe includes a breakdown of ingredients, explaining how various taste profiles affect health and giving you a glimpse of the powerful effects of micronutrients and bioactive compounds. Learn to boost your health and feel better with this trusted Dummies cookbook. Create diabetes-friendly meals that balance high-quality carbohydrates with healthy fats and sustainable proteins Enjoy delicious, chef-inspired recipes that everyone will love Learn how micronutrients and superfoods can enhance your health and life Follow meal plans that make sense, no matter where in the world you are located Get a clear summary of the latest scientific understanding of diabetes nutrition Following the nutritional advice and recipes in this guide will prove that even with diabetes, living with both pleasure and health in mind is easy. Those newly diagnosed with diabetes or prediabetes, and their care givers will love the mouth-watering recipes in Diabetes Cookbook For Dummies.

The Foster's Market Cookbook Sara Foster,Sarah Belk King,2011-08-03 For more than a decade, Foster's Markets have been cooking

and baking foods made fresh each day from ingredients picked locally at the peak of flavor. Now Sara Foster shares more than two hundred delicious recipes, providing modern takes on favorite home-style classics. The Foster's Market Cookbook features old-fashioned ideas about how good food should taste and new-fashioned ideas about prep times and the use of high-quality prepared ingredients. Filled with eighty color photos, this is the perfect cookbook to refer to over and over again for everyday meals or for entertaining, whether it be for two or for twenty. Before moving to Durham, North Carolina, Sara worked alongside Martha Stewart in the kitchen of Martha's catering business. When she opened her own catering company, Sara kept her food simple yet soulful, trusting the complex flavors of seasonal ingredients. This same basic principle guides the daily offerings at Foster's Markets in Durham and Chapel Hill. Each week the markets serve nearly a thousand customers hungrily searching out Sara's innovative, new-style home cooking. And now food lovers everywhere will be able to prepare with ease sumptuous dishes such as Roasted Chicken, Sweet Potato, and Arugula Salad; Herb-Grilled Salmon with Fresh Tomato-Orange Chutney; and Risotto Cakes with Roasted Tomatoes and Foster's Arugula Pesto. Also featured are a host of wonderful desserts, such as Lemon Chess Pie with Sour Cherries and Chocolate Espresso Layer Cake with Mocha Latte Frosting. Featuring mouthwatering favorites from the market and dozens of helpful sidebars that discuss ingredients, techniques, and make-ahead tips, The Foster's Market Cookbook provides all you need to know to make the most of every season's finest offerings.

*Without Grain* Hayley Barisa Ryczek, 2015-09 Continue to eat amazing food while still taking control of your diet. These 100 great grain-free recipes will keep you on track and satisfied.

**Pamper Your Dog** NISHANT BAXI, 2020-04-27 The cookbook that your dog and dogs everywhere have been waiting for has finally arrived. Pamper Your Dog unleashes 130 recipes for tasty treats and meals for your canine friend that are sure to have your dog salivating. You cook for yourself and your family, so don't ignore your most faithful of friends. Pamper Your Dog will show you how to prepare tasty and healthful treats and main meals for their dogs without a lot of cost or work. This great collection of recipes features 130 tempting and tasty treats for your dog. Below are just a few of the recipes you will find inside:

**The Holistic Rx for Kids** Madiha M. Saeed MD, 2021-11-11 As physical and mental health conditions and destructive behaviors skyrocket, Dr. Saeed uncovers how our children's brains, bodies, and behaviors are being hijacked and presents evidence-based actionable steps parents can take to help their children make better decisions, build resilience, and heal and prevent acute/chronic conditions at any age.

**The Low-Oxalate Anti-Inflammatory Cookbook** Cindy Bokma, 2018-11-27 In this cookbook, food blogger Cindy Bokma takes familiar recipes and re-creates them for anyone dealing with a limited diet that can become extremely overwhelming. Health is like a line of dominos and once one falls, others soon follow. Most people have more than one issue that can be addressed by diet. But when gluten-free options lead you to almond flour and milk, for example, and almonds are rich in oxalates, you may then be put in the path of an illness or issue related to high oxalates. While much is known about gluten-free, low-carb, soy-free, nut-free, and low-sugar diets, this collection highlights oxalates, a naturally occurring but potentially inflammatory substance found in a wide variety of healthy plant foods, such as almonds, rhubarb, spinach, and more. These are, unfortunately, prominent in popular diets such as paleo and ketogenic. With Bokma's guidance, you'll learn how oxalates affect your body, in which foods they may be found, and how to adjust your diet so they don't cause you inflammation or other issues. Recipes such as Chicken with Garlic and Tomato, Cheeseburger Burritos, and Easy Bake Apples are simple, familiar, and stress-free and will allow you to eat your favorite foods without worry.

**The Sacred Cookbook** Nick Polizzi, Michelle Polizzi, 2023-10-10 Discover the healing power of food using over 100 ancient recipes and ingredients adapted for the modern world, from the author of *The Sacred Science*. Satisfy your tastebuds, appetite, and soul with this inspiring collection of easy-to-make, flavorful recipes. Nick Polizzi grew up in a restaurant and has spent much of his life traveling the world, studying traditional healing foods from Northern Africa all the way to remote regions of the Amazon rainforest. In their home kitchen, Nick and his wife, Michelle, have translated this hard-earned culinary wisdom into everyday meals meant for sharing. Every recipe meets three fundamental criteria: 1) it has ingredients that can be traced back at least 500 years, 2) it has well-documented health benefits, and 3) it's absolutely delicious. Accessible and easy-to-follow, this cookbook focuses on: Soups and stews Medicinal spices and sauces Fermented superfoods Dried and cured snacks Nutrient-dense proteins Savory mushroom dishes Greens, petals, and grasses Forgotten ancient grains Enzyme-rich breads Healing elixirs and spirits Teas and tonics Appealing to a broad palate, this full-color cookbook provides tips and substitutions for adjusting to different needs, including gluten-free and vegan diets.

Feast Franck Dangereux, 2005-09-01 This Gourmand World Cookbook Awards 2004-Winner Best Chef Cookbook reveals all the sensual dishes at La Colombe restaurant.

*Goodbye Gluten* Kim Stanford, Bill Backhaus, 2014-10-15 There are many gluten-free cookbooks on the market, but none like *Goodbye Gluten*! Roughly one-third of people in the U.S. are either gluten intolerant or have celiac disease, and for these people, eating gluten can make them sick--very sick. The engaging team of Kim Stanford and Bill Backhaus represents both these audiences, and together they have developed over 200 flavorful and tempting recipes for all types of dishes, from appetizers to desserts. *Goodbye Gluten* is both a cookbook and shopping guide for people who do not want gluten in their diets and are tired of missing out on their favorite foods. In each recipe the authors use everyday brand names that can be found at your local grocery store, which means you no longer have to check labels to decipher if a product is gluten-free. Another appeal of the book is its use of Texas and Tex-Mex flavors to add a kick to what can be bland fare. *Goodbye Gluten* makes it easy to live the gluten-free lifestyle, because it is not just a diet, but a lifestyle. With 30 color photos of the completed dishes, even the most dedicated bread-lover will want to get into the kitchen and start cooking.

**The Lighter Step-By-Step Instant Pot Cookbook** Jeffrey Eisner, 2021-04-13 Easy, healthy Instant Pot recipes from popular Pressure Luck blogger and YouTube star Jeffrey Eisner—lightening up comfort-food favorites for wholesome everyday eating Jeffrey Eisner's internationally bestselling *Step-by-Step Instant Pot Cookbook* was the easiest-to-follow set of Instant Pot recipes ever assembled—showing even the most reluctant cooks how to make magic in their pressure cookers. Now, in this new cookbook featuring over 90 new simple and delicious dishes, Eisner shows how the Instant Pot can be a part of your plan to slim down and keep the weight off—without losing any of the flavor. We're talking a trove of lightened-up recipes, many of which fit easily into a variety of lifestyles including: Keto Paleo Gluten-Free Dairy-Free Vegetarian and Vegan Recipes are accompanied by nutrition information and a precise timing bar so you know exactly how long your meal will take from pot to table. Some of the light, simple, and delicious recipes you'll find inside are: Butternut Squash Soup Sun-Dried Tomato & Shallot Shells Greek Farro Feta Salad Eggplant Risotto Creamy Avocado Chicken Salt & Vinegar Pork Zucchini Chips & Tzatziki Dip Mug Cakes in Mason Jars & More Building on the wild success of Eisner's popular Pressure Luck Cooking website and YouTube channel, every recipe in this book is illustrated with color photographs showing exactly what to do in each step, along with a beautiful shot of every finished recipe. There are no hard-to-find ingredients or fussy techniques,

and each dish takes advantage of the time-saving benefits of the Instant Pot.

**Cooking Coach** Jan Plummer, 2020-05-19 Home Economics Teacher in a book. With many schools eliminating Home Economics or Life Skills classes, people may not have basic skills for providing healthy good tasting food for themselves or their family. Cooking Coach provides basic skills and information in a concise resource guide and recipe book in one location. In our fast-paced world, many do not have the time or inclination to search for information. The book includes information and recipes that have been used. Many are friend and family favorites that have been used many times for years. Readers can successfully use the recipes and basic measuring, shopping and entertaining information to be confident in the kitchen. The book is designed to make cooking enjoyable and eating even more fun.

The 30-Day Ketogenic Cleanse Maria Emmerich, 2016-12-27 A guide for healing the body with a high-fat, moderate-protein, low-carbohydrate diet offers a thirty-day meal plan with corresponding shopping lists and ketogenic recipes to reset metabolism, shed weight, and increase energy levels.

*The Savage Avenger* Kakwenza Rukirabashaija, 2023-05-23 Kakwenza's book narrates what the novelist suffered from December 28, 2021 when his door was broken into and his daring escape to Germany after the magistrate denied him access to his passport document. The book is another act of courage. In the same way that the violence he has suffered for his political writing increases with every arrest, his courage in the exposure of his suffering also increases. He also includes more shocking revelations of some things he was told during his first detention in 2020 that he had omitted from *Banana Republic: Where Writing is Treasonous*. *The Savage Avenger* is a warning. Courage is the barest element of creative writing. Kakwenza excels at it and continues to pay with his health, wellbeing and life, for it. The book contains a foreword by Prof. Helen Epstein and an afterword by Prof. Milton Allimadi.

Treat Your Dog - A Cookbook for the Dog Lover in YOU! LA Snyder,

**A New Puppy In The Family** Elaine Everest, 2011-07-29 A new puppy in the family is an exciting time for young and old alike. The arrival of this cute little bundle of fur and joy will capture your heart. But a puppy also brings with it responsibilities and some challenges. This book guides you through every aspect of choosing and owning your puppy and nurturing it into the obedient, loving, loyal, fully grown dog that will be a credit to you or your family: \* How and where to find the best breeder. \* Providing bedding, a sleeping area and safe toys. \* Basic house training and play suggestions from day one. \* Micro chipping and pet safety and health. \* Supervising children and dogs. \* Obedience training. \* Showing your dog. \* Coping with illness and bereavement. / With additional comments and advice from other dog owners, this book is a must for anyone considering buying - or just about to buy - a new puppy.

**Nancy Silverton's Pastries from the La Brea Bakery** Nancy Silverton, 2013-05-07 "The pastries we make are deliciously simple and rustic and never too sweet. Woven into many of them are my favorite flavors: butter, cinnamon, nuts, and fruit. They're familiar, uncomplicated, and satisfying. One taste and you're instantly comforted. Inspired by a sweet memory from childhood, a European classic, or a time-honored bakeshop standard, they are flavors you never tire of. Like my bread, these are pastries you want to eat every day."—from the Introduction When celebrated pastry chef and baker Nancy Silverton decided to add sweets to the La Brea Bakery's shelves of artisanal breads, she knew that they couldn't be just any sweets. Instead of baking fastidious and overelaborate desserts, she creates deliciously simple, rustic pastries, full of texture and flavor, that complement perfectly her hearty, country-style breads and have people lining up morning after morning. Now, in *Pastries from the La Brea Bakery*, Silverton shares her passion and

expertise in more than 150 recipes of her most scrumptious favorites—virtually every pastry in the La Brea Bakery’s impressive repertoire. Silverton distills years of experimentation and innovation into simple and accessible directions. Many of her recipes are surprisingly quick and easy—not to mention incredibly tasty—like her crisps, cobblers, and crumbles, and her ever-popular scones, which run the gamut from Chocolate-Walnut to Ginger to Mushroom-Onion. Her muffins are moist and distinctive, from the healthful Bran to the rich Crostin de Chocolat. She offers an array of quickbreads and quickcakes for all tastes (including Madeleines, Canellés, and Cranberry-Almond Tea Bread), and her tarts bring out the best qualities of the finest ingredients, from the intense, fresh fruit of her Cherry Bundles to her elegant Triple Almond Tart. Beautiful cookies, such as Almond Sunflowers, Nun’s Breasts, and Swedish Ginger Wafers, are centerpiece desserts on their own. Silverton also deftly teaches the delicate art of confections—here you’ll find Almond Bark, English Toffee, and Lollipops—and demystifies the sometimes intimidating technique of doughnut making. The crowning touch is her detailed section on Morning Pastries, where she guides us to mastery of the classic doughs: the quick and rich bobka, the fine-textured traditional brioche, the famous and flexible croissant, and the pièce de résistance: puff pastry. An important book from a baking and pastry icon, Pastries from the La Brea Bakery, like Nancy Silverton’s acclaimed Breads from the La Brea Bakery, is a bible of the craft for bakers everywhere.

**Mediterranean diet cookbook** Celine Claire, 2022-05-14 This ebook gives the definition, benefits, and recipes in the Mediterranean diet. Pros of eating a Mediterranean diet. • It lets you eat only what you love. The Mediterranean diet comprises a variety of whole, fresh foods, making it easy for you to build some good food options from the diet. The foods that make up this diet just need minor tweaks. For instance, instead of a sausage and pepperoni pizza, you can choose one diet fully piled with veggies. You are free to include a lot of food types in a meal. When you fill-up your meal with fresh foods like fruit and vegetables, they will help you build volume into your meals so that you can consume fewer calories. • The diet is low in saturated fat. The Mediterranean diet saves you from constant hunger since it has a variety of healthy fats in it. The diet limits large amounts of red or processed meats, which helps you consume more monounsaturated fatty acids like nuts, avocado, and olive oil. These fatty acids reduce cholesterol intake, which is high in saturated fats. • The Mediterranean diet lowers the risk of getting cancer. A growing number of studies indicate that people following a Mediterranean diet have a lower chance of getting colon cancer, prostate cancer, and some neck and head cancers. These studies were published in September 2016 in the British Journal of Cancer, in the European Journal of Cancer Prevention in September 2017, and in the Journal of Urology in February 2018 One skillet Mediterranean chicken recipe This recipe is ideal for dinner. It's packed with veggies and proteins, and fresh herbs that will be ready in less than 30 minutes. Course: Main Dish. Cuisine: American. Preparation time: 5 minutes. Cooking time: 25 minutes. Servings: 5. Ingredients - A tablespoon of olive oil. - A teaspoon of olive oil. - 1½ pounds of boneless skinless chicken tenderloins. - One medium red onion, which is chopped. - A teaspoon of minced garlic. - A can of petite diced tomatoes (15 ounces with liquid) - ½ cup of sliced California ripe black olives. - A tablespoon of fresh oregano. - A tablespoon of fresh basil. - A cup of halved cherry tomatoes, which are either yellow or red. - Pepper/salt to taste. Instructions - In a large cast-iron skillet, heat a tablespoon of olive oil over medium heat. When the oil is hot, add the chicken tenderloins and sauté until it is browned through. Do this for about 10 minutes, stirring often. Remove the chicken and put it on a plate. - Add the teaspoon of olive oil and onions to the skillet. Add the garlic and cook for one more minute. Add the canned tomatoes and olive and spices. Cook for 6 to 8 minutes. - Add the chicken tenderloins and tomato halves and heat through. - Serve over rice or potatoes. Translator: Celine Claire PUBLISHER: TEKTIME

**The New Chesapeake Kitchen** John Shields, 2018-10-15 Fresh and simple recipes that celebrate the bounty of the Chesapeake Bay region—and protect its environment—from a renowned Maryland chef. Captain John Smith, upon entering the Chesapeake, wrote in his diaries that the fish were so plentiful “we attempted to catch them with a frying pan.” That method sums up classic Chesapeake cooking—fresh and simple. In *The New Chesapeake Kitchen*, celebrated chef John Shields takes the best of what grows, swims, or grazes in the Bay’s watershed and prepares it simply, letting the pure flavors shine through. Honoring the farmers, watermen, butchers, cheese makers, and foragers who make the food movement around the Chesapeake Bay watershed possible, along with the environmental and food organizations working to restore the Bay, the land, and food security, Shields promotes a healthy locavore diet and a holistic view of community foodways. This scrumptious book, with beautiful full-color images by former Baltimore Sun Magazine photographer David W. Harp, urges readers to choose local, seasonal ingredients. Presenting what he dubs “Bay- and body-friendly food,” Shields advocates for a plant-forward and sustainable diet. He presents creative and healthy choices, including one-pot recipes like Fishing Creek Seafood Chili, Old Line Veggie Creole Oyster Stew, and Spring Pea Soup with Tarragon-Truffle Oil. Also included are directions for canning, preserving, and fermenting. Shields offers many vegan- and vegetarian-friendly options, as well as innovative takes on Chesapeake classics. You’ll find dozens of delicious dishes, from Aunt Bessie’s Crab Pudding and Hutzler’s Cheese Bread to “I Can’t Believe It’s Not Crab” Cakes, Blue Cat Seafood Hash, and an array of savory soups, braised meats, luscious desserts, and green breakfast smoothies—even recipes for a locavore cocktail party!

Embark on a breathtaking journey through nature and adventure with this mesmerizing ebook, *Witness the Wonders* in **Crispynote**. This immersive experience, available for download in a PDF format (\*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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