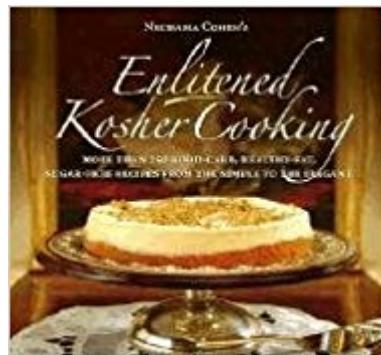


The book was found

Enlitened Kosher Cooking



Synopsis

Ã¢â€šâ€œLitenÃ¢â€šâ€œ up your diet with the more than 250 good-carb, healthy-fat, sugar-free recipes in this must-have cookbook for anyone wanting to eat healthier and enjoy delicious flavor. Ranging from the simple to the elegant, the strictly kosher dishes are accompanied by detailed yet easy-to-understand nutritional information. Whether youÃ¢â€šâ€œre struggling to take off a few pounds, have serious health concerns, or are in perfect shape, Enlitened Kosher Cooking is a resource you cannot be without. Features stunning full-color photos. Distributed by Jonathan David Publishers, Inc.

Book Information

Hardcover: 416 pages

Publisher: Philipp Feldheim (October 20, 2006)

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Product Dimensions: 8.8 x 9.4 x 1.4 inches

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Average Customer Review: 4.8 out of 5 stars 18 customer reviews

Best Sellers Rank: #790,607 in Books (See Top 100 in Books) #175 in Books > Cookbooks, Food & Wine > Special Diet > Kosher #7126 in Books > Cookbooks, Food & Wine > Regional & International #174992 in Books > Textbooks

Customer Reviews

Ms. Cohen is the founder and CEO of the Jewish Diabetes Association. A wife and mother now facing the challenge of controlling Type I diabetes while living a traditional Jewish lifestyle, Nechama studied both nutrition and social work. She concluded that, with a positive attitude and adequate information, good control was obtainable. Since 1986, she has shared her approach with thousands of people in order to help them feel happier, healthier, and more productive while following an enlightened lifestyle.

This is a very valuable resource for a newly diagnosed diabetic who is also kosher. The recipes I've tried (with a few minor modifications) have been both delicious and attractive. I brought the cheesecake to a dinner party, didn't tell anyone that it was made with sugar substitute and a ground nut crust (I knew no one was allergic) and no one was the wiser.

Perfect condition. I was told it was used and expected some wear and tear. Instead I got a book in better than mint condition. How??? They sent me a library version with plastic covering the jacket like libraries do! So happy.

Another ethnic avenue to learn. It is well written and appears to contain non-complex recipes

When we ordered this book, we were looking for a way to keep kosher while also sticking to my partner's diet for diabetes. This book allows us to do both, and the food tastes great! And then there was the vendor we obtained it from. We will definitely deal with them again, because the book was in even better shape than originally stated, and we received it far sooner than we were told. I love dealing with folks who under promise and over deliver.

The perfect cookbook for people interested in eating whole grain carbs and the right fats. It conforms totally with the South Beach Diet, which is why I bought it. Recipes are innovative, easy to prepare and appetizing. The added info about carbs, sugar and fats is instructive, making sense of a complex topic.

I bought this for a Jewish friend, but after looking at the recipes, I decided to keep it for myself. Not only are the recipes Kosher, but they are low carb, which is how I've been eating for almost 10 years. The recipes are exquisite, very gourmet and easy to prepare. This is probably the best low carb cookbook I have come across.

Easy & thorough

Good recipes

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