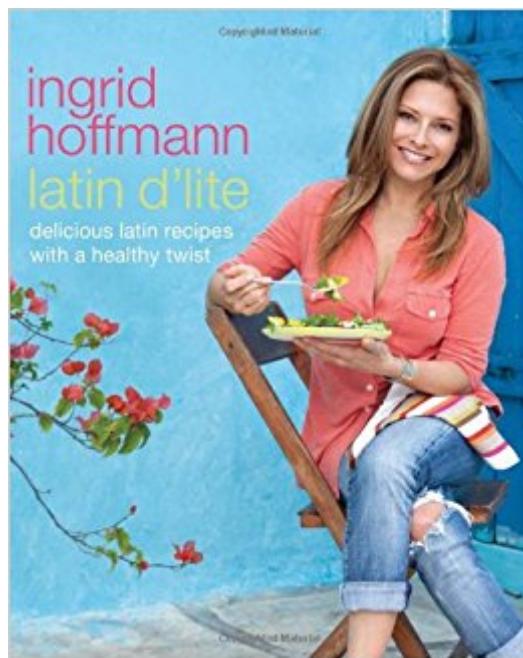


The book was found

# Latin D'Lite: Delicious Latin Recipes With A Healthy Twist



## **Synopsis**

From Ingrid Hoffmann, international food and television personality, restaurateur, and host of the Cooking Channelâ™s *Simply Delicioso* and Univisionâ™s *Delicioso*, comes a fully illustrated, easy-to-follow cookbook that offers a healthy spin on modern Latin cuisine. *Latin Dâ™lite* features more than 150 classic Latin recipes, all with Ingridâ™s signature touches: Adding bright, bold flavor to every dish with herbs, spices, and chiles. Introducing readers to ingredients such as pumpkin seeds, green and ripe plantains, ajÃ±- amarillo (Peruvian yellow chile pepper), and malanga (a popular South American root vegetable), along with how and when to use them. Offering healthful ingredient substitutions and cooking tips such as using lime juice as a coleslaw dressing instead of mayonnaise. Or making codfish balls from fresh, rather than dried, cod, then baking them instead of frying them. Using frozen mango and a touch of rosewater and white wine for a light sorbet. Time-saving prep secrets and presentation ideas. At the end of each chapter, there is one indulgent recipe to allow the occasional splurge while maintaining these healthy changes. Delicious dishes such as Latin-style Fried Chicken or Ingridâ™s take on a decadent lobster sandwich should be enjoyed every once in a while! A serious food lover who also understands the importance of balancing a healthful lifestyle, Ingrid offers a fresh, energetic take on Latin foodsâ "from breakfast to appetizers and snacks, to soups and salads, to entrÃ©es, cocktails, and desserts.

## **Book Information**

Hardcover: 320 pages

Publisher: Celebra (April 2, 2013)

Language: English

ISBN-10: 0451416279

ISBN-13: 978-0451416278

Product Dimensions: 7.7 x 1 x 9.4 inches

Shipping Weight: 2.4 pounds

Average Customer Review: 4.3 out of 5 stars 17 customer reviews

Best Sellers Rank: #690,161 in Books (See Top 100 in Books) #133 in Books > Cookbooks, Food & Wine > Regional & International > European > Spanish #146 in Books > Cookbooks, Food & Wine > Regional & International > Latin American #601 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat

## **Customer Reviews**

Ingrid Hoffmann, originally from Colombia, developed a love for cooking as a child during the time

she spent in the kitchen with her mother, a Cordon Bleu™ “trained chef. As a teenager, she worked in her momâ™s catering and restaurant business. Upon moving to Miami, they opened a restaurant together. As host of Delicioso on Univision and Simply Delicioso on the Cooking Channel, Ingrid has become arguably the foremost Latin authority on cooking and lifestyle, and her Delicioso brand has become one of the most recognizable, trusted, and entertaining food brands for Hispanic America. In 2011, Ingrid was named Flavors of Passion Master Chef of the Yearâ™ an award that was created and designed to honor the nationâ™s best Latino chefs.

Staying in shape while eating all the great Latin dishes I grew up with is not easy.... but the recipes in this book pack all the delicious flavours without the whopping calory counts. I bought the Spanish version of the book and loved it so much that I now bought a stack of the English version to give as hostess & birthday gifts this year, a fabulous gift as the book is beautiful - the colours and the photos are great. Also, the recipes are very easy to follow, even for people who have not cooked Latin dishes before. My favourite recipes are the sweet potato and chicken soup, which reminds me of the traditional Ajiaco Bogotano, and the chipotle-rum-orange pork chops are to die for!!!

Great presentation, lovely recipes, helpful 'chica tips', good variety. No complicated preparation, but easy to follow step-by-step recipes. I would recommend this book to all my friends (or even better: buy it for them as my gift!).

The recipes are easy to follow and amazingly yummy! They got my families seal of approval and cooked exactly as indicated

This is a great companion to her last book "Simply Delicioso". It is beautifully done and after you buy one for yourself get more copies for weddings, birthdays, etc. I hope to See Ingrid again on T.V. !!!

Beautiful cook book!

If you are pressed for time or tired after a full day of work but still want to enjoy a healthy and quick meal then this is the book for you! Beautifully illustrated with clear and concise recipes. From the beginner cook to the most accomplished chef, everyone will find something in this book to inspire them. A great hostess gift too!

The two recipes I made from this book were just ok. The desserts and drink section look really good, but I do not need either of those chapters for my purposes.

My son-in-law was not impressed. He prefers non-diet food that he lightens up himself. Because I am not a fan of Latin-American cuisine myself, I haven't really looked at the light recipes.

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

Latin d'Lite: Delicious Latin Recipes with a Healthy Twist Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Dump Dinners: 101 Easy, Delicious, and Healthy Meals Put Together in 30 Minutes or Less! (dump dinners, dump dinner recipes, crockpot recipes, dump ... recipes, healthy recipes, healthy cooking) CAKE COOKBOOK: The Top 100 Cake Recipes: cake recipes, cake cookbook, cake, cake recipe, cake recipe book, delicious cake recipes (cake recipes, cake ... cake recipe book, delicious cake recipes) CROCK POT: Delicious, Healthy Crock Pot Recipes (2100 Crock Pot Recipes Cookbook, Clean Eating, Crockpot, Healthy Crock Pot, Crock Pot Chicken, Crock Pot Recipes Cookbook) Raw Vegan Cookies: Raw Food Cookie, Brownie, and Candy Recipes. (Healthy Recipes, Sweet Recipes, Healthy Desserts, Nutritious and Delicious Snacks, Cookies and Bars) Instant Pot Pressure Cooker Cookbook: Easy Recipes and the Ultimate Guide to Fast, Delicious, and Healthy Meals: Healthy, Easy And Delicious Meals With ... Crock Pot, Healthy, Quick & Easy, Paleo,) Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys â “ Simple And Delicious Recipes For Healthy Kidneys (Healthy Eating) Trim Healthy Mama's Trim Healthy Table: More Than 300 All-New Healthy and Delicious Recipes from Our Homes to Yours Cast Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes (Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2) Dump Meals Box Set (6 in 1): Crockpot, Air Fryer, Slow Cooker, 5-Ingredient, Pie, Dip Recipes with a Healthy Twist (Quick & Easy Recipes) Macri: Historia Ã-ntima y secreta de la Ã©lite argentina que llegÃ- al poder (Spanish Edition) Project Management Lite: Just Enough to Get the Job Done...Nothing More Low Car(bon) Communities: Inspiring car-free and car-lite urban futures Lyle Lite: 16 Easy Chord Solos Arranged By Ukulele Jazz Master Bk/CD (Jumpin' Jim's Ukulele Masters) Paleo Slow Cooker: Healthy Delicious Paleo Diet Slow Cooker Recipes for Your Family (Slow cooker recipes, Low carb diet, Paleo diet recipes, Paleo Cookbook, Ketogenic Diet, Ketogenic recipes) Breakfast Recipes: 50 Quick and Healthy Breakfast Recipes (Quick & Easy Breakfast Recipes, Delicious Breakfast, Everyday Recipes) Slow Cooker Soup Recipes: 50 Most Delicious & Healthy Slow Cooker Soup

Recipes for Better Health and Easy Weight Loss (Soup Recipes,Chicken Soup ,Soup Cookbook ,Slow Cooker Soup Recipes) Ketogenic Slow Cooker Recipes: 200 keto Slow Cooker (Crock Pot) Recipes, Chef Approved, Delicious Low Carb Slow Cooker Recipes, For Super Fast Weight Loss , Quick and easy Recipes for Healthy Living 1,001 Heart Healthy Recipes: Quick, Delicious Recipes High in Fiber and Low in Sodium and Cholesterol That Keep You Committed to Your Healthy Lifestyle

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)