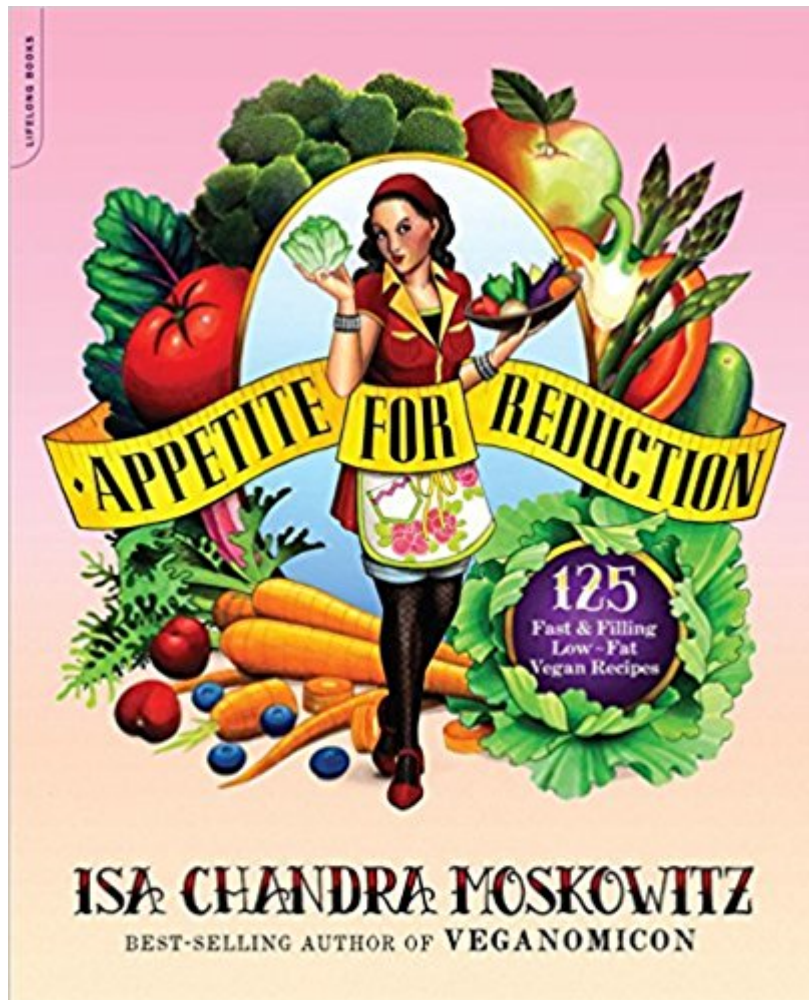




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# Appetite For Reduction: 125 Fast And Filling Low-Fat Vegan Recipes



## Synopsis

This is not your mother's low-fat cookbook. There's no foolish tricks, no bizarre concoctions, no chemicals, no frozen meals—no fake anything! Appetite for Reduction means cooking with real food, for real life. (Skimpy portions need not apply.) In Appetite for Reduction, bestselling author and vegan chef Isa Chandra Moskowitz has created 125 delectable, nutritionally-balanced recipes for the foods you crave—lasagna, tacos, barbecue, curries, stews, and much more—and it's all: Only 200 to 400 calories per serving Plant-based and packed with nutrients Low in saturated fat and sugar; high in fiber Drop-dead delicious You'll also find lots of gluten-free and soy-free options, and best of all, dinner can be on the table in less than 30 minutes. So ditch those diet shakes. Skip that lemonade cleanse. And fight for your right to eat something satisfying! Now you can look better, feel better, and have more energy—for health at any size.

## Book Information

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## Customer Reviews

Living Without, April/May 2011 "This new book is a winner for losers—weight losers, that is! Moskowitz offers delicious dishes that fill you up. There's no scrimping on nutrients or culinary creativity. Welcome to low-fat meals that are satisfying and mouthwatering, too."—Deseret News, 3/9/11 "Appetite for Reduction blows the idea of bland salads out of the water. [Moskowitz's] recipes are inviting [and] sound delicious. [Her] directions are so easy to follow and she gives great food handling tips along the way."—Portland Oregonian, 3/7/11 "Moskowitz is one of the most-prolific and

readable vegan cookbook authors out there. She co-authored *Veganomicon*, which is practically the Bible for newbie vegan cooks, and her other titles have shown how vegan cookies, cupcakes and breakfast treats can be decadent and rich.

• *The Vegetarian*, UK, Spring 2011  
“This book is for anyone whose philosophy is that dieting shouldn’t mean restricting yourself to eating small portions of bland vegetables, side salads or relying on diet shakes. It shows that, with the right ideas and inspiration, diet food can be quick, imaginative and tasty.”

• *Vegetarian Times*, November/December 2010  
“Offers 125 recipes for low-fat, plant-based dishes that don’t skimp on flavor.”

• *Vegetarian Living* (UK), December 2010  
“Jam-packed with mouth-watering vegan recipes that are low in fat and light on calories. [Moskowitz’s] recipes are visual and gastronomic delights, which inspire the reader to try new things and cook outside of their comfort zone, while never underestimating the beauty of the familiar.”

• *ThisDishisVeg.com*, 12/8/10  
“[Isa Moskowitz is] the queen of the vegans.”

• *Portland Press Herald*, 12/15/10  
“A snappy cookbook that embraces whole plant foods without a sugary snack in sight. Those avoiding gluten or soy will appreciate the numerous gluten-free and soy-free recipes, and everyone is sure to learn something from the preparation and nutrition tips [Moskowitz] sprinkles throughout the book. Best of all, her recipes for goodies such as OMG Oven-Baked Onion Rings, Tamarind BBQ Tempeh & Sweet Potatoes, and Chipotle Lentil Burgers will make even dedicated carnivores appreciate the pleasures of plant-based meals.”

• *Technorati.com*, 12/23/10  
“Crammed full of good advice as well as tasty recipes.”

• *GoDairyFree.org*, 1/4/11  
“[Moskowitz’s] latest cookbook could be one of her greatest yet. Anyone who has already inhaled a lifetime’s worth of vegan sweets and processed foods, or who is interested in the vegan diet for health reasons, will probably love *Appetite for Reduction*.”

• *TreeHugger.com*, 1/4/11  
“If you’re suffering through the fourth day of some weird diet, you might want to pick up a copy of this book and make yourself something good to eat.”

• *New York Daily News*, 1/9/11  
“[Moskowitz is] the queen of vegan cooking.”

• *San Francisco Book Review*, 1/10/11  
“Moskowitz has singlehandedly revolutionized vegan cooking. Appetite is brimming not only with recipes, but also detailed nutritional information useful to everyone, but especially important to those who seek essential vitamins and nutrients from nontraditional (non-animal) sources. But if you’re worried about typical bland diet food, have no fear: This is an Isa Chandra Moskowitz cookbook after all. While all recipes are between 200 and 400 calories per serving, each is loaded with delicious, vibrant flavor.”

• *ElevateDifference.com*,

4/15/11 "For those in the vegan community who are also health conscious, Moskowitz has delivered the goods on a plate too irresistible to deny. Isa Chandra Moskowitz is the best friend we're all looking for: she writes in a way we understand, a language that is easily understood and humorous. She is also the cook we want for our healthy lives and families. She gets it. She gets that we don't want to give up taste and satisfaction for healthy living. From funky hummus creative ideas to OMG Oven-Baked Onion Rings, from sides to satisfying full entrées ideas, Moskowitz turns your vegan kitchen upside down, shakes out the fat, and replaces it with novel and tasty ideas to keep your mind interested and your tongue happy you tried something new. Vegan or omnivore, you will find something to rave about and savor in Appetite for Reduction. "Appetite for Reduction not only provides extremely diverse and relatively easy recipes using a huge range of plant-based food; it is an enlightening, entertaining must-have cookbook for vegans, experimental vegans, and even the carnivore chef. Highly Recommended. "[Moskowitz] has done a lot for dispelling the myth that vegan food equals rabbit food or that it's not satisfying. The tone is conversational and often humorous and the book is not just about leaner recipes. Appetite refers also to environmental impact, animal cruelty, and your bank account. •VegNews, February 2011 "From the grand dame of vegan cookbooks, Appetite doesn't leave you hungry. From salads that satisfy like meals to hearty pasta dishes to every vegetable imaginable, Appetite doesn't miss a beat. Unlike other diet books, Appetite isn't about dropping 20 pounds in a weekend; it's about eating healthfully in a way that can lead to weight loss without resorting to drastic measures which Moskowitz assures are guaranteed to pile pounds right back on. •EatDrinkBetter.com, 12/30/10 "I recommend this cookbook for anyone, vegan or not...[Moskowitz] has put together 125 recipes that are under 400 calories perfect for that New Year's resolution to lose weight and are packed with nutrients perfect for that New Year's resolution to eat healthier. •EatDrinkBetter.com, 12/31/10 "Features many quick and delicious low-calorie vegan recipes. •WomanAroundTown.com, 12/20/10 "Moskowitz is an innovative source of vegan recipes. Appetite for Reduction offers tempting recipes that are quick and easy, and most importantly no- or low-fat. Moskowitz has lots of yummy ideas that prove that dieting doesn't have to be painful. Moskowitz incorporates the reduction of unhealthy foods, environmental impact, grocery store costs, and animal suffering in her cooking philosophy. The results are tasty dishes with no guilt

attached. [LeslieLovesVeggies.com](#), 12/23/10 "Contains 125 fabulous recipes that are quick to make and most take 30 minutes or less to prepare. These tasty dishes are easy on the budget and are made with real food for real people. Nothing bizarre, no outlandish over the top ingredients, just good for ya, low fat, delish vegan food! Oh and the portions are real, too! None of these ridiculous tiny serving sizes to get the low calorie counts. These are real servings folks!"

[Examiner.com](#), 12/20/10 "Moskowitz is a proven advisor you want to have in the vegan kitchen with you, consistently creating recipes that are at once accessible to the home cook and impressive enough to show off to those you want to, well, impress. Appetite for Reduction will knock your socks off, just in time for a great Christmas gift for omnivores or vegans alike and strengthen some of those New Year's resolutions. Easy-to-follow directions, well-organized chapters, [and] gorgeous art direction and helpful tips. The icons that designate quick-to-prepare, gluten- and soy-free recipes make this cookbook especially user-friendly. Appetite for Reduction casts its culinary net wide. The recipes span the globe and include rare treats calorie-conscious diners usually don't get to enjoy. Appetite for Reduction gives lots of creative, easy and tasty opportunities to eat healthfully. A very worthwhile edition to anyone's cookbook collection."

[GreenWala.com](#), 12/27/10 BBC Good Food (UK), February 2011 "This is a vegan diet book, but forget your preconceptions and look at the food. Isa is an amazing cook. Her recipes are delicious and written for people who want to lose weight, but not their enjoyment of food. She uses spices cleverly to make you forget you're eating low fat and ups the grain and veg content to keep you satisfied. Isa reworks favorites making them lighter and healthier. Her book is worth buying for the salad dressings alone."

[Natural Health](#), February 2011 "[A] great read!... Moskowitz is a tireless crusader against the perception that meatless, dairy-free meals taste like cardboard. She proves low-fat can be delicious. While offering plenty of tips for novice vegans, Moskowitz's recipes are interesting and flavorful enough to delight seasoned meatless mavens, too."

[Washington Post](#), 1/19/11 "Surprisingly creamy and hearty, this vegan soup [Cauliflower Pesto Soup] is elegant enough to serve as a first course at any dinner party."

[Hudson Valley News](#), "If you're not vegan, but simply don't like meat very much, you'll find many tasty recipes here."

[Library Journal](#), 2/15/11 "[Moskowitz] begins with information on vegan nutrition and shares 50 under-400-calorie recipes that are packed with flavor. Those new to a low-fat vegan diet may be surprised by satisfying meals such as OMG Oven-Baked Onion Rings, Chipotle Lentil Burgers with Sweet Potato Fries, Mac & Trees

(macaroni, cheese, and broccoli), and Chili Verde con Papas. Best-selling author Moskowitz is sure to create demand.

•SFoodie blog, 2/11/11 “Queen Vegan Bee Isa Chandra Moskowitz is pretty much the best and her new book, *Appetite for Reduction*, is truly excellent.

•All Shook Down blog, 2/11/11 “Isa Chandra Moskowitz is a rock star in the vegan world and has co-authored and authored five books on the subject, including the definitive roundup *Veganomicon*. This Saturday she’ll discuss her brand new, equally groundbreaking cookbook *Appetite for Reduction*.

•The Vegan, UK, March 2011 “If you’re aiming to lose weight, or just eat healthily, but still enjoy food, this is the book for you.

• Midwest Book Review, February 2011 “Shows that healthy cooking can be lively and varied

• Any vegan cook needs this inspiring, unique title.

• ForeWord Reviews, March/April 2011 “Hearty, low-fat vegan fare is complemented by a veteran cookbook author’s considerable gift for gab in this winning collection...With this selection in hand, serious cooks with high standards can feel confident inviting over their finicky foodie friends.

•Bust, April/May 2011 “Bursting with inventive, flavorful techniques for lightening up comfort-food favorites and for making plants pop in new and exciting ways.

• “Talk of the Town,

• WTVF CBS Nashville, 3/1/11 “The perfect book for that picky vegetarian who is determined to eat healthy and maybe even lose some weight.

• Chatelaine.com, 4/12/11 “[This book] won’t appeal only to people who don’t eat animal products [Moskowitz’s] ingredients are fresh, but they’re also accessible: veggies, common spices, beans and rice are frequently used here. As an added bonus, the lack of meat and processed meat and dairy alternatives makes most of this book great for chefs on a budget. And most importantly, this food is tasty.

• Long Island Press, 1/7/11 “Contains 125 delectable, nutritionally-balanced recipes for the foods you crave • lasagna, tacos, barbecue, curries, stews, and much more • and it • and it’s all only 200 to 400 calories per serving, plant-based and packed with nutrients, low in saturated fat and sugar; high in fiber and, well, delicious.

• South Coast Insider, January 2011 “Moskowitz is the best and most creative of all the chefs working with plant based foods

• [This is not your mother’s low-fat cookbook.

• InfoDad.com, 1/13/11 “It moves along like a well-oiled machine, starting with salads and continuing with side dishes, beans (a mainstay of this type of cooking), tofu and tempeh, soups, stews and more...It contains solid information and a variety of recipes that vegans will find tasty.

• January Magazine (Canada), 12/20/10 “Appetite for Reduction is all about real food for real people, really easily

• What’s not to like?...Spend a lot of time eating

from the recipes in this book and you will get smaller. *Living Without*, 1/25/11 [The] tortilla soup has a light tomato broth and simple yet assertive seasoning. Stirring crushed tortilla chips into the soup as it cooks gives it a full-bodied texture. *Portland Oregonian*, 1/25/11 “Leave it to innovative cookbook author Isa Chandra Moskowitz, the co-author of *Veganomicon*, to come up with a collection of 125 low-fat recipes that won’t have you leaving the table hungry|Moskowitz’s writing style is accessible and fun, and she demystifies ingredients like tempeh and tofu|Every recipe has detailed nutritional analysis, including vitamin content, something too many diet cookbooks don’t bother with. *The Hippo*, 1/20/11 “As with previous Moskowitz books, one thing not sacrificed is flavor. She plays with Asian, Mediterranean, Indian and Latin cuisine with her recipes in ways that make you feel like you’re not losing taste by cutting out fat.

Isa Chandra Moskowitz is an award-winning vegan chef and author of several best-selling cookbooks, including *Veganomicon*, *Vegan with a Vengeance*, and *Vegan Cupcakes Take Over the World*. A Brooklyn native who began her vegan cooking journey more than twenty years ago, she is inspired by New York City’s diverse cuisine. You can find her cooking and writing at The Post Punk Kitchen ([theppk.com](http://theppk.com)).

I was a cookbook tester for this cookbook. I tried it on my husband, unsuspecting family members and unsuspecting friends. The recipes were a big hit and would even shock others by saying they were low fat and good for you! Not only is it a cookbook, but it has a lots of tips, tricks and includes a nice section about nutrition. I made approximately 50 recipes from the book total with most of them being huge hits. I highly recommend this cookbook for anyone whether you are vegan, vegetarian or just interested in incorporating plant-based meals in your diet. Also I credit this cookbook with teaching me how to cook tofu. The lettuce wraps with Hoison-mustard tofu recipe taught me an easy technique for cooking tofu that I’ve been able to incorporate whenever I want tofu. The basic baked tofu recipe also gave me an easy technique for baking tofu that again I’ve been able to expand upon. The cookbook also includes a variety of different recipes. You want Thai? Ethiopian? Mexican? Italian? Vietnamese? Peruvian? Caribbean? Indian? Middle eastern? The book has you covered. What if you want traditional American style food? Well the book has that as well. I have also gone through the book and listed my favorite recipes and things I’d recommend and added a star next to the ones that are probably my top favorites. Sanctuary salad dressing Quinoa salad with black beans & toasted cumin seeds Cool slaw Caesar Salad with eggplant

bacon\*Vietnamese Rice noodle salad with grilled tofu\*CaulipotsSilky Chickpea GravyPolenta stuffingCranberry-Cashew BiryaniScarlet BarleyUnfried fried riceButternut Coconut RiceTamarind QuinoaGarlicky Mushrooms and Kale\*Chickpea PiccataHottie Black eyed peas and greensForty Clove Chickpeas and BroccoliCaribbean Curried Black-eyed peas with plantains\*Black bean, zucchini and olive tacos\*Basic baked tofuApple-miso tofu\*Lettuce wraps with Hoison-mustard tofuRed Thai Tofu\*Red Wine & Kalamata TempehBuffalo Tempeh\*Tortilla Soup\*Arabian Lentil & Rice soup\*Peruvian purple potato soupCurried Chickpeas & GreensPotato Spinach CurryPortabello Pepper Steak Stew\*Veggie Potpie StewSweet Potato Drop Biscuits\*

I love how this book is arranged by categories and how easy to follow the directions are. The recipes are straightforward and quick, unless you choose to soak your beans (think ahead)! Love the nutrition breakdown for each recipe! I wish there were pictures to go along with these recipes, as in some of Isa's other books, but I have been photographing the beautiful results as I go! Love it! Recommend it to anyone looking for a good-quality cookbook with healthy plant-based recipes.

This is simply FANTASTIC! I have had the book for about 2 weeks and everything I have made has been very very good. I just ate the Ceasar Salad with the Chavez Ceasar Dressing...and that's it! I have tried other vegan Ceasar dressings and was always disappointed. But this is it!!!! The best. Even my husband has loved everything I have made from this book so far. I love that these recipes are low-fat. You can even eliminate the oil in some of the recipes completely without loss of flavor etc. I do not own any of Isa's other books as I am a new vegan. I was not sure if I could do vegan for the long haul but these recipes are so fantastic that I never feel deprived. Thank you Isa you have true talent!!!

This is my favorite cookbook by Isa Chandra Moskowitz. I'm not vegan but I try to eat vegetarian and vegan most of the time. I've had this for several years and have made probably half the recipes. The salad dressings alone are worth the price of the book. The balsamic, cool slaw and green goddess dressings are on permanent rotation in my house. The recipes are simple, accessible and most are not time consuming. Favorites: caulipots, hottie black eyed peas and greens, baked falafel, black bean tacos, mango bbq beans, pasta con broccoli, tortilla soup, curried corn chowder, lentil eggplant chili mole, & eggplant provencal. Highly recommend for flavorful, low fat, high fiber, plant based yumminess!



This book is saving my not-bacon this year, as I try to follow a healthy eating plan while remaining meat-free. The recipes are inspiring, the match-ups and suggested menus are great, and the calorie counts, spices and general healthiness are A-plus. Thanks for the nutritional info and for the meal ideas and inventive uses for collards. Everything I've made so far has been fantastic - shout-out so far to the smoky tempeh and greens stew, the Ethiopian millet, the hottie black-eyed peas and greens, the sweet potatoes with apples, the ye'absha gomen, and the butternut rice!

I bought two of Isa's cookbooks...this one and "Isa Does it". This one does not have the pictures, which apparently seems to help me when I'm trying a new way of cooking, because this one stays on the shelf more than the "Isa Does It" .

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Healthy Weight Loss Book 1) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smoothies) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) 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) Vegan: High Protein Vegan Cookbook of Dairy Free Instant Pot Vegan Recipes for Raw Vegans and Vegetarians (Vegan Diet for Gluten-Free, low cholesterol, low carb lifestyle Weight Loss 1) Cheap Vegan: Learn How To Cook Amazing Low-Budget Vegan Recipes That Only Cost A Few \$\$\$ A Day (vegan recipes in 30 minutes) (vegan recipes cookbook Book 1) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: ( Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Vegan: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook)

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