

[PDF] Everyday Food: Light: The Quickest And Easiest Recipes, All Under 500 Calories

Martha Stewart Living Magazine - pdf download free book



Books Details:

Title: Everyday Food: Light: The Qui

Author: Martha Stewart Living Magazi

Released: 2011-12-27

Language:

Pages: 384

ISBN: 0307718093

ISBN13: 978-0307718099

ASIN: 0307718093

[**CLICK HERE FOR DOWNLOAD**](#)

pdf, mobi, epub, azw, kindle

Description:

About the Author MARTHA STEWART LIVING magazine was first published in 1990. Since then, more than two dozen books have been published by the magazine's editors.

MARTHA STEWART is the author of dozens of bestselling books on cooking, entertaining, gardening, weddings, and decorating. She is the host of *The Martha Stewart Show*, the popular daily syndicated

television show.

Excerpt. © Reprinted by permission. All rights reserved. Lighter Eggplant Parmesan

serves 4

prep time: 20 minutes

total time: 45 minutes

WHY IT'S LIGHT This Italian restaurant standby turns virtuous with baked (instead of fried) eggplant and a healthier béchamel made from skim milk, which is then combined with some marinara sauce. Using less cheese also helps; here, the two cheeses are sprinkled only on top, rather than in each layer.

1 large Italian eggplant (2 pounds), sliced ½ inch thick crosswise

1 tablespoon olive oil

Coarse salt and ground pepper

1 cup skim milk

3 tablespoons all-purpose flour

2 garlic cloves, minced

1 cup homemade or store-bought marinara sauce

½ cup grated part-skim mozzarella cheese

1/3 cup grated Parmesan cheese

1. Preheat oven to 450°F, with racks in upper and lower thirds. Arrange eggplant in a single layer on two rimmed baking sheets. Brush eggplant on both sides with oil, and season with salt and pepper. Bake until golden brown and very tender, 20 to 25 minutes, turning slices and rotating sheets from top to bottom and front to back half-way through.

2. Meanwhile, in a medium saucepan, whisk together ¼ cup milk, the flour, and garlic. Gradually whisk in remaining ¾ cup milk and ½ cup marinara sauce. Bring to a boil; reduce to a simmer, and cook until sauce has thickened, 2 to 3 minutes.

3. Spread ¼ cup marinara sauce in the bottom of a shallow 2-quart baking dish. Alternate layers of baked eggplant with milk sauce. Dollop with remaining ¼ cup marinara sauce. Top evenly with mozzarella and Parmesan. Bake on upper rack until cheese is browned and sauce is bubbling, 10 to 15 minutes. Serve immediately.

per serving: 229 calories; 9.3 g fat (3.3 g saturated fat); 11.9 g protein; 26.7 g carbohydrates; 8.9 g fiber

-
- Title: Everyday Food: Light: The Quickest and Easiest Recipes, All Under 500 Calories
 - Author: Martha Stewart Living Magazine
 - Released: 2011-12-27
 - Language:

- Pages: 384
 - ISBN: 0307718093
 - ISBN13: 978-0307718099
 - ASIN: 0307718093
-